

Ingram earns All-State Honorable Mention

BY JOSHUA SPAULDING
Sports Editor

REGION — Teams throughout the region recently concluded the season and a number of boys' basketball players earned All-State honors from the New Hampshire Basketball Coaches Organization.

In Division III, Jackson Ruelke of Belmont was named the Player of the Year and was joined on the First Team by Phil Nichols of Winnisquam and Jalen Reese of Gilford, along with Christ Stanchfield of Kearsarge, Ben Seiler of Mascoma and Brandon Elrick of Hopkinton.

Avery Hazelton of White Mountains earned Second Team, where he was joined by Colson Seppala of Conant, Josh Krafton of Raymond, Jake Kidney of Monadnock, Dylan Rice of Campbell and Owen Milchick of Hopkinton.

Honorable Mention was given to Nate Sottak and Jamison Gaudette of Belmont, Anthony Rob-



Malaki Ingram earned Division III All-State Honorable Mention for his solid season for Newfound.

JOSHUA SPAULDING

bins and Jacob Seavey of Winnisquam, Malik Reese of Gilford, Tyler Hicks of White Mountains and Malaki Ingram of Newfound. They were joined by Sam Carl of Kearsarge, Mike Cavanaugh of St. Thomas, Shea Zina of Mascenic, Tyler Herbert of Monadnock, Nate Krafton of Raymond, Xander Ford of Fall Mountain, Zack Coombs of Hillsboro-Deering and Gabe Rock of Mascoma.

All-Defensive Team honors went to Joseph Tsepas of Hillsboro-Deering, Cooper Peavey of Mascoma, George Jallah of Kearsarge and John Jacobsen and Milchick of Hopkinton.

Rock was presented the Jack Ford Award while Jaryd Peicuch of Raymond was named Varsity Coach of the Year. Belmont's Greg Deschuiteneer was named Sub Varsity Coach of the Year for Division III.

Parker Paradise of
SEE INGRAM PAGE A7

Newfound hands out winter sports awards

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The week after the winter sports season came to a close, Newfound Regional High School handed out winter sports awards in a couple of different ceremonies.

For the boys' basketball program, Malaki Ingram was named the Player of the Year while Ryan Berg was named Most Improved Player of the Year. Defensive Player of the Year Award went to Bodhi Smith. Smith also received the Bears Booster Club Outstanding Student Athlete Award while Brandon Marsach received the NHIAA Sportsmanship Award for the varsity team and Ben LaPlume received the Sportsmanship Award for the JV team.

For the girls' basketball program, Tiffany Doan was presented the Bears Booster Club Outstanding Student Athlete Award while Sydnee Hahn was named Most Improved Player for the JV team. The NHIAA Sportsmanship Award for the varsity team was presented to MacKenzie Bohlmann while the Sportsmanship Award for the JV team was presented to Stacia Paul.

Jordan Joyce was presented the Most Improved Player Award for the unified basketball team while Hannah Bassett was presented the Partner Award and Zeke Weiner was given the Rookie of the Year Award. The Bears Booster Club Outstanding Student Athlete Award went to MacKenzie Jenkins and the NHIAA Sportsmanship Award went to Aaron Belyea.

For the winter spirit team, Julianna Dumark was presented with the Coach's Award and Hailee Adjutant won the Captain's Award. The Total Commitment Award was presented to Abby Bauer and the Bears Booster Club Outstanding Student Athlete Award was given to Sabrina Alan.

Broderick Edwards was named Rookie of the Year for the boys' alpine ski team and Trevor Sanshagrin was named the Skier of the Year. The Bears Booster Club Outstanding Student Athlete Award was presented to Jacob Blouin and the NHIAA Sportsmanship Award was presented to Matt Karkheck.

For the girls' ski team, Rebecca Dillon was named Skier of the Year. The Bears Booster Club Out-

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Community Gardens take root at Kelley Park

BRISTOL — Shiny red tomatoes, plump bell peppers, and long green cucumbers will be just a few of the fresh, locally-grown foods at Bristol's new community gardens this spring. To provide better access to fresh food and provide new and exciting opportunities for families, the Town of Bristol in partnership with Lakes Region Board of REALTORS, the Pasquaney Garden Club, Minot-Sleeper Library, and Bristol Sustainability Committee will provide several raised garden beds at the north end of

Kelley Park to local families at no charge beginning this spring. This new initiative will bring healthy, fresh food to families and will repurpose a portion of Kelley Park.

Community members and families who have never grown their own food are encouraged to apply for a garden plot. Master gardeners will provide those with garden plots everything they need to get started, including lessons on what to plant and when, how to grow and care for what is planted, and how and when to harvest

what is grown. Healthy Living Educator Lisa Ford from University of New Hampshire Extension will provide cooking lessons to inspire gardeners with new recipes that use what they have grown as ingredients.

All materials needed for gardening will be provided to those with garden plots, including seeds from Minot-Sleeper Library's seed library, and tools like hand shovels and gardening gloves that have been generously donated by various community partners. Community members

and businesses are invited to donate tools.

Bristol's community gardens are made possible by the generous support of many community members. Materials, including lumber and soil, and the craftsmanship to build the gardens are being donated by Shaun Lagueux of New England Forestry, Hiltz Excavating, and Kevin LaCasse of New England Family Housing.

If you or someone you know is interested in having a garden plot at Kelley Park this year to grow fresh vegetables, contact Lisa Ford at 603-883-7777 or lisa.ford@unh.edu.
SEE GARDENS PAGE A7

NLRA's boat storage lottery now open



COURTESY

Non-motorized boats can access Newfound Lake and the Cocker-mouth River from Grey Rocks Conservation Area.

become a member now. Questions can be directed to Andrew@NewfoundLake.org, or call 744-8689.

Grey Rocks, former-

ly a marina, was placed in permanent conservation in 2011, and has since been restored by the NLRA to more natural conditions. Home to abundant wildlife, Grey

Rocks visitors may spot everything from beaver, bullfrogs, and turtles, to diverse species of waterfowl and Newfound's

SEE LOTTERY PAGE A7



Plymouth State University marks 150th Anniversary with Founders Day event



Plymouth State University marked the 150th Anniversary of its founding with a virtual celebration earlier today. Shown here, PSU President Donald L. Birx, Ph.D., recounts the University's rich history and gives a glimpse into its future. Birx is the 15th President of Plymouth State University.

PLYMOUTH — Plymouth State University (PSU) marked the 150th Anniversary of its founding with a virtual celebration earlier today that featured the reading of a commendation by New Hampshire Gov. Chris Sununu, remarks from notable alumni and state legislators, recognition of alumni and the sealing of a time capsule. The event kicked-off appropriately at 1:50 p.m.

Founders Day marks the date in 1871 when the New Hampshire

State Normal School in Plymouth welcomed its inaugural class. In 1939, New Hampshire's legislature officially recognized the school's increased stature with a new name, Plymouth Teachers College, which was among the first in New England to be accredited. The name was further revised in 1963 to Plymouth State College of the University System of New Hampshire, and became Plymouth State University in 2003.

In pre-recorded remarks, Sununu com-

mended Plymouth State University on this significant milestone.

"Plymouth State University is a visionary institution at the hub of an ever-growing creative community where students, faculty, staff and alumni are actively transforming themselves and the region, where ideas and solutions for a connected world and New Hampshire's future leaders are developed through the university's interdisciplinary Integrated Clusters learning model, and through entrepreneurial, innovative and experiential learning," noted Sununu.

Recognizing that a fundamental redesign was needed to better prepare graduates for the needs of today's marketplace, Plymouth State began a transformation in 2015 that continues to evolve. PSU's Integrated Clusters learning model reorganized 24 departments and three colleges into seven interdisciplinary clusters – a flexible, efficient, and responsive version of higher education for the twenty-first century. The model is based on problem solving, integrative thinking, teamwork and an entrepreneurial spir-

it with students.

"From the beginning, Plymouth has been a place of purpose, learning and service, focused on enhancing society and opening doors of opportunity. It's an incredible story of commitment that we can all take great pride in. We should not miss though that PSU has faced periods of enormous challenge from its very beginning, but these have served to make it stronger," noted PSU President Donald Birx, Ph.D., in his welcome remarks. "Those looking back on this period of history will recognize that we grappled with the pandemic and economic downturn, shortcomings in justice and equity, and national tensions, yet we responded with all of our strength and ingenuity to provide students with a safe harbor to consider these and other consequential issues."

Recent examples of PSU's strategic vision include the introduction of a "4+1" accelerated Master of Business Administration program; a "3+2" accelerated Master of Exercise and Sport Physiology program; a Bachelor of Climate Studies program, which is the first of its kind in New Hampshire, and one of only a few in the country; as well as new programs in robotics, public health, computational and applied mathematics and others.

PSU's newest open laboratory, Draper & Maynard Makerspace, provides students opportunities to work with cutting-edge technology across the entire spectrum of additive manufacturing and design. The facility quickly pivoted in spring 2020 to produce necessary personal protective equipment (PPE) for area healthcare providers, as well as components for ventilators.

In 2017, the Wall Street Journal reported that Plymouth State ranked first among public colleges and universities across the country for its ability to improve

students' critical thinking abilities.

"Going beyond' is an imperative that applies not only to students, but to the University as a whole," said Birx. "What was set in motion a century and a half ago is an on-going story. Our well-established ability to innovate, first as a leader in education and then in many other fields, is what has sustained Plymouth State over so many years and what will continue to keep us vital in the years to come."

In addition to the Governor's proclamation, PSU's Founders Day celebration also featured tributes from Sen. Chuck Morse (PSU '84) and Rep. Matt Wilhelm (PSU '04) and the presentation of a new time capsule by PSU Student Body President Avery Jones (PSU '21) of Dover, a first-generation college student. The time capsule containing mementos and artifacts from 2021, including a face mask, a copy of Plymouth Magazine, a PSU water bottle and 'First Fire' mug, and a 2021 class schedule will be sealed until the University's 175th anniversary in 2046.

"I knew that Plymouth State had opportunities that I needed to take advantage of," said Jones. "I have grown as an individual here. I know that once I am able to, I will give back to Plymouth State in the same way it has given to me."

PSU also honored Uni-

versity System of New Hampshire Trustee Wally Stevens (PSU '62) and Meredith Stevens (PSU '62) with the R.E. Collins Philanthropy Medal for their commitment, service and contributions to Plymouth State, and Professor Emerita Bonnie Breen-Wagner (PSU '72,'74 Med) received the inaugural Employee Philanthropy Award, which will be named in her honor for her generous support of students and the University.

The Founders Day event is one of several special events and activities planned for 2021 to celebrate PSU's 150th Anniversary. In February, the Museum of the White Mountains at Plymouth State University opened a three dimensional exhibit at the Silver Center for the Arts which includes images and artifacts highlighting the University's sense of place and contributions over the generations. The exhibit "Plymouth State in 150 Objects," can be viewed online.

A brief video recap of today's Founders Day event is available here: www.youtube.com/watch?v=yrMOEFhR-8Wk

A video recording of the entire Founders Day event can be viewed here: www.kaltura.com/tiny/tx1xo.

For more information about PSU's 150th Anniversary events and activities, please visit www.plymouth.edu/150.

Habitat for Humanity seeking owners for next build

PLYMOUTH — Want to won a new home, but think you can't afford it? Pemi Valley Habitat for Humanity is looking for you!

Our next build will be in Plymouth. We have begun the process of looking for our next homeowner families. To get an application, come to one of the following mandatory informational meetings: Wednesday, April 7 at 6:30 p.m., The Flying Monkey, 39 Main St., Plymouth, or Wednesday, April 14 at 6:30 p.m., also at the Flying Monkey.

You must attend in order to apply for a home (no exceptions). If you cannot personally attend, send a friend or family member to represent you.

For information, call 536-1333, email info@pemi-valleyhabitat.org, or visit www.pemivalleyhabitat.org.

In order to apply, you must have lived in one of our service area towns (Ashland, Bridgewater, Bristol, Dorchester, Groton, Hebron, Holderness, New Hampton, Plymouth, Rumney, Thornton, Warren and Wentworth, Belmont, Center Harbor, Gilford, Gilmanton, Franklin, Laconia, Meredith, Moultonborough, Northfield, Sanbornton, or Tilton) for at least the past year.

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SPORTS AND THE PANDEMIC

Track gears up for unusual season ahead

BY CASSIE ZICK
Contributing Writer

BRISTOL — In the last article that looked at sports in the pandemic, we ended our trilogy on winter athletics by talking to Jazmin Ivers about unified sports during COVID. As winter ends, the question of spring athletics and how they will operate during the pandemic comes into view. The first article discussing this topic will cover track and field and how coach Mike LaPlume sees the season ahead.

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

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

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

attendance will double as contact tracing this year.”

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

“I do feel confident that this season will be a success, based on the fact that we got through a cross country season and now we’ve gotten through an indoor season. That makes me very optimistic that we will be able to keep going. On top of that, I think that, in general, we are headed in the right direction as a nation too. We’ve got the vaccines going and everyone is

very practiced now with these guidelines. The only thing that gives me a little bit of pause is the numbers. In track and field we tend to have big numbers. At Newfound, it’s kind of a tradition. There’s a big athletic culture here, so we typically end up having pretty big teams in correlation. On top of that, we usually compete against other teams that are pretty good sizes. Belmont usually has about the same size for their team, if not bigger. Plymouth will probably have just as many kids if not twice as many on their team. So that’s the one thing that I feel gives me a little bit of concern is those numbers. Not even that those numbers are going to cause a spread, but just

that people are going to see that and say that we should pull back, it’s too much.”

To finish our interview with LaPlume, he expressed his excitement regarding the upcoming team. “I’m super excited about the season. We missed an entire season last year, so it’s like we have two freshman classes coming up. It’s always exciting to see that class coming in, but it’s like two-fold this year, we have double that. Half of our team is practically brand new. The fact that there is so much unknown about the team and so much potential to utilize is very exciting. Not just that, but the two

classes we have coming up have a lot of talent. I think it’s going to change the complexion of our team, specifically the girls’ team. I think you guys will have a legitimate chance at a championship this year. It’s tough to say, with COVID and the fact that I didn’t get to see the other teams this past year, but basing it off two years ago and what we have walking through the door now, I have high expectations.”

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

Explore common fungi of the Lakes Region with the SLA

HOLDERNESS — Join the Squam Lakes Association (SLA) and LRCC member Mikey from 11 a.m. to noon on Saturday, March 27 for a virtual Adventure Ecology on the mysterious world of mushrooms, lichens, slime molds, and all things fungi within the Lakes Region of New Hampshire. We will explore how these bizarre organisms fill important

niches as decomposers, the symbiotic relationships they hold with plants and animals, and even which ones can serve as a delightful dinner option while others can land you in a world of hurt! If you have ever wanted to learn more about these fascinating organisms, this is the program for you.

Registration is required. For more information, or to sign up for

this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC

AmeriCorps members at the SLA who perform important conservation work in support of the Association’s mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



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Edward Jones: Financial Focus

Business owners’ issues go beyond ‘mom and pop’ label

If you own a small business, you typically don’t get a lot of recognition – so you may be pleased to learn that March 29 is National Mom and Pop Business Owners Day. You might not necessarily think of your business as a “Mom and Pop” operation, but it certainly contributes to the well-being of your family now, and possibly to that of future generations, too – if you make the right moves. Depending on the nature of your business, you may have spent the past several months more concerned about today than tomorrow, given the serious economic repercussions of the COVID-19 pandemic, which is still placing stress on a great many business owners across the country. If your business has been adversely affected by the pandemic, you might be eligible for a Paycheck Protection Program (PPP) loan. As you may know, recent legislation provided \$285 billion more for this program.

To learn more, and to start the application process, visit the Small Business Administration website at www.sba.gov. You have until March 31 to apply for a PPP loan. Other relief also may be available. But regardless of whether you apply for one of these loans, you can take other steps to help maximize the benefits you get from your business – and perhaps even extend its longevity. Here are a few suggestions:

- **Establish a retirement plan.** If you don’t already have a retirement plan, it’s never too late to set one up. As a business owner, you have several options, including an “owner-only” 401(k), a SIMPLE IRA and a SEP-IRA. All these plans are fairly easy to establish and can offer potential tax advantages, as well as providing you with a source of retirement income in the future. You may want to work with a financial professional to pick the right plan for your needs.
- **Coordinate your business assets with your investment portfolio.** Like most business owners, you may have a great deal of your personal wealth tied up in your business. And, as the past year has certainly shown, this can be risky. Consequently, you’ll need to weigh this risk factor when deciding on investing in your retirement plan or in other investment accounts. This doesn’t mean you should try to avoid all risk only by pursuing the most conservative vehicles – which would be counterproductive to achieving enough growth to meet your retirement income goals – but you will need to pay close attention to your investment mix to ensure it provides you with an appropriate balance to what you’ve invested in your business.
- **Develop a transition strategy.** How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It’s a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon.

A “Mom and Pop” business may sound quaint and carefree – but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.


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CADY Corner

How the pandemic has affected teen mental health

BY C.S. MOTT CHILDREN'S HOSPITAL

This article was reprinted with permission by C.S. Mott Children's Hospital, the University of Michigan Department of Pediatrics, and the University of Michigan Susan B. Meister Child Health Evaluation and Research (CHEAR) Center.

Restrictions put in place to contain COVID-19 may be particularly difficult for teens, who rely heavily on their peer and social connections for emotional support. In 2021, the C.S. Mott Children's Hospital National Poll on Children's Health asked a national sample of parents about the emotional impact pandemic restrictions have had on their teens age 13-18. According to the study, one in three teen girls and one in five teen boys have experienced new or worsening anxiety since March 2020.

In describing how their teens have been connecting with peers in recent months, many parents say their teens have been texting (64 percent) and using social media (56 percent), as well as online gaming (43 percent) and talking on the phone (35 percent), every day or almost every day. Few parents say their teens have been getting together in person with friends daily or almost every day, indoors (9 percent) or outdoors (6 percent).

Most parents (73 percent) report that COVID-19 has had a very or somewhat negative impact on their teen's ability to interact with their friends. Around half of parents (46 percent) say they have noticed a new or worsening mental health condition for their teen since the start of the pandemic. Parent report of pandemic-related mental health change reflects some differences for teen girls and boys. More parents of teen girls than parents of teen boys note an increase in anxiety/worry (36 percent vs. 19 percent) or depression/sadness (31 percent vs. 18 percent). In contrast, similar proportions of parents report negative changes in their teen's sleep (24 percent vs. 21 percent), withdrawing from family (14 percent vs. 13 percent) and aggressive behavior (8% vs 9%).

Although serious illness from COVID-19 is uncommon among teens, the changes brought on by the pandemic have wreaked havoc on their lives. Many have experienced disruptions to their normal routines including closed schools, canceled activities and an inability to hang out with friends and extended family. Parents in this Mott Poll shared that there has been a significant mental health impact of the pandemic for many of their teens.

These problems may be new for some teens, but for others they may have been exacerbated by the pandemic. Nearly half of parents in this Mott Poll reported either a new or worsening mental health condition for their teen since the start of the pandemic. It can be challenging for parents to assess the seriousness of the situation, and when it may be necessary to seek outside help. Although teens can experience a wide range of severity of mental health problems, if parents hear their teen express any thoughts of suicide or self-harm, it is important to seek mental health assistance immediately.

The most common pandemic-related mental health condition was depression and anxiety, noticed by one in three parents of teen girls and one in five parents of teen boys. Recent research has shown teen depression during the pandemic to be associated with teens' own fears and uncertainties, as well as high levels of parental stress. Parents also may want to consider whether they are transferring some of their own pandemic-related stress onto their teens.

Parents have a critical role to play in helping their teens cope with the stress of the pandemic. However, around one in seven parents reported their teen has withdrawn from family since the start of the pandemic. Mental health experts advise that one of the most important things for parents to do is keep lines of communication open; ask their teen how they are doing and create the space for them to speak honestly so they can provide help when needed. Parents also need to remember it is normal for teens to crave privacy from their family. Giving them space for some quiet time, creative time or music time can be helpful to their mental health.

Many authorities in child health also emphasize the importance of sleep for teens, especially when they are under stress. Almost one in four parents in this Mott Poll said their teens were experiencing negative changes in their sleep. In these situations, parents can help their teens craft a healthy and productive routine to their days and nights, including a regular sleep and wake time that fits with their online learning schedule and their interactions with peers and family.

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



COURTESY

The Pemigewasset Valley Chapter of Daughters of the American Revolution recently presented Brendan Berube, Editor of the Plymouth Record Enterprise and Newfound Landing (pictured with Regent Paula Woodward), with a certificate of appreciation in "recognition of outstanding coverage of community news." The Record Enterprise does a splendid job printing information about upcoming events so all of us in the area may benefit.

Sustainable Bristol

BY LAUREN THERIAULT

Do you feel bad throwing food scraps away? Even though they bound for the compost pile I still feel bad tossing them out. In an effort to use these items before they are relegated to the compost I have been saving these scraps to dye fabric, yarn, and recently, Easter eggs.

Some food items you can use to dye with are onion skins yellow and red, black beans, tea, coffee grounds, avocado skins, cabbage, beets, blueberries, and turmeric. Thats just a short list of the food items you can also use to dye with. Once more plants are blooming you can use

flowers and weeds to dye with too. Marigold, black eyed Susan's, coreopsis and walnuts are some of my summer favorites. The colors are more natural in their tone and obviously in their composition. You might be surprised about the colors you are able to create, avocado makes a beautiful peachy pink color for example.

If you want to give natural dying a try at home, you'll need to collect a few things; a pot and wooden or metal spoon that you won't use for cooking anymore. You also need some fabric or yarn, natural fibers will hold dye so try cotton, hemp, linen or wool work best. One step

people are not familiar with is a mordant step. In order for the dye to stick to the fibers you need to soak them in a mordant, I use alum but you could use soy milk depending on what you have access to. Soak the materials in a pot of boiling water with either soy milk or alum for about 30 minutes.

To make your dye, add the dyestuff to the pot with a lot of water. Boil/simmer the water for about an hour until the dye color has come out and changed the color of the water. Strain or scoop the materials out of the dye and compost them. Then add the mordanted fabric or yarn to the pot, simmer a little

longer or let it sit overnight for a deeper color. This is where it's fun to experiment, your colors will vary in vibrancy depending on how long you let them sit. For Easter eggs you'd need less dye and to soak the eggs in vinegar first.

Not into sewing or knitting? You could take a stained shirt or other item of clothing and dye it to hide the stains. Have some clothing that aren't colors you like anymore? Try to dye the clothes another color using natural dyes. The possibilities are endless and so are the color combinations.

Letters to the Editor

New prevention, treatment, and recovery resource

To the Editor:

I am writing today to let the central New Hampshire community know about a relatively new resource for the drug-affected. This resource has connected many organizations to help our efforts in combating the growing challenges in our communities with the overuse and abuse of substances. Because of the growing feelings of being disconnected, also not helped by this COVID pandemic, many people are turning to substance use such as alcohol and/or drugs. Also, this comes with a stigma that

if you are affected by these problems that it is your choice to use these substances and therefore you deserve to.... You can fill in the blank. You get the idea. Yet the science shows us that the substances change or affect the brain so it is really a sickness just like diabetes or heart disease and other ailments. Some of these drug problems start as a treatment for other medical issues such as an injury. None of this usually starts with someone waking up and saying "I feel like using drugs today!". Addiction is usually a drawn-out bunch

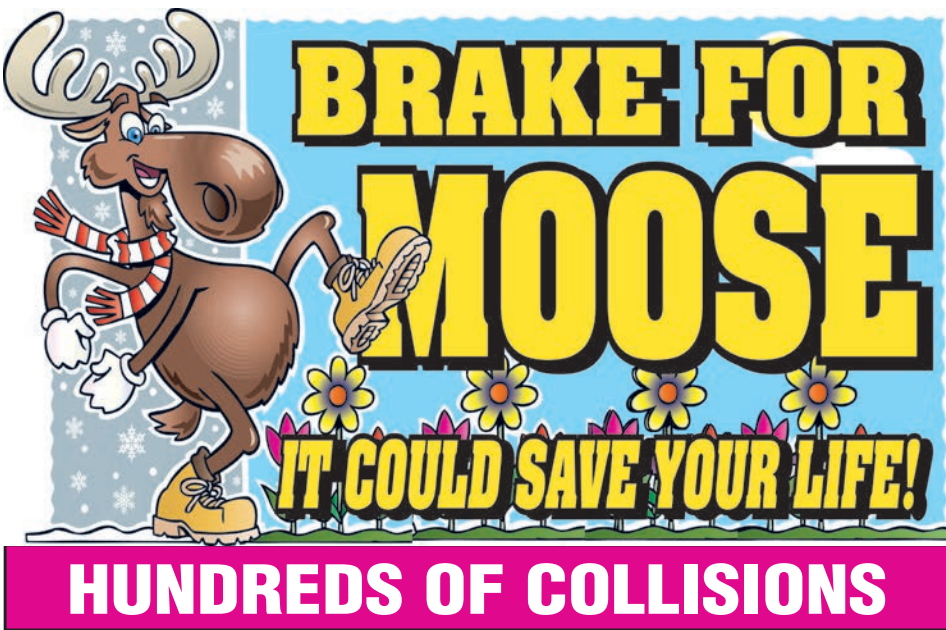
of days using drugs or alcohol and then you're hooked. At that point, if you can finally stop using, you will be in recovery for the rest of your life always fighting the urge to use again.

That resource I was talking about is FindWell NH. Web site ~ findwellnh.org This website has resources for prevention, treatment, and recovery. These resources are linked directly to the specific organizations through the website to which you can apply different qualifying filters. The resources cover subjects such as talking

about the stigma, education about the different types of substances being used, support groups for recovery, and such. The scope of the services are wide and many. Maybe you are raising your grandchild because your son or daughter has fallen into the grip of drugs or alcohol. There are resources to help you with food security, healthcare, support groups, you name it. There are so many support services for the drug affected and the families of those under the influence of drugs or alcohol both past and present. Support groups and organizations for many different stages of drug awareness are included in the valuable information contained in the collaborative partnerships this website brings together. You do not have to face your challenges alone! I hate to say it but drugs and alcohol are not likely going away.

Check it out.

Scott Patten
Stand Up Newfound
Coalition
Bristol



Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I just came in from the deck after sitting in the sun for a few minutes to put together this week’s column. What a treat to sit out in shirtsleeves! Caution is the word, but this is sure a treat. I’m looking so forward to more warm weather and after both shots of vaccine, socializing again. How I miss my friends and family!

Congratulations to the winners in the Bristol elections: Shaun Lagueux, Selectman, Elizabeth Seeler, Trustee of the Trust Funds, Cheryl Cizewski and Richard LaFlamme, Cemetery Trustees, Janet Cavanaugh, Charles Therriault and Paul Regan, Budget Committee Members and Martha Hulsman, Karen Boyd, Nancy Dowe and Lucille Keegan, Library Trustees.

Thanks to all who came out to vote.

Results of the School Elections: School Board members Melissa Suckling, Danbury, Britta Matthews, Groton, Thomas M. Edwards, Hebron. Budget Committee members Erick Piper, Bridgewater, Virginia H. Parker, Groton, and Jennifer Larochelle, Hebron and for Moderator, Edward “Ned” Gordon. Congratulations to these folks as well.

The Bristol United Church of Christ welcomes individuals and families to its Holy Week and Easter Services. Regular Sunday Services continue at 10 a.m. via Zoom through April. Call the church office for information/instructions. The church will have two outdoor, in-person opportunities: Palm Sunday Celebration and Blessing of the Palms at 8:30 a.m. on March 28 outside the church,

and Easter Sunrise Service at 7 a.m. on April 1. Participants will please wear appropriate face coverings and practice social distancing at these services. The church will also host a Maundy Thursday Tenbrae Service (Service of Shadows) with a celebration of Holy Communion via Zoom on April 1 at 7 p.m. Please call the office for information/instructions.

Volunteers are needed for the upcoming TTCC Baseball, Softball and T-ball season. Coaches and Board Members are also needed for Spring Training and for the regular season.

Newfound Babe Ruth Program Election Voting is open: visit the TTCC Web site to vote: www.ttcrc.org. For more information, call the TTCC at 744-2713 or email www.ttcrc.org

Karate Lessons at the TTCC will take place on Wednesdays from 6-7pm

for ages five to seven, and at 7:15 - 8:15 p.m. for ages 13 and up The fee is \$50 per month with the start date pending the enrollment.

The TTCC Summer Camp Registration is now open. There is a \$20 registration fee and an \$85/week tuition. The camps will run from 9 a.m.-4 p.m. daily with limited care before and after for an additional fee. The camp will run for eight weeks from June 28 until Aug. 20. Applications for those interested in working at the TTCC this summer are available now.

Teen nights at the TTCC are under way. High school nights are on Tuesdays, just drop in and hang out with friends. Middle School Nights will be held every Thursday from 6 - 8 p.m. in March and April for a \$20 fee each session (March and April) which includes dinner! All Middle School participants must pre-reg-

ister and pay ahead (NO fee will be taken at the door!).

Parent’s Night Out will be offered two more times: April 10 and May 15 for ages four and up for \$15 per child for the hours of 5 – 10 p.m. All children MUST be pre-registered!

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

A Granite State Track and Field program is to

be held on the Mills Oval at NRHS starting in early May for ages nine to 14 by Dec. 31. The fee will be \$25 through registration at www.ttcrc.org. This program was sponsored by the Hershey Company for 37 years and is now a program of New Hampshire Recreation and Parks Association. More information is available online at granitestatetrackandfield.weebly.com or call the TTCC at 744-2713.

I hope many of you were able to visit a maple syrup sap house somewhere nearby this past weekend. I hear it is a banner week for the sap run and lots of delicious syrup is being produced as a result. The doughnuts and syrup and by-products are a real treat. I have a few acquaintances that just love the maple cream!

Churches

Christian Science Society, Plymouth

Christian Science Society, Plymouth

We would love to have you join us now that we are again holding services in our church edifice at 7 Emerson St. Our Sunday morning service is at 10 a.m. The subject of this coming Sunday’s Bible lesson is “Reality. The first section begins with the verse from Philippians - “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report ... think on these things.” On Wednesday evenings, we have a meeting at 6 p.m., which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share gratitude, inspiration from Bible study and prayer, and healing experiences. Everyone is most welcome.

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

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

protocols.

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

Last Sunday’s guest soloist was Mary Elisabeth McNamara. We are so enjoying our visiting soloists!

On www.christian-science.com under the heading at the top of the page “Praying about world issues” there is a link to an article “Confronting racism with God’s thoughts” for help in looking at this important topic from a spiritual point of view. There are also other articles, and helpful resources to explore. We hope you’ll find support and inspiration from these sources!

Holy Trinity (Roman Catholic)

Holy Trinity Parish The Bristol Knights of Columbus are hosting a Dine-In or Take out Fish Fry, this Friday, March 26 from 4:30 -7 p.m. at the Marian Center across from Our Lady of Grace in Bristol. Call Deacon Candidate Dave Hemeon for reservations for both dine-in and take-out.

Stations of the Cross for Friday, March 26 will be at noon at St. Matthew Church in Plymouth and then 7 p.m. following the Fish Fry at Our Lady of Grace Chapel in Bristol.

The Palm Sunday

Masses are on Saturday, March 27 at 4 p.m. at St. Matthew, Sunday March 28th at 8 a.m. at St. Matthew, 9:30 a.m. at Our Lady of Grace, and 11 a.m. at St. Matthew.

All Masses in Plymouth require a reservation because of the smaller capacity, Bristol does not require reservations. You can make a reservation for all Plymouth Masses by calling Sandy at the parish office at 536-4700.

There will be Confessions on Monday, March 29 from 4 – 5:30 p.m. at the Marian Center in Bristol followed by confessions at St. Matthew in Plymouth from 6 -7:30 p.m. This will be the last opportunity to receive the Sacrament of Reconciliation until after Easter.

Holy Thursday is April 1. Mass will be at St. Matthew at 7 p.m. Good Friday services are at 5 p.m. at Our Lady of Grace in Bristol and 7 p.m. at St. Matthew in Plymouth. Easter Vigil is Saturday, April 3rd and the Mass is at Our Lady of Grace in Bristol at 8 p.m. Easter Sunday Masses (April 4) are at 8 a.m. at St. Matthew in Plymouth, 9:30 a.m. at Our Lady of Grace in Bristol, and 11:00 AM at St. Matthew in Plymouth. Reservations are needed for all Plymouth Masses.

Stations of the Cross on Good Friday will be at 3 p.m. at Our Lady of Grace in Bristol.

There will be solemn morning prayer on Thursday, April 1 at 8 a.m. at Our Lady of Grace in Bristol followed by the regularly scheduled Eucharistic Adoration from 8:30 a.m. to noon at the Marian Center in the Oratory. There will also

be morning prayer on Good Friday at 8 a.m. at St. Matthew in Plymouth, and again at 9 a.m. on Saturday, April 3 at St. Matthew.

If you are not on our email list for receiving newsletters and bulletins, you can send your name and email address to Chris at holytrinity-bristol@gmail.com.

Plymouth Congregational UCC

Plymouth Congregational UCC

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. Weekly Worship Service begins at 9:30 a.m. each Sunday at the white church on the Town Common. Everyone is welcome.

Save these dates Coffee Hour – We are now in our Summer Schedule. For the remainder of Sundays from July 8 through Aug. 12, we are looking for volunteers to host Coffee Hour. The exception is July 29 – more details will be announced later.

Faith Formation – Sunday School resumes on September 9th with Juggling Jim on board to provide some fun and entertainment for the kids! While we’re enjoying summertime, let’s stay in touch. All families are invited to our summer activities:

• Sunday School Farm Day at the Bjerklie’s, Saturday, Aug. 11 – Come on out and see the goats, rabbits, chickens,

ducks and more!

• Fisher Cats Faith & Family Night, Saturday, Aug. 25 at 6:30 p.m. – Tickets are still available!

Please contact Cindy Bjerklie at faithformation@uccplymouth.org if you have any questions.

Fifth Sunday – The mission project scheduled on July 29 is cancelled. The event will be in September.

Prayer requests Rev. Franca receives prayer requests at pastor@uccplymouth.org.

Live-streamed and more! Don’t miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. “Like” the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook , “Plymouth Congregational United Church of Christ Plymouth NH.” Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

Choral scholars Our church choir offers scholarships for young adults interested in singing with our choir on Sunday mornings. If you would like to sing with a church choir that has a great time together, contact the director at musicdirector@uccplymouth.org.

Feeding Our Children Together We provide 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School during the academic

year. Every Friday, grocery bags are delivered to the children so that they will have enough to eat over the weekend. If you would like to find out more on how you can help packing, delivering, or shopping for Feeding Our Children together, email office@uccplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

March 28

And Now, From the SKL Studios...

The Imperfect and The Irreverent Join us for our April Fool’s Day Service! We will welcome you deep into the Starr King Live Studios to hear the inside stories, the bloopers, and to witness where both the magic and the mischief happen.

LIVE STREAMED via ZOOM For Zoom link and all other information, visit our Web site: www.starrkingfellowship.org 536-8908



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Hebron Village Store

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Hill Public Library

NEW HAMPTON:

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Gordon Nash Library

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Matthews Road	N/A	\$45,000	Nyberg Fiscal Trust and James N. Nyberg	Bruce and Constance Stella
Alexandria	188 Mount Cardigan Rd.	Single-Family Residence	\$139,000	William & B. Corbeil Fiscal Trust	Christopher Cochran
Ashland	21 Candle Shores Lane	Single-Family Residence	\$800,000	Daniel T. Stack RET 1999	David S. and Pamela C. Hallagan
Ashland	4 Vista Dr., Unit 100	Condominium	\$178,000	Margaret Cambra	F Tenney Lantz
Bridgewater	620 Poole Hill Rd.	Single-Family Residence	\$215,000	John E. and Ellen E. Rorstrom	Trisha S. and Christopher M. Dyer
Bridgewater	171 Shore Dr.	N/A	\$1,115,000	Frank A. Gaimari Trust and Paul R. Smith	Joseph C. and Laura A. Wood
Bridgewater	382 Whittemore Point Rd. S.	Single-Family Residence	\$339,000	M. Lucille Weir	Paul S. O'Neill and Mary A. O'Neill
Bristol	N/A (Lot 4)	N/A	\$350,000	Keith A. and Kerrin A. Rounds	Mario and Emily Gatti
Campton	76 Cox Rd.	Single-Family Residence	\$249,000	Sasa and Julia Vrucinic	Alyssa K. and Irene Marois
Campton	N/A	N/A	\$30,000	Motor Booty Bungalows LLC	Maksim Risman
Groton	N. Groton Road	N/A	\$55,000	Upper Birch Holdings LLC	David T. and Jeanne M. Bradley
Hebron	N/A (Lot 6)	N/A	\$75,000	C. Robert and Sally M. Francis	Kevin Dorsey
Hebron	N/A	N/A	\$190,000	Owls Head Trust and Stephen G. Twombly	Martha Twombly
Holderness	N/A (Lot 11)	N/A	\$72,000	West St. Development LLC	Jeffrey L. Swain and Jacquelyn M. Swain
Plymouth	2 Garland St.	Single-Family Residence	\$272,533	Sharon R. and Steven J. Demarco	Sasa and Julia E. Vrucinic
Plymouth	35 Morgan Dr.	Single-Family Residence	\$227,000	Jeremy Chick	Yona Jimenez
Plymouth	Old Route 25, Lot 6	N/A	\$215,000	Bonnie Johnson	Peter C. and Sarah E. Papagelis
Plymouth	Tenney Brook Village Condo Unit F1			Condominium	
\$165,000	Francis G. and Lindsay B. Page				Debra Holloway and Brandon Forest
Plymouth	N/A (Lot 2)	N/A	\$12,866	Shari Margeson	Peggy A. Smith
Plymouth	N/A (Lot 2)	N/A	\$12,866	Shari Margeson	James F. Smith
Plymouth	N/A (Lot 2)	N/A	\$12,866	Shari Margeson	Alison S. Condon
Plymouth	N/A (Lot 2)	N/A	\$19,266	Virginia Woods	Alison S. Condon
Plymouth	N/A (Lot 2)	N/A	\$150,000	Plummer Fiscal Trust and Freeman G. Plummer	Irene G. Garney and Todd A. Moore
Thornton	Banjo Drive	N/A	\$30,000	H. Clinton Quackenbush Trust and Anne Cusolito	Kenneth and Amy Parlee
Thornton	Covered Bridge Road	N/A	\$19,000	Joy J. Melo	Tefani and Abraham King
Thornton	72 Cross Rd.	Single-Family Residence	\$204,800	Richard H. and Hilda J. Duffy	Jacob A. Drake
Thornton	Levi Road	N/A	\$36,000	Martin T. Griffin	Christopher J. and Shelley L. Ryan
Thornton	NH Route 175	N/A	\$53,000	Robert B. Fredette and Marla Carter	Brian and Nancy Landry
Thornton	29 Northpointe Rd.	Single-Family Residence	\$240,000	Jamie L. and April A. Stickney	Lorena Gjino and Isaiah Bollinger
Thornton	214 Snowood Dr.	Single-Family Residence	\$501,000	Culver RT and Edward A. Culver	Benjamin J. Redden and Luz S. Flores-Michel
Thornton	70 Star Ridge Rd., Unit 32	Condominium	\$188,133	Gerald M. and Faith A. Shannon	Paul Nicol
Thornton	42 Sugar Run	Single-Family Residence	\$263,500	FNMA	Tracy Vrablik
Thornton	N/A	N/A	\$15,000	Michael Carey	Irina B. Pritchard
Waterville Valley	Bear Brook Lane	N/A	\$177,533	Mary E. Wright	Brian Rogan and Adriane Musgrave
Waterville Valley	22 Bobcat Way, Unit 3	Condominium	\$200,000	Richard J. and Mary K. Shea	Alejandra Higgins and Richard J. Shea
Waterville Valley	200 Bobcat Way, Unit 4	Condominium	\$294,000	Angus H. Conan-Leary and Shannon Wrigley-Leary	Martha W. Sears and Gary A. Baker
Waterville Valley	Lost Pass Road	N/A	\$1,125,000	Donna J. Downey RET	Henry S. and Amy D. Risman
Wentworth	8 Atwell Hill Rd.	Single-Family Residence	\$375,000	Peter and Cheryl Bates	
					Christopher P. and Jaimie L. Lyness

Ingram

FROM PAGE A1

Littleton and Elijah Flocke of Woodsville earned Division IV First Team honors, where they were joined by Player of the Year Karl Yonkeu of Holy Family, Owen Tower of Newmarket, Owen Finklestein of Epping and Jah Gordon

of Pittsfield.

Second Team honors went to Littleton's Josh Finkle, Groveton's Julian Kenison and Woodsville's Cam Tenney-Burt. They were joined by Isaac Jarvis of Concord Christian, Yann Yonkeu of Holy Family and Sean Moynihan of Sunapee.

Matt St. Cyr of Groveton, Cam Clermont

of Lin-Wood, Landon Bromley of Littleton, Anthony Frisk of Gorham and Corey Bemis of Woodsville all earned Honorable Mention and they were joined by Jason Stockbower and Maxx Spinelli of Portsmouth Christian, Carson Rancourt of Colebrook, Ama Phoubaykham and Owen Hayes of Newmarket, Jesse MacGlashing of Pittsfield, Mike Picard of Epping, Harper Flint of Sunapee, Arth Patel of Hinsdale and Zach Douville of Franklin.

All-Defensive Team honors went to Bromley, along with Hayes, MacGlashing, Rancourt and

Coleman Philbrick of Portsmouth Christian. Zach Mosher of Newmarket won the Jack Ford Award.

Woodsville's Jamie Walker was named Varsity Coach of the Year for Division IV.

For the Division II boys, Kingswood senior Brogan Shannon earned First Team honors, where he was joined by Player of the Year Dylan Khalil of Sanborn, Jake Dumont of Pelham, Demarco McKissic of Laco-

nia, Matt Lamy of Bow and Calvin Bates of Lebanon.

Second Team honors went to Mike Pitman of

Pembroke, Wyatt Davis of Con-Val, Ben Mattioni of Oyster River, Griffin Wheeler of Merrimack Valley, Jackson Stone of Lebanon and Max Galbraith of Hanover.

Kingswood's Ethan Arnold and Plymouth's Griffin Charland both earned Division II Honorable Mention. They were joined by Shaun Lover Jr. of Bow, Zach Jones and Jake McGlinchey of Pelham, Rob Haytayan and Matt Dias of Hollis-Brookline, Karsten Hansen and Braeden Falzarano of Lebanon, Keegan Paradis and Cole Smith of Coe-Brown, Jared Khalil of Sanborn,

Kayden Roberts of Laco-

nia, Ryon Constable of Milford, Ben McKean of John Stark and Eli Gove of Merrimack Valley. All Defensive Team honors went to McKissic, Falzarano, Dylan Khalil, Davis and Jake Herrling of Pelham. Dylan Khalil was also presented the Jack Ford Award while Dan Murray of Milford was named Varsity Coach of the Year and Don Guttererson of Milford was named Sub-Varsity Coach of the Year.

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

Awards

FROM PAGE A1

standing Student Athlete Award was given to Hannah Owen and the NHIAA Sportsmanship Award was presented to Lillian Karkheck.

Athletics Director Alex Sobolov presented the Cathy Leaver Athletic Director's Award to Kristin King and Amy Fairbank.

Sobolov noted that the two, both mothers of senior basketball players, helped to take care a lot of the behind the scenes work for the boys' and girls' basketball program.

"They both have been actively involved in helping with athlete promotions, communicating with other parents about schedules, organizing athletic events and running the concession stand for the past couple of years," Sobolov said. "Their organization has been very helpful and will be missed next year during the winter seasons."

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

Gardens

FROM PAGE A1

bles and herbs, please pick up an application at Bristol Community Services, 24 Pleasant St.; Tapply-Thompson Community Center, 30 North Main St.; or the Land

Use Office at the Bristol Town Hall, 5 School St. Those wishing to donate tools to the program for gardeners to use, please call the Minot-Sleeper Library at 744-3352 or email minotsleeperlibrary@gmail.com.

Lottery

FROM PAGE A1

resident pair of nesting bald eagles! From the non-motorized boat launch, paddlers and rowers can make their way to the Cockermouth River; the Hebron marsh, or into the open waters of Newfound Lake. In 2016, with a grant from the Newfound Lake Charitable Fund, NLRA published the Northern Newfound Water Trail, a helpful map for boaters detailing the numerous points of interest along the north shore of Newfound Lake. On land, Grey Rocks visitors can enjoy one and a half miles of trails, viewing platforms, and picnic tables. Well-behaved dogs are allowed on-leash.

Grey Rocks is a carry-in carry-out property, so remember to bring a bag for any trash or waste.

There's no need to wait until summer to see everything Grey Rocks has to offer—this property is open year round! Head to 178 N. Shore Rd., Hebron, to enjoy the beautiful sights of Newfound Lake during spring.

To learn more about the NLRA and Grey Rocks Conservation Area, visit NewfoundLake.org. Membership with NLRA supports education, programs, and collaboration that promotes the conservation and preservation of the Newfound watershed.

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Silent film epic “Ben Hur” to screen at Flying Monkey

PLYMOUTH — One of early Hollywood’s greatest epics returns to the big screen with a showing of “Ben Hur: A Tale of The Christ” (1925) on Thursday, April 1 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

The screening, the latest in the Flying Monkey’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who spe-

cializes in creating sands and boasted action music for silent films. Admission is \$10 per person, general admission. Tickets are available online at flyingmonkeynh.org or at the door.

“Ben Hur,” starring Ramon Novarro and Francis X. Bushman, was among the first motion pictures to tell a Biblical-era story on a large scale.

The film, which helped establish MGM as a leading Hollywood studio, employed a cast of thou-

sequences including a large-scale sea battle.

The film is highlighted by a spell-binding chariot race that still leaves audiences breathless.

Set in the Holy Land at the time of Christ’s birth, “Ben Hur” tells the story of a Jewish family in Jerusalem whose fortune is confiscated by the Romans and its members jailed.

The enslaved family heir, Judah Ben Hur (played by Novarro, a leading silent-era heart-throb) is inspired by encounters with Christ to pursue justice. This leads him to a series of epic adventures in his quest to find his mother and sister and restore his family fortune.



Actor Ramon Novarro stars in “Ben Hur, A Tale of The Christ” (1925), one of early Hollywood’s great Biblical epics. The film will be screened with live music on Thursday, April 1 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the theater at 536-2551.

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Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

The film is particularly appropriate for the weeks leading up to Easter, which is celebrated on Sunday, April 4. (Orthodox Easter falls on Sunday, May 2 in 2021.)

“Ben Hur,” directed by Fred Niblo, was among the most expensive films of the silent era, taking two years to make and costing between \$4 million and \$6 million. When released in 1925, it became a huge hit for the newly formed Metro-Gold-

wyn-Mayer studio.

The chariot race scene in “Ben Hur,” with Novarro and other cast members driving teams of horses at high speed on a mammoth dirt racetrack in a gigantic replica of a Roman stadium, was among the most complicated and dangerous sequences filmed in the silent era. It remains noted for its tight editing, dramatic sweep, and sheer cinematic excitement.

The chariot race was

re-created virtually shot for shot in MGM’s 1959 remake, and more recently imitated in the pod race scene in “Star Wars Episode I: The Phantom Menace.”

Besides Novarro in the title role, the film stars Francis X. Bushman as Messala, the Roman soldier who imprisons the Hur family; Betty Bronson as Mary, mother of Jesus; May McAvoy as Ben Hur’s sister Esther; and Claire McDowell as Ben Hur’s mother.

“Ben Hur” was based on the best-selling 1880 novel by General Lew Wallace, which interwove the story of Christ’s life with the Ben Hur clan, a fictional Jewish merchant family.

Celebrity “extras” in the chariot race scene included stars such as Douglas Fairbanks, Harold Lloyd, Lionel Barrymore, John Gilbert, Joan Crawford, Lillian Gish, Mary Pickford, and a very young Clark Gable.

The film was remade by MGM in the 1950s in a color and wide-screen version starring Charleston Heston that garnered 11 Academy Awards. Some critics believe the original 1925 version offers superior drama and storytelling.

In creating music for silent films, accompanist Jeff Rapsis performs on a digital synthesizer

TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 11, 2021 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 24 and Friday, April 2, 2021 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, April 2. Positions to be filed for are:

- Selectman: three-year term
- Tax Collector: three-year term
- Town Clerk: three-year term
- Library Trustee: three-year term
- Trustee of Trust Funds: three-year term
- Supervisor of the Checklist: one-year term
- Auditor: two-year term

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

Tracey Steenbergen, Town Clerk
Office Location: 7 School Street, Hebron
Office Hours: Tuesdays 3:00-8:00 PM,
Saturdays 8:30-11:00 AM
(603) 744-7999 or clerk@hebronnh.org



that reproduces the texture of the full orchestra and creates a traditional “movie score” sound.

For each film, Rapsis improvises a music score using original themes created beforehand. No music is written down; instead, the score evolves in real time based on audience reaction and the overall mood as the movie is screened.

“Ben Hur: A Tale of The Christ” (1925) will be shown on Thursday, April 1 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the Flying Monkey at 536-2551.

For more information on the music, visit www.jef-frapsis.com.

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Veterinarian (per diem) licensed to practice in New Hampshire. RMAA is a nonprofit corporation offering high volume, low cost spay/neuter for dogs and cats. Days are varied. Applicants need to be experienced in providing surgery for large volume clinics. A strong work ethic and commitment are required. We are located in Conway, New Hampshire. For more information about our organization visit our web site: www.RozzieMayAnimalAlliance.org
To apply: please send a cover letter, resume and references to: RMAA, P O Box 1756, Conway, NH 03818 or email: terricon@roadrunner.com



NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing in accordance with RSA 31:95-b on the acceptance of unanticipated grant revenues received from the US Economic Development Administration and Community Development Finance Authority on Thursday, April 1, 7:00 PM via Zoom and at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Bristol Town Office.



Plymouth State University

Plymouth State University has the following positions available:

General Maintenance Mechanic
Public Safety Officer
Grounds Worker/Gardener
Plumber/Pipefitter – Two Positions
Early Childhood Teacher I
Facility Project Manager III
Director, Counseling Center
Counselor I

Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

FACULTY:
Teaching Faculty (Non-Tenure Track), Mathematics
Teaching Faculty (Non-Tenure Track), Criminal Justice
Teaching Faculty (Non-Tenure Track), Environmental Science
Teaching Faculty (Non-Tenure Track), Forensic Psychology

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

**Steel Erectors,
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And Laborer Positions**

Will Train. Valid Driver's License required.

Application available at:

CONSTRUX, INC.

630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

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Delivery Driver

Our Ashland location has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhlman@belletetes.com

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Glenclyff Home

is accepting applications for fulltime

Registered Nurses I-III Licensed Practical Nurses I-II

Salary Range: \$50,835.20 - \$71,052.80 Salary Range: \$45,177.60 - \$57,408.00

Additional 15% Enhancement on Salary Base (Not Included)

40 hours/week – All Shifts and Part-time Available

Direct Care an additional \$1,040.00
Add additional 2nd shift diff. at \$4,160.00
Add additional 3rd shift diff. at \$7,280.00

To provide professional nursing care to residents within an assigned unit and provide and support medical care as directed by medical staff and pursuant to objectives and policies of the nursing department and Glenclyff Home. Must possess and maintain a current license as a RN/LPN in NH. Salary and Position determined by years of experience and certifications.

State of New Hampshire Benefit Package!
Health/Dental/Vision/Prescription plan
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing
393 High Street, PO Box 76, Glenclyff, NH 03238
(603) 989-5226
Michelle.Booker@dhhs.nh.gov
Applications can be completed and benefits reviewed online at <https://das.nh.gov/hr/index.aspx>

Equal Opportunity Employer



Glenclyff Home

is accepting applications for fulltime

Licensed Nursing Assistant's

LNA I \$13.86 - \$16.07
LNA II \$14.95 - \$17.37
Direct Care \$5.00 per week

Full and Part Time Positions Available

To provide individualized direct care to psychiatric and/or developmentally delayed residents, including the care and maintenance of sanitary conditions of residents and surroundings: Works under the general direction of a licensed nurse.


LNA I - Graduation from high school or G.E.D. equivalent. No experience required. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

LNA II - Graduation from high school or G.E.D. equivalent. Two years of experience as a Licensed Nursing Assistant. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

State of New Hampshire benefit package
Health/Dental/Vision/Prescription plan
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing
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(603) 989-5226
Michelle.Booker@dhhs.nh.gov
Applications can be completed and benefits reviewed online at <https://das.nh.gov/hr/index.aspx>

Equal Opportunity Employer





BREWSTER ACADEMY
Wolfeboro NH
Vacancies

Brewster Academy, a private boarding/day school in Wolfeboro NH, is currently accepting applications/resumes for the following positions.

Housekeeping
We are currently accepting candidates for Full-time and Part-time House-keeping Associates. Duties include, but are not limited to; sweeping, dusting, mopping, scrubbing and vacuuming hallways and stairs, cleaning windows, office space, dormitories, and other assigned rooms while following appropriate and safe chemical use when cleaning. Must be available to work overtime and weekends as needed.

Dining Services
We are currently accepting candidates for a full-time Utility Associate for dining services. The Utility Associate is responsible for cleaning of kitchenware (dishes, glasses, utensils, baking sheets, etc) in accordance with dining hall sanitation procedures, general dining duties such as cleaning dining area, stocking kitchenware, delivery of meals, etc.

• Tuesday – Saturday 11:00 am to 8:00 pm

Crew Coach
Brewster Academy is in search for a head crew for the spring 2021 season. The Brewster athletic department is in need of a dynamic individual who can lead and direct both the girls and boys programs. These candidates must possess knowledge and expertise in the sport of crew. Candidates must also have excellent interpersonal skills and be willing to acquire a Commercial Boating License in order to operate the school's boats. The job runs from late March through mid May.

Interested candidates should forward a resume and cover letter to HR@brewsteracademy.org or mail to Human Resources, 80 Academy Drive, Wolfeboro, NH 03894

Brewster Academy is an academically challenging and intellectually diverse college preparatory community that nurtures curiosity, confidence, collaboration, and character in preparation for lives of meaning and accomplishment. Learn more about Brewster Academy at www.brewsteracademy.org

*Brewster Academy is an Equal Opportunity Employer.
We welcome applicants whose background and experiences will enrich the diversity of our community.*



Lumber Counter Sales and Receiver

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

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

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

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Gilford NH 03249



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Virtual exhibit marks PSU's 150th Anniversary

PLYMOUTH — The Museum of the White Mountains at Plymouth State University (PSU) recently opened a virtual exhibit celebrating the University's 150th Anniversary. "Plymouth State in 150 Objects" is a

three-dimensional timeline, telling the University's history in objects, images and stories. Featured in the exhibition are many perspectives and stories highlighting the experience of innovative academic programs, student social

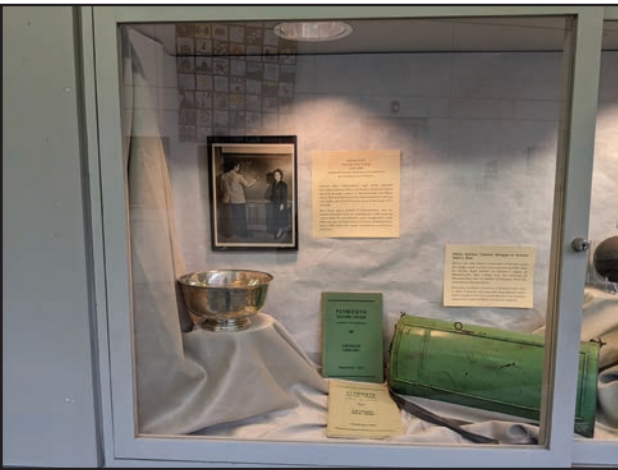
connections, the landscape, extracurricular adventures, special traditions, athletics and more. "Plymouth State in 150 Objects" is among several special events and activities planned to mark PSU's 150th An-

niversary. The annual Founders Day celebration will take place Monday, March 15, the anniversary date of PSU's founding.

"From the days of its founding as Plymouth Normal School to our present day University, the sense of place at Plymouth State has always been important for the people who live, work, teach and learn here," said Cynthia Cutting, Director, Museum of the White Mountains. "We are excited to bring this comprehensive exhibit to life to share PSU's story, and we are tremendously grateful to all who loaned items and supported us in other ways — it was a true team effort!"

The exhibit, which begins in the 1820s before Plymouth Normal School was founded, illustrates how the institution has continued to grow and evolve, responding to the needs and circumstances of its campus, community and the world beyond. The physical exhibition is mounted throughout the Silver Center for the Arts, 114 Main St., Plymouth, and includes (among other objects):

Photographs of every PSU President
"Then and now" photos of campus buildings, with stories about the



The Museum of the White Mountains at Plymouth State University recently opened a virtual exhibit celebrating the University's 150th Anniversary. "Plymouth State in 150 Objects" is a three-dimensional timeline, telling the University's history in objects, images and stories. Shown here, a display shows a photograph of Geneva "Miss Mathematics" May Smith, who taught at Plymouth 1924-1926, and the Geneva Smith Award bowl, and Professor Robert L. Boyd's specimen collection canister.

people for whom the buildings are named
Artifacts belonging to Professor Robert L. Boyd, a botanist, naturalist and professor of science 1931-1961, such as a metal specimen container and his motorcycle helmet; the TIGER program's Emmy Award; physical education apparel from the 1940s; commemorative pins, plates, mugs from various eras, and more
Alumni stories and quotations

Images from scrapbooks made by students in the early 20th century
Photos of students, visitors and various activities throughout the years
The "Plymouth State in 150 Objects" physical exhibition is closed to the public at this time, but the full exhibit can be viewed online at the Museum of the White Mountains Web site at: www.plymouth.edu/mwm.



The Museum of the White Mountains at Plymouth State University recently opened a virtual exhibit celebrating the University's 150th Anniversary. "Plymouth State in 150 Objects" is a three-dimensional timeline, telling the University's history in objects, images and stories. Shown here, a portrait of Charles C. Rounds, President at Plymouth 1882-1896, and "then and now" photos of Rounds Hall, which is named for him.

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