THURSDAY, APRIL 1, 2021

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COMPLIMENTARY

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 Lindsev 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 Grillone 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



RC GREENWOOD

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

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-

demic 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-Raker Community Healt

Pemi-Baker Community Health

PLYMOUTH Pemi-Baker Community Health is partnering with the Central NH Regional Public Health Network (RPHP) 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

Central 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-

nu-—

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.

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 home health agencies to vaccinate residents who 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.

strom. 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, vaccine to meet Central NH RPHN needs and re-

SEE **PBCH** PAGE A7

Pine Shores Real Estate sold to Holderness' Michael Bagge



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 estate career in 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 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 company 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 the new season

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

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

entered the night with 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 lead. 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 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

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.

Michon (0-1) struck out six over 6.1 innings, while Strum came on to record the final two outs.

Parslow launched a solo home run to deep left centerfield, but Eastern Connecticut State University swept Plymouth State University in a pair of Little East Cona sacrifice and ground ference (LEC) softball out, she came home on games at Clyde Washburne Field on Saturday.

With the Panthers trailing 8-3 in the top of the sixth inning of game one, Parslow rocked an 0-1 pitch well over the fence in an attempt to spark a comeback. ECSU would tack onto its lead in the bottom of the inning, though, to take the opener 12-4 before earning the sweep with a 4-0 win in game two.

Eastern Connecticut jumped out to an early lead with a four-run first, but the Panthers bounced back in the third.

Kenison opened the frame with a single and, after an out, Michon singled. Both advanced to put runners on second and third and freshman Vanessa Bryan (Stone-

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 Mc-Cann 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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5 Water St., Meredith, NH 03253.

E-MAIL: brendan@salmonpress.news Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729

NEWFOUND LANDING PUBLISHED BY SALMON PRESS PRESIDENT & PUBLISHER Frank G. Chilinski (603) 677-9083 frank@salmonpress.news BUSINESS MANAGER

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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 run at the plate. 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 (Willington, 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

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

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 Andrew Salta and Sokol-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 groundout 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 fiverun 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

ski 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

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 two-run innings of 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 50yard 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-vard backstroke and 100-vard backstroke, while Bradshaw was the winner in the 50-yard breaststroke and 100yard 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 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 100yard backstroke (1:01.87).

Bradshaw continued to turn heads with a pair of victories in the 50vard breaststroke (36.33) 100-yard breaststroke (1:20.62). The firstyear swimmer won the 100 by more than two and 500-vard freestyle. 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.

Julia Junior Hollinger (Bow) notched third-place finishes in the 100-yard breaststroke (1:30.47) and 50yard 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 (Harpswell, Maine) and sophomore MacKenzie Brady (Rochester) added thirds in the 100-yard IM 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) second-place showings 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

Kudish had strong

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

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

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

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.

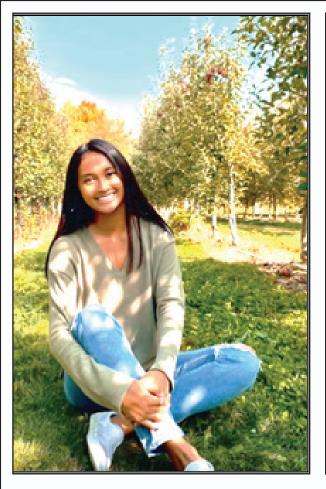
Sadly, higher levels of car crashes, homicides, alcohol poisoning, falls, burns, drowning and suicide are associated with youth alcohol use. Binge drinking can lead to such high levels of alcohol in the bloodstream that parts of the brain that control basic life functions such as breathing, heart rate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

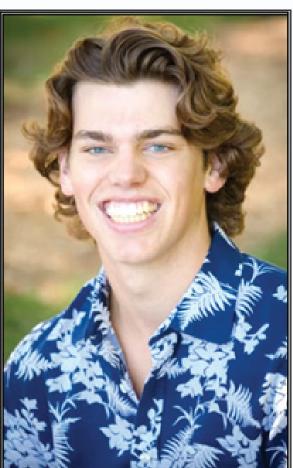
When we consider the consequences of youth alcohol use — poor judgment, driving under the influence, accidents, and alcohol poisoning, as well as damage to the developing brain or addiction — it's important for parents and other caregivers to be informed of risks and involved with the prevention of youth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







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 intersectionenvironmentalism. 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 labor 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 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 the impacts the climate 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

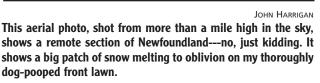
NORTH COUNTRY NOTEBOOK

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





time for the important 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

Towns

Bristol

Al Blakeley adblakeley0@gmail.com

Happy April Fool's Day! I hope you all escaped without too much loss of face...

The TTCC will offer an Easter Egg Hunt on Saturday, April 3 at 1 p.m.! The event will be a drive through on North Main Street, just prior to the bus depot. Families will be able to wave to the Easter Bunny and pick up some 'Easter Treats'. Some 'eggs' will contain bonus coupons so you can drive back through for bonus gifts! There will be 4 (four) lucky eggs with a special grand prize message! See the Facebook Page for other games and contests. No registration will be required. Questions and information? Please call 744-2713.

I.O.O.F. Cardigan Lodge #38 of Bristol is accepting applications for a \$2,000 scholarship for a graduating Newfound Regional High School and a Plymouth Regional High School student pursuing a grade or vocational/ technical degree. Proof of acceptance for Fall 2021 at an accredited college or into a trades program is required among other criteria listed on the application. No affirmation with I.O.O.F. (Independent Order of Odd Fellows) is necessary.

One scholarship with a value of \$2,000 will be awarded to a NRHS senior and one to a PRHS senior.

Deadline is May 1. To obtain an application, please stop in at your school guidance department office or call Charles Moore at 217-

If you or someone you know is interested in having a garden plot at Kelley Park this year to grow fresh vegetables and herbs, please pick up an application at Bristol Community Services, 24 Pleasant St.; Tapply-Thompson Community Center, 30 North Main St.: The Land Use Office at the Bristol Town Hall, 5 School St., or the Minot-Sleeper Library, 35 Pleasant St. Those wishing to donate tools to the program, please call the MSL at 744-3352 or email minotsleeperlibrary@gmail.com. The community gardens are made possible thanks to a town-wide effort by the Town of Bristol, Lakes Region Board of Realtors, the Pasquaney Garden Club, Bristol Sustainability Committee, and the Minot-Sleeper Library. Materials, including lumber and soil and the craftsmanship to build the gardens are being donated by Shaun Lagueux of New England Forestry, Hiltz Excavating and Kevin LaCasse of New England Family Housing. Master gardeners will provide those with garden plots everything they need to get started, including lessons on what to plant and when, how to grow and care for what is planted and how and when to harvest what

ble and herb seeds to community members through its Seed Library. Come pick up free seeds at the library the spring!

The Minot-Sleeper Library is now offering new monthly newsletters with a listing of new books for adults and families! Also, monthly newsletters are being offered with reading recommendations. Sign up for these newsletters at: https;// forms.gle/66g2n8wNmXYjT3yF6.

To ensure a safe environment for our community, the MSL now asks that you email librarianattownofbristolnh.org or call 744-3352 to request the link, meeting ID and password to join an event. You may do this anytime prior to the event. It is recommended you make the request at least 48 hours prior to the

event if possible. Third Monday Book Group, April 19 at 10 a.m. - "The Book Woman of Troublesome Creek" by Kim Michele Richardson; Classics Book Group, April 20 at 6:30 p.m. -"The House of Mirth" by Edith Wharton; Regenerative Reads Book Club, May 17 at 6:30 p.m. - "Cradle to Cradle: Remaking the way we make things" by William McDonough and Michael Graungart; Movie Group, Tuesday, April 27 at 6:30 p.m. - The Marx Brothers in "A Night in Casablanca." For books and movies, contact the MSL for infor-

mation. Visual Story Time,

every Friday at 11 a.m., the library offers a live and interactive story time through Zoom. The Youth Services librarian will read a story, engage with attendees and help guide them through a craft that can be picked up at the library in advance of story time. To attend, please email minotsleeperlibrary@gmail. com for the Zoom event invite. April 2 -"The Pout-Pout Fish" and fish craft; April 9 - "The Monster Next Door" and monster craft: April 16 - "Fresh Picked Poetry" and po-

Opening day baseball season and most of us have bare ground! That doesn't happen every year! Ice will be out soon and fishing season will be

etry flower craft.

under way. It must be Spring! Enjoy it all!

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Town official positions

Registered voters wishing to file for Town Official positions to be voted at the May 11, 2021 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 24 and Friday, April 2 during town clerk office hours or from 3 to 5 p.m. on Friday, April 2.

Positions to be filed for are:

- Selectman: three-year term
- Tax Collector:
- three-year term

Town Clerk: three-year term

Library Trustee: three-year term

- Trustee Trust Funds: three-year term
- Supervisor the Checklist: one-year term
- Auditor: year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Hebron Trash Pickup

Starting Monday, March 15 and continuing until further notice due to the weight limit on the roads, trash will need to be brought to the Casella truck parked at the Town Shed on the end of Cooper Road. Pickup is Monday from 7 a.m. to noon; please check the Town Web site for further notice.

Churches

Christian **Science S** ociety, **Plymouth**

We'll be holding our 10 a.m. Easter service this coming Sunday in our church edifice at 7 Emerson Street in Plymouth. The service will include singing the hymn which begins "Let us sing of Easter gladness, that rejoices every day. Sing of hope and faith uplifted, Love has rolled the stone away." We'd love to have you join us!

On Wednesday evenings, we have a meeting at 6 p.m., which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share inspiration from Bible

study and prayer, and gratitude for healing experiences. Everyone is most welcome.

We have a Sunday school for children and young people up to the age of twenty. Currently it is meeting online, and we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4 p.m. over Zoom.

For services in the church building, we are following state guidelines and so we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all the recommended

For those who prefer or who are not able to attend in person, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services on-line, please send an email to csplymouthzoom@gmail.com and request an invitation. We'd love to have you at either the services in the church or on Zoom!

Last Sunday's guest soloist was KathyAnderle. We are so enjoying our visiting soloists!

On www.christianscience.com you can find articles and thoughts to explore. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures". We hope you find inspiration and support from this resource!

Panther volleyball soars in season opener

is grown. The MSL is

offering free vegeta-

PROVIDENCE, R.I. — Playing for the first time since the 2019 Little East Conference (LEC) Tournament championship game, the Plymouth State University women's volleyball team soared past Rhode Island College, 3-1 (25-15, 25-7, 15-25, 25-14), in an LEC match at The Murray Center on Sunday afternoon.

Sophomore Natalie Gravelle (Portsmouth) pounded down a matchhigh 11 kills while hitting .381, and freshman Elsa MacNeill (Acton, Mass.) hit .462 (7-1-13) as PSU cruised to the win. Plymouth State served up 16 aces, tied for the fifth-most in a four-set match in school history, while freshman Nora Ryan (Groton, Conn.) set a program record with eight block assists in a match.

Plymouth State goes to 1-0 (1-0 LEC) on the season, while the Anchorwomen fall to 0-1 (0-1 LEC).

The opening set went back-and-forth until Ryan's kill sparked a 4-0 run to give the Panthers a 16-10 lead.

Back-to-back kills from Gravelle extended the advantage to 21-12, and moments later she found the floor again to

wrap up a 25-15 first set win.

PSU was dominant in set two, sparked by strong serving. Sophomore Emilee Flanagan (Milton) ripped off four aces during a seven-point serving run to give the Panthers a quick 10-2 advantage.

Plymouth State added a six-point run behind three MacNeill kills to push the lead to 16-3 and a Flanagan kill wrapped up a 25-7 victory.

RIC took advantage of four straight Panthers' miscues to build a 12-9 lead in set three. PSU got to within 12-11, but the hosts ran off four straight points and held on to take set three by a 25-15 margin.

The Anchorwomen took an early two-point lead in set four, before PSU used a 10-1 run to take control. Leading Flanagan's kill sparked another Plymouth State run as Flanagan and Ryan combined for a block to make it

Junior Alexa Price (Moultonborough) secured the 25-14 win with a solo block.

PSU held the Anchorwomen to a -.009 attack percentage, while the Panthers hit .151.

Flanagan and Price

both finished with five aces, with Flanagan adding four kills and four blocks and Price posting 29 assists.

Junior Hannah Douglas (Rochester) led all players with 14 digs, while classmate Hannah Chartier (Weare) added

The Panthers have won four-of-five against RIC.

PSU heads to Castleton University Wednesday, April 7, for an LEC battle with the Spartans. First serve is set for 6

NEWFOUND AREA SCHOOL DISTRICT

KINDERGARTEN REGISTRATION **FOR 2021-2022 SCHOOL YEAR**

If you have a child who will turn 5 years old by September 30, 2021 please call or email the school in the town in which you live for registration information.

Bristol Elementary School 744-2761 or jtehven@sau4.org

Bridgewater-Hebron Village School (Bridgewater, Groton and Hebron) 744-6969 or shunewUI@sau4.org

Danbury Elementary School 768-3434 or ncampisi@sau4.org

New Hampton Community School 744-3221 or jfecteau@sau4.org

If you live in Alexandria, your child will attend either Bristol Elementary School or Bridgewater-Hebron

Village School. Determination is made according to physical address. You may contact either school for more information.

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<u> Edward Jones: Financial Focus</u>

How much risk should you take before retirement? actually need to achieve my goals in

If you're planning to retire in just a few years, you may be getting excited about this next phase of your life. However, your ability to enjoy retirement fully will depend, at least partially, on the resources you can draw from your investment portfolio. So, while you still have time to act, ask yourself if you're comfortable with your portfolio's risk level.

Your relationship with risk can change noticeably over time. When you started saving for retirement, you may have been willing to take on more investment risk, which translated into a relatively high percentage of stocks and stock-based mutual funds in your investment portfolio. As you know, stocks offer the potential for greater returns than other assets - such as bonds and certificates of deposit (CDs) - but they are also typically more volatile and carry more risk. But when you were many decades away from retirement, you had sufficient time to recover from This article was written by Edward Jones for use by your lo market fluctuations. (Of course, there are no guarantees - it's possible that some stocks will lose value and never regain it.) Now, fast forward to where you are

now - closing in on retirement. Even at this stage of your life - and, in fact, even during your retirement - you will need some growth-oriented investments to help stay ahead of inflation. Over time, even a low inflation rate, such as we've had the past several years, can erode your purchasing

So, the issue isn't this: "Should I get rid of all my risk?" You shouldn't – and, in fact, you couldn't, because all investments, even the ones considered most "conservative," contain some type of risk, even if it isn't the risk of loss of principal. For instance, some investments run the risk of not keeping up with inflation. Instead, ask yourself these questions: "How much risk should I take within my portfolio?" "How much risk do I cal Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate is such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

retirement?" Of course, there are no one-size-fitsall answers. You'll need to look at

your investment portfolio to see if it's positioned to provide you with the income you'll require in your retirement years. You might have initially based your financial strategy on a specific type of retirement lifestyle, but now that you're nearing retirement, perhaps you've changed your mind. Your anticipated new lifestyle might require either more or less income than you had originally proiected – and if that's the case, you may need to adjust the risk level in your portfolio or make other adjustments. For example, suppose you had initially envisioned a rather quiet retirement, sticking around your home,

volunteering and spending time with your grandchildren. But in recent years - and especially since the confinement many of us have felt during the COVID-19 pandemic you may have thought that you'd now like to travel extensively. To achieve this goal, which will likely cost more than your original one, you may have to work longer, or invest more each vear until you retire, or seek a higher return on your investments - which means accepting more risk. As you can see, managing risk is a

balancing act - and you may need to make some tough choices. But as long as you're aware of how much risk you can take, and how much risk you may need to take to reach your goals, you can develop a strategy that aligns with your objectives.



Parsons nets hat trick, Panthers cruise in rainy battle

Senior Jenna Parsons (Windham) tallied her first career hat trick and added an assist as Plymouth State University thundered past Rhode Island College, 6-0, in a Little East Conference (LEC) women's soccer match at a soggy Alumni Field on Sunday afternoon.

Battling a driving rain and gusting wind Panthers scored three times in each half while junior Cat Robbins (Franklin, Mass.) and freshman Amaya Rogers (Waterbury, Vt.) combined to make eight saves for the shutout.

Parsons, a former goalkeeper herself, had a hand in four of the Panthers' goals, scoring in the 26th minute, assisting on PSU's third goal in the 45th minute and adding back-to-back goals in the 87th and 89th minutes to cap off her career day.

PSU (1-0, 1-0 LEC) wins its third straight contest against the Anchorwomen while RIC falls to 0-1 (0-1 LEC).

PSU got on the board in the 19th minute when a ball was played along freshman Ashley Plante (Concord), who broke past the defense for a one-on-one with the keeper. Plante easily beat the goalie to give the Panthers a 1-0 advan-

Plymouth doubled the lead seven minutes later. RIC attempted to clear a corner, but the ball went right to junior Ashley Acevedo (Mohegan Lake, N.Y.), whose shot from 25 yards out was flicked by Parsons up and over the goalkeeper's head.

The Panthers pushed the lead to 3-0 just before the half expired when Parsons served a corner into the box and sophomore Emily Haik (Westerly, R.I.) tapped the ball into an open net.

Junior Sarah Hicks (Sutton, Mass.) got into the scoring in the 79th minute when she took a feed along the sideline, made a move around a defender and chipped a shot over the charging goalie.

Parsons added her second of the afternoon in the 87th minute. After a nice run by junior Lizzy Bloch (Los Angeles, Calif.), the ball deflected

the right sideline to to Parsons who scored in the top left corner.

She completed the career day in similar fashion two minutes later, settling a loose ball just outside the box before firing a shot to the bottom left corner to account for the final score.

By the Numbers: RIC actually outshot Panthers, 14-13, while PSU held a 4-1 edge

in corners. Robbins (1-0) made two saves in the first half, while Rogers stopped six shots over the final 45 minutes.

PSU has won seven-ofeight meetings between the two teams, outscoring RIC by a 28-7 margin during that span.

Coincidentally, last time a Panther scored three times in a game came against the Anchorwomen (Oct. 12, 2019), when current senior Mallory Lloyd (Hartland, Vt.) tallied nine points on three goals and three assists.

PSU visits Castleton University Wednesday, April 7, for a 7 p.m. contest with the Spartans starting at 7 p.m.

Title defense off to a good start for PSU women's laxers

After having to wait an entire year to defend its Little East Conference (LEC) title, Plymouth State University took an impressive first step towards a fourth-straight crown by topping Rhode Island College, 17-3, in an LEC women's lacrosse game at Alumni Field on Saturday afternoon.

Playing a conference game for the first time since capturing the 2019 LEC Championship, the Panthers opened the game with eight straight goals and led 11-1 at the

Graduate student Sydney Dubois (Goffstown) led the powerful Panthers' offense with five goals, while senior Elizabeth McLaughlin (Tuftonboro) and sophomores Emily Santom (Litchfield) and Olivia Croke (Norwell, Mass.) also recorded hat tricks.

Plymouth State has won 14-straight LEC regular season games and 19-of-20. The Panthers' last conference loss came in the regular season finale of the 2017 season, just days before PSU went on to capture its first of three straight conference tournament championships.

Plymouth State opens the year with a win (1-0, 1-0 LEC), while the Anchorwomen (0-1, 0-1 LEC) drop their home opener.

Dubois got the Panthers off to a quick start, tallying her first goal of the day 4:08 into the game. Santom and Croke both scored in the next 90 seconds and junior Devon Mello (Laconia) made it 4-0 moments lat-

Santom, Dubois and Croke combined to account for the next four goals, with Croke scoring twice and Santom adding a goal and two assists, as PSU pushed the advantage to 8-0 midway

through the half.
RIC broke through to temporarily stop the momentum, but Dubois answered with the next three goals as PSU took an 11-1 lead into the

Junior Kaylee St. Laurent (Alfred, Maine) got the second half scoring started and McLaughlin followed with backto-back goals before Santom completed the hat trick to increase the margin to 15-1 with 20 minutes remaining.

After a second RIC

O'Brien (Weymouth, Mass.) scored her first collegiate goal before assisting on McLaughlin's third of the game with seven minutes to play.

The Anchorwomen added a late tally to account for the final score.

Plymouth State held a 31-10 advantage in shots on goal and was a perfect 7-of-7 on clear attempts.

The Panthers held a 33-25 edge in ground balls and won 12-of-20 draw controls.

Dubois' five matched her career high. Senior Meaghan Al-

lard (Amherst) made seven saves to improve to 1-0. McLaughlin, Mel-

lo and freshman Emily Le Do (Portsmouth, R.I.) each snagged four ground balls.

PSU improves to 19-1 all-time against the Anchorwomen. The Panthers have won each of the last 13 meetings by a combined 228-56 score.

Plymouth State hosts Connecticut Eastern State University next Saturday, April 3, for an LEC contest at PSU's new turf facility - Panther Field. Opening draw is set for noon.

Trio of Panthers named NFHCA **Scholars of Distinction**

PLYMOUTH — Three members of the Plymouth State University field hockey team have been recognized as 2020 National Field Hockey Coaches Association (NFHCA) Division III Scholars of Distinction, the orga-

The Scholars of Distinction program recognizes student-athletes who have achieved a cumulative grade point average of 3.90 or higher through the first semester of the 2020-21 academic year. This year, over 450 student-athletes have been honored.

Gillespie (Lancaster) and Mackenzie Labrie (Canaan). Wakefield is a four-time honoree.

The NFHCA Division III National Academic Teams, the last of the program's annual academic awards,

PSU to host lecture

nization announced on Tuesday.

Representing Plymouth State were senior Haley Wakefield (South Paris, Maine) and freshmen Amber

were set to be released March 29.

on "Responding to Social Disruptions" PLYMOUTH — The Plymouth State Universi-

ty (PSU) Saul O Sidore Lecture Series, which has been focused on understanding and responding to social disruptions, will host its next installment on Wednesday, April 7 at 7 p.m. with Kurt Braddock, Ph.D., who will present "The Hate Vaccine: Attitudinal Inoculation as Counter-Persuasion for Far-Right Extremist Propaganda."

The Saul O Sidore Lecture Series is being presented virtually and is open to the public. There will be an opportunity for questions following the lecture. Those interested in joining the discussion can access the Zoom session here: https://plymouthstate.zoom. us/j/86541446474.

Given the recent testimony by the Director of the FBI and the report by the Office of the Director of National Intelligence that both identified right-wing extremism as the most prominent threat to national security, the Sidore Lecture Series is presenting a speaker whose research focuses on methods that could be used to help prevent people from adopting extremist views and conspiracy theories. Dr. Braddock will discuss attitudinal inoculation, his work in using it to fight right-wing extremists' propaganda and how it might be used moving forward. Rightwing extremists have been reaching out to vulnerable populations online, attempting to influence them to adopt the extremists' ideologies, and have become an increasingly active online presence.

According to Dr. Braddock, "Attitudinal inoculation is a method for preventing persuasion, and has gone largely unused in stemming the online reach of far-right extremism."

Kurt Braddock is an assistant professor of public communication at American University (AU) in Washington, D.C., and holds faculty fellowships at AU's Polarization and Extremism Research Innovation Lab, Center for Media and Social Impact and Institute for Immersive Designs, Experiences, Applications, and Stories Lab. He has published dozens of articles and book chapters on the application of communication theory to prevent violent extremism. His latest book, "Weaponized Words: The Strategic Role of Persuasion in Violent Radicalization and Counter-Radicalization," has been adopted by multiple government agencies to inform their counter-radicalization efforts. He has consulted with and advised several national and international organizations, including the US Department of State, US Department of Homeland Security and the United Nations Office of Counter-Terrorism.

The March 16 Sidore lecture, "Cycles of Hatred and Rage: What Are Right-Wing Extremist Groups Telling Us?" is available to view on the Sidore Lecture Series web page: https://go.plymouth.edu/sido- respring2021. Katherine Donahue, Ph.D., an anthropologist and PSU Professor Emeritus, spoke about factors such as immigration, inequality and labor insecurity that might drive people to form right-wing groups in protest of governments and their policies.

Named for humanitarian and New Hampshire businessman Saul O Sidore, the lecture series brings a variety of speakers to PSU to address critical issues and events in politics, society and culture, topics that reflect Sidore's interests. For more information visit: https://campus.plymouth.edu/sidore/.



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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 patients homebound 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, Emilv 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 healthcare (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. Visit our website: www.pbhha.org and like our Facebook Page: @ PBCH4.

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 onehalf. 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 roundbale 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

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.)

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 Wattendorf 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.

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 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 Meegan, in the next article.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

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Ashland	Sanborn Road	N/A	\$105,000
Ashland	N/A (Lot 2)	N/A	\$285,000
Bristol	3860 River Rd.	Single-Family Residence	\$94,500
Bristol	N/A (Lot 29)	N/A	\$59,000
Bristol	N/A (Lot 11)	N/A	\$87,000
Campton	74 Richardson Trail, Uni		\$245,000
Campton	Route 175	N/A	\$31,000
Campton	N/A (Lot 2)	N/A	\$430,000
Groton	Oldfields Road	N/A	\$72,533
Hebron	Valley View Road, Lot 13	N/A	\$159,933
Holderness	Route 175	N/A	\$334,000
Plymouth	10 Crawford St.	Commercial Building	\$200,000
Rumney	42 Ranch Rd.	Single-Family Residence	\$1,700,000
Thornton	Birch Bend Drive	Residential Open Land	\$59,000
Thornton	True Lane (Lot)	Residential Open Land	\$38,000
Thornton	Waterthorn Road, Lot 10	Residential Open Land	\$77,933
Thornton	N/A	N/A	\$20,000
Thornton	N/A	N/A	\$33,000
Thornton	N/A (Lot 2)	N/A	\$12,000
Waterville V	alley Mad River Condo Ur	nit 1 Condominium	\$307,000
	alley Upper Greeley Hill F		\$705,000
	alley N/A (Lot 3)	N/A	\$275,000
	246 Ellsworth Hill Rd.	Single-Family Residence	\$280,000
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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

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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

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 cooldown, 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

To finish our interview with LaPlume, he expressed his excitement

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."

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.

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.

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Plymouth State athletes earn LEC All-Academic honors

PLYMOUTH — The Little East Conference (LEC) announced 33 Plymouth State Universtudent-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 Md.; Ellie Wilson, Dar-Hadley, Mass.; Halie Hurd, Washington; Autumn Nelson, Weare; Alessia Salzillo, Saugus,

Women's swimming and diving

Hannah Bradshaw, Traverse City, Mich.; MacKenzie Brady, Rochester; Julia Hollinger, Bow; Gabby Rowe, Harpswell, Maine; Madelin Svetin, Topsham, Maine; Cammie Turell, Bowie,

nestown, Md.

Men'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.; Cierra Isakson, Kingston, Mass.; Rachael Mello, North Kingstown, R.I.; Caitlyn Miller, Lee.

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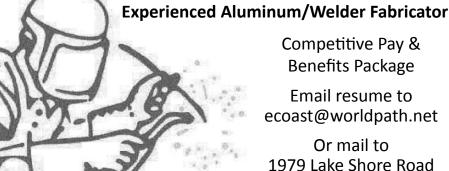
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Mid-State Health Center Helps to administer COVID vaccine at weekend clinic

PLYMOUTH 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-

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 behavioral health services to handle the stress of COVID-19, or food resources to make

nity and has continued

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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