

# Newfound Landing

THURSDAY, MAY 25, 2017

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COMPLIMENTARY

## Young anglers hope for the big catch at Hill Children's Fishing Derby

BY DONNA RHODES  
dhrhodes@salmonpress.news

HILL — Boys and girls enjoyed a morning on the Hill village pond last Saturday, each hoping to catch their limit in freshly stocked trout, and perhaps even take home a prize from the Third Annual Hill Children's Fishing Derby.

Sponsored by the Hill Parks and Recreation Committee, Jennifer Kulacz was one of a team of volunteers from the committee who made the derby possible once again this spring. Kulacz is also a Scout Master for Boy Scout Troop 50 out of Bridgewater, which has assisted them in the past.

"We held the derby later this year because of the drought last fall that really lowered the pond. Unfortunately, all the Scouts are busy this time



DONNA RHODES

Corbin Conkey and his dad Tate of Bridgewater were all smiles after eight-year-old Corbin took second place in the Hill Children's Fishing Derby last weekend and won a new rod and reel. Missing at the time of the awards presentation was first place winner Chaz Hibbert of Tilton.

of year, though, with sports and other activities so they couldn't help out this time," she said.

The committee stepped up to fill that void however with plenty of raffles, great food and prizes for the top three winners, and thanks to all the recent rain, the pond was ready to be stocked last week. The Parks and Rec committee provided half of the 200 brook and rainbow trout purchased for the derby, while New Hampshire Fish and Game generously donated the rest.

"With Fish and Game matching the amount of fish we stocked, we follow the regulations of five fish or five-pounds for the derby, whichever comes first," Kulacz explained.

SEE FISHING, PAGE A14

## Alpers dismisses County Commissioner's concerns

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — When Grafton County Commissioner Omer Ahern appeared before the Bristol Board of Selectmen to warn members of a pending 5.7 percent increase in county taxes, Chair Rick Alpers interrupted him, saying, "Your budget is minuscule."

Alpers said Bristol residents are more concerned about the cost of educational and municipal spending than they are about the cost of county operations.

"We're very thankful for what Grafton County does for us," he added.

Ahern is one of three county commissioners, and he said he always loses to a 2-1 vote.

"I wasn't in favor of the new hires," he said in explaining the 4.8 percent increase in county expenditures that will translate to a 5.7 increase in the county's assessment to Grafton County communities.

The additional employees include a legal assistant and increasing the part-time county attorney to full-time.

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### Holiday means early deadlines for advertising

MEREDITH — The offices of the Newfound Landing, located at 5 Water St. in Meredith, will be closed Monday, May 29 in observance of Memorial Day.

While the holiday will not affect our submission deadline for press releases, letters to the editor, or obituaries (always Tuesday at noon), there will be a change in the deadline for placing a display ad in our Sports

section.

For more information on the accelerated B section advertising deadline, please contact our Sales Representative, Tracy Lewis, or sales assistant Lori Lynch at 444-3927 or by e-mail at courieradv@salmonpress.com.

The staff of the Newfound Landing wishes all our readers a safe and happy Memorial Day weekend.



COURTESY

### Movin' on up

Tigers, Webeloes, Wolves and Bears all traded up to the next level in Cub Scout Pack 59, from the Bristol/Newfound area. Planned for a cook-out at Wellington Beach last Friday the weather caused the ceremony to be brought back to the Tappley-Thompson Community Center. The cook-out went ahead to everyone's pleasure (food/beverages were donated). Above, left to right: Ryan Colburn, Wyatt Towne, Lucas Reynolds and Corbin Conkey left their hats and scarves from their Wolf Pack Den #2 for new hats and scarves to join the Bears, Den 2. Back Row, Assistant Den leader Kelly Conkey and Den Leader Tate Conkey joined their pack on the 'crossing-over bridge,' part of the formal changing up ceremony.

## Put yourself in the spotlight with a Newfound Landing Selfie!

REGION — Here at the Newfound Landing, we believe that each and every one of our readers has a unique story to tell, and we want to give you an opportunity to share yours with a New-

found Landing Selfie!

Tell us a little about yourself by responding to the following questionnaire and submit your answers to us at newfound@salmonpress.com, along with

a "selfie" (or self-taken photo), and let us put you in the spotlight! We will choose one "Selfie" each week for publication, so be sure to read the paper regularly because yours

SEE SELFIE, PAGE A14

## New Hampton public safety personnel to host open house

BY DONNA RHODES  
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NEW HAMPTON — Public Safety officials in New Hampton will be holding their third annual Open House on Saturday, June 3, where residents can meet and speak with several public safety officials, examine the equipment they use in the course of their duties and have a fun and educational experience at the same time.

Sponsored by the New Hampton Fire Fighters Association, there will be a number of demonstrations, hands on activities and some fun for all to take part in that day.

New Hampton police and fire departments

will raise the garage doors to let both young and old alike take a

SEE OPEN HOUSE, PAGE A13

## TTCC offers teens a chance to make a positive impact on the region

BY DONNA RHODES  
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BRISTOL — While many local adults volunteer to organize activities of the Tappley-Thompson Community Center, there is also a dedicated group of youth from Newfound Regional High School who make an equally big impact on all that goes on at the center, known as the Teen Council.

Gina Richford heads up the hardworking council members, who are further led this year

SEE TTCC, PAGE A13



COURTESY

Members of the Teen Council at Tappley-Thompson Community Center have found friendship, a sense of purpose and a lot of pride through all they do for the Newfound Region.

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# District 9 election set for Sept. 5

BY THOMAS P. CALDWELL  
Contributing Writer

CONCORD — The Governor and Executive Council on May 17 approved the request of the town of Ashland to hold a special election to fill the vacant seat in Grafton County District 9, created by the resignation of Jeff Shackett, R-Bristol.

Each of the towns in District 9 — Alexandria, Ashland, Bridgewater, Bristol, and Grafton — previously voted to

leave the position vacant, since the district still has one representative, Robert Hull of Grafton, and because by the time a new person could be elected and sworn in, the important business of this legislative session will have been completed. During the fall, there is only committee work in preparation for the second session in January.

The cost of holding a special election was another factor in deciding

not to pursue a replacement for Shackett.

In reconsidering their vote, Ashland selectmen took into account arguments that the state would cover the cost of printing the ballots, so the expense would be

spread throughout the state and not fall entirely on local taxpayers. Apart from volunteer ballot clerks, town officials working on election day already would be on the town payroll.

With Concord agree-

ing to the request, the filing period opened on Monday, May 22, and candidates may file with the Secretary of State's Office through Friday, May 26.

The primary election for a contested race

has been set for July 18, with the general election taking place on Sept. 5. If only one person files from each political party, a primary will not be necessary, and the special election will occur on July 18.

## Architect hired for Bristol's town office building

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — Samyn-D'Elia Architects of Ashland will be developing the preliminary plans to address the space needs of the town through a \$20,000 contract approved at the selectmen's May 18 meeting.

The Bristol Board of Selectmen set a cost not to exceed \$50,000 for what Town Administrator Nik Coates referred to as phase one of the project, which also will include civil and geotechnical engineering. The goal is to have a preliminary proposal for voters to consider at next year's town meeting.

A space needs study had concluded that the best solution for town offices and police department needs would be to build a new town office building on an adjacent piece of land the town had purchased for future expansion, and to renovate the current municipal building to accommodate the police department, which operates out of a portion of that building. The architectural firm, however, has suggested looking first at the possibility of meeting the need through renovations of the existing building.

The adjacent lot has potential drainage issues that would have to be addressed and, by adding onto the existing building, those might be avoided. It would require some drainage work at the current site, including

the use of permeable pavement to minimize runoff, but the firm suggested that might be a better solution.

Selectman Paul Manganiello said Bristol heard from six architects interested in working with the town, and five met with the building committee.

"The voting was pretty consistent," Manganiello said. "Samyn-D'Elia scored at the top of everyone's score sheet."

One of the key things the firm will be looking at, said Coates, is the structural integrity of the municipal building.

The Bristol Municipal Building originally was a brick structure, but the town later built a wooden addition that now is showing signs of age. The weight of town records storage is putting stress on the newer section, and additional renovations may require replacement of structural supports.

In addition to approving the architectural contract, selectmen gave authorization to Coates to sign contracts with other firms to handle the engineering necessary to bring a conceptual design before the town. Although voters appropriated \$95,000 for the design process,

the work will be limited to preliminary plans this year, with the final design work to be done after voters agree with the direction the town is taking.

Selectmen also grappled with an issue arising from new transfer station regulations. Voters at town meeting approved a new ordinance setting fees for businesses using the transfer station instead of their own trash removal services. The 21-day commercial permits cost \$100.

Town Clerk Raymah Simpson said there are several businesses, such as hairdressers and offices, that produce less solid waste than residents do, and they find the commercial fee to be excessive.

The commercial permits were designed to address demolition and other large loads, and Highway Superintendent Mark Bucklin said a solution might be to define heavy and light commercial loads.

Selectmen asked officials to look into how other towns of similar size handle the issue and, meanwhile, agreed to charge commercial entities \$50 per month until they are able to arrive at a permanent solution.

The board approved the \$47,006 purchase of a new one-ton truck

from Grappone Ford, using money from the highway vehicle capital reserve fund for the purchase. Once delivered, the truck will be outfitted with a dump body, snow plow, and spreader by HP Fairfield of Concord for another \$56,291, also using capital reserve funds.

In other business, selectmen renewed a media contract with the Town of Alexandria for the broadcast of town videos; and they signed a contract with Provider Power to lock in electricity rates once the current contract with Constellation expires in November. The new contract is \$.02 less per kilowatt hour than the town is paying now.

In discussing the budget, selectmen expressed concern about the town's legal costs.

"We need to finish these low-hanging cases as quickly as we can," said Chair Rick Alpers. "We're spending a lot of money on legal for a town of this size."

One of the outstanding cases is a legal challenge from John Sellers, an unsuccessful candidate for selectman who is alleging misconduct in the handling of absentee ballots, as well as an error in the number of open positions on the budget committee.

## Homestead Restaurant to host fundraising night for New Hampton DI Team

BRISTOL — The Homestead Restaurant in Bristol will host a fundraising night on Thursday, June 1 to support the New Hampton Community School's Destination Imagination (DI) team. Between 5 and 8 p.m., diners who present a DI fundraiser flyer to their server will have 25 percent of their bill donated to the local team. Flyers are available at [www.nhcs.sau4.org](http://www.nhcs.sau4.org) and [www.facebook.com/groups/nhcspto](http://www.facebook.com/groups/nhcspto).

The NHCS team, who are competing in the DI Global Finals in Knoxville, Tenn., May 23-27, did not

meet their fundraising goal prior to the global competition and will use proceeds from this event to reimburse parents who had to pay all travel expenses. Additionally, the team is selling tickets for an Amazon Echo to be raffled on Friday, June 2 at 2 p.m. at the NHCS.

Joining more than 1,400 DI teams from around the world at this prestigious competition are NHCS students Mika Austin, Mabel Bureau, ShayLeigh Batchelder, Evan Foster, and Cailyn Richard, along with team managers Samantha Austin and Holly Cook.

## Participants sought for 'Making It In Bristol' event

BRISTOL — The members of the Bristol Historical Society are making plans for the fourth annual "Making It In Bristol" on Saturday, Aug 5. The event will run from 9 a.m. to 2 p.m. on the Common in downtown Bristol, providing an opportunity for Bristol residents to exhibit the diversity of products and services that

crafters, artists, farmers, bakers, entrepreneurs, and manufacturers produce in this community.

As the title indicates, this event is strictly for Bristol businesses. There is a registration fee of \$15. Call Lucille Keegan at 744-2751, or email: [lucillekeegan1@gmail.com](mailto:lucillekeegan1@gmail.com) to receive an application form. Spots will be filled in the order that we receive the application and fee. The deadline for registration is Friday, July 14.

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PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES PG-13  
Thursday (5/25): 7:15 PM  
Fri. - Sun.: 1:15, 4:15, 7:15, 10:00 PM  
Mon.: 1:15, 4:15, 7:15 PM; Tues. - Thurs: 3:45 & 6:45 PM

BAYWATCH R  
Thursday (5/25): 4:00 & 7:00 PM  
Fri. - Sun.: 1:00, 4:00, 7:00 & 9:45 PM  
Mon.: 1:00, 4:00, & 7:00 PM; Tues. - Thurs: 4:00 & 7:00 PM

ALIEN: COVALENT R  
Thursday (5/25): 4:30 & 7:30 PM  
Fri. - Mon.: 1:30, 4:30, 7:30 & 10:00 PM  
Tues. - Thurs.: 4:30 & 7:30 PM

SNATCHED R  
Thursday (5/25): 4:00 PM

GUARDIANS OF THE GALAXY VOL 2 PG-13  
Thursday (5/25): Thurs.: 4:15 PM

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COURTESY

## New Hampton Community School learns about corn

New Hampton Garden Club members Theo Denoncour, Linda Dowal, Anne-Marie McCormack and Phyllis Schofield visited the first grade at the Community School and presented a program about growing corn, the various kinds and usage. Theo read the book, *Corn*, by Gail Gibbons, which is this year's Agriculture in the Classroom book, sponsored by the New Hampshire Farm Bureau. The club purchased the book and after it was read to the class, donated it to the school library. After the reading, Linda and Theo led them in planting corn seeds in plastic containers. They will watch the growing process at school and later they will take the plants home for their gardens. This is part of the Garden Club's mission to share a love of gardening and nature with all ages from youth through elderly.

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# Old Hill Village comes alive at Minot-Sleeper Library

BRISTOL—Likemost New England towns, Hill Village is not today what it was 100 years ago. Uniquely, though, Hill's geographic location changed during this time. When the town of Hill was incorporated in 1778, settlers resided along the Pemigewasset River. The village grew with the establishment of farms, town meeting-houses, churches, and a schoolhouse. These buildings and the lives of residents would be uprooted less than 200 years later, following

notice that their town's location fell within construction plans for the Franklin Falls Dam. From 1940-1941, residents of Hill uplifted and relocated to an area south of its original location, to where the town currently resides.

The history of Old Hill Village and its current reincarnation is rich with fascinating stories. These remembrances, along with photographs and artifacts will be the focus of an upcoming presentation, "Hill Village: Then and

Now," presented by the Hill Historical Society on Thursday, June 1 at 6:30pm at the Minot-Sleeper Library in Bristol.

In conjunction with the presentation, the gates to Old Hill Village will open to vehicular traffic on the following Saturday, June 3 from 11am-4pm. Access begins at Back Road, off of New Chester Road in Hill. Guidebooks are available for purchase for \$5 at the Hill Village Store and at Hill's Town Clerk's office.

The presentation "Hill Village: Then and Now" will be put on by the Hill Historical Soci-

ety on Thursday, June 1 at 6:30 p.m. at the Minot-Sleeper Library, 35 Pleasant St., Bristol. The

program is free and open to the public. Light refreshments will be provided.

## NHTI announces Spring 2017 Dean's List

CONCORD — The following students from your area have been named to the Dean's List at NHTI, Concord's Community College, in recognition of their academic achievement

during the Spring 2017 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

ing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time faculty and over 300 adjunct faculty, NHTI Concord's Community College offers more than 80 academic programs to more than 7,000 students annually. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969.

**Bristol**  
Allison Chapman,  
Nicholas Chapman,  
Jayson Normandin

**Campton**  
Lisa Currier

**Holderness**  
Tammy Court, Samantha Lally

**New Hampton**  
Melissa Lyford, Samantha Tait

NHTI is a dynamic public institution of higher learning provid-

## Groton Historical Society hosting program on the women of WWI

GROTON — Groton Historical Society has received a grant from New Hampshire Humanities to present "Rosie's Mom: Forgotten Women of the First World War."

It has been 100 years since the US became involved in WWI. A full generation before Rosie the Riveter, American women rolled up their sleeves and entered war industries where they had never been welcome before. They ran power-

ful machinery, learned new skills and faced the sullen hostility of the men in the shops.

In this illustrated lecture, historian Carrie Brown reveals their courage and their hard work, asks what impact "the great war" had on their lives, and explores how these women helped shape the work that their more famous daughters would do in the next World War.

This program will

begin at 11 a.m. on Memorial Day, May 29, at Groton's Town House, 754 North Groton Rd., Groton. Rev. John Fischer will be Master of Ceremonies for this event commemorating Memorial Day and his wife Linda will lead us in the singing of a patriotic song before Carrie Brown begins her program.

This program is free and open to the public. Refreshments will be

provided.

New Hampshire Humanities nurtures the joy of learning. They connect people with ideas. Learn more at [www.nhhumanities.org](http://www.nhhumanities.org).

For more information, contact Sherry Nelson at 744-9744.

## Newfound Area Charitable Fund seeks applicants for 2017 road race

BRISTOL — The Newfound Area Charitable Fund (NACF) announces that its Eighth Annual Run Your Buns Off 4.2 Miler road race will be held Saturday, Sept. 2 in Bristol. The race committee is hard at work planning this year's event and the NACF Board is now seeking beneficiary applicants for the 2017 race proceeds.

"The NACF is dedicated to assisting local charitable groups and causes that promote wellness, fitness and health education and activities in the Newfound region," says Audrey Goudie, NACF President. Each year, local charitable organization(s) exemplifying these goals are selected to receive the proceeds from this exciting community event.

Goudie continues, "Since the first Run Your Bun Off road race in 2010, we have given back \$50,000 to causes and programs in our community."

### Past beneficiaries include:

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

2012 & 2013 Jacob Earl Messersmith (JEM)

Memorial Scholarship Fund (\$7,500 & \$7,000)

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

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

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

The NACF Board is now seeking applications from non-profit,

charitable organizations from the greater Newfound area which wish to be considered as the 2017 Run Your Buns Off 4.2 miler race beneficiary.

NACF Vice President, Garlyn Manganello said, "The NACF Board is proud to offer area non-profit organizations a chance to achieve seed money for new programs; add value or resources to existing programs; SEE ROAD RACE, PAGE A13

## Largest organization for women in NH celebrates 10th anniversary

MEREDITH — What started out as a creative spark by Women Inspiring Women Founder Leslie Sturgeon, grew into the largest organization in New Hampshire for women's empowerment, personal development, business resources, networking and fun!

Since starting her first business at the age of 22 in 1989 in the Lakes Region of New Hampshire, Sturgeon surrounded

herself with other professionals to discuss business, career success, life/work balance, dreaming big, challenges, opportunities and personal growth. Because of her appreciation for the difference women can make in one another's lives, she had a desire to create an organization where other people could experience on a regular basis what had been so influential in her life. After the launch of WIW in Meredith in May 2007, the organization grew rapidly and expanded throughout New Hampshire and also added in the NH Conference for Women and Inspiring Women in Business day-long events.

Women Inspiring Women will commemorate its 10th anniversary with an event back in Meredith at the Chase House Inn on Thursday,

May 25. Exhibitors and socializing will be from 5:30 to 6:30 p.m., followed by dinner and a special presentation. Featured speakers will be Emily Clement of Emily Clement Coaching and Leslie Sturgeon. "Bloom Where You Are Planted" will include insights into how to grow from right where you are to the best version of yourself – and tips for uprooting if that leads to better ground. This workshop is beneficial for those wishing for a different job or change in their living situation, those wishing for a different life, those feeling restless and ready to take a big leap, and those waiting for the next big thing before feeling complete. Registrations are done through their Web site at [www.WomenInspiring.com](http://www.WomenInspiring.com), and are \$35 for WIW members and \$45 for non-members.

## PSU announces \$1.5 million gift to benefit students with teaching aspirations and create Leadership Institute for K-12 administrators and teachers

PLYMOUTH — Plymouth State University (PSU) today announced a \$1.5 million gift from the late Ann G. Haggart, a life-long educator. This is the fourth-largest gift in PSU's history and will establish the Holmes-Pattee-Haggart Family Fund. The fund will support two purposes: it will provide scholarships to New Hampshire students with financial need, giving priority to those hailing from Coös, Grafton and Car-



Elizabeth Bissonette stands with Plymouth State University (PSU) President Donald Birx beside a portrait of her late sister Ann G. Haggart. PSU today announced a \$1.5 million gift from Ann Haggart, a life-long educator. This is the fourth-largest gift in PSU's history and will establish the Holmes-Pattee-Haggart Family Fund, which will provide scholarships to New Hampshire students with financial need, giving priority to those hailing from Coös, Grafton and Carroll counties, and will create the Holmes-Pattee-Haggart Transformational Leadership Institute.

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## How Untreated Depression Contributes to the Opioid Epidemic

CONTRIBUTOR: CADCA (COMMUNITY ANTI-DRUG COALITIONS OF AMERICA)

Deaths from prescription drugs like oxycodone, hydrocodone, and methadone have more than quadrupled since 1999, according to the Centers for Disease Control and Prevention (CDC). But pain doesn't seem to be the only culprit: About a third of Americans have chronic pain, but not all of them take prescription painkillers for it. Of those who do take prescription opioids, not all become addicted.

Several researchers now believe depression, one of the most common medical diagnoses in the U.S., might be one underlying cause that's driving some patients to seek out prescription opioids and to use them improperly. People with depression show abnormalities in the body's release of its own, endogenous, opioid chemicals. Depression tends to exacerbate pain—it makes chronic pain last longer and hurts the recovery process after surgery.

"Depressed people are in a state of alarm," said Mark Sullivan, a professor of psychiatry at the University of Washington. "They're fearful or frozen in place. There's a heightened sense of threat." That increased threat sensitivity might also be what heightens sensations of pain. Not only do people with depression tend to be more pain-sensitive, the effect of opioids can, for some, feel as mood-elevating as an antidepressant.

"Depression is a mixed bag," Sullivan said. "People can feel sluggish and uninterested, but they can also feel agitated, irritated, and anxious. They feel both unrelaxed and really unmotivated at the same time."

Opioids might, at

least temporarily, feel soothing and sedating. Indeed, several studies have found that buprenorphine, an opioid that is typically used to wean people off of heroin, has some antidepressant properties.

Sullivan and other researchers from Washington and California found in 2012 that depressed people were about twice as likely as non-depressed ones to misuse their painkillers for non-pain symptoms, and depressed individuals were between two and three times more likely to ramp up their own doses of painkillers. Adolescents with depression were also more likely, in one study, to use prescription painkillers for non-medical reasons and to become addicted.

In 2015, a different group of researchers found that depressed people were likely to keep using opioids, even when their pain had subsided and when they were more functional.

"If the emotional pain, the depression, is never properly diagnosed or treated, the patient might continue taking the opioid because it's treating something," said Jenna Goelsing, an assistant professor in the department of anesthesiology at the University of Michigan and an author of that study.

Most recently, a group of Harvard researchers found that mood disorders didn't increase the likelihood that people would start using opioids, but they nearly doubled the risk that a person already using opioids would continue to use in the long-term. Prescription opioids can also exacerbate depression, creating a vicious cycle for patients who become dependent on them.

Most opioid abuse  
SEE CADY, PAGE A14

## PET of the Week Jayro



This adorable fellow hails from an animal sanctuary operating in Puerto Rico. Jayro was abandoned at the sanctuary about five years ago. Luckily, he came to New Hampshire Humane Society where, in spite of the fact he is at the very least bi-lingual, he has acclimated well to an English speaking North American life-style.

He is, frankly, the sweetest dog calling our shelter home, with a pudgy little body and his one blue eye, gentle demeanor and a tail that circles like a helicopter blade. He's enjoyed



overnight stays with staff and volunteers, and taken hikes to

local parks where he has met other dogs with interest and di-

plomacy.

Very fond of treats, we have put him on a diet for his own health and well-being. He doesn't seem to be concerned about cats, but he might guard his food dish, those old survival habits from the streets are still on his mind. A more loveable, companionable dog you will not find; ideal for an older family with teens.

Please come and visit Jayro. You will be smitten!

Check [www.nhhumane.org](http://www.nhhumane.org) for more details.

## Strategies for Living

BY LARRY SCOTT

Lee Strobel, in his book, "The Case for Faith," tells the story of a remarkable man by the name of William Neal Moore. When Strobel met him in Rome, Georgia, he was a well-respected ordained minister, dedicated to helping the hurting. But such had not always been the case.

Few people outside of his congregation were aware that in May of 1984, William Moore was just hours from being electrocuted for a murder he had committed some 16 years before. Breaking into the home of 77-year-old Fredger Stapleton in search of cash Stapleton was known to keep in his bedroom, he was caught "red-and was sentenced to death.

But now ... the rest of the story.

Shortly after his imprisonment two Chris-

tian gentlemen, at the behest of Bill Moore's mother, visited him in prison and told him about a loving God Who was more than willing to forgive him and give him a dramatic, new direction in life. He had never heard of a God who loved him unconditionally - even in view of what he had done - and soon he made a life-changing decision: he invited Jesus Christ to be the Lord of his life.

That decision changed everything! From a wasted life of self-centered living, William Moore became a witness to God's love and mercy, sharing his story, counseling his fellow-inmates, and leading Bible studies and prayer sessions within the Georgia State Penitentiary. So dramatic was the change in his life that it caught the attention of the Ga. Board

of Parole and Pardon, and surprisingly, within hours of his execution Moore's death sentence was commuted to life in prison. And then, in November 1991, in an action unprecedented in the history of the Board, he was released.

As Lee Strobel sat in his home reflecting on the remarkable change of direction Bill Moore's life had taken, Lee asked him "about the source of his amazing metamorphosis. ... [W]hat was responsible for the transformation of Billy Moore?" 'Plain and simple, it was Jesus Christ,' he declared adamantly. 'He changed me in ways I could never have changed on my own. ... He helped me do the right thing. ... He saved my soul!'"("The Case for Faith," page 259)."

To the skeptic, I know this sounds like just so

much religious spin on the life of a man who was caught. The truth, however, is that in some cases the consequences of a life lived independent of God catches up with us. And then there are times when circumstances lead us to an opportunity to experience what God has to offer and we discover what is, in fact, a new lease on life. Living by our drives and selfish interests may seem to be a path to happiness for a while but sooner or later we must "pay the piper." Those who have had a chance to invite God into the mix will tell you without regret that it is the best decision they have ever made; they can't imagine why they waited so long. What an honor, indeed, it is to know the Living God!

You want to talk about it? Hit me up at [rlsarry-scott@gmail.com](mailto:rlsarry-scott@gmail.com).

## Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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## Letters to the Editor

### Why can't we get the DHHS budget right?

To the Editor:

This is the 15th of my reports to the voters of Hill and Franklin on what is happening in Concord. I want to thank you for the numerous positive comments I received for last week's column on civility at the State House and how we must first get our families right. This week was slow but a worthwhile example of how we do business in the State.

The House's session was an "emergency" session to fix a budget problem. It's a problem that we've known for probably 18 months, but certainly at least six. Health and Human Services (DHHS) was supposedly going to be unable to pay bills to the tune of \$66 million they had overspent if we didn't do something. I am still not sure I understand fully how they got in this jam, but it supposedly revolves around Medicaid. It seems that the original estimates for individual participation and overall costs were low. They (whoever is "they") underestimated the number of people who would qualify for aid and the amount we would be given in federal assistance (your tax dollars).

To fix this, according to the experts, was to have DHHS use \$33 million that had as "extra" money, and that the State would kick in the remaining \$33 million out of our current year's budget. This works well in a year when we have the surplus, but what if we didn't? Where would it come from this late in the

fiscal year? It's simply lousy management.

I used to manage multi-million dollar programs, and we set a budget at the beginning... updated it periodically... and knew on a weekly basis how we were doing. Why can't DHHS and House Finance do this? Why do they wait until the last minute? Why is DHHS allowed to spend at a rate that doesn't match the budget? DHHS and House Finance watched the train wreck happen and did nothing until the last minute. Granted, House Finance did have money identified to pay for it in next year's budget, but that is in six weeks!

The bigger question is why DHHS was allowed to spend at a rate that did not fit their budget. Why didn't we tell DHHS 18 months ago that until they had additional money identified and approved, they needed to rein in their spending. I voted against it to say let's do our jobs and get the DHHS to do theirs. I am learning and not everything I see is good, but hopefully I can make a difference.

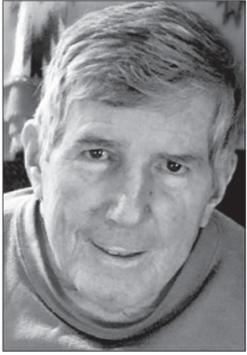
Please contact me at [dave@sanbornhall.net](mailto:dave@sanbornhall.net) or 320-9524 with your comments or if you just want to talk.

Cheers!

*Dave Testerman  
NH State Representative  
Franklin and Hill*

## North Country Notebook

# Toss the watch, unfurrow the brow, grab a good map, and hit the road



By JOHN HARRIGAN  
COLUMNIST

America has, for a host of reasons, become a nation of A-to-B travelers. By this, I mean people obsessed with getting from point A to point B without savoring the trip in any fashion, whether there's a need for hurry or not. These are the people who ask me, when I'm getting back from a train trip, or a truck-tour down Old Route 3 or along winding Route 113, or a Jeep ride along equally winding Route 145, "Didn't it take a long time? Weren't you bored?" The answers are yes, and no—that last as in, "Not ever."

When it came past-due time to visit family on the West Coast, I took one of Amtrak's great trains, the California Zephyr, out and back instead of flying,

which I used to love but have grown to loathe. This was anathema to anyone with no clue about trains then and now, or even any notion that trains still exist. "Didn't it take a long time?" No, just four days and three nights, which didn't matter at all, because the trip itself was such a pleasure. "Didn't it cost a lot?" No, not when you figure that on a train, you get your meals and your hotel room on wheels, not to mention an ever-changing scene out the window.

On trips south, especially to destinations down below the notch, I'll use Interstate 93 or its across-the-river companion I-91 to get to where I'm going as quickly as possible, usually a speaking event or a medical appointment. But on the way home, I'll take the slowest and most interesting route possible, often adding hours to the trip. And I never come home without a renewal of the sheer love of travel for travel's sake.

The other day, Nancee and I piled into the truck to go down to Littleton on some errand or other, and wound up, as usual, taking the slow

way home, actually one of several possible slow ways home. This time we went up one of our favorite roads, Route 135, which follows the Connecticut River northward from Woodsville all the way to Lancaster.

It was a beautiful spring day. Signs of the season, and people's frantic efforts to catch up with it, were all around. Across the state line and up the river a bit, the four-lane highways beckoned, but there was a whole other world along the road there, running west of Dalton Mountain. And at the Mt. Orne covered bridge in South Lancaster, we crossed the river and went up Vermont's ancient and winding Route 102 all the way to Colebrook. If we had stopped everywhere we could have stopped along these fine old byways, we'd never have got home.

A trip like this always makes me wonder how many people have never changed gears, stopped looking at their watches, taken a deep breath, consulted a map, slowed down, and taken the road—as Frost put it so well—

less traveled. There's a whole world out there to see, beyond the interstates and interchanges and other things that begin with "inter" except interesting.

Leaving for a long and wandering trip during a divorce is not the best way to go, but William Least Heat Moon did it, and generated a revival of spirit and a great book, *Blue Highways*, the name stemming from the color of the lesser highways and byways on the maps he used across the country. And later, as described in his equally enjoyable book *River Horse*, he did the same thing by boat.

One of the few material things I've ever wanted in life, other than a remote, hike-in camp (which I have), was a Jeep born the same year I was, 1947

(which I also have). It's just a basic Jeep, no doors, no top, restored to good running condition and used for farm work (mainly building and maintaining fences) and the occasional pleasure jaunt around the back roads of the Upper Coos County.

I also have a neat, solid little World War II trailer, made for this very type of Jeep, courtesy of Fred King, who restored it and kept it in good shape until he was through with it, and then sold it to me for a pittance.

Wouldn't it be fun, I sometimes muse, to pack up the trailer with a few necessities, like lawn chairs and a tent and a bicycle or two, and fishing stuff, and the wangan that

contains all of my outdoor cooking gear, and a few good books, and a journal and a camera, of course, and hit the road.

Both the Jeep and I are 65 years old, and there'd be inevitable breakdowns and repairs and aches and groans, not to mention a few missed turns and no doubt many a waterlogged day, but what stories we'd have to tell—if we ever turned around, and came home to tell them.

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

## Elaine A. Seaver, 88

NEW HAMPTON — Elaine A. Seaver, 88, of New Hampton, died peacefully in her home on Wednesday, May 17, 2017.

The daughter of Helen Huckins and Albert Smith II, Elaine was born and raised in New Hampton.

She is survived by siblings Albert B. Smith III of Tilton, Caroline Sawyer of Plymouth, and Cymbeline Tibbetts of New Hampton. Elaine was the beloved mother of five children (Othniel Seaver of Montana, Jonathan Seaver of New Hampshire, Abbie Ahern of Vermont, Matthew Seaver of New Hampton and Erwin Seaver, who preceded her in death). She is also survived by 11 grandchildren and several great-grandchildren.

Family, community, and a strong work-ethic have always been central in Elaine's life. She is known for her dedication to family, strong character (as she calls herself, "a stubborn Smith"), firm values, and devout christian faith. She worked hard to provide for her children, and she has always been a dedicated, caring and loving example for the entire family. Her family will remember her love of traditions, annual cards, funny sayings, and her infectious laugh.

Elaine was very involved in her hometown community. She served as the Selectman's Assistant in the New Hampton Town Office for 25 years. Even



after her retirement in 1998, she continued to work part-time for years. She loved her job, and was very proud of it. Elaine was a member of the New Hampton Grange for years and also served as Secretary of the Belknap County Farm Bureau. She faithfully attended Life Quest Christian Missionary Alliance Church in Laconia every week, where she was proud to be the oldest member of her congregation. She was also a member of Enterprise Rebekah Lodge #46 in Bristol. Beyond her professional work, Elaine

was a hard worker on the farm for most of her life. She loved animals and was very knowledgeable about farming and gardening. Even into her 80's, Elaine enjoyed working long hours outside and helping her son Matt with firewood at their home in New Hampton. Elaine is loved and respected by her family, friends and community, and she will be dearly missed.

There will be no calling hours, but a graveside service for family and friends will be held in the New Hampton Village Cemetery Saturday, May 27, 2017 at 10 a.m. In lieu of flowers, donations may be made in her memory to Newfound Area Nursing Association, 214 Lake St., Bristol, NH 03222. We will always appreciate the kind and professional care they provided for Elaine these past months.



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## On "529 Day," Think About College Savings Plans

You probably won't see it on your calendar, but May 29 (5/29) is 529 College Savings Day, or 529 Day for short. This day, named after the 529 plan, a popular college-savings vehicle, is designed to promote people's awareness of the need to save and invest for the high costs of higher education. And that need has never been greater. Consider the following:

- **College prices keep moving up.** College costs just keep rising. For the 2016-2017 school year, the average cost (tuition, fees, room and board) was about \$20,000 for in-state students at public universities and more than \$45,000 for private schools, according to the College Board. These costs are likely to continue climbing.
- **Student debt is at record levels.** Of the Class of 2016 graduates who received loans — about 70% of the total student population — the average individual debt was \$37,172, a record high, according to a study cited by CBS News.

What can you do to help your children

graduate from college without having to provide a big "IOU" in exchange for a diploma? In the spirit of 529 Day, you might want to consider investing in a 529 plan. It's certainly not the only means of saving for college, but it does offer some attractive benefits.

For starters, contribution limits are quite high — you can accumulate more than \$200,000 per beneficiary in many state plans. And you can typically invest in the 529 plan offered by any state, even if you don't reside there. If you do invest in your own state's plan, you may be eligible for state income tax incentives.

Also, all withdrawals from 529 plans will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named — typically, your child or grandchild. (Withdrawals for expenses other than qualified education expenditures may be subject to federal and state taxes and a 10% penalty on the earnings portion of the distribution.)

Furthermore, you have complete control of your 529 plan assets. You decide who will get the money and when he or she will get it. You can even change the beneficiary to another family member.

Keep in mind, though, that your 529 plan will be counted on the Free Application for Federal Student Aid (FAFSA), although schools typically only consider up to 5.6% of parental assets when calculating financial aid. And distributions from a parent-owned 529 account used for one year's college expenses will not usually reduce next year's financial aid eligibility. (For more information on how a 529 plan might affect your child's financial assistance, you may want to consult with a college's financial aid office.)

If you can find a 529 Day event in your area, you may want to attend so that you can learn more about the many aspects of saving for college. But even if you can't personally take part in 529 Day, give some thought to a 529 plan — it might be part of the solution for helping your children earn a relatively debt-free degree.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact

**Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook [www.facebook.com/EJAdvisorJacquelineTaylor](http://www.facebook.com/EJAdvisorJacquelineTaylor).



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## Virginia Vineyard Dunn, 88

PLYMOUTH--Virginia Vineyard Dunn, 88, of Plymouth, N.H. died on May 12, 2017 at her home of 62 years, after six months of declining health. She celebrated and enjoyed her 88th birthday on May 10 with her family.

She was born in Hazel Park, Michigan, the daughter of Opie and Frieda (Burger) Vineyard and was raised in Herkimer/Mohawk, N. Y.

Virginia had been married to Robert G. Dunn in 1947. They re-located to New Hampshire in 1948. In 1955, they settled in Plymouth where they raised their five daughters and one son.

In 1968, Virginia starting working for the Summer Head Start Program in Plymouth, under the leadership of Director Raymond S. Burton. She then became the full time teacher in 1969. In 1973, she earned her Associate of Arts Degree, and in 1975 she earned her Bachelor of Science Degree with honors, both from the University of New Hampshire in Family Studies – Early Childhood Development. In 1975, she starting working for the State of New Hampshire – Department of Health and Human Services as a Social Worker. She retired from that employment in 1998. Upon her retirement, she became a volunteer at the Speare Memorial Hospital, spending most of her time in the lab and mail



room. She worked there until September of 2016, clocking in 13,803 plus volunteer hours – amazing! It became her second home and she truly loved the people she worked with. Ginny was an amazing cook and often treated them to her tasty baked goodies.

Virginia loved her family first and took great joy in bragging about them. She excelled at Early American Decorative Painting with oils, taught by Edith Gray of Dorchester and later Tole Painting with acrylics, taught by Carol Elliott of Plymouth. She loved her sewing and needlecraft along with her quilting. She took great pleasure in swimming at the Mid-State Pool. She also loved her puzzles, which she continued to work until the day she passed. She was very creative.

She had been a long time member of the Plymouth Congregational Church and served in many capacities, including Deacon, Sunday School Teacher, Choir and also two Search Committees for a new Pastor.

Family members in-

clude her six children: V. Catherine Wilchman and her husband, Paul, of Cleveland/Russellville, Ark.; Barbara D. Dutille and her husband, Doug, of Haverhill, N.H.; William R. Dunn and his companion, Lizz Mehegan, of Holderness, N.H.; Elizabeth R. Minickiello and Paul of Plymouth, N.H.; Tamara D. McHugh and her husband, John, of Bridgewater, N.H. and Grace Dunn Janwich and her husband, Ray, of Keyport, N. J.; 10 grandchildren: Rob, Suzi, Mike, Angie, Billy, Alesa, Melinda, John, Brad and Erin; eight great-grandchildren: Catherine, Anna, Jordan, Kaylie, Wyatt, Maia, Brady and Lucas; one great-great Grandchild, Nicolas; several nieces and nephews and several very special friends, neighbors and caregivers; one brother, Jack Vineyard and his companion, Linda, of Cooperstown, N. Y.. She was pre-deceased by her three sisters, Doris Bucek, Nora Waterbury and Pauline Bruce, all from the Mohawk Valley in New York.

Virginia's wishes were not to have any calling hours. A Celebration Gathering and Internment will be at a later date at the convenience of the family.

Memorial Donations may be made in her honor to the Pemi Baker Home Health Agency, 101 Boulder Point Drive, Suite 3, Plymouth, NH 03264

## Kathy Ann O'Connor, 63

DANBURY — Kathy Ann O'Connor, 63, of Littlefield Road, died Saturday, May 6, 2017 in her home after a long illness.

She was born on July 22, 1953 in Laconia, the daughter of the late Richard L. and Rita M. (Hebert) Barton. Kathy worked as a self-employed Master Gardener. She enjoyed kayaking, camping, hiking and outdoor living. She especially loved to help others.

She is survived by

her husband, Bret O'Connor; one son, Jeremy C. Barton; two grandchildren, Jillian and Jayden Barton; and two brothers, Walter Barton and his wife Sharon and Rick Barton and his wife Gracie; nieces and nephews.

There will be no calling hours.

A Celebration of Life will be held from 10 a.m. to 2 p.m. on Saturday, May 27, 2017 at 72 Pendleton Beach Rd. in Laconia.

In lieu of flowers, memorial contributions may be made to the National Pancreatic Cancer Foundation, (NPCF), P.O. Box 1848, Longmont, CO 80502.

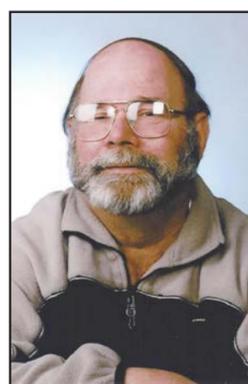
Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

## Richard E. Woodward, 68

BRISTOL — Richard E. Woodward 68, of Gray Street, died Thursday, May 18, 2017 at Dartmouth Hitchcock Medical Center in Lebanon after a battle with prostate cancer.

He was born in Wolfboro, one of six children of Ernest and Gloria (Hoyt) Woodward. Rick lived most of his life in Bristol. Following graduation, Rick joined the US Air Force and served during the Vietnam War. Rick worked for 48 years for Freudenburg NOK, which was formerly IPC.

Free time for Rick was spent as a member of the National Street Rod Association and working on his '37 Chevy pickup truck and evenings taking it out to cruise nights. He



also was an avid golfer, collected antique lunch boxes, and in the last few years he had taken to gardening with his grandchildren.

Family members include his wife, Trudy B. Woodward of Bristol; son Travis Woodward and daughter Alisha Langill and her husband James, all of Bristol; grandchild-

dren James Richard and Autumn Dawn Langill; four brothers (Del Woodward, Dennis Woodward, Ralph Woodward, all of Bristol, and Ted Woodward of Northfield); and a sister, Sandra Day of Enfield Day.

Calling hours were held Monday, May 22, 2017 from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A graveside service, with military honors, will be held Tuesday, May 23, 2017 at 10m at Homeland Cemetery, Pleasant St., Bristol. Those who wish to make a donation in Rick's memory are asked to consider the American Cancer Society, 2 Commerce Dr., Suite 110, Bedford, NH 03101.

## Towns

### Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

#### New sprouts

The Black flies and mosquitoes have joined all the green and flowering buds. Along with the weeds we are once again being under attack from power companies. Read select board minutes below Check the website for more info, watch for the Summer proposal.

#### From the town

Minutes, May 16  
Appointments/Department Heads

#### National Grid/Granite State Power Link

Peter Kavanaugh, Hilltop Public Solutions, was present to present information about National Grid's proposed new transmission project, Granite State Power Link. Per information provided by Mr. Kavanaugh: "As proposed, the GSPL comprises two segments: the first is a new high-voltage, direct current (HVDC) overhead line located in Vermont alongside an existing HVDC line in an expanded right of converter station on National Grid-owned property

in Monroe. The second segment is an upgrade of an existing National Grid overhead line in New Hampshire to accommodate the additional power flow from the new HVDC line. That line runs from Monroe to southern NH, where a proposed switching station would be built." Mr. Kavanaugh said that it would involve replacing two wires on existing towers along the existing right-of-way through Alexandria and that they estimate 2 in 10 towers would need to be replaced, the height of those towers not exceeding 80 feet. Mr. Kavanaugh answered questions regarding investors in the project, whether EMF levels would increase with the larger wires, and whether right-of-ways or easements would be expanded. Mr. Kavanaugh said that they will have an open house in Alexandria in the summer with more detailed information about the proposed project and will provide an electronic version of his presentation to be posted on the town's Web site.

#### Michael Cincotti, Eastman Hill Road

Mr. Cincotti was present to discuss the

possibility of the Town taking over maintenance of Eastman Hill Road, a class VI road. The Selectmen explained that the road would first need to be brought up to Class V Road standards and then it would require a vote of the town. The Selectmen suggested Mr. Cincotti discuss the road condition with Jeff Cantara, Road Agent.

### Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net



COURTESY

From the Grange program, this picture was taken before the library, which now stands to the right of the white house, was built. The wood pile to the left might have been to heat the home or for sales. Records were found showing that the owner Ervin Perkins and his family sold firewood from their Forbes Mountain property. Besides being used for local heating, car loads of wood from all over Danbury were shipped out of the region by train in the form of cordwood, boards and logs as well.

Blazing Star Grange held a to Danbury agriculture history program last Thursday evening. Around two hundred pictures, covering 1850

to 1950 were shown on farms, rural life doings, open fields, crops, forestry and draft animals at work. The show ended with the changing of times brought on by electricity. Advertising with photos of early stoves urged people to go to electric cooking which was safe and buy freezers which allowed you to preserve your farm foods year round. The audience provided input, adding yet more information to the evening. The grange will hold their business meeting at 7:30 p.m. on June 1.

#### Plant Sale

There will be a plant sale on Saturday May 27 from 9-11 a.m. at the Danbury Elementary School. Items available will be marigolds, tomatoes- San Marzano and cherry, Echinacea, anise hyssop and sunflowers. Funds raised will be used for the school garden. Please stop by.

#### Save the Date

The grange will hold their annual chicken BBQ on June 17 from 5-6:30 p.m.

### Groton

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

Groton's Historical Society invites residents

of Groton and all surrounding towns to gather at the Town House, 754 North Groton Rd. for a celebration of Memorial Day, Monday, May 29, 11 a.m.

Hebron's retired Rev. John Fischer will be Master of Ceremonies. His wife Linda will accompany our singing of a patriotic song. One hundred years ago the US entered WWI so we decided to focus on that in our program. Thanks to a grant from New Hampshire Humanities, GHS is able to have historian Carrie Brown present her program entitled "Rosie's Mom: Forgotten Women of the First World War".

Refreshments and conversation will be enjoyed after Ms. Brown's illustrated lecture.

There will be a Town Fishing Derby on June 3 from 9 a.m. to noon. Prizes for each age category. Come along and have some fun at the Pond behind the Town Garage rain or shine.

If you're interested in helping with Old Home Days in Groton, please submit your name to the Select Board Office: [selectmen@grotonnh.org](mailto:selectmen@grotonnh.org) or 744-9910 and Christina Goodwin will contact you. If you'd like to put up a display/craft or other booth or have an entry in the parade you could also contact Christina Goodwin as there will be paperwork to fill out for this.

All dog licenses were due by April 30. If dogs are not licensed by June 1, there will be a forfeit of \$25 and a fine of \$1 monthly. Please come in to the Town Clerk's office and get this taken care of. You can license

your dog(s) online if rabies certificates are current. Please bring in the current certificate to us or have the veterinarian fax it to us. Our fax number is 744-8803. License fees are as follows: Male or Female unaltered \$9, if spayed or neutered \$6.50 and the first dog for an owner who is 65 or older \$2. Our office hours are Monday, Wednesday, and Friday – 9 a.m. to 4 p.m. and Tuesday, 4 -6 p.m.

#### Meetings Coming Up:

Select Board Meetings will be held every first and third Tuesday, so the next couple meetings are June 6, and June 20, all at 7 p.m. at the Town House.

Select Board Work Session Tuesday, May 30 at 5 p.m.; Tuesday, June 6 at 4:30 p.m.; and Tuesday, June 20 at 5 p.m.

The Town Clerk/Tax Collector office will be closed on Wednesday, June 7 for training and looking ahead the Town Clerk/Tax Collector Office will also be closed Aug. 18 through Aug. 23 for vacation.

The Select Board Office will not be open till around 10:30 a.m. on Wednesday, May 24.

New schedule for the Select Board office - open to the public from Monday through Thursday 9 a.m. to 4 p.m. to the public and closed Friday, Saturday and Sunday.

All Town offices will be closed for Memorial Day, May 29.

Planning Board Meeting May 31 at 7 p.m.

Building Committee will meet June 6 at 5 p.m. at the Town House.

Conservation Commission Meeting June 8 at 7 p.m.

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## Ashland Community Church

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

### Sundays

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

9:25 a.m. KidZone for K-grade 6; Special Needs Ministry for high school aged teens and adults

11 a.m. Contemporary Worship Service

11:15 a.m. KidZone for K-grade 6

11:15 a.m. Youth Sunday School

"Toddler Zone" is available at both services for infants through age five. Before the contemporary service, please join us for coffee and healthy snacks.

### KidZone

Debbie Madden leads the K-6th grade class. Kids will love the great videos and games that teach awesome age appropriate lessons in a loving atmosphere!

### Sermon Series

"What Makes You Happy?"

May 28 "You're Not Enough"

### Special Needs Ministry

Becky McCuin will be leading a new special needs ministry for high school age teens and adults at the Early Worship Service. Please let Ernie know if you know of anyone that might be interested in joining this class. We are very excited about this opportunity.

### New College/Career Group (ages 18-25)

#### Monday nights

6:30-8 p.m. at Plymouth State University. Contact Ernie Madden for more information.

### Small Group Study

#### Building Your Marriage to Last

Led by Ernie Madden Tuesdays, 6:30-8 p.m. Childcare provided for infants through sixth grade

Your marriage is under construction every day, as you build on the promises that you've made to each other and learn to deal with setbacks and challenges. Some days, it's less than you hoped for, and other days, it's more than you ever dreamed. No matter how good, difficult, long or short your marriage has been, you can start building — or remodeling — right now.

### Who Needs God?

Perhaps nobody. Perhaps everybody. Perhaps we should talk about it. Led by Ernie Madden. Thursdays, 6:30-8:15 p.m.

### Axyon Youth

Ministry, for grades 6 through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth

not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

### Mondays

8 p.m. — Alcoholics Anonymous Group meets in the church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463, (home phone number) 968-7770, or his cell phone at 412-2046. You can also e-mail him at [accernie@hotmail.com](mailto:accernie@hotmail.com), or visit the church Web site, [ashlandcommunity-church.com](http://ashlandcommunity-church.com).

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our Dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others to do the same.

Real church, real people, real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

## Ashland Episcopal (St. Mark's Church)

The office hours for St. Mark's Church, Ashland are Fridays 10 a.m. to 12:30 p.m. The phone at Sherrill Hall is 968-7640. Please leave message.

The next in the Faith and Film series is Tuesday, May 30, 10 a.m. Film will be "Big Fish" held at Griswold Hall, Highland Street, Plymouth. Please bring a bag lunch.

Day Away respite care program for adults in the early stages of Alzheimers disease or related dementia held on Thursdays 9 a.m. to 3 p.m. in Simard Hall at Our Lady of Grace Chapel in Bristol. Fee of \$25 per day includes lunch and a craft project. The program is also seeking volunteers. For more information or to volunteer please visit the Holy Trinity Day Away page.

Parkinson's Disease Support Group in Plymouth is delighted to announce the formation of a new support group for people with Parkinsons, their families, friends and caregivers. More information or to be placed on the mailing list, contact Diane Sherman at 653-6672 or email [Diane.L.Sherman@hitchcock.org](mailto:Diane.L.Sherman@hitchcock.org).

Combined services of St. Mark's Church and

Church of the Holy Spirit are at Holy Spirit Sundays at 9:30 a.m. until June. Sunday School is also at 9:30 a.m.

The Healing and Eucharist Service at St. Mark's Ashland is every Thursday at 11 a.m.

## Family Worship Center Ply. Assembly of God

Greetings from Family Worship Center Assembly of God church, located at 319 Highland St., Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Family Worship Center. Please feel free to contact our Pastor, Rev. Glen Yunghans at 726-0254 or 536-1966.

Our upcoming schedule is as follows:

### Thursday, May 25:

On Thursday, May 25, come out and join us for our family night at church. We offer the following programs from 6:30 to 7:30 p.m.:

Royal Rangers: Boys from Elementary School through High School

MPact: Girls from Preschool through High School

Adult Bible Study: In our fellowship hall, Pastor Glen is currently leading this study.

Please come out to this time of fellowship and training.

### Sunday, May 28:

#### Sunday Morning

Come on out and enjoy Bible and Bagels before Bible Study, and get a cup of juice, or coffee and a bagel from 8:30-9 a.m. Following this is our Sunday School classes for all ages from 9-10 a.m. Immediately after Sunday School we head into our regular Sunday Morning Worship Service, which features contemporary music and a Biblical message brought by our Pastor. We offer Children's church and nursery during our services.

#### Sunday Evening

Sundays at 5 p.m., we have a time of prayer in our sanctuary. No prayer experience needed. All you need to do is come and talk to the Lord and trust the Lord to meet your needs and the needs presented. If you have a prayer request you may put it in the green box in our hall way marked prayer requests.

### Looking Ahead:

The Men's and Women's fellowship are cancelled for the month of May.

Sunday May 21: 10 a.m. Service: Rev. David Faris, missionary to Chad, North Africa will be sharing during this service.

Sunday June 8: 10 a.m. Service: Chris Trombetta, missionary to Native Americans will be sharing during this service.

### Our Schedule:

#### Sunday:

8:30 a.m. Bible and Bagels

9 a.m. Sunday School 10 a.m. Morning Service

Monday: First and third Monday of the Month

10 a.m.-2 p.m. Helping Hands Food Pantry Thursday:

6:30-7:30 p.m. Family Night

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

#### Saturday:

Third Saturday of the month: 10 a.m. Ladies Fellowship

Last Saturday of the month: 10 a.m. Men's Brunch

### Our Mission Statement:

Transforming Lives Through God's Word

Please give announcements for Sunday Bulletin to the church office by 4:30 p.m. on Tuesday by email: [fwcag@hotmail.com](mailto:fwcag@hotmail.com) or [gyunghans@hotmail.com](mailto:gyunghans@hotmail.com), or contact the church, 536-1966 or Pastor, 726-0254. Everyone is welcome to all of our services. The church is handicap accessible on the east entrance. Please note the church's Web site: [assemblyofgod-plymouthnh.org](http://assemblyofgod-plymouthnh.org).

## Plymouth Episcopal (Church of the Holy Spirit)

Spring continues to amaze! The blossoming apple, pear and cherry trees as well as the tulips make everyone feel cheerful. On Saturday, we had a beautiful day to spruce up the yard and gardens at our Highland Avenue venue.

### "Faith and Film"

#### Series

Please bring a bag lunch and join us as we continue to gather for our Faith and Film Series through May. You will find our time together well spent as you watch a film and discuss its content within a faith-filled setting. To date, participants continue to express a positive response to the series as well as a strong sense of community and healing. Our final film for this round will be "Big Fish" on May 30. We meet at 10 a.m. in Griswold Hall. Borrow a Movie: Missed a movie? You can watch it too! Faith and Film movies are now available to borrow. Just view our great selection on the back bench of the church and sign out a film. Please remember to return all films in a timely manner as others may be waiting to borrow

them. Thank You!!

### Got Lunch Plymouth Drive

On Sunday, May 21, we started our Got Lunch drive to collect food and money to support the Got Lunch Program in Plymouth. We are collecting peanut butter 15-18 ounce jars, jelly or jam 15-18 ounce jars, tuna five ounce cans, chicken 5 ounce cans, and mayonnaise 30 ounce jars. We are also asking for monetary donations. This program costs about \$110 per child per summer. We are grateful for donations of any amounts. Make checks payable to Got Lunch Plymouth. We will continue this drive until June 4. There is a box at the back of the church where you can deposit your contributions. Checks can be put in the offering plate. Thank you so much for help with this most worthy cause.

### Outreach Committee

The newly formed Outreach Committee met on May 9 at CLC. Our discussion centered on the discernment of four questions that Deacon Mary-an Davis brought back from the Lay Ministry Institute forum: "From Maintenance to Mission." The conversation went in many directions but most agreed how vital it was to the health of a faith community for a church to not only prepare its members to serve in the various ministries of the wider community, but for the church to have a mission that gathers the faith community together as a whole.

### Episcopal Church Women

The ECW will next meet on Thursday, June 1 at noon in Griswold Hall. All are welcome to join us! There will be a Book Sale on Thursday, May 25 from 3-6 p.m.; help moving books is always needed and gratefully accepted!

### Holy Spirit Quilters

The CHS quilters will meet on Friday, June 23 at 10 a.m. All are welcome to join them for the morning! If you have any questions, please contact Lois Grant at [lsg@comcast.net](mailto:lsg@comcast.net)

## Holy Trinity Parish

### Day Away Program

Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings

available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. Come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region. Volunteers are always needed. Visit our Web site at [www.respiteforcaregiverdayaway.wordpress.com](http://www.respiteforcaregiverdayaway.wordpress.com).

### Plymouth Knights of Columbus Scholarship

The Holy Family Knights of Columbus, Council 10307 in Plymouth, are again offering a scholarship for a member of Holy Trinity Parish. Applicants must be applying to a full-time university or trade school. The application includes an essay, photo, and requires one letter of recommendation. For applications, please contact John Boyle at 536-1188. All applications are due by June 6.

### Additional Saturday Mass Starts Memorial Day Weekend

On Saturday, May 27, we will be adding the 5:45 p.m. Mass at Our Lady of Grace back into the Mass schedule. The complete summer schedule will begin the weekend of June 24 and 25. At that time, we add the 8 a.m. Sunday Mass at our Lady of Grace and the 9:30 a.m. Mass at St. Agnes.

### Bristol Knights of Columbus Scholarship

The Bristol Knights of Columbus are offering a scholarship to high school students who wish to further their education. Please see one of the Knights to obtain and application. A letter of recommendation from a parishioner who can speak for your involvement in the church, and an essay will be required. All documentation must be handed in by July 10. A decision will be made by July 15.

### Feast of the Ascension Mass Schedule

Wednesday, May 24 Vigil Our Lady of Grace, 7 p.m.

SEE CHURCHES, PAGE A10

## DANCING FEET STUDIOS

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## Honoring the Memory of Our Heroes in

On Memorial Day, we pause to reflect on the service and sacrifice of the men and women of our Armed Forces. We honor the memory of those who lost their lives protecting our nation's freedom, and we salute all those who have served in our military past and present. Their selfless dedication reminds us that freedom is not free, and we will never forget their courage and extraordinary contribution to our country.

## Memorial Day 2017

**Tilton:** 8 a.m. from Winnisquam Regional High, through Parkland Cemetery and down to the monument at town hall, with stops along the way at monuments and to place a wreath in the river

**Belmont:** 1 p.m. from Belmont Middle School, down Main St. to the monument by St. Joseph's Church for a ceremony

**Bristol:** 9:30 a.m. from Freudenberg NOK to Newfound Memorial Middle School with a stop at the Richard W. Musrove Bridge to place a wreath in the Newfound River

**Holderness:** 11am at Library- Memorial Day celebration, Bake sale and Craft sale

**Meredith:** American Legion Post 33, Meredith, NH:

9:50 Parade to Library starts at Post 33  
10:30 Hesky Park Band Stand service by Auxiliary Chaplin Alicia Gorrell

**Plymouth:** 10:30 a.m. down Main St. from the armory to Town Hall where a ceremony is held.

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 *Wishing you a safe and happy Memorial Day*

*In memory of many, in honor of all,  
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 Memorial Day this year is especially important as we are reminded almost daily of the great sacrifices that the men and women of the Armed Services make to defend our way of life.

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# Veteran Bluesman Robert Cray graces the stage at the Flying Monkey

PLYMOUTH —The Flying Monkey Performance Center presents Robert Cray on its Plymouth stage on Sunday, May 28 at 6:30 p.m. Five-time Grammy award winner Robert Cray is considered to be one of the most expressive vocalists and impressive guitarists on the contemporary rhythm and Blues scene. Tickets for this show start at \$49.

It would be hard to overstate Robert Cray's impact on rock, rhythm and blues. Considered

one of the greatest guitarists of his generation, Cray has been inviting audiences along on his epic musical journey—breaking through the pop ceiling with trademark sound and distinctive playing style.

This Grammy award winning blues artist is one of a few precious talents with the vision to successfully usher blues into the next century, drawing from R&B, rock, pop, and jazz with equal insight and authority. Just as importantly, his



COURTESY  
The Flying Monkey Performance Center presents Robert Cray on its Plymouth stage on Sunday, May 28 at 6:30 p.m.

of his highly anticipated new album, Robert Cray & Hi Rhythm, this is a rare opportunity to experience this genre defining artist live. He will test his talent for New Hampshire fans once

again, fusing it together with that dazzling voice while he performs some of the most powerful material in his four-decade long catalogue, including some new material.

"We are humbled to present artists that are part of the very fabric of American music," says Seth McNally of The Flying Monkey. "Robert Cray is one of those artists."

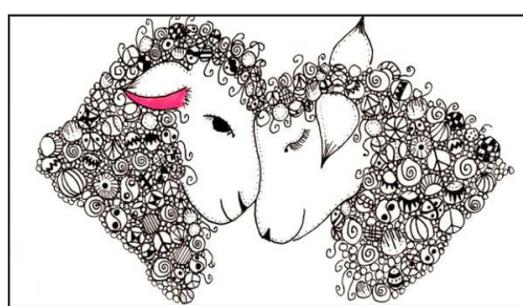
Tickets to see Robert Cray Band are \$49, and \$59 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Joann DeCosta is Artistic Roots' Featured Teacher for June

PLYMOUTH — Joann Decosta is teaching How to Design and Make a Mosaic Flower Pot. This is a two-session class, June 10 and 17 from noon to 2 p.m. The cost of the course is \$40 for members and \$45 for non-members.

On June 6, Suzan Gannett will offer Design a Sheep Picture Using Zen Doodles from 5-7 p.m. In the class, you will learn to draw sheep while incorporating Zen Doodle designs. Cost of the class is \$20 for members and \$25 for non-members.

On June 13, Lynn Haust will offer a Melted Glass Spring Sun Catcher or Night Light Class from 5-7 p.m. Participants will



COURTESY  
Artisan Suzan Gannett will be teaching a class on drawing Sheep Incorporating Zen Doodle Designs. The class is scheduled for June 6 from 5-7 p.m. Call 536-2750, or stop by Artistic Roots at 73 Main St., to register for the course or the other June class offerings.

create beautiful glass designs to place in a window and catch the light or nightlight to brighten the dark. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members.

Suzan Gannett will offer a Beginner's Acrylic Paint Class on June 19 from 5-7 p.m. The theme will be flowers and you will have an 11-inch-by-14-inch painting ready for framing when we are done. Instruction

SEE ROOTS, PAGE A14

immensely popular records have helped jumpstart the contemporary blues boom that still is in full motion today.

Following the release

## Kim Wilson's Fabulous Thunderbirds to rock Plymouth

PLYMOUTH —The Flying Monkey Performance Center presents The Fabulous Thunderbirds on Friday, June 2 at 7:30 p.m. Known best for Texan blues-rock and hits like "Tuff Enuff" and "Wrap it Up," their sound has evolved over the years to include a wider fusion of American stylings. Tickets for this show start at \$29.

The Fabulous Thunderbirds have been called the quintessential American band.

The group's distinctive and powerful sound, influenced by a diversity of musical styles,



COURTESY  
The Flying Monkey Performance Center presents The Fabulous Thunderbirds on Friday, June 2 at 7:30 p.m.

manifested itself into a unique musical hybrid via such barnburners as "Tuff Enuff" and "Wrap It Up." Founder and frontman Kim Wilson still roots their music in the blues, but their

distinctive and powerful sound is influenced by a diversity of musical genres like cajun, rock, R&B and soul.

Wilson co-founded The Fabulous Thunderbirds in 1974 with Jimmy Vaughan amid the exuberant music scene of Austin, Texas. Today, Wilson's voice, which has added depth and richness over the years, plays off the stinging guitars of Johnny Moeller and Mike Keller. Bassist Randy Bermudes and drummer Jay Moeller round out the lineup.

"To be in the T-Birds, you need to understand the different styles of music and different ways of playing," Wilson comments. "You have to be willing to adopt a more contemporary style. The guys we have now are able to do that."

The thread throughout the T-Birds career has been the respect the group commanded for its peerless musicianship and devotion to the sounds of blues, R & B and rock 'n roll. In fact, Muddy Waters called Wilson his favorite harmonica player and vocalist.

"Muddy Waters was very good to me," Wilson says. "He almost adopted me. I'll never forget him."

"We started as a straight blues band," vocalist and harmonica player Wilson says. "We now incorporate a mixture of a lot of different styles. We're an American music band and we're much higher energy than we were before."

Tickets to see The Fabulous Thunderbirds are \$29, and \$39 for premier seating. For more information on upcoming shows or to purchase tickets, call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Churches

FROM PAGE A7

### Thursday, May 25 Masses:

St. Agnes Church, 8 a.m.  
St. Matthew Church, Noon  
St. Matthew Church, 7 p.m.

GotLunch - Plymouth, a healthy summer lunch program for school aged children living in Plymouth, begins its fifth season on Monday, June 19, and ends on Aug. 21. Please consider volunteering to help pack and deliver bags of food on Monday mornings. Volunteers meet at Starr King Fellowship Hall on Fairgrounds Road. Packing takes place from 8:30 to 9 a.m. Delivery is from 9 to about 10:30 a.m. Detailed information about the program can be found at [www.gotlunchplymouth.org](http://www.gotlunchplymouth.org). Volunteer forms are available from the website, or please contact Mary Kietzman (536-1076).

GotLunch -Ashland and Holderness committee is gearing up for its sixth year of providing healthy lunch foods for this year's 10 weeks of school summer vacation. We anticipate serving 60-70 school-aged children in our communities. Volunteers meet at St. Mark's Episcopal Church in Ashland on Monday mornings starting June 19 for packing between 8:45 and 9:30 a.m., with deliveries shortly thereafter. For more information, to volunteer, or to make a donation, please contact Elena Worrall at

744-0105.

No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church...no matter what your current family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

### Campus Ministry

Thank you from students in PSU residence halls, on campus apartments, and many other locations where they were studying or working on the first day of finals for the abundance of cookies, brownies, and other homemade goodies baked by Kathryn Drexel, Barbara Flynn, Linda Folsom, Carol Geraghty, Barbara Guinan, Carolyn Hill, Sue Karsten, Annie Learned, Judith McPherson, Carole Osmer, Chris Tower, and Elena Worrall! We appreciate the time and effort you put into comfort food for stressed-out students!

Special thanks to Sandy Abbott, the coordinator of Food for Finals each semester and monthly student suppers this year. You make possible some of the most memorable activities in Campus Ministry for students.

Congratulations to our parish youth on receiving the Sacrament of the Holy Eucharist! (St. Matthew) Naomi Korgen Carthen, Naomi Maggie Demler Gracie Dube, Ryder Francis, Charles McGear, Mabel Shuffleton

(Our Lady of Grace) Sean McDonald, Leah McFarland, Julia Reynolds

Congratulations to those who received the Sacrament of Confirmation Thursday, May 17th at St. Charles in Meredith. Alexandra Boursican Claudia Cantin, Charlie Carpenter, Griffin Doherty, Paige Dumont, Rachel Fogarty, Meghan Gillis, Alex Kniskern, Tabitha Lopes, Ryan Lyford, Jacob Madigan, Patrick Malm, Caledonia McLeod, Zachariah McGlone, Benjamin Parsons, Julia Phillips, Robert Renzi, Ashley Ulricson, Katherine Von Iderstein

### Weekly Meetings

Thursday, May 25  
Day Away Program, Simard Hall, 9 a.m.

Men's Group, North American Martyrs Oratory, 10 a.m.

Bear Meeting, St. Matthew Hall, 6 p.m.

### Sunday, May 28

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

### Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellow-

ship, our community, and our world to nurture justice, respect, and love.

Sunday, May 28, 9:30 a.m. Memorial Day: Ancestors Honored and Embodied

Rev. Linda Barnes  
By our very existence we embody our ancestors. Let's gather to honor those that have gone before with a service of reflection on those things handed down to us by those who have passed.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is usually held downstairs concurrently with the service. Please join us for coffee after the service so that we may get to know you.

### Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Preschool-Kindergarten: Chalice Children- Core Message- We had a great year together learning, playing, and growing!

Room 3: First-Fifth grade: 7 UU Principles with Dr. Seuss- Core Message- 7th Principle: We take care of the Earth - The kids will read The Lorax by Dr. Seuss.

Middle school: Neighboring Faiths- The middle school youth meet from 9:30-10:45 a.m. in the upstairs youth room. They will be planning their service for next Sunday.

High school: Youth Group- The high school youth group meets the

second and fourth Sundays of the month from 6-7:30 p.m. in the upstairs youth room.

Social Justice Community Outreach for "GOT LUNCH! PLYMOUTH" is the community organization designated for May's SKUUF monthly outreach. For the 10-week period beginning June 19, volunteers will gather at the SKUUF meetinghouse on ten Monday mornings, to pack and deliver a week's supply of lunches for children in Plymouth who are in need. These children will go back to school in the fall healthier in body and spirit than they otherwise would be if this program did not exist. This special collection will be taken this morning.

Please bring canned or dry packaged food items for our local Community Closet collection basket in the foyer.

Upcoming: Plant Sale on Sunday, June 7 after the service.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is [www.starrkingfellowship.org](http://www.starrkingfellowship.org), where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship and other activities we enjoy together.

# Seventh Annual Miles for Smiles 5K Walk/Run set for Saturday, June 10

PLYMOUTH – On your marks...Get set... Smile! Runners, walkers, families, and school groups from across the region are gearing up for the Seventh Annual Miles for Smiles 5K Walk/Run. Since 2011 this event has raised much-needed funds to provide access to dental care for adults with disabilities.

Again this year, running clubs from local elementary schools will be participating as the culmination of their “Kids Run the Nation” program. Joining the race are elementary schools from Campton, Plymouth and Wentworth.

“We are excited that the Miles for Smiles 5K will be our school season’s final event - the course and location are perfect! The students and schools are proud to support Lakes Region Community Services in this local fundraiser,” commented Miles for

Smiles volunteer and assistant coach Fran Gonsalves, from Plymouth Elementary School.

The USA Track & Field certified course is fast, flat, out-and-back, which starts and finishes at Smith Bridge in Plymouth. The professionally timed race starts at 9 a.m., with registration and check-in at 8 a.m. Runners and walkers of all levels are welcome to participate in this community-wide event.

LRCS provides services for adults with disabilities including resource coordination, employment services and residential support. While most services are funded through state and federal Medicaid dollars, Medicaid does not cover the cost of dental care for adults over the age of 21 except for extractions. Providing access to dental care for this population of adults is extremely important because of the strong



COURTESY

Gathering for the LRCS Miles for Smiles 5K Race in Plymouth - this year’s race will be held Saturday, June 10 at Smith Bridge in Plymouth with all proceeds supporting dental care for adults with disabilities.

connection between oral health and overall health and wellness.

### Sponsors

Miles for Smiles would not be possible without the generous sponsorship of dental and medical professionals and businesses who support the cause. This year’s sponsors include: Gold Crown Leaders: Finn & Finn Beautiful Smiles and Hiller Ortho-

dontics. Silver Filling level: Well Sense Health Plan, Northeast Delta Dental, NH Healthy Families and Region III Family Support Council. And supporting the race as X-Ray Level sponsors are Winnisquam Dental, Lakes Region Dental Implant and Tilton Family Dental.

### Race Award Categories

There are Men’s and

Women’s categories for Best Overall – 1st place. First to third place awards will also be given out for children male and female categories in the following age groups: 7-10; 11-14. First place awards will go to older teens and adults male and female in age groups 15-19, 20-39; 40-59 and 60 and over. All children 6 and under will receive finisher awards. As always, there is also an award for the Best Smile Costume!

### Registration

The pre-registration fee for Miles for Smiles, up to June 9 is \$20. Registration on the day of the race is \$25. Anyone who registers before May 10 will receive a free race shirt. To register online visit: <https://g2ra->

## The key to maintaining brain health late in life

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

### A Complex Organ

When it comes to exploring the brain, it would seem that with each breakthrough the scientific community makes, new unprecedented questions arise. While this is certainly positive in that it allows research to become more focused, it also illuminates the fact that the brain is vastly and endlessly complex.

In spite of all of its mysteries, one thing we do know is that the brain – like all of our organs – does indeed age. As we get older, the brain’s overall volume gradually decreases (at approximately five percent per decade after the age of 40), causing nerve cells to lose certain connections. Reduction in blood flow and certain cardiovascular conditions can add to this as well.

For seniors, these factors may lead to occasional forgetfulness or lapses in memory. Significant memory loss, however, is not a normal part of aging and may be indicative of Alzheimer’s disease or other forms of dementia. If your aging loved ones are experiencing memory loss or have had problems with language skills, perception, or other mental functions, it’s imperative that you address these concerns with a physician.

### Ways to Keep the Brain Healthy

Research has indicated that there are several ways that older adults (and those of all ages) can help reduce the risk of cognitive decline – many of which are beneficial for other aspects of the body. Encourage your aging loved ones to incorporate the following best practices into their lifestyle. Be sure that, prior to beginning any new exercise regimen or diet, your loved ones consult with a physician and

dietician.

- **Stimulation:** In the last few years, there have been numerous research studies in the area of neurological plasticity, which refers to the brain’s ability to structurally modify in response to new experiences. This “re-wiring” of nerve cells is actually what is at the center of most cognitive and physical rehabilitation practices. However, it essentially serves the same function for those looking to keep their brains healthy, and it can be done simply by learning new skills or keeping the brain regularly “exercised” through puzzles or games. Many suggest that seniors enroll in a class or other form of organized learning – which will help not only in developing new skills but also with cultivating socialization.

- **Exercise Regularly:** While it’s not exactly news that exercise is good for the body, it may come as a surprise to some that regular exercise also has quite an impact on mental health. Physical activity improves cardiovascular health, which in turn helps supply the brain with blood. It also helps in developing new/increasing existing neural connections (see neurological plasticity above), allowing the brain to be more adaptive. Research suggests that regular exercise can also significantly reduce mental stress. Some seniors may choose to join a class with close friends for exercise, but it can just as easily be done at home. The key is to ensure that the heart rate is elevated through moderate activity, for at least 20-30 minutes every day.

- **Watch Your Diet:** The food we consume has a direct effect on our mental wellbeing and health. In order to operate at its optimum level, the brain requires fuel in the form of vitamins, minerals, and oth-

er essential nutrients. If your current diet consists primarily of salt, sugar, fat, and refined/processed foods, consider switching things around. Studies show that diets consisting of fruits, vegetables, whole grains, sources of B vitamins, and lean meats can significantly reduce anxiety levels and even the risk of depression.

- **Stay Social:** Although it’s not entirely understood how socialization bolsters brain health, studies show that a correlation between having strong social connections and longer life expectancy does exist. Interaction, whether it be with friends, family members, or next-door neighbors, appears to reduce the risk of cognitive decline and improve overall mental wellbeing. This is especially evident in those who volunteer their time to help others. Try reaching out through organizations, community centers, or schools to see how you can help make a positive impact on others – and the health of your brain.

What unifies all of these best practices

for maintaining brain health? The key, as countless scientific studies would suggest, is engagement. In this case, it means getting out and meeting new people versus staying inside and watching TV, choosing to find healthy alternatives to cheap fast food, and finding ways to help not only yourself but those in your community as well.

### Comfort Keepers® Can Help

If your loved ones are working to improve their mental wellbeing and want to incorporate the aforementioned best practices into their lifestyle, we can help. In addition to companionship services, our caregivers can provide safe, reliable transportation to your loved ones’ destinations. Whether they need to get to the community center to visit friends or to the grocery store for the week’s supply of nutritious food, we can help them get there safely. To learn more about Comfort Keepers®’ caregiving services, call your local office today.

## NANA offers scholarships

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

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

scholarship monies or current NANA employees.

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

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

Please submit your application and two letters of recommendation no later than Friday, April 28.

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.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	W. Shore Road	Residential Open Land	\$190,000	Gary C. Ruezinsky and Mary E. Petro	Richard J. and Phyllis L. Riviere
Ashland	34 Circle Drive, Unit 14	Condominium	\$70,000	Rebecca L. Mayo	Matteson FT and Claire W. Matteson
Bridgewater	862 Mayhew Turnpike, Lot 8	Mobile Home	\$16,000	Rhonda Keenan	Charlene Sheehy
Bristol	66 Jonelle Drive	Single-Family Residential	\$179,866	Joshua J. and Kelly D. Mulloy	Evan M. Cote and Jenna L. Perigny
Bristol	430 Upper Birch Drive	Single-Family Residential	\$158,600	George V. Chrysanthos	Owl Brook Builders & Renovations
Bristol	273 W. Shore Rd., Unit 3	Condominium	\$154,000	Catherine B. and David J. Redman	Karen K. Bissonette
Bristol	W. Shore Road	N/A	\$298,000	Kirkpatrick RET and Bruce W. Kirkpatrick	Kevin and Mary C. McCarthy
Campton	112 David Thompson Drive	Single-Family Residential	\$173,000	Carl G. Weltman	Vincent and Jenine Vindice
Campton	706 Ellsworth Hill Rd.	Single-Family Residential	\$265,000	Andrew B. and Krista M. Palumbo	Carl G. and Susan G. Weltman
Campton	40 Red Sleigh Rd., Unit 18	Condominium	\$13,533	Marcia L. Moulton	Norm Hebert
Hebron	Cilley Brook Lane	Residential Open Land	\$65,000	Mario Dumont and Louise C. Dumont	Northridge Construction
Holderness	325 NH Route 113	Single-Family Residential	\$62,000	Brian E. Cammons	Cornelius D. Reeves
Holderness	325 NH Route 113	Single-Family Residential	\$174,933	Thomas E. Gammons	Cornelius D. Reeves
Holderness	933 NH Route 175	Mixed Use (Residential/Forestry)	\$950,000	Jane Sargent-Mears and Harrison J. Sargent	Eleven Chapel Lane LLC
Plymouth	33 Cross Country Lane	Single-Family Residential	\$399,000	Gennaro 2015 RET and Victor Gennaro	Oliver and Devin Salmon
Plymouth	68 Main St., Unit 68	Retail Condo	\$120,000	Quentin Blaine and Marcia Schmidt-Blaine	Orourke & Greenblott Holdings
Plymouth	Sunset Park	N/A	\$39,533	Gary S. and Paul S. Richelson	10 Randolph Street LLC
Rumney	15 Hawthorne Way, Unit C5	Condominium	\$130,000	Fatherland FT and Joseph D. Carter	Kretz Rentals LLC
Rumney	3785 Rumney Route 25	Single-Family Residential	\$160,000	Gerard G. and Patricia J. King	James J. Alba
Rumney	2455 Stinson Lake Rd.	Single-Family Residential	\$250,000	Edward J. and Toni L. Chaput	Scott and Pamela Goodwin
Thornton	14 Notch Spur Rd.	Mobile Home	\$50,000	Lyman W. and Beatrice C. Lovlien	Alan Petitti
Waterville Valley	97 Boulder Path Rd.	Single-Family Residential	\$475,000	Diane E. Best	Timothy D. and Kathryn P. Smith
Waterville Valley	85 Cascade Ridge Rd.	Residential Open Land	\$184,000	Waterville Co. Inc.	Daniel P. and Barbara T. Bancroft
Waterville Valley	4 Forest Rim Way, Unit 2	Condominium	\$222,533	Jean M. Zareman	Timothy J. and Denise McMahon
Waterville Valley	3 Innsbruck Way, Unit 57	Condominium	\$150,000	Christopher D. Dennen and Sarah Larson-Denna	Martin L. Warren RET and Martin L. Warren
Waterville Valley	N/A	N/A	\$184,000	Waterville Co. Inc.	Gregory J. and Kristen M. Gohr
Wentworth	874 Mount Moosilauke Highway	Single-Family Residential	\$99,000	Allison M. Morrison and FNMA	FNMA

## 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](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

# Franklin Savings Bank hosts free shred event on June 3

## Event will take place at the bank's Bristol location

BRISTOL — Franklin Savings Bank will host a free paper shredding event on Saturday, June 3 from 9 to 11 a.m. at its Bristol office, located at 350 Lake St. Anyone interested in safely destroying old documents and confidential files is invited to stop by the office.

"We are pleased to offer this event again to the public," said Ron Magoon, President & CEO. "We remain vigilant in safeguarding our customers' information and are always searching for ways to protect our customers from becoming unsuspecting victims of iden-

tity theft. Offering this event is just another way for us to educate the community on the importance of destroying all unwanted confidential documents in a safe way."

A shred truck will be onsite to destroy all documents. All unwanted documents may contain staples and small paper clips; however, they must be free of large clips, three ring binders and plastic. There is a limit of three boxes per individual. For additional information, please call 934-4445 or chat with us online by visiting [www.fsbnh.bank](http://www.fsbnh.bank).

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary,

Independence Financial Advisors, from offices in Franklin, Bedford, Nashua and Rochester. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains

committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging

technology. You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting [www.fsbnh.bank](http://www.fsbnh.bank), or following the bank on Facebook, LinkedIn, Twitter and YouTube.

## Enterprise Center at Plymouth concludes first business accelerator program: APEX Accelerator

PLYMOUTH — On Monday, May 8, the Enterprise Center at Plymouth (ECP) concluded Central New Hampshire's first business accelerator program: APEX Accelerator.

The program, offered at the ECP, provided the 15-participating business with nine weeks of strategic business courses specifically designed to help develop and grow their businesses. The program culminated in a final pitch night where participants presented their new or updated business models to the group. Prizes valued at more than \$6,300 were awarded to various winners and participants.

For the past nine weeks; 15 companies from Central New Hampshire have been taking part in weekly educational sessions that covered a variety of topics including strate-

gic marketing, management skills and financing. They were also provided with sessions and mentoring from local business experts on

topics including web development, sales, and strategic management. Along with the educational opportunities offered, participants were also free to use space and services at the ECP, our regional business incubator.

Alix Marcoux DiLorenzo, Owner of Homeward Bound Professional Animal Care, had this to say about

the program. "I am extremely grateful I had the opportunity to participate in the APEX accelerator

course. My participation allowed me to really examine my business from every possible angle. Through unlimited support from the men-

tors and brainstorming with other students I was able to determine exactly where to focus my attention to bring Homeward Bound Professional Animal Care, LLC to the next level."

The APEX Accelerator program is made possible thanks to the generous support of the New Hampshire Business &

Finance Authority, Live Free & Start, Plymouth State University and Grafton RDC.

The Enterprise Center at Plymouth plans to offer the APEX Accelerator program again in the Fall of

2017. Applications for the fall program will be accepted beginning in July. More information can be

found at: [www.apex-axlr8.com](http://www.apex-axlr8.com) or by contacting Eric Spieth, ECP Executive Director, at 535-2523.

# HARRIS

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## Alpers

FROM PAGE A1

He acknowledged that the legal case load is increasing, saying one individual faced 42 charges of child pornography. Cases out of Bristol have increased from 10 referrals and 18 charges during the first five months of 2015 to 22 referrals and 33 charges so far this year.

“And Bristol’s just one community,” he said.

He expressed concern about the county’s ability to hire nurses, saying the cost of using contract nurses and nursing assistants has increased by \$200,000.

“We’re overspending by \$400,000 already,” he said. “But even state facilities are having a hard time finding licensed, certified nurses and LNAs.”

He said the county is competing with

Dartmouth-Hitchcock, Cottage Hospital, Glencliff, and even the Newfound Area Nursing Association in trying to attract the staff it needs.

Ahern also noted that Medicaid reimbursements to the county fail to cover costs.

“For every nursing home resident, the county is \$100 per resident per day shy of getting full reimbursement for that cost,” he said. “New Hampshire is one of the top three states in the union that provides the best care for Medicaid residents, but in the bottom three percent for getting reimbursement.”

He also noted facilities problems, including heating, ventilation, and air conditioning that does not work properly. “The county spends \$25,000 on electricity to circulate the water

through the geothermal heating system,” he said.

Health insurance, farm equipment, and other expenses also are causing budget increases, Ahern said.

“I complained about the farm wanting new equipment,” he said. “We didn’t need to buy a new \$38,000 manure spreader. Now we’re using it every day, and not spreading it on the land.”

Ahern also warned that the increased budget does not include the cost of a new union contract. The corrections officers unionized over the winter and will be negotiating a wage contract that will push costs higher.

“Steps are part of the contract, but the COLAs [cost-of-living adjustments] are negotiable,” he said. “Now we’re negotiating with the unions for electrical and corrections.”

## TTCC

FROM PAGE A1

by NHRS juniors, president Jules Marchand and vice president Joey Keeler.

Richford said the Teen Council is in its third year now and was developed to help bring leadership and organizational skills to younger members of the community.

“It was something we all at TTCC wanted to start, so I took the lead on organizing it,” she said.

To become a part of the Teen Council students in grades 9-12 are asked to submit an application to the council each fall. Richford then reviews those applications, interviews the students and informs them of the expectations from those who are accepted.

“As part of the council they have to perform community service through events at the community center and be actively involved in fundraisers and events we organize,” she said.

Since September of 2016 alone, the 21-member council has collectively performed more than 700 hours of community service. To accomplish that feat, they have volunteered their time and services to the annual Easter Egg Hunt, Santa’s Village, Old Home Day and the New Hampshire Marathon.

“The Teen Council is also now in charge of the Halloween Haunted Basement each year,” Richford said.

They even host an annual Parents Night Out when moms and dads can drop off their kids for dinner, games and movies

while they themselves enjoy a worry-free night out on the town.

As if that isn’t enough, the teens also provide DJ services for all the teen dances held at the community center, assist with after school programs and serve as camp councilors in the summer.

It doesn’t end there, though.

The Teen Council is active year round in fundraising goals for the center, too.

“Right now, we’re working on raising enough money to buy new basketball (wall) mats for the gym,” said Keeler.

Other money they’ve raised has helped purchase new water bubblers for the center, sponsored athletic teams for youngsters, and the group also sponsors a child each year for a week of summer camp.

Suffice it to say the students on the council take a lot of pride in what they do.

President Jules Marchand, a junior from Alexandria, said she has been a member since the council was begun in her freshman year but feels this year is the best yet.

“There are a lot more people involved on the council now, and hopefully, we’ll get a lot of new members from the eighth grade class that’s moving up to the high school next year,” she said.

One person she has already influenced to join last fall was her younger sister Caroline who is now a freshman at NRHS.

“I’ve been a part of TTCC for a long time now. My sister intro-

duced me to the council and I decided I wanted to do something to give back to the community,” Caroline said.

Freshman James Rogers is also from Alexandria and likes the coaching opportunities that the council provides him. He said he was involved with another community center in the past but now that he lives in Newfound Region he decided to volunteer his time at TTCC because it offers so many interesting activities for younger boys and girls in the area. Bristol resident Alexis Raimondi added that the council was also a great way to meet new people.

For Alexis Moore of Hill and Hayleigh Pabst of Bristol, it isn’t only about meeting new faces or helping the community. Moore’s draw to Teen Council was, in part, the members themselves.

“I really enjoy how close everyone is here on the council. We’ve all come together like one big family,” Moore said.

Pabst agreed.

“I’ve been going to TTCC since I was three-years-old and everyone there is like part of my family now, too,” she said.

Teen Council meets twice a month during lunch at NRHS where they plan their fundraisers and discuss ways to further assist the community.

Donations to their many endeavors are always gratefully appreciated and may mailed or dropped off to TTCC, located at 30 N. Main St. in downtown Bristol, with the notation “Teen Council” on the memo line.

## Open House

FROM PAGE A1

peek inside their vehicles, and a live auto-extraction demonstration will allow the public to see the skills of First Responders when they arrive on the scene of an accident with persons entrapped.

Several local and state law enforcement departments will be on hand to demonstrate the tracking and drug detection skills of their K-9 dogs, and the forestry department has scheduled Smokey the Bear to come out and greet all the kids who attend.

Fish and Game officers will also tow one of their airboats to the Life Safety building in New Hampton so people can get a glimpse of what they use to keep everyone safe and in line with the law

on New Hampshire’s lakes, ponds and rivers.

Speaking of Fish and Game, fans of the popular television show, “North Woods Law New Hampshire,” will also have the opportunity to meet some of the stars of that hit series.

“Some of the guys featured on the show are local and a few of them have agreed to come by for the day to say hello to everyone,” said Kendall Hughes, President of the New Hampton Fire Fighters’ Association.

In addition to all of that, the New Hampshire State Fire Marshal’s office will bring their sprinkle house for demonstrations on fire safety, accompanied by their own mascot, “Sparky.”

Several other community-based organi-

zations will also take part in the day, including local Boy Scout and Girl Scout groups, the New Hampshire Civil Patrol, D.A.R.E. officers from local school programs and the citizens who are a part of the Lakes Region CERT (Community Emergency Response Team).

Courtesy of the New Hampton Police and Fire Department there will be free hamburgers and hot dogs straight off their grills as well.

The Open House will be held at the New Hampton Life Safety Complex, located at 26 Intervale Drive, just off Route 104 in New Hampton. The event will be held from 10 a.m. until 2 p.m., rain or shine, and everyone is encouraged to join them for a fun and educational time.

## PSU Gift

FROM PAGE A3

roll counties, and will create the Holmes-Pattee-Haggart Transformational Leadership Institute.

“Approximately forty percent of our students represent the first generation in their family to attend college,” said Vice President for University Advancement Paula Lee Hobson. “Ann realized how vital scholarship support often is to this segment of our student body.”

Haggart also envisioned a program in which K-12 administrators and teachers would have opportunities to work alongside community and corporate leaders to enhance their skills and knowledge of real-world challenges. The concept is a cornerstone of PSU’s Integrated Cluster model, and the guiding principle of the new Holmes-Pattee-Haggart Transformational Leadership Institute.

“We are grateful and truly honored to

receive this significant gift from Ann Haggart,” said Donald Birx, president, Plymouth State University. “She was enormously proud of her family’s historical ties to Plymouth State University, and she was a visionary educator who recognized the possibilities of PSU’s transformation to an integrated clusters model. Ann’s generous gift will continue her family’s legacy by strengthening PSU’s future.”

The Holmes-Pattee-Haggart Family Fund was announced in a ceremony today in the Samuel Read Hall Building on the PSU campus. Nearby Samuel Read Hall Building stands the historic “Holmes Plymouth Academy Rock” that marks the original site of Holmes Plymouth Academy. Following today’s ceremony, PSU planted a memorial tree near the Holmes Plymouth Academy Rock in honor of the Holmes-Pattee-Haggart family.

Haggart was a de-

scendant of Colonel Samuel Holmes who gave \$500 to establish the Holmes Plymouth Academy in 1808. Holmes Plymouth Academy was one of the first formal teacher training institutions in the state, later becoming Plymouth Normal School and Plymouth State Teachers College, before evolving into Plymouth State College and ultimately becoming Plymouth State University. Members of Haggart’s family graduated from Plymouth Normal School and Plymouth State College, and all became teachers in New Hampshire public schools. Haggart carried on her family’s legacy as a public school teacher who supported children with special needs, frequently speaking on inclusion. Haggart was also co-author of several books and videos for educators.

For more information about Plymouth State University, please visit [www.plymouth.edu](http://www.plymouth.edu).

## Road Race

FROM PAGE A3

grams or build capital to better serve the greater Newfound Community. We love where we live, and helping our neighbors by giving back is how we show it.”

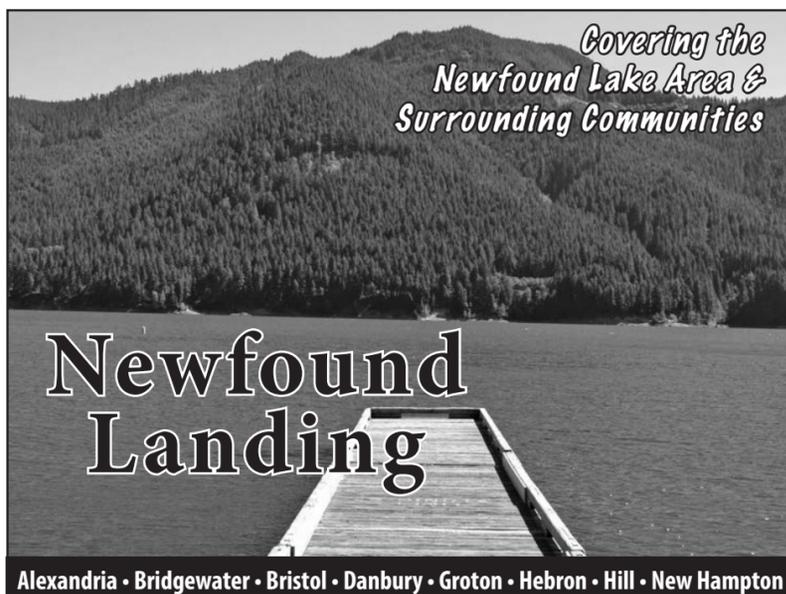
If your non-profit group is interested in applying, please visit the Run Your Buns Off Facebook page to download the application now or email [runyourbunsoff@gmail.com](mailto:runyourbunsoff@gmail.com) and one will be emailed to you.

For more information, please contact Garlyn Manganiello at 744-6035.

The deadline for applications is May 22, so please act fast!

The Newfound Area Charitable Fund (NACF) was established with the goal in mind of promoting health and fitness while giving back to causes within the community. Its premier fundraising event, the Run Your Buns Off 4.2 Miler, offers hundreds of participants a fitness challenge with the re-

ward of helping out a charitable cause in the community and an added bonus of a Basic Ingredients Bakery “sticky bun” at the finish line. Raffle Prizes and other fun family events cap off this annual event each year thanks to the support and participation of many area businesses. Registration is now open so sign up today for this exciting family event by visiting [http://www.lightboxreg.com/buns\\_2017](http://www.lightboxreg.com/buns_2017).



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## Fishing

FROM PAGE A1

The day got off to a slow start for many but those on the south side of the pond began to reel in fish that were then weighed and recorded by derby volunteers.

Three-year-old Jace of Hill didn't catch anything with his shiny Spiderman rod and reel but his mom said that that wasn't what mattered.

"He hasn't had any luck, but we're having a good day anyway," she said.

When the horn sounded at 11 a.m. three young men were rewarded for the luck they managed to find that day however.

Trevor Levine weighed in with 2.3 pounds of brook trout, and took home a gift card to Walmart for his success.

Corbin Conkey of



DONNA RHODES

Three-year-old Jace of Hill was quite proud of his successful cast into the pond during the third annual Hill Children's Fishing Derby last Saturday morning.

Bridgewater registered 2.4 pounds of trout for second place and Tilton resident Chaz Hibbert came in first with 2.6 pounds.

The top two winners received new bass and trout fishing poles and tackle boxes fully equipped with all they will need for their next fishing adventures.

Kulacz said the poles were generously donated this year by Tim Lyons.

Hibbert was not on hand at the end of the derby to accept his prize in person but Corbin was all smiles as his new bass fishing gear was presented to him. He said he came in second place last year as well but this year the fishing was even better on the south side of the pond.

"I had four fish in just 15 minutes," the eight-year-old said with pride. "Last year, I won a tackle box but this is a really nice pole and reel."

Corbin's dad Tate Conkey said he and his son fish every chance they get and he was

proud of how well Corbin did that day.

"I can't wait to see how you do next year," he told his son.

Everyone also had the opportunity to win a other great prizes by purchasing raffle tickets. Included in the raffles were a 50/50 cash prize and gift cards to several local businesses such as Raymond Judd Plumbing, Lowe's Home Improvement Center, Gilly's Restaurant in Bristol and Smitty's Cinema in Tilton.

December Fortin of the Parks and Recreation Committee said all proceeds from the raffles will be used to fund future events in the town.

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## Selfie

FROM PAGE A1

might be next!

The Newfound Landing Selfie profile

Name:

Occupation:

I live in:

Family (Are you married? Do you have children?):

Pets:

How long have you lived in the area?

Do you have a

favorite food?

What is currently your favorite TV show?

What is your favorite travel destination?

What's the best part about your town?

Who has been the greatest influence in your life?

Who is your favorite musical artist?

What is the greatest piece of advice you have ever been given?

Favorite Sports team:

## CADY

FROM PAGE A4

starts with people taking medications that weren't prescribed for them, so some depressed people are simply pilfering a relative or friend's extra pills. But some unnecessary painkiller prescriptions might start when some patients, fearing stigma, raise their pain symptoms with their doctors, rather than their depression, Sullivan said.

"People are treated like innocent victims when they present with pain complaints," Sullivan said. But depression, wrongly, "feels like more of a personal failing than being in pain."

Depression is widely under-diagnosed and untreated, and the shortage of mental-health providers is especially acute in rural areas where the

opioid epidemic has hit hardest. Goesling said that we could get closer to untangling the messy connection between pain and depression by improving access to mental health care for people who have chronic pain.

If it is driven—at least in part—by depression, opioid abuse can be seen as a cry for help. "People have distress—their life is not working, they're not sleeping, they're not functioning," Sullivan said, "and they want something to make all that better." But for depressed patients, heavy-duty painkillers aren't the right "something." This article was reprinted from Prevention Weekly—news@CADCA.org. More information on prevention and prescription drug safety can be accessed at www.cadyinc.org

## Roots

FROM PAGE A10

is step by step. Cost is \$30 for members and \$35 for non-members.

Stacey Lucas, a.k.a. Veggie Art Girl, will offer Spring Barn Board Sign Painting Class June 21 from 5-7 p.m. Stacey will share the techniques that that she uses on her signs. She encourages students to look for their own sayings to use in their projects. Cost is \$25 for members and \$30 for non-members.

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

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

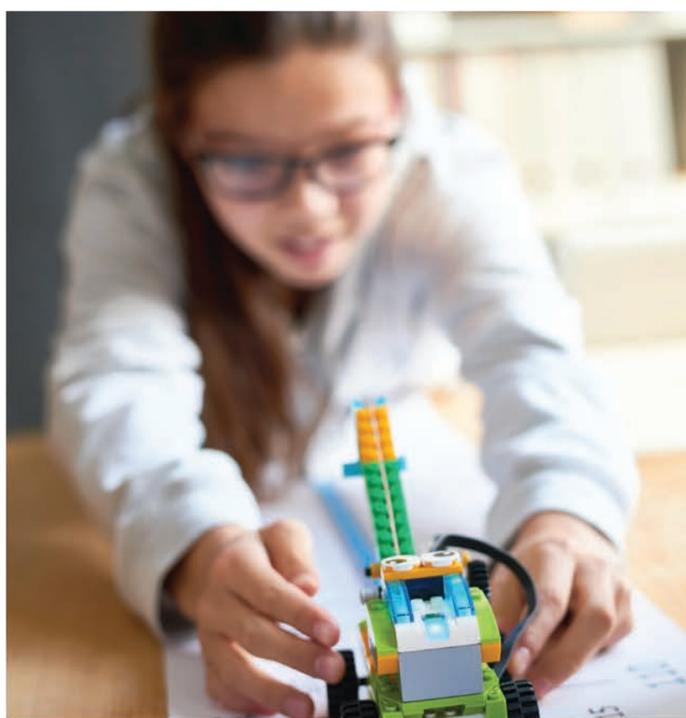
## What's Happening at Plymouth State University

### Mindstorm Madness Day Camp July 31–August 4, 2017 9 a.m.–4 p.m.

Join us for a week of science, engineering and fun! Using the LEGO Mindstorms, campers will work in teams to build and program robots. Teams will work to solve problems in both cooperative and competitive challenges. The week culminates with a grand challenge designed to showcase the ingenuity and engineering skills of the campers. Returning campers will find new builds and fresh challenges. For more information visit <http://tinyurl.com/mn39mjt>.

Open to students entering grades 6 and 7; cost is \$325. Space is limited.

Register at <http://tinyurl.com/psumindstorm>.



Questions? Contact Rachelle Lyons at [rlyons@plymouth.edu](mailto:rlyons@plymouth.edu) or Nina Domina at (603) 535-3271, or visit <http://tinyurl.com/mn39mjt>.

# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, May 25, 2017

## What's On Tap

The regular season wraps up for the rest of the high school teams while the postseason action heats up in the coming week.

At Newfound, the baseball and softball teams will finish the regular season at Inter-Lakes on Friday, May 26, at 4:30 p.m.

The Plymouth lacrosse teams will finish the season by taking on Inter-Lakes-Moultonborough on Friday, May 26, with the boys in Meredith at 4:30 p.m. and the girls at home at 4 p.m.

The Newfound track team will be in the Division III State Meet at Winnisquam at 2 p.m. on Saturday, May 27.

The Plymouth track team will be at the Division II State Meet at Kennett on Saturday, May 27, at 2 p.m.

The Division II and III baseball tournaments get under way on Thursday, June 1, at the home of the higher seed.

The Division II and III softball tournaments will begin on Wednesday, May 31, at 4 p.m. at the home of the higher seed.

The Division III girls' lacrosse tournament will start on Thursday, June 1, at 5 p.m. at the home of the higher seed.

The Division II boys' tennis  
SEE ON TAP PAGE B3



**Leo Ntourntourekas won the Wilderness titles in the shot put and discus.**



**Pat O'Neill fires the javelin during the Wilderness Meet on Saturday.**

## Throwers lead Bears at Wilderness Meet

BY JOSHUA SPAULDING  
Sports Editor

**GILFORD** — The star of the day for the Newfound track team at the Wilderness Championships on Saturday, May 20, was the same guy that was the star a week earlier.

Senior Leo Ntourntourekas inched closer to the school record in the shot put and discus while picking up the Wil-

derness titles at Gilford High School.

His fellow throwers also enjoyed fine days, with solid performances across the board.

In the shot put, Ntourntourekas finished the preliminaries with a distance of 46 feet, 8.5 inches and that held up for first in the finals as well. The school record is 47 feet, two inches. Teammate Ethan Pruetth threw

39 feet, five inches in the preliminaries and then reached a personal best at 40 feet, 1.25 inches for third place overall. Mason Dalphonse finished 21st at 33 feet, 6.5 inches.

In the discus, Ntourntourekas finished third in the preliminaries at 116 feet and then won the finals at 126 feet, nine inches, less than three feet from the school record. Dalphonse finished

sixth in the preliminaries at 018 feet, eight inches and then took seventh in the finals at 110 feet, 10 inches. Pruetth finished eighth at 106 feet, six inches and Zach Patten threw 92 feet, 10 inches for 20th place.

Dalphonse threw 133 feet, five inches in the preliminaries for the javelin and that distance held up for fifth place in the finals. Pat O'Neill

threw 106 feet, seven inches to place 21st overall.

The Bears also got a point in the 4X100-meter relay, as the team of Justin Shokal, Matt Libby, Cam Anderson and Rolando Sylvain-Stott placed sixth in 48.22 seconds.

In the 100 meters, Sylvain-Stott finished 16th in 12.55 seconds, Shokal

SEE TRACK PAGE B3

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<p><b>2008 Ford F-150</b> Reg. Cab, 4.2L, V-6, Automatic, A/C</p> <p><b>8-Ft. Bed</b> <b>\$8,995</b></p>	<p><b>2013 GMC 1500 SLT</b> Cab, 4x4, 4-Door, Leather, Z-71</p> <p><b>Only 48k</b> <b>\$28,995</b></p>	<p><b>2008 Ford F-150</b> Super Crew, 4-Door, 4x4, V-8, Loaded</p> <p><b>Leather</b> <b>\$15,995</b></p>	<p><b>2014 Chevy 1500</b> Double Cab, 4-Door, 4x4, Loaded</p> <p><b>Black Beauty</b> <b>\$25,995</b></p>	<p><b>2010 Ford F-150</b> Super Cab, 4-Door, 4x4</p> <p><b>Short Bed</b> <b>\$14,995</b></p>
<p><b>2012 Toyota Tundra</b> Double Cab, 4-Door, 4x4, 5.7L, Only 70k</p> <p><b>TRD</b> <b>\$25,995</b></p>	<p><b>2012 Ford F-150</b> Super Crew, 4-Door, 4x4, Loaded</p> <p><b>Chrome Wheels</b> <b>\$19,995</b></p>	<p><b>2011 Chevy 1500</b> Reg. Cab, 4x4, Loaded, Leather, V-8, Tonneau Cover</p> <p><b>Short Bed</b> <b>\$13,995</b></p>	<p><b>2012 Ford F-150</b> Super Cab, 4-Door, 4x4, Loaded, Leather</p> <p><b>5.0L V-8</b> <b>\$20,995</b></p>	<p><b>2005 Toyota Tundra</b> SR5, Access Cab, 4.7L, 4x4, Loaded</p> <p><b>4-Door</b> <b>\$12,995</b></p>
<p><b>2010 Toyota Tundra</b> 4x4, Automatic, V-8</p> <p><b>Regular Cab</b> <b>\$14,995</b></p>	<p><b>2004 Ford F-150</b> Super Cab, 4-Door, A/C, 5-Speed, Spray-in Bedliner</p> <p><b>6-Cylinder</b> <b>\$7,995</b></p>	<p><b>2004 Ford F-350</b> Dually Dump Truck</p> <p><b>Automatic</b> <b>\$9,995</b></p>	<p><b>2012 Ford F-150</b> Super Crew, Lariat, 4-Door, 4x4, Leather</p> <p><b>EcoBoost Turbo</b> <b>\$27,995</b></p>	<p><b>2010 Ford F-150</b> Super Cab, 4-Door, 4x4, 5.4L, V-8, Leather</p> <p><b>Only 73k</b> <b>\$20,995</b></p>
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Not responsible for typographical errors.

# Bears win three in a row

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — After losing a rematch to Belmont on Saturday, May 13, the Newfound softball team won three in a row to get back on track.

Against the Raiders, Amanda Johnston doubled to first with two outs in the first inning and scored on an Ashlee Dukette homer. Kylee MacDonald walked with one out in the third and Hayleigh LeTourneau moved her up with a sacrifice. Johnston tripled in the run for a 3-0 lead. Belmont came back with two unearned runs and the score stayed 3-2 for the Bears until the fifth.

In the fifth, singles from Paige Dostie and MacDonald got things started and LeTourneau moved them up with a bunt. Johnston walked to load the bases and Dukette doubled to knock in three runs. Vicky Roman added another run in the top of the sixth for a 7-2 lead for the Bears. Belmont got a hit, a hit batter and a Newfound error to load the bases and then two more errors allowed more runs to score. Basford took over for Johnston in the circle but by the time the inning was over, Belmont had an 8-7 lead.

Johnston led off the seventh with a base hit and one out later, she scored on a base hit by Mackenzie Ryan. Basford then singled one out later to drive in Ryan and Newfound was up 9-8.

A walk and single opened the bottom of the seventh and Johnston returned to the pitcher's circle. After a base hit and a ground out, an intentional walk loaded the bases and Newfound pulled the infield in to cut down the run at the plate. But a line drive to left allowed the Raiders to get the winning run for the 10-9 win.

Johnston pitched four innings in the team's game with Somersworth on May 16, striking out five and giving up just two earned runs as Newfound won 13-6. Ryan and Hailie Clark finished out the pitching duties for the Bears.

At the plate, Johnston had a double, triple and homer to go three for three with five RBIs and four runs scored.

The Bears visited Mascoma on Wednesday, May 17, and came away with an 8-6 win.

MacDonald scored on Johnston's double in the first inning and the Royals answered with two in the third inning. Hayleigh Pabst had a single in the top of the fourth and scored on Johnston's homer. The game went to the fifth tied at four and the Royals took the lead with two runs in the bottom of the inning but Newfound got singles from Roman, LeTourneau and Johnston to cut the lead to one.

In the seventh, Ryan had a base hit and Julianne Marchand was hit by a pitch. Basford bunted in an attempt to move the runners, but



JOSHUA SPAULDING

Kylee MacDonald and her Newfound teammates will finish the regular season on Friday at Inter-Lakes.

they cut down the runner at third. However, Roman doubled to drive in two runs to tie the game and then Pabst sin-

gled home pinch runner Katie Drapeau to give the Bears the lead. Johnston closed out the game by getting a little defen-

sive help from Bethany Basford in right, as she made a nice catch to seal the win. Johnston finished with 10 strikeouts on the day and drove in three runs at the plate.

At Raymond on Saturday, May 20, Newfound got a 16-11 win.

The Bears got six runs in the first inning and jumped all over the Ram pitching. Dukette had a monster day, hitting three homers, driving in seven runs and scoring four runs, while Johnston had a homer, five RBIs and four runs scored. The duo hit back-to-back

homers in the second inning. MacDonald had three hits and Pabst, making her first varsity start at shortstop, had two hits, drove in a run and scored a run. Caroline Marchand had a hit, drove in a run and scored a run.

The Bears will wrap up the regular season on Friday, May 26, at Inter-Lakes at 4:30 p.m. The Division III tournament opens on Wednesday, May 31, at the home of the higher seed.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

## The week that seemingly never ends

Some weeks just don't want to end. That seems to be the case this week. It's 11:30 p.m. on Sunday night as this gets written and I still have at least an hour or so of work to do before heading home. And with eight deadlines on Monday, I'll be back in at 7:30 in the morning.

Sunday used to be a day of rest in some ways. I used to sleep until 8 a.m. or so and then watch television for a few hours before heading to work at noon or so.

With the new diet and exercise program, I now have to get up at 6 a.m. just to get in the workout and spend hours cooking my food for the week. So, the sleeping in is gone. I might get an hour of television in on Sunday morning but

### SPORTING CHANCE



By JOSHUA SPAULDING

then it's off to work by noon.

Thrown in the mix now is the production of The 25th Annual Putnam County Spelling Bee and we have rehearsals on Sunday night, so I have to leave the office for a few hours to try to learn to dance or sing or act. I haven't had a real onstage role in a production since my senior year in high school and this is quite different, since there's singing and dancing involved. This is going to take a lot of my time in the coming months. And probably a lot of my patience as well.

So this week, is still not over despite the fact that by the time I head out of the office, a new week will have started.

On the good news side of things, the Smith River Canoe Race was Saturday and this is one

of my favorite events to cover every spring. I enjoy spending an hour or so in the waters of the Smith River getting some great pictures of the paddlers as they make their way through the whitewater. This race traditionally brings me some of my best pictures of the year and is always a good way to fill pages in the Granite State News.

Of course, that leads to making the week longer, since I had to sort hundreds of pictures on Saturday afternoon after the race. That came after I spent a few hours at the Wilderness Track Championships at Gilford High School.

People in many jobs enjoy weekends off, but in this job, weekends are just an extension of the week and I've known this for a long time. But sometimes, you just want to relax for a day but it just isn't possible.

This week is really just like any other week, but it just seems a bit longer. Last Sunday I had more than 15 stories to write and still got out of the office before

11 p.m. This week I had less than 10 stories to write and I'm still here at 11:30 p.m. You just don't know.

Between the weekly trips to the grocery store (which I absolutely hate), the time spent cooking and portioning food, the three nights of rehearsals and this thing called a job, it's a pretty busy time of year. My hope is that in the next few weeks, as the high school season winds down, things will take a turn for the better. At least, that's the hope.

Finally, have a good day Christian Boudman.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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Photos are also welcome, but must be submitted in jpeg format.  
Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 111  
with any questions regarding the submission process.

# Knights and Bobcats earn a tennis split

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — A long afternoon of tennis, with playoff possibilities on the line, ended in a draw for the Kingswood and Plymouth girls' tennis teams.

With both teams vying for a spot in the Division II playoffs, the Knights won the first match, which was a continuation of a match from earlier in the season at Plymouth that was called due to rain.

However, Plymouth came back and got the win in the second match to earn the split.

When the first match was called in the rain in Plymouth, Kingswood had a 3-1 lead.

Jasper Shapiro of Kingswood defeated Makayla Keeney of Plymouth 8-5, Kara Phu of Kingswood had defeated Hanna Bancroft of Plymouth and Marina Eneeva of Kingswood had defeated Lilly Derosier of Plymouth in the top three spots, while Hannah Bellerose of Plymouth had defeated Brooke Seigars of King-



JOSHUA SPAULDING

Lilly Derosier returns a shot during her team's match at Kingswood last week.

swood in the fourth spot.

When the match was resumed, Kacie Collins of Plymouth led Danielle

Schillereff of Kingswood by a 6-2 score and Collins went on to get the win by an 8-4 score.

In the number six match, Kingswood's Rebecca Coache trailed Plymouth's Lydia Mar-

din 2-1 and came back to get the win by an 8-6 score to give Kingswood a 4-2 lead.

The number one doubles team had already started and the duo of Keeney and Bancroft was up 1-0 on Shapiro and Seigars and went on to win by an 8-4 score to get Plymouth to within one at 4-3.

However, the number two doubles team of Phu and Eneeva for Kingswood defeated Collins and Mardin by an 8-4 score to clinch the 5-3 win for the Kingswood girls.

With the match decided, the teams moved on to the second match.

Kingswood won at number one, where Shapiro got an 8-3 win over Keeney.

At number two, Bancroft came up with a 9-7 win over Phu, rallying from a 7-3 deficit to get the win, while at number three, Eneeva won for Kingswood by an 8-6 score over Derosier.

In the fourth spot, Collins got out to a 7-2 lead over Seigars but the Kingswood senior rallied and came away with a 9-8 win, 7-3 in the tiebreaker.

At number five, Mardin came through with a 8-6 win over Coache and in the sixth spot, Schillereff won 8-5 over Christina Furgal and the score stood at 4-2 for Kingswood heading to doubles.

The Bobcats came through quite well in the doubles, as they swept all three matches to take the 5-4 win.

At number one, Bancroft and Derosier came through with an 8-5 win over Shapiro and Seigars, while at number two, Keeney and Collins teamed up for an 8-1 win over Phu and Eneeva.

The third doubles saw

Bri Custance and Furgal get an 8-3 win over Coache and Schillereff for the 5-4 final.

Plymouth finished up the season with a 9-0 win over Kennett on Friday and finished the regular season at 9-5.

The team honored seniors Keeney, Bancroft, Friedman, Cummings and Ally Smith before the Kennett match, though Keeney did not play in the match.

With the Keeney out, Bancroft moved up to number one and won 8-5, while Friedman, Collins and Mardin all won 8-1 at the next three spots. Cummings won 8-3 at number five and Furgal got an 8-0 win in the sixth spot.

In doubles, all three teams won by 8-1 scores, with Bancroft and Friedman at number one, Collins and Mardin at number two and Furgal and Custance at number three.

"The kids deserve a lot of credit," noted Bobcat coaches Diane and Tony DiNardo. "We knew whoever won that Kingswood match would make the tournament and the kids showed a lot of grit and determination.

"They come to play, they're very resilient," the Bobcat coaches added. "They work hard and play to the last point."

The Knights ended their regular season at 7-7.

The Division II playoffs kicked off after deadline on Wednesday. The semifinals will take place on Friday, May 26, at 4 p.m. at the home of the higher seed, while the finals are Wednesday, May 31, at 4 p.m. at Bedford High School.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

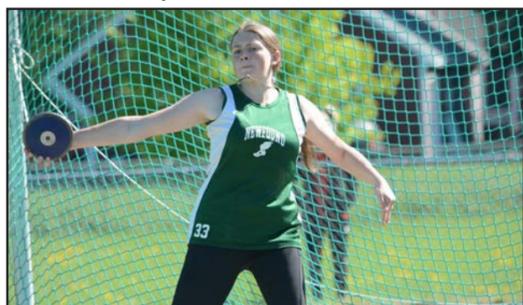
## Newfound searching for soccer coaches

BRISTOL — Newfound Regional High School is looking for a varsity boys' soccer coach and a JV boys' soccer coach. Anyone interested should send a letter of interest, resume and two recommendations to Superintendent Stacy Buckley at [sbukley@sau4.org](mailto:sbukley@sau4.org). Questions should be directed to Peter Cofran, AD, at [pcofran@sau4.org](mailto:pcofran@sau4.org) or 744-6006, x1507.



JOSHUA SPAULDING

Cam Anderson breaks from the starting blocks in the 100 meters on Saturday in Gilford.



JOSHUA SPAULDING

Evelyn Cutting fires the discus at Gilford on Saturday.

## Track

FROM PAGE B1

was 17th in 12.56, with Cam Anderson in 20th in 12.63, Aidon Anderson in 42nd in 13.33 and Ryan Quinn in 44th in 13.4. Cam Anderson finished 15th in the 200 meters in 25.62, Sylvain-Stott was 22nd in 26.06 and Aidon Anderson was 28th in 26.63. Ryan Towne placed 15th in the 400 meters in 59.17 while in the 800 meters, Brad MacDonald placed 24th in 2:18. James Shokal was 11th in the 3,200 meters in 11:54 and in the 110-meter hurdles, Libby finished in ninth place in 19.33 seconds. In the high jump, Justin

Shokal just missed out on the points, finishing seventh at five feet, four inches and Reid Wilkins cleared five feet for 14th place. Sylvain-Stott was 15th in the long jump at 17 feet, 1.5 inches, with Justin Shokal at 16 feet, 9.5 inches for 17th. Wilkins placed 14th in the triple jump at 34 feet, 4.5 inches and Cian Connor was 15th at 34 feet, half an inch.

The Bear girls also shined in the throwing events.

In the discus, Becky Norton finished second in the preliminaries at 96 feet, six inches and that distance held up for third overall in the finals.



JOSHUA SPAULDING

Justin Shokal clears the high jump bar at Gilford on Saturday morning.

Norton was also fifth in the preliminaries for the shot put at 30 feet, one inch and finished seventh in the finals with the same distance. Megan Gebhardt finished ninth at 28 feet, .25 inches, Mackenzie Brunt was 11th at 26 feet, 10.5 inches and Megan Stafford was 18th at 24 feet, six inches.

Gebhardt threw 83 feet, eight inches in the javelin in the preliminaries and that distance held for fourth in the finals.

In the 100 meters, Amy Combs was ninth in 14.02, Breana Shepard was 28th in 15.12 and Stafford finished 33rd

in 15.34. Combs finished 12th in the 200 meters in 29.42. The Bear team of Stafford, Shepard, Julia Rose and Combs finished 11th in 57.13 seconds and the Bears were ninth in the 4X400-meter relay in 4:56. Alexis Raimondi finished 15th in the triple jump at 26 feet, 7.5 inches and Riley Pierce was 17th at 25 feet, two inches.

Bears who qualified will compete in the Division III State Meet at Winnisquam on Saturday, May 27, at 2 p.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

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## On Tap

FROM PAGE B1

nis semifinals are Thursday, May 25, at 4 p.m. at the home of the higher seed and the finals are Tuesday, May 30, at

Bedford High School at 4 p.m.

The girls' tennis Division II semifinals are Friday, May 26, at 4 p.m. at the home of the higher seed and the finals are Wednesday, May 31, at 4 p.m. at Bedford High School.

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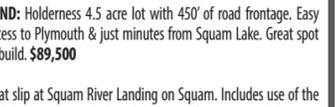
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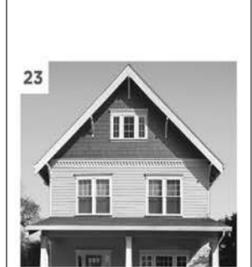
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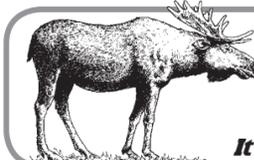
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Candidates should have significant experience in fire prevention, fire-fighting, staff leadership and training and giving public presentations. Candidates should possess an Associate's Degree in Fire Protection, Fire Science or Public Administration and five years' experience as a Fire Captain or higher rank. The position includes full City benefits. Pay will be determined based on the qualifications and experience of the candidate.

Job description is available at the City Manager's Office (603-752-7532), Berlin City Hall, 168 Main Street, Berlin, NH 03570, Monday thru Friday between the hours of 8:30 am and 4:30 pm.

Interested applicants should submit a resume and letter of interest to the City Manager's Office, City Hall 168 Main Street, Berlin, NH 03570, (603-752-7532), info@berlinnh.gov by Friday May 26, 2017.

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Thornton Central School  
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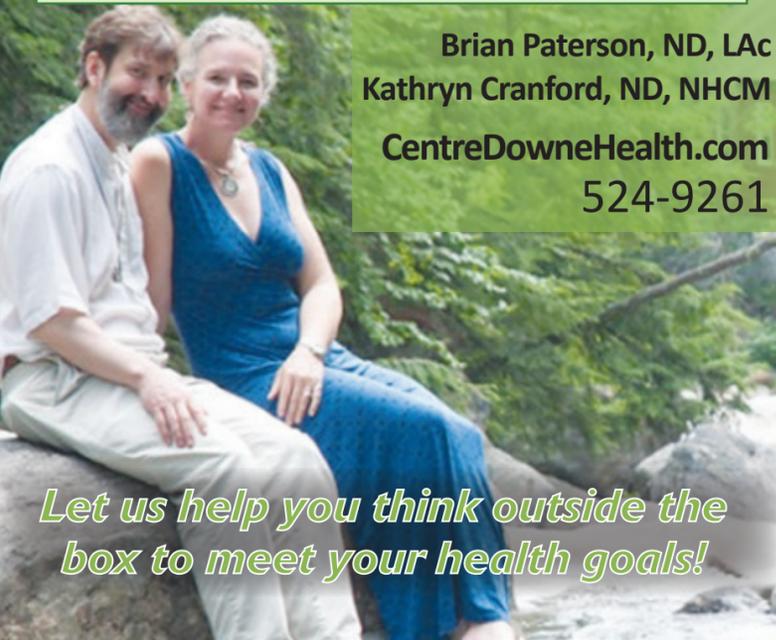


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