

Huckins leads trio of Bears earning All-State nods

BY JOSHUA SPAULDING
Sports Editor

REGION — Local girls’ basketball players were among those honored when the New Hampshire Basketball Coaches Organization released its list of All-State teams following the conclusion of the 2020-2021 hoop season.

Paulina Huckins of Newfound was named to the Division III First Team, where she was joined by Player of the Year Elizabeth Gonyea of Conant, Avery Stewart and Sophie Bardis of Fall Mountain, Emma Tenters of Conant and Tori Allen of Campbell.

Newfound’s Malina Bohlmann and Prospect Mountain’s Hannah Capsalis both earned Second Team honors. Also earning Second Team were Caroline Camp of Kearsarge, Maurgan McGrath of Hopkinton, Brynn Rautiola of Conant and Karleigh Schultz of

Campbell.

Honorable Mention for Division III went to Morgan Hall of Belmont, Allison Carr and Lindsey Sanderson of Gilford, Makenna Balderrama of Berlin, Lily Kenison of White Mountains, Bailey Fairbank of Newfound and Molly Moynihan of Inter-Lakes. Also earning Honorable Mention were Grace LeClair and Mea Carroll-Clough of Monadnock, Makenna Grilone of Fall Mountain, Kathryn LaCasse of Raymond, Kally Murdough of Hopkinton, Riley Gamache of Campbell, Teagan Kirby of Conant and Rayna Tucker of Kearsarge.

Division III All-Defensive Team honors went to Gilford’s Sanderson, Conant’s Rautiola, Murdough of Hopkinton, Raymond’s Lacasse and Schultz of Campbell.

Raymond’s Lacasse earned the Jack Ford

SEE ALL-STATE PAGE A7



Paulina Huckins was named First Team Division III All-State.

RC GREENWOOD

NANA offers scholarships

BRISTOL — In accordance with our mission to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities, NANA (Newfound Area Nursing Association) provides scholarships to students living in the surrounding communities. These are awarded to individuals who are accepted into an accredited educational program in the health care field and are based on the following criteria:

- Applicants shall be residents of communities that NANA serves. Special consideration may be granted to non-residents who are past recipients of the scholarship monies or current NANA employees.
- b. An accredited educational program is one that leads to a formal certification qualifying the individual for entry into a health care field.
 - c. The health care field shall be consistent with the health-related efforts of NANA.

Please submit your application and two letters of recommendation no later than Friday, April 30.

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

SPORTS AND THE PANDEMIC

Baseball Bears prepared for dealing with pandemic

BY CASSIE ZICK
Contributing Writer

BRISTOL — Last week we looked at Newfound Regional High School’s upcoming track season and what coach Mike LaPlume envisioned it to look like. He was optimistic in his response, and believes that, even with the pan-

demetic and its regulations, the track season will be a success. The second article focusing on spring athletics will look at baseball and its own coaches’ protocols for operating with COVID. The head baseball coach at Newfound, coach Tim Moreau, gave us his insight on what

that will entail.

While baseball isn’t considered a “close-contact” sport, it’s still likely that athletes will talk and work with those on their team, as well as those that they compete against. In order to minimize any possibility of spreading COVID,

SEE BASEBALL PAGE A7

PBCH First Home Health Agency in Central NH offering homebound vaccination clinics



BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Pemi-Baker Community Health is partnering with the Central NH Regional Public Health Network (RPHN) to bring COVID-19 vaccine to homebound patients within their 22 town service area. This unique collaboration is just one example of many partnerships the Central NH RPHN has throughout the region addressing complex public health issues.

The Central NH RPHN is one of 13 regional public health networks funded by the New Hampshire Department of Health and Human Services (DHHS) to convene, coordinate, and facilitate an ongoing network of partners to address the delivery of public health services. Services can include: public health emergency preparedness, substance use disorder, and other disease prevention and health promotion activities to improve population health and commu-

nity resilience.

Angel Ekstrom, the Central NH Public Health Network Coordinator, has been instrumental in coordinating partners to vaccinate homebound residents throughout the region reaching the most vulnerable.

“Partnering with home health care agencies to vaccinate residents who are homebound affords homebound vaccine recipients to receive their vaccine from a familiar and trusted healthcare provider who, in many cases, regularly enters the recipient’s home. For those who are not clients of the home healthcare

provider it connects homebound recipients to available services they may need,” says Ekstrom.

Through Central NH RPHN COVID-19 response efforts, Ekstrom has collaborated with partners across sectors in providing situational awareness, aiding partners in obtaining Personal Protective Equipment (PPE), standing up and demobilizing an Alternative Care Site (ACS), coordinating and operating mobile vaccine clinics addressing inequities, securing vaccine to meet Central NH RPHN needs and re-

SEE PBCH PAGE A7

COURTESY
Emily Reid, Pemi-Baker Community Health RN administering a Covid-19 vaccination to a homebound patient and caregiver in Plymouth. Jenn Stewart, Infection Control LPN preparing vaccines.

Pine Shores Real Estate sold to Holderness' Michael Bagge



COURTESY
On Jan. 15, Pine Shores Real Estate, LLC was purchased from Barbara Currier by Michael Bagge, both Holderness residents.

HOLDERNESS — On Jan. 15, Pine Shores Real Estate, LLC was purchased from Barbara Currier by Michael Bagge, both Holderness residents.

Currier began her real estate career in 1996 with Noseworthy Real Estate. In 2007, she opened her own brokerage firm (Pine Shores Real Estate, LLC) and successfully operated it until the sale on Jan. 15. She is well known in the industry and was Awarded Realtor of the Year in 2015 by the Lakes Region Board of Realtors.

Bagge, who has been in sales for 26 years, is a

licensed agent in Massachusetts and a broker in New Hampshire. He began visiting the Squam Lake area as a child after his Grandparents, George and Alma Bagge, retired and moved to Ashland in 1978. George and Alma began visiting Squam Lake in 1957, when they vacationed with their family at The Blackhorse Motel in Holderness.

Mike also frequented the area for many years with his own family.

“Vacationing here was simply not enough,” Bagge said.

He and his wife Sherry purchased their first

property in 2014, with Currier as their Realtor. They went on to sell the property and purchased a home in Holderness in 2017. Mike began to work for Barbara in March of 2018. He quickly became successful under the management of Currier.

“Mike has been an asset to Pine Shores Real Estate. Mike works extremely hard for his customers. He realizes the importance of customer service,” Currier said.

Pine Shores has closed their physical office and are continuing to operate remotely. Barbara Currier is still employed with the com-

pany as an Associate Broker along with her daughter, Kim Gould, who is also a Sales Associate with the firm. Bagge has committed to operate the firm with the same level of dedication and customer service as was demonstrated by his mentor, Currier. The firm services customers in and around the Lakes Region.

You can contact Pine Shores Real Estate at 968-7796 or email mike@pineshoresllc.com.

Photo taken January 15, 2021 at the closing of the sale. Mike Bagge and Barbara Currier pictured.

Softball Panthers kick off the new season

MANSFIELD, Conn. — Plymouth State University softball got off to a difficult start dropping both games of a season-opening, non-conference double header to Eastern Connecticut State University at Clyde Washburne Field on Thursday night.

The Warriors, who entered the night with a perfect 6-0 record, took the opener by a 10-0 score, then rallied past the Panthers in the nightcap, 7-3.

Plymouth State, playing its first games since March 12 of last year, drops to 0-2, while the Warriors improve to 8-0.

Playing as the visiting

team in its home ballpark, Eastern Connecticut plated three runs in the top of the first in the first game to grab an early lead.

PSU threatened in the bottom of the third, getting runners to second and third with two outs, but a fly out ended the danger.

The Warriors added two more in the fourth and put the game away with a five-run sixth.

PSU's offense was limited to singles by graduate student Jen Landers (Berlin) and freshman Jersey Strum (Somersworth).

Graduate student Caitlyn Miller (Lee) took the loss (0-1) while surrendering five runs over four innings. Sophomore Sam McCann (Berlin) and Strum each logged an inning as well.

Strum recorded her first career hit with her sixth-inning single after logging her first career strikeout from the circle in the top of the inning.

Freshman Alexis Michon (Montville, Conn.) ripped a single to lead off the bottom of the first in the second game. After moving to third on a sacrifice and ground out, she came home on McCann's RBI single to give PSU a quick 1-0 advantage.

Meanwhile, Michon was in control in the circle limiting the Warriors to just two baserunners through the first five innings.

Plymouth State took advantage of a pair of ECSU errors to push across two unearned runs on junior Emily Picard's (Berlin) base knock in the bottom of the fifth to extend the

lead.

Eastern Connecticut came right back in the next half inning, opening the frame with five straight extra base hits to go ahead 5-3.

The Warriors tacked on two insurance runs in the top of the seventh to account for the final score.

Michon, Picard and McCann each had a hit, while sophomore Rachyl Parslow (Temple) and freshman Abby Kenison (Boscawen) also reached base for the Panthers.

ham, Mass.) followed with a two-run triple to right.

Bryan came home on an RBI groundout by Picard to trim the margin to 4-3.

The first five batters reached for the Warriors in the next half inning as ECSU plated four runs to extend the lead to 8-3.

Parslow went deep in the sixth as PSU attempted to mount a comeback, but the hosts put the game out of reach with four more runs in the bottom half.

Parslow's solo shot was the first of her career, while Bryan went 2-for-3 with her two-run triple.

Michon, Kenison and freshman Kacie Johnston (Campton) added base hits for the Panthers.

Miller suffered the loss to fall to 0-2.

The Warriors took a 1-0 lead in the second game with a two-out double in the second and tacked on two more the following inning.

Plymouth State got a baserunner in the fifth, but a double play ball wiped out the threat.

ECSU added a single run in the fifth and the Panthers were unable to break through.

Picard, Johnston and Kenison each singled, while Michon and McCann worked walks.

Michon (0-2) struck out seven while going the distance.

The Panthers are back in LEC action next Saturday, April 3, with a pair of games at Western Connecticut State University. First pitch is slated for 1 p.m.

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Panther baseball opens with pair of doubleheaders

MANSFIELD, Conn. — Graduate student James Salta (Laconia) had three hits in the opener, but Eastern Connecticut State University powered past Plymouth State University in a pair of Little East Conference (LEC) baseball games at Eastern Baseball Stadium on Thursday night.

The Warriors bats looked to be in midseason form while PSU was playing its season-opening games as ECSU swept the doubleheader by 12-0 and 18-3 scores, ending both games after seven innings.

Plymouth State (0-2, 0-2 LEC) will look to exact some revenge over the Warriors (5-0, 2-0 LEC) when the two teams meet again on Saturday (Mar. 27).

The Warriors raced out to the lead with a five-run first in the first game.

The hosts added single runs in the third and fourth to make it 7-0.

Salta started the top of the fifth with his second hit of the night but was stranded at second.

Eastern Connecticut added five runs on six

hits in the fifth inning and Plymouth State was unable to claw back.

Salta was a perfect 3-for-3 at the dish with two singles and a double to account for all three of the Panthers' hits. He added a stolen base.

Sophomore Griffin Crane (Lancaster) and graduate student Gavin Cook (Littleton) each worked a walk.

Richie Marique (Derry) worked the first three innings, before classmates Ryan Conklin (Middletown, Conn.) and Ryan Hurlbert (Middletown, Conn.) combined to throw the final three.

Salta got the Panthers going with a leadoff walk to start the second in the second game. After a pair of outs, freshman Luke Sokolski (Waterford, Conn.) and senior Andrew Wasilefsky (Wilmington, Conn.) worked base-on-balls to load the bases before classmate Joe Routhier (Nashua) cleared the bags with a three-run double.

Eastern Connecticut got two runs back in the third and nearly tied the game, but a perfect relay throw from Routhier to Cook cut down the tying

run at the plate.

Crane doubled to start the fourth and later stole third but was stranded and the Warriors kept the momentum with a three-run bottom of the inning to go ahead 5-3.

ECSU padded the lead with two runs in the fifth before exploding for 11 runs in the bottom of the sixth.

Crane and Routhier had the Panthers' two hits, both doubles, with Routhier driving in all three PSU runs.

Crane added a stolen base.

Junior Noah Wachter (Concord) struck out six over his 4.2 innings, but took the loss (0-1).

Sokolski had a pair of hits and drove in two runs during a six-run fourth inning to lead Plymouth State University to a split with Eastern Connecticut State University in a non-conference doubleheader at Eastern Baseball Stadium on Saturday.

After the Warriors took the opener by an 8-4 margin, PSU rebounded to earn the split with a 7-3 win in game two.

Sophomore starter Ryan Hurlbert (Middletown,

Conn.) helped quiet an ECSU offense that had scored 49 runs over the team's previous four games, pitching into the sixth inning and allowing just two runs.

Eastern Connecticut used a two-run blast to go ahead in the second inning, but the Panthers came back in the bottom of the frame.

Sophomore Nick Healey (Campton) led off the inning with a single and graduate student Andrew Salta (Laconia) doubled down the left field line. Healey came home on an RBI ground-out and Routhier tied the game with a two-out single.

ECSU went right back in front with a run in the third, then broke the game open with a five-run fourth to seize an 8-2 lead.

Routhier drove in the third PSU run with a sacrifice fly in the seventh and Marique scored on a wild pitch to make it 8-4.

The Panthers got runners on in both the eighth and ninth innings but were unable to cut into the margin.

Seven different Panthers had base hits, with

Andrew Salta and Sokolski both doubling.

Sokolski added a walk to reach twice, while James Salta singled and walked.

Graduate student Mark Berryman (Lancaster) took the loss (0-1) after working the first 4.1 innings. Sophomores Ethan Foster (Athens, N.Y.), Aiden McDonough (Dover) and Chris Hanna (Kingston) were excellent in relief, combining to go the final 4.2 innings and allowing just three baserunners.

The Warriors went ahead in the second of the second inning as a runner scampered home on a passed ball.

Plymouth State erupted for a six-run fourth to jump into the lead. Sokolski, junior Drew Metzdorf (Burlington, Mass.) and James Salta strung together three straight hits, with Salta's base knock scoring two runs.

Andrew Salta added an RBI single and an ECSU error made it 4-1. Sokolski capped the scoring with a two-run single to extend the advantage to 6-1.

The Warriors used a

two-out rally to get a run back in the sixth, but the Panthers got the run right back in the bottom of the inning to make it 7-2.

Eastern Connecticut scratched out a run in the eighth, but Metzdorf set down the Warriors in order in the ninth to earn the split.

Sokolski reached base three times atop the PSU lineup with two singles and a walk, while driving in two.

James Salta added a pair of RBI, while Andrew Salta and Routhier each singled and walked.

Hurlbert picked up the win (1-0) with 5.2 innings of two-run ball. Classmate Braxton Brown (Lancaster) worked a scoreless inning, Conklin allowed a run in his 0.2 innings, and Metzdorf closed out the victory by allowing just a walk over the final 1.2 innings.

The Panthers are off until a week from Friday, April 9, when Keene State comes to Parish Field for a Little East Conference (LEC) doubleheader.

Plymouth State swimmers wrap up the season

PLYMOUTH — Juniors Madelin Svetin (Topsham, Maine) and Hannah Bradshaw (Traverse, City, Mich.) each won a pair of individual events and senior Cammie Turell (Bowie, Md.) was honored on Senior Day as Plymouth State University dropped a Little East Conference (LEC) women's swimming dual meet to Eastern Connecticut State University, 164-91, in a virtual meet at the PSU Natatorium on Saturday morning.

Prior to the meet Turell was recognized for her contributions to the program over the last four years. Swimming in her final collegiate competition, she paced the field in the 50-yard freestyle and added a second-place finish in the 50-yard butterfly.

Svetin and Bradshaw were also event winners as the duo both swept their individual events. Svetin took first in the 50-yard backstroke and 100-yard backstroke, while Bradshaw was the winner in the 50-yard breaststroke and 100-yard breaststroke.

Plymouth State wraps up the season with a 2-2 mark (2-2 LEC), while ECSU goes to 3-1 (3-1 LEC).

PSU opened the meet with a strong performance in the 200-yard medley relay, topping the previous meet's time by nearly two seconds. Svetin, Bradshaw, Turell and junior Jasmine

Santiago (Leominster, Mass.) combined for a time of 2:03.67 to take second.

Svetin wrapped up her strong season with wins in the 50-yard backstroke (29.10) and 100-yard backstroke (1:01.87).

Bradshaw continued to turn heads with a pair of victories in the 50-yard breaststroke (36.33) and 100-yard breaststroke (1:20.62). The first-year swimmer won the 100 by more than two seconds, while holding off the competition in the 50 by 0.29.

Turell, the Panthers' lone senior, closed out her career in style. After winning the 50-yard freestyle in 27.27, the school's record holder in the 50-yard butterfly came in second in the same event with a time of 28.75.

Junior Ellie Wilson (Darnestown, Md.) posted second-place finishes in the 200-yard freestyle (2:17.15) and 200-yard IM (2:44.12) and added a third place in the 100-yard freestyle after touching the wall in 1:04.37.

Junior Julia Hollinger (Bow) notched third-place finishes in the 100-yard breaststroke (1:30.47) and 50-yard breaststroke (43.12), while Santiago took third in the 100-yard butterfly (1:12.22) - topping her seed time by nearly five full seconds.

Junior Gabby Rowe (Harpwell, Maine) and sophomore MacKenzie Brady (Rochester) added thirds in the 100-yard IM and 500-yard freestyle. Rowe's time in the 100 IM was 1:20.24, as season best, while Brady swam a 6:15.07 in the 500 free.

The meet marked the conclusion of the season under third-year head coach Anne Barbeau.

Sophomore Matt Canfield (Bethel, Conn.) won two individual events and added a second-place finish as Plymouth State University fell to Eastern Connecticut State University, 95-58, in a virtual men's swim meet on Saturday morning.

Junior Ryan Kudish (North Providence, R.I.) added two second-place finishes, while sophomore James Farrell

(Brentwood, England) contributed a trio of thirds. Freshman Thomas Steinberg (Melrose, Mass.) grabbed a pair of third places, with junior Noah Albion (Dover) also chipping in with a third.

Swimming in the program's inaugural season, the Panthers went 0-2 and only had one in-person dual meet due to COVID-related restrictions. With the entire roster expected back, however, the future of the program looks to be in great shape.

Canfield, Kudish, Albion and Farrell teamed up to open the meet with a 1:56.23 in the 200-yard medley relay.

Canfield was just 0.01 off the lead at the turn in the 100-yard backstroke but powered through the final 50 yards to pull out a solid win in 1:01.44. He narrowly held off a Warriors' swimmer to win the 50-yard backstroke in 30.28 and added a second-place finish in the 100-yard freestyle in 52.75, just 0.50 off the lead.

Kudish had strong

second-place showings in the 100-yard breaststroke (1:08.67) and 50-yard breaststroke (30.89).

Farrell's trio of third-place finishes came in the 100-yard breaststroke (1:15.84), 50-yard freestyle (26.07) and 50-yard breaststroke (36.86).

Steinberg was steady in the 100-yard IM (1:11.16) and 50-yard

backstroke (33.90), earning thirds in both events.

Albion's third place came in the 50-yard butterfly with a time of 30.79, just barely out-touching Steinberg's 30.80.

The meet marked the conclusion of the program's first varsity season under Barbeau.

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CADY Corner

Taylor's message— A compelling story

BY DEB NARO
Contributor

April is Alcohol Awareness month. In support of this awareness-raising national event, CADY will be offering, “Taylor’s Message,” presented by Kathi Sullivan. This free webinar for parents is about the dangers of underage drinking and will be taking place on April 8 from 7-8:30 p.m. After a night of binge drinking and high-risk choices at a series of underage drinking parties, Kathi’s 17-year-old daughter Taylor, wandered away alone in the woods, and drowned in only two feet of water. Tragically, they found her three days later.

Two months later, Kathi started sharing Taylor’s story with students and parents in the hopes that her message would enlighten others about the dangers of underage drinking and high-risk choices. Passionate about reaching hearts and minds, Kathi simply shares what happened that night, how it could have been prevented, and how Taylor’s death has affected her family, Taylor’s friends, and the community. Students and parents leave Kathi’s presentation feeling like it was their friend or daughter that was lost that fateful night. Her presentation goes far beyond binge drinking, underage drinking, and high-risk choices. Each audience member will take away something different. Kathi’s presentation is heart-wrenching but ends with an inspirational message of hope, love, and a newfound power for students to deal with peer pressure and the tough choices they face every day.

Alcohol is the most widely used substance among teens and young adults, and it poses substantial health and safety risks. Although young people tend to drink less often than adults do, when they do drink, they frequently drink more or more intensely compared to the average adult. Young people consume more than 90 percent of their alcohol by binge- and high-intensity drinking.

Sadly, higher levels of car crashes, homicides, alcohol poisoning, falls, burns, drowning and suicide are associated with youth alcohol use. Binge drinking can lead to such high levels of alcohol in the bloodstream that parts of the brain that control basic life functions such as breathing, heart rate and body temperature begin to shut down, resulting in severe symptoms and, in some cases, death.

When we consider the consequences of youth alcohol use — poor judgment, driving under the influence, accidents, and alcohol poisoning, as well as damage to the developing brain or addiction — it’s important for parents and other caregivers to be informed of risks and involved with the prevention of youth drinking.

Despite what many parents believe and feel, they have tremendous influence over whether their children drink or use drugs. In fact, kids themselves have shared that their parents have the greatest influence over their attitudes and behaviors around substances. You make a difference. For more information and tips on how to talk with your child about alcohol, visit our Web site at www.cadyinc.org.

To register for “Taylor’s Message,” visit our web-site at <http://cadyinc.org/upcoming-events/> or scan the QR code below. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

DAR announces Good Citizens contest winners

Pemigewasset Valley Chapter Daughters of the American Revolution is pleased to announce the winners of the DAR Good Citizens Contest in the area. The DAR Good Citizens Contest, created in 1934, is intended to encourage and reward the qualities of good citizenship. Students are judged on their Dependability, Service, Leadership and Patriotism. Pemigewasset Valley Chapter congratulates Class of 2021 Tiffany Doan of Newfound Regional High School and Trevon Sanborn from Plymouth Regional High School. We wish both of them every success in their future endeavours. Any woman interested in joining the Daughters of the American Revolution is encouraged to contact Paula Woodward at woodwardpm1@gmail.com or call 536-4778 for information on requirements.

Sustainable Bristol

Is sustainability “women’s work?”

BY LAUREN THERIAULT

Lately, I have been struck by how many more women I see and hear from in terms of sustainability and eco conscious practices. I love this. Women starting businesses with zero waste products, women writing articles about environmental justice, women of color starting blogs about intersectional environmentalism. It’s all so exciting. But I also wonder...where are all the men?

Even in 2021, when women try to equally share the responsibilities of the home it doesn’t always come out in the wash. Speaking of wash, typically women are the ones buying eco friendly laundry de-

tergent or making their own, shopping for thrifted clothes for their family or finding sustainable clothing companies, and researching micro plastics and their effect on the oceans. Why has the role of primary caregiver for the family started to encompass caregiver for the earth as well?

Admittedly, my bathroom shelf contains more products than my husbands does, which gives me more options for finding glass containers, cruelty free, and refillable options. Just looking at the statistics makes it easy to see why women are doing the majority of the work in terms of saving the environment. Women do upwards of 60% more of the unpaid household la-

bor than men do, which involves cleaning, cooking and shopping; all areas that rely heavily on products and take effort to reduce waste.

Women are shown to be more likely to learn about and be interested in the environment and the impacts the climate crisis is having. This knowledge then turns into actions to reduce our impact; women are more likely to recycle, offset their carbon footprint, make energy saving swaps and are less likely to litter than men.

Recent studies show that some men are less likely to partake in eco conscious practices for fear of being perceived as gay. For the record I think any man with a reusable mug is instantly

more attractive than his disclosable cup carrying counterpart. Is it just about perception though or is it more?

Some suggest this is a marketing issue and more eco-friendly products need to be targeted at men or made more gender neutral. I think it’s a perception issue and both men and women need to praise each other for their efforts to reduce their impact on the environment and call each other out on their negligence or lack of understanding about certain issues. If we talk about these issues and share the burden of knowledge with men perhaps they can step up.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

The deer, cavorting around, like heifers let out of the barn

Who takes the time to watch the snowbanks melt, or has it to begin with? There is too little

time for the important things in life, like watching those little whirligigs produced by the bank

maples, the ones that helicopter to the ground.

These are the trees that stand their ground in the face of adversity. Their leaves turn upside down when it’s going to rain. This in turn makes the cows go flat as a cow flap, getting up only to create crop circles.

Silver maple is the term, the species of tree so adapted to scouring ice and spring floods, thriving into the Dog Days of August, their big branches spring-loaded for kids on the end of a rope.

In the fall, they add their brilliant hues to the riot. Sugar orchard



and firewood purists give them short shrift, but they have a dignity that goes with being tough.

+++++

The snowbank I photographed yesterday was gone today. That’s how warm it got toward the weekend, warm enough that I let my fire go out. It had been a nonstop fire since early October. Time to go, I said, and out

SEE NOTEBOOK PAGE A7



JOHN HARRIGAN

This aerial photo, shot from more than a mile high in the sky, shows a remote section of Newfoundland—no, just kidding. It shows a big patch of snow melting to oblivion on my thoroughly dog-pooed front lawn.

PBCH

FROM PAGE A1

cently this partnership with PBCH to administer COVID-19 vaccine to homebound residents.

“We are very excited to offer vaccines to our homebound patients and their caregivers. We have been compiling a list of our own patients who cannot leave their homes to travel to a vaccine clinic and 211 NH has also given us names,” said Kara Hamill, PBCH Senior Operations Director.

Jenn Stewart, Infection Control Nurse, Penny Conlon, RN, Emily Reid, RN and Macayla Noble, LPN have undergone specialized training and have been conducting homebound vaccination clinics for three weeks, vaccinating more than 80 people thus far.

To date, Pemi-Baker Community Health is the only Home Health (VNA) agency offering this homebound service in Central NH. “We are honored to collaborate with Angel and the Central NH RPHN and are very proud of the fact that although we have serviced multiple patients with Covid-19, we haven’t had a single Pemi-Baker clinician contract Covid-19 from

a patient over the past year. While out in the community our employees have been very diligent following CDC, NH state guidelines and the guidelines that the PBCH Covid taskforce has laid out” said Jenn Stewart, LPN and Pemi-Baker Community Health’s Infection Control Nurse.

If you or a loved one cannot leave the house (homebound) and would like more information about this service please call Pemi-Baker Community Health at 536-2232.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

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

All-State

FROM PAGE A1

Award while Brian Troy of Conant was named the Varsity Coach of the Year.

Prospect Mountain JV Coach Ernie Tiede was named Division III Sub-Varsity Coach of the Year.

In Division II, Kennett’s Maddie Stewart earned First Team honors, where she was joined by Player of the Year Ami Rivera of Bishop Brady, Stella Galanes and Melissa Whitmore of Hanover, Elisabeth Stapelfeld of Hollis-Brookline and Sally Rainey of Lebanon.

Stewart also earned Division II All-Defensive Team, where she was joined by Rainey, Charlotte Johnson of Hanover, Hayley Kenney of Merrimack Valley and Lindsey Laperle of Bow.

Jordan Levesque of Plymouth earned Second Team honors to close out her Bobcat career. Also joining her on the Second Team were Madison Houghton of Sanborn, Isabella Daly of Laconia, Alex Larrabee of Bow, Tallie Carney of Pelham and Ashley Stephens of Pembroke.

Honorable Mention for Division II went to Halle Laramie, Libbey Hicks and Isabella Rivera of Bishop Brady, Valentina White and Jennifer Bettencourt of Coe-Brown, Catherine Cole of Lebanon, Abuk Teng of West, Jasmine Becotte of Pelham, Ellen McGough of Sanborn, Macy Gordon of Merrimack Valley, Lindsey Laperle of Bow, Carissa Miller of Oyster River, Brady Johnson of John Stark, Kate Canavan of Souhegan, Sarah Dobbs of Milford and Maddy Faber of Con-Val.

Maddie Houghton of Sanborn was named the Jack Ford Award winner while Dan O’Rourke of Hanover was named

Varsity Coach of the Year and Mike Mahoney of Merrimack Valley was named Sub-Varsity Coach of the Year.

Woodsville seniors Olivia Sarkis and Emily Prest were both named Division IV First Team All-State, where they were joined by Player of the Year Sage Smith and Samantha Howe, both of Colebrook, Angelina Nardolillo of Hinsdale and Emmy Plage of Derryfield.

Division IV Second Team went to Emmalee Deblois of Groveton and Megan Swedberg of Moultonborough, along with Brianna Fillion of Newmarket, Delaney Wilcox of Hinsdale and Chloe Weeks and Jaclyn Peaslee of Farmington.

Littleton’s Olivia Corrigan, Hannah Brown and Lauren McKee, Woodsville’s Graci Kaiser and Morgan Wagstaff, Groveton’s Nodia Davenport, Lin-Wood’s Alyvia Drapeau and Lisbon’s Sara Brown all earned Honorable Mention, along with Shawna Lesmerises of Derryfield, Maddie Trainor of Portsmouth Christian, Abby Pollari of Sunapee, Abigail Henry of Newmarket, Jenna Needam of Epping, Olivia Watendorf of Franklin and Rosie Treece of Mount Royal.

Sarkis also earned Division IV All-Defensive Team along with Derryfield’s Plage, Newmarket’s Fillion, Hinsdale’s Nardolillo and Colebrook’s Smith.

Moultonborough’s Swedberg was named the Jack Ford Award winner for Division IV.

First-year Woodsville head coach Steve Colby was named Division IV Coach of the Year.

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

Notebook

FROM PAGE A4

it went, but not for long, I know, I know. We’ve still got April and May to go, let’s not forget, and the first half of June, too.

Count ‘em up (you’ll need two hands). Begin with the last half of September, and no shillyshallying around. One, two, three, all the way to seven, and one-half. There’s no room here for denial, like black flies.

The more I think about things, the more everything seems to go in a circle, and so it is with fireplaces of old design, the kind with deep bays, and walls that flare out, and a top that slopes gently up to the flue.

Fred Lay built my fireplace, and somehow he had just the right plans in his head, perhaps from working with builders who were only a couple of generations removed from a time when there were no stoves, just fireplaces.

A big gnarly piece of rock maple makes a perfect back-log. In front

of it you run a fire in an endless circle--raking light, fluffy ashes to either side, pulling red-hot coals forward, putting a new piece in behind.

It’s a mesmerizing business. If you look at the fire every now and then, and go back to reading a few paragraphs of a good book, pretty soon your eyelids droop no matter how good the book, and it’s time to climb the stairs, but not before you put the fire to bed, so you can wake it up in the morning.

+++++

The deer are out, seeking anything that’s green and not the growth-end of a spruce, fir, cedar, hemlock, or tamarack. Every now and then, if you get to watch them long enough, you’ll catch a deer capering.

They remind me of spring heifers--young females raised to replace milk cows. When they are let out of the barn or trucked to spring pastures, they really know how to kick up their heels.

Typically they are first raised in calf-hutches, rugged plastic igloos with about room for an adult person. The only freedom they know comes when they outgrow the igloos and are put out to pasture until fall. Then into the heifer barn they go, until they are needed on the line.

+++++

I don’t understand why farms are depicted so neat and tidy in television commercials. In one, barns are bright red with white trim, and a perfect white-board fence surrounds a perfect riding ring, and someone’s planting a perfect garden.

Life is nowhere near so neat and tidy. Where are the discarded round-bale wraps, the old tires holding down the bunker tarps, the tractors and hay wagons waiting for repairs?

How are you going to keep the youngsters from leaving gay Par-ee for a wonderful life on the farm?

+++++

In a pile of stuff on the kitchen table, I found a Wish List that apparently was supposed to be the kernel of a New Year’s piece, which for mysterious lack of merit never saw the light of day.

These items are purposely selected, mind you, to be obscure and mundane. Among things I wished for in the movies were real wood fires in campfire scenes, instead of obvious gas fires. Or saddle-ropes that showed dirt and grime, as opposed to brand-new and squeaky clean.

How about how to hold a gun, and how never to point one at people? How about six, count ‘em, six shots per revolver, or tires that don’t squeal on dirt, or bullets that don’t ricochet off wood?

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

Baseball

FROM PAGE A1

Moreau has a game plan that should work to curb this.

“We’re currently trying to spread the groups out a little bit, so that we have two groups practicing with two coaches. It ends up being about 6-7 guys for each coach,” he said. “When it comes to games, we will have to spread our benches out on the field, since with our new club house, it’s kind of condensed.

Masks are still a priority for them to wear for games and practices, and we ask the players to be responsible for their health outside of baseball too.”

Taking into account the always-changing guidelines regarding the pandemic, we asked Moreau if he felt that this baseball season would be a success for his team.

“I think it will be good. We have a great group of guys this year

and I think we have the potential to go pretty far into the playoffs. These games coming up are going to prepare us for the post-season, so that we can really compete. We just have to be responsible as a team, so that we are able to continue the season,” he said.

Lastly, we asked Moreau if there were any final comments he wanted to finish with.

“For people that want to come and support, come and support us. We

have games on Mondays and Wednesdays, and if you check the high school website they will be posted. If you want to follow us as well, we have our own Facebook Page. Invite yourself to that and I will be able to accept you and you’ll be able to stay updated.”

In closing the trilogy on the early stages of spring athletics during the pandemic, we will talk to the varsity softball coach, Kelly Meehan, in the next article.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	17 Libby Lane	Single-Family Residence	\$153,000	David M. Unangst	David M. and Cynthia N. Unangst
Ashland	Sanborn Road	N/A	\$105,000	Commerce Properties LLC	William G. and Susan R. Meserve
Ashland	N/A (Lot 2)	N/A	\$285,000	Edward J. and Santana K. McCarthy	Kathleen and Thomas Tomlinson
Bristol	3860 River Rd.	Single-Family Residence	\$94,500	UMB Bank NA Trust	Lyle and Wendy Hamm
Bristol	N/A (Lot 29)	N/A	\$59,000	B.D. Lopez-Mayhew 2016 RET	Christine Klink
Bristol	N/A (Lot 11)	N/A	\$87,000	James V. and Rita Maskowitz	Peter D. and Mary L. Miller
Campton	74 Richardson Trail, Unit 13	Condominium	\$245,000	Jared M. and Julie Tomassi	Joseph L. Kennedy
Campton	Route 175	N/A	\$31,000	SPR Development LLC	William Fitts
Campton	N/A (Lot 2)	N/A	\$430,000	Michael J. Gulizia and Sandra J. Sullivan	Brian C. Ruhm and Heather Tallman-Ruhm
Groton	Oldfields Road	N/A	\$72,533	Upper Birch Holdings LLC	Timothy E. and Michelle Y. Brown
Hebron	Valley View Road, Lot 13	N/A	\$159,933	Leaward Investments NH LLC	Nancy A. Nunes
Holderness	Route 175	N/A	\$334,000	Blair Road Investment Corp.	Hornbeam Hill Investments LLC
Plymouth	10 Crawford St.	Commercial Building	\$200,000	David Eaton	Logan and Dakota O'Malley
Rumney	42 Ranch Rd.	Single-Family Residence	\$1,700,000	Marla S. Berry	Facedes Inc.
Thornton	Birch Bend Drive	Residential Open Land	\$59,000	Emanuel F. Marescot	David Riccardi
Thornton	True Lane (Lot)	Residential Open Land	\$38,000	Freeman Fiscal Trust and Stanley W. Freeman	Stephen J. and Laura A. Mello
Thornton	Waterthorn Road, Lot 10	Residential Open Land	\$77,933	Jeffrey R. Andrews	Logan Chin and Annmarie Baronousky-Chin
Thornton	N/A	N/A	\$20,000	Paul Kelleher	Irina B. Pritchard
Thornton	N/A	N/A	\$33,000	Hanford G. and Barbara A. Langstroth	Joshua and Hilary Vale
Thornton	N/A (Lot 2)	N/A	\$12,000	Lacey Gagnon and Jennifer A. Wright	Femmes De Terre LLC
Waterville	Valley Mad River Condo Unit 1	Condominium	\$307,000	Joanne M. Tackes 2019 Trust	Scott and Michele L. Kitograd
Waterville	Valley Upper Greeley Hill Road	N/A	\$705,000	Wilfred L. Sanders, Jr. RET	Clifford G. Lubitz
Waterville	Valley N/A (Lot 3)	N/A	\$275,000	Pamela L. Jones and Felicia A. Smith	Douglas and Kendra Epstein
Wentworth	246 Ellsworth Hill Rd.	Single-Family Residence	\$280,000	Richard and Shelly Warbin	Kenneth J. Hogan

ABOUT THE REAL REPORT

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

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

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SPORTS AND THE PANDEMIC

Track gears up for unusual season ahead

BY CASSIE ZICK
Contributing Writer

BRISTOL — In the last article that looked at sports in the pandemic, we ended our trilogy on winter athletics by talking to Jazmin Ivers about unified sports

Men's lacrosse plays first game on new PSU turf field

PLYMOUTH — Playing on Plymouth State University's new turf field for the first time, Eastern Connecticut State University topped the Panthers, 7-2, in Little East Conference (LEC) men's lacrosse action on Saturday afternoon.

The game was the first intercollegiate competition to take place on the new Panther Field. Prior to the contest, Plymouth State University President Donald L. Birx, Ph.D. and the team captains took part in a ceremonial faceoff.

Plymouth State drops to 1-1 overall (0-1 LEC), while Eastern Connecticut moves to 3-1 (1-0 LEC).

Moments after Eastern Connecticut took a 2-0 lead in the first quarter, junior Mark Iamele (Georgetown, Mass.) used a pretty shot fake to create space before splitting a pair of defenders to find the back of the cage for PSU's first goal.

The Warriors added to the lead in the final seconds of the frame to carry a 3-1 advantage into the second quarter.

ECSU capitalized on a man-up opportunity and tallied two more goals in the second to pull ahead, 6-1.

The visitors pushed the lead to 7-1 early in the third quarter before junior Riley Roy (Laconia) countered with his team-leading fifth goal of the season.

Neither team was able to score over the final quarter.

Senior Robert Porter (Groveland, Mass.) stopped 17 shots, but fell to 1-1. He led the Panthers with six ground balls.

Freshman Marc Hirshom (East Walpole, Mass.) scooped up five ground balls and contributed two caused turnovers, while sophomore Nick Drew (Chelmsford, Mass.) paced the team with three caused turnovers.

ECSU held a 40-21 advantage in shots, while the Panthers won the ground ball battle 29-27.

The two teams are scheduled to meet again, this time in a non-conference game, next Saturday, April 3, in Connecticut at 2 p.m.

during COVID. As winter ends, the question of spring athletics and how they will operate during the pandemic comes into view. The first article discussing this topic will cover track and field and how coach Mike LaPlume

sees the season ahead. As track and field is a rather diverse sport, it attracts a wide variety of athletes. This being said, it would be expected that the coaches administering this sport may find difficulty in minimizing

the spread of COVID with so many people in one area. But a plan has been put in place to keep everything safe and contained.

"The first thing we are doing is separating the athletes by cohort. Limiting the numbers that way. We will have masks, especially when we are inside. Once we move outside, we will still be masked during warm-up and cool-down, but during actual activity we will take them off. And that's always optional. Athletes can wear the mask through the entire workout if they really want to, I've had some runners who have been doing that. We'll continue to do the temperature checks like we've been doing and the attendance will double as contact tracing this year."

Newfound has so far had successful athletic seasons during the pandemic, in the fall and in the winter. LaPlume feels that this spring will also prove to be successful in maintaining the track and field season.

"I do feel confident that this season will be a success, based on the fact that we got through a cross country season and now we've gotten through

an indoor season. That makes me very optimistic that we will be able to keep going. On top of that, I think that, in general, we are headed in the right direction as a nation too. We've got the vaccines going and everyone is very practiced now with these guidelines. The only thing that gives me a little bit of pause is the numbers. In track and field we tend to have big numbers. At Newfound, it's kind of a tradition. There's a big athletic culture here, so we typically end up having pretty big teams in correlation. On top of that, we usually compete against other teams that are pretty good sizes. Belmont usually has about the same size for their team, if not bigger. Plymouth will probably have just as many kids if not twice as many on their team. So that's the one thing that I feel gives me a little bit of concern is those numbers. Not even that those numbers are going to cause a spread, but just that people are going to see that and say that we should pull back, it's too much."

To finish our interview with LaPlume, he expressed his excitement

regarding the upcoming team. "I'm super excited about the season. We missed an entire season last year, so it's like we have two freshman classes coming up. It's always exciting to see that class coming in, but it's like two-fold this year, we have double that. Half of our team is practically brand new. The fact that there is so much unknown about the team and so much potential to utilize is very exciting. Not just that, but the two classes we have coming up have a lot of talent. I think it's going to change the complexion of our team, specifically the girls' team. I think you guys will have a legitimate chance at a championship this year. It's tough to say, with COVID and the fact that I didn't get to see the other teams this past year, but basing it off two years ago and what we have walking through the door now, I have high expectations."

In the next article on spring athletics in the pandemic, we will look at the Newfound baseball team, and its plan for having a safe and successful season.

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Plymouth State athletes earn LEC All-Academic honors

PLYMOUTH — The Little East Conference (LEC) announced 33 Plymouth State University student-athletes competing in the LEC's winter championships sports have been named to the 2020-21 LEC Winter All-Academic Team.

To be named to the LEC All-Academic Team, a student-athlete must be at least in sophomore standing in the classroom, have a cumulative GPA of 3.30 or higher through the previous semester, and have been at their current institution for at least one full academic year.

A total of 197 student-athletes league-wide were recognized in the sports of men's and women's basketball, women's swimming and diving and men's and women's indoor track and field. Plymouth State's 33 honorees were the most among the conference's 11 core and affiliate member institutions.

The LEC's fall All-Academic Teams were announced in January, while the spring sport All-Academic Teams will be released following the conclusion of the spring championship seasons.

Men's basketball
Cody Graham, Rye; Chris McCarthy, Chelmsford, Mass.

Women's basketball
Jalen Cook, Bristol, Vt.; Bella Earle, South Hadley, Mass.; Halie Hurd, Washington; Autumn Nelson, Weare; Alessia Salzillo, Saugus, Mass.

Women's indoor track and field
Mike Barrett, Hudson; Owen Billin, Meredith; Gunnar Consol, Homosassa, Fla.; Marcus Cryan, Topsfield, Mass.; Luke Gomes, Litchfield; Ian Griffiths, Bedford, Mass.; Kyle Mau, Dover; Colin Moar, Annandale, Va.; Randall Scroggins, Rumney.

Women's indoor track and field
Hailey Botelho, Rumney; Paige Boudreau, Dayton, Maine; Kim Bowles, Wonalancet; Breanna Fearon, Monroe; Emily Geyselaers, Cornwall Bridge, Conn.; Claire Greineder, East Greenwich, R.I.; Sarah Hicks, Sutton, Mass.; Ciera Isakson, Kingston, Mass.; Rachael Mello, North Kingstown, R.I.; Caitlyn Miller, Lee.

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Our Ashland location is searching for a member of our Lumber Counter Sales Team & Receiving Department. Duties include assisting customers and contractors with product selection and order entry. Experienced preferred but not necessary. Will train the right candidate. Basic computer skills required. Excellent customer service skills a must. This position will coordinate deliveries and returns as necessary as well as receive product from delivery trucks verifying materials are received as ordered. You will also be responsible for receiving orders into the computer system accurately; contacting customer when product is received or routing incoming product to the appropriate departments/location. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Mid-State Health Center Helps to administer COVID vaccine at weekend clinic

PLYMOUTH — On Saturday, March 20, the New Hampshire Public Health Network hosted its second COVID-19 vaccine clinic at Mid-State Health Center's Boulder Point location in Plymouth. This one-day clinic provided more than 600 community members who were eligible under Phase 1A and 1B with their second dose of the COVID-19 vaccine following a prior clinic held at Mid-State earlier in February.

Mid-State's Medical Director, Dr. David Fagan states, "Mid-State partnered with the New Hampshire Public Health Network to vaccinate 611 community members in one day. Mid-State's team mobilized to contact over 3,000 people from lists of those eligible, helped recruit vaccinators, prepared lunches and baked goods for workers, and set up traffic cones and Wi-Fi in its parking lot, all in

its efforts to help stop the spread of COVID. Mid-State will continue to try to obtain vaccine for the many who still need to be protected."

Building on this success, starting in mid-April Mid-State Health Center will serve as one of the region's "fixed sites" allowing the community to access the state supply of vaccine. Those eligible for the vaccine will register through the state VINI system and have the option to choose Mid-State as their vaccination site. All of the vaccine currently available at Mid-State is part of the State of New Hampshire's vaccination program. Mid-State hopes to receive its own supply of the COVID-19 vaccine for its patients in the very near future and begin offering it similar to the way patients access other common vaccines. For now, anyone in the community, including Mid-



State patients who are eligible for the vaccine are encouraged to register at vaccines.nh.gov in the VINI system and choose Mid-State as their site

for vaccine when available.

Mid-State Health Center is dedicated to the health of the commu-

nity and has continued to be there for patients and the community by remaining open and doing their part to stop the spread of the COVID-19 virus. In addition to their vaccination efforts, Mid-State provides a variety of resources to help anyone in need through the pandemic. Whether you're in need of behavioral health services to handle the stress of COVID-19, or food resources to make it through quarantine,

Mid-State is here for you.

To stay informed on the latest information about the vaccine and COVID-19 related resources at Mid-State, please visit their website at midstatehealth.org where Medical Director, David Fagan, provides regular updates or call 536-4000 to get connected to a Care Team member. For specific vaccine questions, please call 2-1-1 or visit vaccines.nh.gov.

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