

This newspaper is brought to you by.....every advertiser inside. Please support them!

Newfound Landing

THURSDAY, MAY 16, 2024

FREE IN PRINT, FREE ON-LINE • WWW.NEWFOUNDLANDING.COM

COMPLIMENTARY



DONNA RHODES

Newfound Regional High School announced their top three graduates for the Class of 2024 last week. From left to right are Salutatorian Isabel Braley, and co-Valedictorians Lauren Paige and Evan Foster. Joining them for a photo was Principal Paul Hoiriis (center).

NRHS recognizes top graduates

BY DONNA RHODES
Contributing writer

BRISTOL – Newfound Regional High School Principal Paul Hoiriis is pleased to announce that this year’s top students in the Class of 2024 are Salutatorian Isabel Braley and co-Valedictorians Lauren Paige and Evan Foster.

“These three are more than just a number with a decimal point after their name (for Grade Point Rankings). They’ve had a real impact on the community,” he said.

Isabel Braley of Alexandria earned her Salutatorian honors for many reasons. She is a four-year, three sport athlete who competed in Varsity Soccer and served as this year’s team captain. She also participated in Track and Field as a runner, jumper and a discus and shot put thrower. Over the winter months she also played on the Unified Basketball team.

Braley took part in all 12 theatrical performances during her

years at the high school and was a member of the school chorus along with band, where she

played Alto Saxophone. She was also president of the Student Body. SEE NRHS PAGE A8

Newfound Area Charitable Foundation awards \$9,000 to local nonprofits

BY DONNA RHODES
Contributing writer

BRISTOL – Last Thursday evening, the Newfound Area Charitable Fund, which holds the annual Run Your Buns Off race each Labor Day weekend, was pleased to present checks totaling \$9,000 to six area non-profit organizations.

Each year, the fund reviews requests for donations from many local non-profits and selects those they would like to support that year through money made through the 4.2-mile run/walk.

“Having the financial means to assist other incredible organizations and their programs brings us such joy,” said Audrey Goudie of NACF.

For the past five years they have also made generous donations to

the New Hampshire Food Bank, which then comes to the Newfound

Wilderness Championships return “home” to Newfound Annual track and field meet brings some of the region’s best to Bristol Saturday

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Newfound track coach Mike LaPlume couldn’t be more excited about the annual Wilderness Championships returning to Newfound for the first time since the 1990s.

And his fondness for this meet, which features the majority of schools from the Lakes Region north competing at the end of every season, just before the official state championships, is shared by a number of other local coaches.

“For me personally, this is a dream come true to have the Wilderness meet back at Newfound,” LaPlume stated. “Newfound hosted this meet many years “back in the day,” so I am very proud to bring it back home.

“I feel like we are the perfect venue for this event because of the beautiful wilderness that surrounds the Mills Oval,” he added. “Wilderness is home.”

“This has been my favorite meet since I first competed as an athlete in 1979 for Plymouth High School,” said Gilford coach Joe Wernig, who also watched his kids compete at the Wilderness Championships. “Some of the current Wilderness coaches from my years of competing are still coaching, such as Bernie Livingston of Kennett and Bob Lord of Berlin.”

“This meet was always my favorite meet to compete at as an athlete here at Newfound back in the 80s and 90s,” LaPlume stated. “I ran my personal best 1,600 (4:51) at this meet my freshman year.”

“It’s a great opportunity to see both DII and DIII schools have some great competition before the state meet,” Wernig added. “As a coach, it is great to see all the other coaches, it’s a unique camaraderie and is lots of fun.” SEE CHAMPIONSHIP PAGE A8



COURTESY

The Newfound Area Charitable Fund was pleased to present a total of \$9,000 to six local non-profit organizations last week. Recipients were the Hidden Battles Foundation, Tapply-Thompson Community Center, Mid-State Health, Voices Against Violence, Bristol Fire Company and the N.H. Marathon Committee.

Region in February to distribute free food to people in the communi-

ty. This year Scott Hy-

der, President and

Founder of the Hidden Battles Foundation, SEE NACF PAGE A6

Plymouth State University celebrates 153rd Commencement

PLYMOUTH — Plymouth State University (PSU) celebrated its 153rd undergraduate commencement on Saturday, May 11, at the Bank of New Hampshire Field House of the Active Living, Learning, and Wellness (ALLWell) North Building on the PSU campus. A total of approximately 700 students were honored during the ceremony. Graduate and doctorate degrees were awarded in a separate ceremony on Friday evening, May 10.

“Many of you joined us in the midst of the pandemic, adapted through times of great change and have grown immensely inside and outside the classroom to be here today,” PSU President Donald L. Birx, Ph.D., told ceremony participants. “You have proven yourselves resilient, caring and strong and can take on anything, never doubt that, ever. You have done the impossible during impossible times. You’ve kept and developed a sense of fun, community and commitment through it all.”

Chris Steffanci, PSU alumnus and president and CEO of Columbia Distributing, one of the largest malt beverage distributors in the United States, delivered the keynote address. Steffanci reflected on the impact of his experience at PSU, particularly



COURTESY

A total of approximately 700 students were honored during Plymouth State University’s 153rd undergraduate commencement on Saturday, May 11.

SEE PSU PAGE A8

Ashland selectmen tackle wide range of issues at marathon meeting

BY DAVID RUELL
CONTRIBUTING WRITER

ASHLAND — The public portion of the May 6 Ashland selectmen's meeting lasted nearly three hours, as the selectmen worked through a long list of topics to be discussed, including parking lots, broadband, ambulance service, economic development, fees and taxes. (This was the first meeting for newly appointed selectman Chris Janosa.)

Rick Ash and other members of the Ashland Community Church presented a proposal to use part of the Whipple House Museum property for a paved parking lot to serve the church. Ash explained that the church planned to offer a second later service on Sundays, but needed more space to park cars. The church currently uses the Common Man

Restaurant parking lot on Sunday mornings, but parking for the second service would interfere with the restaurant's operation. The proposal is to build a paved parking lot to the rear of the Whipple House Museum, which would be accessed from the Common Man parking lot and the Community Church property. The lot could also be used by the

Ashland Historical Society, the Common Man and for public events such as the Fourth of July, as the Church would use it mostly on Sunday mornings and some evenings. There is still no plan for the lot, which could include retaining walls and privacy fences. The property is currently leased to the Ashland Historical Society which operates the

Whipple House Museum. The Historical Society Board did approve the development and presentation of a proposal for the parking lot, but David Ruell of the Society did question whether the parking lot was allowed under the gift of the property by Dr. George Hoyt Whipple for an historical building and related purposes. Selectman Andrew Fitch

pointed out that under state law the Church would have to pay property taxes for the facility. A final plan for the parking lot has to be developed and approved by the Planning Board.

An attorney for the White Mountain Country Club discussed plans for the parking lot, now owned by the Town, but used by the Club, on the other side of North Ashland Road from the golf course's clubhouse and restaurant. The parking lot would be expanded, but would remain unpaved. It was agreed that a full survey of the property would be

done and that the attorney would contact the Town's attorney about the project.

Two representatives of Hub66, an employee owned Internet provider that has been building broadband services in different parts of the state, notably, Grafton, Sullivan and Carroll Counties, described their operations and services. They charge \$59 a month for half a gig, and have not raised their prices in five years. They saw Ashland as a

particularly attractive community to develop broadband in, as the town owns the utility poles.

The contract with the present TV cable provider in Ashland has lapsed. Town Manager Fred Welch explained that the Town is required to hold a public

hearing on the cable TV system, focusing on the service provided, but not on the fees or the programs. The cable wires on North Ashland Road should also be switched from the old sometimes deteriorating poles to the new poles erected by the town. The town

SEE ASHLAND PAGE A16

Camp Mayhew prepares for summer food program

BRISTOL — The Mayhew Program is participating in the Summer Food Service Program at Camp Mayhew in Bristol. Meals will be provided to all eligible children free of charge. To be eligible to receive free meals at a residential camp, children must meet the income guidelines for reduced-price meals in the National School Lunch Program. The income guidelines for reduced price meals by family size are listed below. Children who are part of households that receive Supplemental Nutrition Program (SNAP, formerly food stamps) benefits or benefits under the Food Distribution Program on Indian Reservations (FDPRI) or Temporary Assistance to Needy Families (TANF) are automatically eligible to receive free meals.

Meals will be provided at Camp Mayhew from July 12 – Aug. 13. Daily Meal times are 8 – 9 a.m., noon – 1 p.m., and 6-7 p.m. accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its

Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online http://www.ascr.usda.gov/complaint_filing_cust.html and at

any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave., SW, Washington, D.C., 20250-9410; (2) FAX: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

Income eligibility guidelines for July 1, 2023 to June 30, 2024 are as follows: Household size of 1, yearly income of \$26,973. Household size of 2, yearly income of \$36,482. Household size of 3, yearly income of \$45,991 Household size of 4, yearly income of \$55,500. Household size of 5, yearly income of \$65,009 Household size of 6, yearly income of \$74,518 Household size of 7, yearly income of \$84,027. Household size of 8, yearly income of \$93,536. For households over 8, please add \$9,509 to the yearly income.

Merrimack, Plymouth to face off again in “Granite State Challenge” championship

DURHAM — Merrimack High meets Plymouth Regional High for the second year in a row in the “Granite State Challenge” championship game airing on Thursday, May 16 at 7:30 p.m. on NHPBS. This will be a record-breaking game. Both teams have three titles. The winning team will take home an unprecedented fourth title. Merrimack High School is the defending Granite State Challenge Champion and was also the championship team in 2020 and 2021. Plymouth Regional High was the Granite State Chal-

lenge champion in 1996, 2013, and 2019. This is also the seventh time in the final game for each of the teams.

Playing for Merrimack High are captain and senior Kishan Sreenivasan joined by seniors Liam Clark and Trey Grant, and junior Erin Murray. The team alternates are junior Shelby Pennington and sophomore Avis Clever. Merrimack is coached by chemistry teacher Dr. Sara Campbell and Gifted and Talented Coordinator Sally Agel. Merrimack enrolls around 1,094 students. Merrimack High defeated Belmont High, the Academy

for Science and Design, and Trinity High on their way to the championship game.

Playing for Plymouth Regional High are the team captain and junior Reagan Sutherland, and seniors Khalil Dakhli, Paul Mason, and senior Ethan Savage. The team alternates are juniors, Norman Sackett and Max Shamansky. The coaches for the team are programming, drafting, and engineering teacher Jay Fogarty and Spanish teacher Troy Harris. Plymouth Regional High enrolls around 647 students from Plymouth, Ashland, Holderness, Campton, Rumney, Went-

worth, Ellsworth, Waterville Valley, and Thornton. Plymouth Regional High defeated Newfound Regional High, Nashua High South, and Hopkinton High on their way to the championship game.

Hosted by Bow High School teacher and former Granite State Challenge coach (Bedford High), contestant (Belmont High), and Granite State Challenge crew member, Jon Cannon, Granite State Challenge features some of New Hampshire's brightest high school students as they demonstrate remarkable teamwork, quick thinking, and smarts to beat the clock and buzz in first on this iconic New Hampshire game show. The game emphasizes quick recall of math, science, social studies, language arts, and fine arts facts - along with questions about current events, entertainment, sports, and New Hampshire.

EARN WHILE YOU LEARN!

NO UPFRONT COST:
Become a Licensed Nursing Assistant

Apply online:
Trainee Nursing Assistant
www.merrimackcounty.net

Merrimack County
Nursing Home

Located in Boscaawen, NH
Recruiter - Emily Gagnon 603-796-6829



THANK YOU!

Plymouth Parks and Recreation Departments' 44th Annual Fishing Derby was a huge success with an increase in numbers! This year we had 151 participants at the derby and 284 trout recorded.

Many thanks to Larry Gibson for all your hard work! Additionally, we would like to thank the Plymouth Elks Lodge 2312 for co-sponsoring the derby. There were many Elks members present who volunteered with registration, weighing and measuring the trout. Special thanks to the New Hampshire Fish and Game Department and Sumner Brook Fish Farm for stocking the pond. Plymouth Police and Fire also contributed to the success of this event! Lastly, a big thank you to Chris Chant at Holderness Harbor Marina for the generous donation toward the event.

You can still claim your prize if you catch a tagged trout. Email lash@pemibaker.org to schedule an appointment for pick up at the Recreation Department located at Plymouth Elementary School.



43 Old Ward Bridge Road, Plymouth, NH 03264
lash@pemibaker.org

Promote Play. Create Connection.

FOR SALE

2017 John Deere 350x Lawn Tractor
60.5 Usage Hours, Excellent Condition
Snowblower, Chains, Cab
Mower Deck NEVER USED
Canvas storage shed included
\$3500.00
(603) 630-5065

JOIN CENTRAL NH MRC/CERT



Serve regional public health emergency preparedness!

Welcoming medical & non-medical locals to our team.

JOIN



Contact us at
603-238-3602 or
aekstrom@midstatehealth.org

Think

OUTSIDE THE BOX

Contact your Sales Representative to discuss advertising options
Tracy Lewis
603.616.7103
tracy@salmonpress.news

Pemi-Baker Hospice & Home Health announces volunteer training program

BY ANNA SWANSON
Pemi-Baker Hospice & Home Health



P L Y M O U T H —Pemi-Baker Hospice & Home Health is excited to announce its upcoming Volunteer Training Program, inviting compassionate individuals to join our esteemed hospice and home health teams. Volunteers play an integral role in providing support to patients and families during their end-of-life journey, offering comfort, companionship, and a sense of fellowship during a challenging time.

"Do you feel called to support others?" asks Angie Burke, Vol-

unteer Coordinator at Pemi-Baker Hospice & Home Health. "Consider being a Hospice Care volunteer. You'll be part of a fellowship, reaping the rewards of spirit that come with offering

compassionate care to others."

Volunteers at Pemi-Baker Hospice & Home Health primarily provide patient and family support, offering a comforting presence and

emotional assistance. Additionally, volunteers may assist with administrative tasks, community outreach, fundraising efforts, and even delivering groceries to those in need.

"We understand that each individual has unique talents and schedules," adds Burke. "That's why we offer a variety of volunteer opportunities, ensuring that you can best serve others in a way that aligns with your skills and availability."

In response to patient requests, Pemi-Baker Hospice & Home Health is also actively seeking male volunteers and individuals with military backgrounds to help make a meaningful difference in the lives of our Veteran patients.

To equip volunteers with the necessary skills and confidence to make a positive impact, Pemi-Baker Hospice & Home Health offers free, specialized training. The training program will take place from May 28 through June 25, spanning five weeks with sessions held on Tuesdays from 2 to 4 p.m. at our office located on 101 Boulder Point Dr., Plymouth.

For more information about the Volunteer Training Program or to register, please contact Angie Burke via email at aburke@pbhha.org.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 32 towns in central and northern New Hampshire since 1967. Expert services include at-home health-

care and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pembakerhospicehomehealth.

Science Center joins Blue Star Museums

HOLDERNESS —Squam Lakes Natural Science Center announces it will join museums nationwide in the Blue Star Museums initiative, a program that provides free admission to currently serving U.S. military personnel and their families this summer. The 2024 program will begin on Armed Forces Day, Saturday, May 18 and end on Labor Day, Monday, Sept. 2. Learn more and find the list of participating museums at arts.gov/BlueStarMuseums.

Blue Star Museums is a partnership between the National Endowment for the Arts and Blue Star Families, in collaboration with the Department of Defense and participating museums across America.

"We are grateful to Squam Lakes Natural Science Center for participating in this summer's Blue Star Museums program and we hope military families will take this opportunity to create meaningful, lifelong memories," said Maria Rosario Jackson, PhD, chair of the National Endowment for the Arts. "Whether you are traveling this summer, getting to know a new duty location, or exploring what your community has to offer, Blue Star Museums is a wonderful opportunity to create connection and find inspiration."

"Military families love Blue Star Museums, and we couldn't run this program without the National Endowment for the Arts and the museums across the nation who show they care by participating," said Blue Star Families CEO Kathy Roth-Douquet. "Access to museums enriches military families, creates wonderful family memories, and helps us feel connected to our communities so that we can thrive and do the hard job we have to do for the country."

In addition to Squam Lakes Natural Science Center, the Blue Star Museums program includes children's museums, art, science, and history museums, zoos, gardens, lighthouses, and more, and hail from all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. The current list of participating museums will continue to grow over the summer as organizations are welcome to register to be a Blue Star Museum throughout the summer and can be seen at arts.gov/blue-star-museums-map.

The free admission program is available for those currently serving in the United States Military—Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force, members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members for a total of six people. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), DD Form 1173-1 ID card or the Next Generation Uniformed Services (Real) ID card for entrance into a participating Blue Star Museum.

In addition, Squam Lakes Natural Science Center extends discounts for military personnel and their families for the full trail season, May 1 through November 1. Before Armed Forces Day and after Labor Day active military personnel receive free trail admission while up to five of their family members receive discounted trail admission of \$13. The Science Center also offers veterans a trail discount of \$3 per person.

For full information, hours, admission rates, and more, visit nhnature.org.

UNH graduating senior trains with WBO champion boxer in New Zealand

AUCKLAND, New Zealand —College Spring Break conjures up thoughts of beach parties and late nights; however, for one local UNH Senior Graham Pogue of Ashland, this last "Dream Spring Break" included travel with his family to Auckland, NZ and the highlight of training with former World Heavy Weight Boxing Champion Joseph Parker. Pogue is graduating this May with a Business and Sports Management Degree.

Pogue is a 2019 Graduate of Plymouth Regional High School, a 2020 graduate of Bridgton

Academy, and is now enrolled in the UNH MBA program.

Joseph Parker is currently ranked fourth in the World in the Heavy Weight Division, recently defeating Dante Wilder and Zhilei Zhang. Parker also won the Heavy Weight World Championship in 2016 at the age of 24 after defeating Andy Ruiz, Jr.

Parker and Pogue first connected upon Graham's graduation year at Bridgton Academy during the Covid pandemic. As education and graduation were pushed to an anticli-



mactic, online experience, Graham's family emailed the boxing icon, requesting a congratulatory message for Pogue in 2020, as a surprise graduation gift. Parker responded and recorded an encouraging personal

SEE UNH PAGE A12

Mountain Fare Inn
in Campton Village
603-726-4283

WWW.MOUNTAINFAREINN.COM
Your Base Camp In The Whites!
~ Just minutes from Local Ski Areas ~

Wonderful Things
Come In Small Packages...

Old Man Pendant from \$35

especially if they're from
Alan F. Soule Jewelers
286-8649
422 W. Main St. Tilton, NH
(across from Winnisquam HS)
Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

LEGACY STRATEGIES, PLLC
EXPERIENCE MATTERS

*We provide the tools to pass on
your property
and your wisdom
to the ones you love.*

Attorney Ora Schwartzberg, CEO

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET
ora@Legacy-strategies.us

WHAT'S NEW AT THE "RUGH"

ABSTRACT PAINTINGS BY RHONDA FAYE
WILDLIFE OIL PAINTINGS BY ANNETTE TARDIFF
RECYCLED WOOL, COLORFUL, THROW PILLOWS
BY EMILIE LANGFORD
STAINED GLASS BY LINDA HUNT & JOHN MISCI
STUDY AND OIL PAINTING DUO
BY EDWARD WIDMAYER

Open Thursday thru
Saturday 9:30 to 4:00

1 Middle St. • P.O. Box 487, Lancaster, NH 03584
wmrugh@gmail.com • 603/788/5531 • 603/631/7477

Exclusive sales agent for: GARLAND JOINERY fine and live edge furniture.

Opinion

'The unity of freedom has never relied on uniformity of opinion.' John Fitzgerald Kennedy

SALMON PRESS, THURSDAY, MAY 16, 2024

CADY Corner

Is teen substance use normal?

BY DEB NARO
Contributor

We require seat belts in the car and helmets while biking. We insist on sunscreen. We teach our children to look both ways before crossing the street. We do just about everything we can to ensure that our kids are healthy, safe, and primed for success. But when it comes to drinking alcohol or even smoking marijuana—addictive substances, why does it seem so easy to shrug it off as “a rite of passage” or “just experimenting?”

From mood swings to rebellion, many types of challenging behavior are normal during the teen years, but experimenting with substance use isn't one of them. We also need to rethink our perception of norms. It's not true that “everyone vapes” or “everyone drinks.”

That said, a variety of common teen experiences can become an excuse or reason for substance use. Understanding why some teens drink or use substances is a valuable step toward keeping them healthy and safe.

Fitting in. Feelings of being an outsider and longing to be included and liked by others are pretty pronounced during the teen years. If the kids your teen wants to be friends with, or is hanging out with, are drinking or using substances, they may feel that they need to participate as well or risk being left out. Some teens see substance use as an easy path to making friends, fitting in, or being accepted with the “right” crowd. What parents can do. Get to know your kid's friends and their parents; talk with those parents about their approach to supervision and their stance on substance use. Encourage your teen to use your home for socializing. Give them a private space if possible but keep an eye on them. Assure your child that they can call you to be picked up whenever needed, no questions asked. Talk about their need for acceptance and to fit in. Explain that real friends will give them space to be themselves and won't make them do anything they're uncomfortable with.

Socializing. Some teens use drugs and alcohol to overcome insecurities and feel socially confident. Substance use may make them feel like they are open and connecting with others. In addition to more obvious risks, this can lead teens to feel like substance use is necessary to achieve a certain level of interaction. What parents can do. Find activities for your teen to socialize in a healthy, safe, and supervised environment. If your child is socializing at someone else's home, know where they will be. Call the

SEE CADY PAGE 9



COURTESY

Campton Historical Society is getting all jazzed up about the 2024 season. In addition to their monthly programs, special events this year include a community yard sale June 1, Old Home Day Sept. 28 and the holiday concert and cookie swap in December. For more information, check out their Web site at <https://camptonhistorical.org/events-schedule/>. CHS would also like to thank Don Latulippe Construction for helping out by freshening up the lawn with some much needed loam, seed and hay.

Letters to the Editor

Support Bolduc, Barbour, Norton, and Laufenberg for NHEC board

To the Editor:

I am writing to inform my fellow New Hampshire Electric Cooperative (NHEC) members about the significant role they can play in shaping NHEC policies by voting for new Directors in the upcoming election. As a member-owned electrical utility, NHEC not only allows but encourages members to participate in the decision-making process. For instance, members can influence progressive NHEC policies, ensure affordable electrical rates, and secure reliable electric service for the future simply by voting for candidates who represent their interests.

Voting is straightforward. Ballots will be mailed to all members during the week of May 21. To vote, just open the ballot, read through the candidate statements, select the four candidates you feel best align with your views, and mail the ballot back. Alternatively, you can also vote online.

If you are an NHEC member focused on reliability and affordability, I encourage you to vote for a slate of four distinguished NHEC Director candidates. Pat Barbour, Paul Bolduc, Peter Laufenberg, and Brian Norton each offer unique qualifications and experiences that make them invaluable to the NHEC board. These four candidates have been officially nominated by the NHEC nominating committee, which endorses candidates for the NHEC Board of Directors, distinguishing them from others on the ballot.

Pat Barbour's extensive background as a practicing CPA, business owner, and board member makes her an ideal candidate to guide NHEC's financial stewardship. If elected she is committed to fighting for lower rates in electricity and broadband, alongside her focus to ensure continued investment in network infrastructure and talented employees, ensures that NHEC will remain a leader in providing reliable and affordable services to its members.

Brian Norton's perspective as both a residential and commercial member of NHEC gives him a deep understanding of the diverse needs of our cooperative's stakeholders. His plan to ensure that

an emphasis on strategic investments to sustain affordable and reliable services, coupled with his advocacy for supporting NHEC's dedicated employees, demonstrates his dedication to ensuring that NHEC remains responsive and resilient in the face of evolving challenges.

Paul Bolduc's active participation within NHEC, including his role on the Nominating Committee and his extensive professional experience, uniquely qualify him to contribute to the cooperative's strategic direction. His advocacy for broadband expansion, fair rates, and infrastructure fortification underscores his commitment to enhancing the value NHEC delivers to its members while recognizing the importance of employee support and recognition.

Peter Laufenberg's breadth of experience in community involvement, non-profit leadership, and municipal governance positions him as a candidate with a deep understanding of the interconnectedness between NHEC and the communities it serves. His priorities, including seeking the lowest possible electric rates, investing in robust infrastructure and skilled personnel, and expanding broadband accessibility, align closely with NHEC's mission of providing indispensable services to our communities.

In supporting Barbour, Norton, Bolduc, and Laufenberg for the NHEC board, you are voting for individuals that will make good on the promise of furthering NHEC organizational mission: Affordable electric and broadband rates, investment in infrastructure and employees that carry out the mission every day. We are not just electing individuals; we are affirming our commitment to a cooperative that anticipates and meets the needs of its members with integrity and foresight.

I urge all NHEC members to cast their votes in favor of these outstanding candidates to ensure a brighter, more reliable, and affordable future for our cooperative and the communities we serve.

Respectfully,
Brian Norton
Campton

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



In the Spotlight

“Waitress” serves up a helping of realistic excellence at Ogunquit Playhouse

BY GARY JESSEMAN
Contributing Writer

There's something special about being one of a few hundred people to see the first show of the 92nd season at Ogunquit Playhouse. I love going to the pre-view matinees! It is usually the first time the show has been run in its entirety, and you never know what might happen!

Fortunately nothing happened, other than the deliverance of a real-life drama set to music by Sara Bareilles. “Waitress” tells the story of Jenna, a server at Joe's Pie Diner. She has a name for every pie, that befits whatever emotion she is carrying at the time...Jenna is saving up money to enter a baking contest and if she wins, will leave her drunken, abusive husband for good. Then she gets pregnant... and the story goes on...I won't divulge the ending, but suffice it to say you won't be disappointed.

Jenna is played by Desi Oakley. Desi is no stranger to the role, having played Jenna in the first national tour, and starring in the West End production. Matt DeAngelis plays her husband, Earl, who does a really convincing job! You want to dislike his character,

but you applaud the actor's talent. Jenna is flanked by some wonderfully comedically talented ladies named Dawn and Becky (Gizel Jimenez and Maiesha McQueen, respectively). They are perfect in their roles.

Ben Jacoby, another Broadway veteran plays Dr. Pomatter, with whom Jenna has a fling.

Broadway Legend Cleavant Derricks plays Joe, the owner of the pie diner. He is simply wonderful, and has a surprise for Jenna in the end.

The whole cast is stunning and they all play off each other very well.

I wasn't sure about the show when it first started, but that feeling didn't last long. Soon I was sucked in, and it proved to be a laughing/crying/wonderful afternoon at the Ogunquit Playhouse.

There are even hand-held pies for sale courtesy of Bread and Roses Bakery!

“Waitress” is a wonderful way to open a season of great theater. Up next is the Gershwin tap dancing musical “Crazy For You” featuring Sally Struthers and Max Clayton who dazzled audiences last year in “Singin' In The Rain.”



WWW.SALMONPRESS.COM
(603) 279-4516

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
603-279-4516 x303
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

The Record Enterprise and Newfound Landing is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. USPS #436-460 periodicals postage paid at Plymouth PO, NH 03264. POSTMASTER: Send address changes to Salmon Press, P.O. Box 729, Meredith, NH 03253.

PLYMOUTH RECORD
ENTERPRISE
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DI NICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDA BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

CONSERVATION MATTERS

The eutrophication of Lake Kanasatka: Aluminum sulfate injection treatment

BY KATHARINE GREELEY
Lakes Region Conservation Corps

Lake Kanasatka, located between the watersheds of Lake Winnepesaukee and Squam

Lake, has faced challenges in regards to its overall health and water quality in recent years. Since the summer months of 2020, residents of the surrounding community have reported intense and persistent algal blooms covering the surface of Lake Kanasatka (New Hampshire Department of Environmental Services, 2024). These blooms have since been a recurring issue each summer since they were first reported in 2020.

Harmful algal blooms, also known as HAB's, are largely caused by the presence of excess nutrients such as nitrogen and phosphorus, as well as the presence of cyanobacteria within the water column of freshwater systems (Merel et al., 2013). This excess nutrient loading of nitrogen and phosphorus, often sourced from fertilizer and agricultural runoff or septic system leakage, accelerates a process known as eutrophication. Eutrophic lakes often have an overall clarity of less than 2.5 meters, elevated nutrient concentrations,

and low dissolved oxygen, creating a less than ideal environment for native wildlife to thrive (The University of New Hampshire Extension, 2022). Eutrophic lakes with active algal blooms are easily recognizable by a vibrant green scum floating along the surface of the lake, foul smelling water, and large quantities of fish kills due to the extreme anoxic conditions within the lake itself (Merel et al., 2013).

Figure 1. An algal bloom photographed on Winona Lake located in Center Harbor and

New Hampton during the summer months of 2020 (New Hampshire Union Leader, 2020).

Harmful algal blooms are not only toxic to local wildlife, but are also harmful to human

health. Cyanotoxins are produced as cyanobacteria exponentially reproduce and can cause a variety of human health implications from skin irritation to severe neurological issues from prolonged exposure (Merel et al., 2013). If left untreated, algal blooms will continue to spread and kill off any aquatic species within the lake itself.

To mitigate the harmful algal blooms of this lake, the Lake Kanasatka Watershed

Association (LKWA) submitted a proposal for a long-term aluminum injection treatment to the New Hampshire Department of Environmental Services (NHDES) in the spring of 2023. This treatment would involve a complex process of applying aluminum sulfate, also known as alum, and sodium aluminate salts over a 150 acre area of Lake Kanasatka (Diemer, 2024). Current estimates expect the treatment to reduce the available phosphorus found in the water column of Lake Kanasatka by roughly 80 to 90 percent, in turn reducing the likelihood of intense and persistent cyanobacteria blooms for an estimated 20 to 30 year period (Diemer, 2024). This treatment is set to begin a pilot trial period on April 30, while the full treatment will be applied throughout mid-May 2024 (Diemer, 2024). The application of the alum injections would make Lake Kanasatka the third lake in the state of New Hampshire to receive this form of treatment, following the treatment of Kezar Lake of Sutton in 1984 and Nippo Lake of Barre in 2021.

When applying a permanent treatment as intensive as an aluminum salt injection to a

waterbody, ecological and human health must be taken into consideration. Aluminum in high concentrations and under specific environmental conditions such as in acidic environments, is toxic to most wildlife. Aluminum sulfate quickly becomes non-toxic once it forms a "floc" that appears as a fluffy, white substance floating along the surface of the water (Diemer, 2024). As a precaution during the application process of the aluminum sulfate injections, SOLitude Lake Management, an external contractor, will apply several doses of 25 g/m² of aluminum sulfate to a given treatment area per day (New Hampshire Department of Environmental Services, 2024). This lower dosage will allow for native wildlife of Lake Kanasatka to not be exposed to excessive concentrations of aluminum sulfate. As a precautionary measure, the Lakes Lay Monitoring Program (LLMP) extension through the University of New Hampshire will collect routine water quality data, including pH readings, to ensure that Lake Kanasatka does not undergo any unintended reactions that could have adverse effects on local wildlife as a result of the alum treatment.

As an additional precaution, homeowners and local community members looking to use Lake Kanasatka for recreational purposes should refrain from being on or in the water for the duration of the treatment period.

The upcoming Lake Kanasatka alum injection treatment may potentially reduce the intensity and size of algal blooms for decades to come. Depending on the effectiveness of this initial treatment, a further supplemental treatment may be needed in the future. Further information on the Lake Kanasatka Aluminum Treatment Project can be found in the Lake Kanasatka Watershed-Based Management Plan and the Alum Treatment Plan.

References

Correspondent, B. L. U. L. (2020, June 23). Beware blue-green algae in NH Lakes. UnionLeader. https://www.unionleader.com/news/environment/beware-blue-green-algae-in-nh-lakes/article_f02b34bb-07c3-5b4d-b9f7-66688b7ea413.html

Diemer, L. (2024, March). Public Hearing: Lake Kanasatka. Lake Kanasatka Aluminum Treatment Public Hearing. Moultonbor-

ough; New Hampshire. Lake Kanasatka 2022 Sampling Highlights. The University of New Hampshire Extension. (n.d.).

https://kanasatka.org/wp-content/uploads/2023/07/Kanasatka_Highlight_Report_2022.pdf

Lake Kanasatka watershed-based management plan. New Hampshire Department of Environmental Services. (2024, January).

<https://www.des.nh.gov/sites/g/files/ehbemt341/files/documents/lake-kanasatka-wmp-ada.pdf>

Merel, S., Walker, D., Chicana, R., Snyder, S., Baurès, E., & Thomas, O. (2013). State of

knowledge and concerns on cyanobacterial blooms and cyanotoxins. Environment International,

59, 303–327. <https://doi.org/10.1016/j.envint.2013.06.013>

Watershed-Based Management Plan. FB Environmental Associates. (2022, August).

https://kanasatka.org/wp-content/uploads/2023/02/LakeKanasatka_WMP_Final_20220816.pdf

Comfort Keepers

Healthy eye care and nutrition

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

1. Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health – kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

2. Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

3. Avoid eye trauma – Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

4. Smart computer use – Regular computer use can lead to eye strain and discom-

fort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

5. Consider other health issues – Older adults can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

6. Sunglasses – Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

7. Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

8. Vision screenings – Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

Comfort Keepers® can help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keep-

ers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

References

ClearCare. "3 Easy Tips for Seniors to Maintain Healthy Eyes & Improve Vision." Web. 2016.

American Academy of Ophthalmology. "Tips for Eye Health in Adults Over 60." Web. 2014.

All About Vision. "Boost your diet to protect aging eyes." Web. 2019.

Bausch + Lomb. "60+ Eye Health." Web.



Do we have your attention?

Print Advertising is a very powerful medium and can deliver strongly for your business.

Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%). www.SalmonPress.com



BREAK OUT

of the same monotonous routine and find an exciting NEW JOB

See the Classifieds TODAY!

OBITUARIES

Genevieve "Jeanie" Parillo

The Parillo family announces with great sorrow the loss of Genevieve Marie "Jeanie" Parillo, who was called to the Lord on May 4th, 2024, in Bristol, New Hampshire. She passed peacefully surrounded by her family, in the hands of her loving husband, Charles. Raised in West Roxbury, Massachusetts, Jeanie lived a life of unwavering love and devotion to her family and friends.

Preceding her in death were Jeanie's parents, Frederick and Marie Bostrom. A cherished matriarch, Jeanie is survived by her adoring husband, Charles Parillo. Her legacy of love continues through her children, Jeffrey Parillo and his loving partner Lisa Elliott of Attleboro, MA, and Charles Parillo Jr. along with his wife Jill of Bristol, NH. Her joyous spirit will live on in the lives of her grandchildren, Alex Parillo and his wife Megan of Hickory, NC, Elise Paril-



lo of Mansfield, MA, and Christopher Parillo of Fall River, MA, whom she always supported and loved unconditionally. She always shared a love for her brother-in-law, Frank Parillo and his wife Patricia of Macungie, PA.

Jeanie's siblings, along with numerous nieces, nephews, and a host of lifelong friends including Claire Ciavola, Donna Conlon, Mary Jane Long, Diane Mercer, Cathy Pierson, Barbra Goodick, Mary Scott, Cindy Rainha, and many more, will miss her nurturing presence and tender

care. Her passion for gardening, cooking, and the tranquil days spent at Newfound Lake are memories that will be held close by all who had the pleasure of sharing in her hobbies. Jeanie's laughter and light will continue on in those who had the privilege of knowing her.

Jeanie and her husband Charles shared a fondness for travel, exploring the beauty of the world together, creating a tapestry of memories that will be cherished forever. Jeanie and Charlie shared a beautiful life together, one that demonstrated true love and devotion to one another. Her grace, kindness, and the comfort she provided to those around her will be deeply missed.

Jeanie's story is one of dedication, caring, and an everlasting commitment to her loved ones. It is with gratitude that we celebrate Jeanie's life and the enduring impression she has left on our hearts.

HEBRON - Doris E. "Ama" Riddle, 98, passed away, Saturday, May 4, 2024, at home, with her daughters by her side.

She was born in Jersey City, New Jersey, December 2, 1925, the daughter of Edward and Gladys (Bronner) Peck. Shortly after graduation from high school, Doris met and married Douglas Riddle with whom she spent 72 years of marriage.

Doris spent much of her life as a homemaker, focused on her family, and as a volunteer in the communities she loved. She served as a long-time Girl Scout leader, a Sunday School teacher, a volunteer at the Bridgewater-Hebron Village School, and, during WWII, in the United States Cadet Nurse Corp. She was a member of the Union Congregational Church of Hebron, Eastern Star, and a past president of Hebron Area Women's



Riddle Hogan and wife Lindsay, Lee Riddle Hogan and wife Jacqueline; great-grandchildren: Perrin DeBarry West, Liam Voss Hogan, Davina DeBarry West, and Kellan Voss Hogan.

A Celebration of Life will be held at the Union Congregational Church of Hebron on June 22, 2024, at 11am.

Group.

Over the years Doris enjoyed planning wonderful family camping excursions; being creative in the kitchen; entertaining family and friends; and doing arts and crafts such as sewing, candle making, rug hooking, ceramics, and more.

Family members include her two daughters: Dian Riddle West and Derry Jean Riddle and son-in-law Joseph Hogan of Hebron; grandchildren: William Douglas West and wife Kathleen, Eric Edward West, Voss

For those who wish, the family suggests memorial donations may be made in Doris' memory to Union Congregational Church of Hebron, PO Box 67, Hebron NH 03241.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services/Emmons Funeral Home, 164 Pleasant St., Laconia, NH, 03246, is assisting the family with arrangements. For more information and to view an online memorial, please visit wilkinsonbeane.com or EmmonsFuneralHome.com

Barbara Magill Jenkinson, 89

Plymouth - Barbara Magill Jenkinson, formerly of Portsmouth New Hampshire and Princeton New Jersey, died peacefully on Monday, April 8, 2024, at Forestview Manor in Meredith at the age of 89.

Barbara was born on March 18, 1935, in Point Pleasant, NJ, daughter of the late Orlo and Frances (Magill) Jenkinson. She was raised along the Jersey shore, and earned a Bachelor Degree from Connecticut College.

Throughout her adult life, Barbara's adventurous spirit led her to embrace the majestic mountains of the West and the serene beauty of New England, where she found solace and inspiration. She took two solo driving trips across the country when she was in her 60s, including one year spent in Helena, MT where she served as a Vista Volunteer. As she drove, she would sometimes turn off the car radio and remind herself to be present and aware of all there was to see



and to experience. An important part of her travel was to visit with her children and their families, and with other family and friends along her route. Whenever she stayed with anyone, she found something to do to help them, such as painting a room or cleaning up tumbleweed in the yard. She later said that she knew it was time to move on when the project was done, her intention being to spend time with people she loved, to be in contribution while there, and not to impose. After renting a room at the YWCA in Helena for the year she spent there, she chose a simple lifestyle and lived in a room at the Women's City Club, in

Portsmouth for more than ten years, where she also served the nonprofit organization as Treasurer and House Manager for residents as well as social and business functions held there.

Barbara was not only devoted to her family, but also a dedicated citizen, deeply committed to making her community a better place. With a heart full of compassion and a spirit of generosity, she was an active member of Unitarian Universalist fellowships in Portsmouth and Plymouth, and she selflessly volunteered her time and energy to various civic causes, leaving an indelible mark on the lives of those she touched.

Barbara is survived by her daughters, Julie Sackett of Plymouth, NH and Sylvia Bierman and her husband, Dave of Superior, CO, her grandchildren, Ben Farina and wife Shaina of Campton, NH, Tim Farina and wife Becky of Boston, MA, Norman Sackett of Plymouth, NH, Hunter Clark of

Belgrade, MT, Kyle and Abby Greenspan of Portland, OR, and great grandchildren Haley and Sonny, who was born two weeks after her passing. She is also survived by many extended family members from her "Blueberry Weekend" family. In addition to her parents she was predeceased by her son, David Greenspan; her brother, Orlo Jenkinson; and her sister, Peggy Johnson.

A Celebration of Life will be held on Sunday May 26, 2024, at 1:00 pm, at the Starr King Unitarian Universalist Fellowship in Plymouth, NH. Her cremated remains will be buried, along with her son David's, in her family plot at the Jersey Shore at a later date.

In lieu of flowers, the family suggests a donation to NH Public Radio.

Arrangements are under the care of Mayhew Funeral Homes and Crematorium.

To sign the online book of memories, go to mayhewfuneralhomes.com.

NACF

FROM PAGE A1

Dan MacLean, Assistant Director of Taply-Thompson Community Center, was also on hand to thank the group for a \$1,500 check. That money will be used for two of their initiatives, including financial assistance for children to enroll in their summer camp program and participate in the fun field trips offered each summer. It will also help support the Every Child is Ours nutritional program for local children in need of extra food assistance throughout the school year.

Voices Against Violence, providing services such as guidance and aide to those victimized by domestic violence, sexual assault and bullying, received \$2,000 this year. Executive Director Tina Mulleavey and Development Committee Chair Erica LeBrun were grateful for the donation and said it will be used to support their Trauma-Informed Care Trainings in schools.

Izzy Lord, Marketing Coordinator for Mid-State Health, accepted a \$2,000 check from NACF this year as well. That money will support the health center's Feed the Need program at their Bristol and Plymouth locations, helping those experiencing food insecurity.

One other \$2,000 donation was given to Matt O'Neill, Secretary of the Bristol Fire Company. The Bristol Fire Company is the support group for Bristol Fire Department that helps raise funds for non-budgeted supplies and small equipment, and also provides support for the department's personnel in times of need. This year's check from NACF will be used to purchase two IV pumps for the BFD ambulances.

The final \$500 check went to Bob Watson of the N.H. Marathon Committee, which oversees the operations of the annual race that has attracted as many as 1,000 runners, their families and visitors to the area for over 30 years.

Members of the Newfound Area Charitable Fund include Audrey Goudie, President; Garlyn Manganiello, Vice-President; Mary MacCaffrie, Treasurer; Gina Wagner, Secretary; Betsy Schneider; Becca Boudreau; Becky Cassidy; Kathy Bird; Kris Hering; and Karen Chartier.

The 15th annual Run Your Buns Off Race is scheduled to take place this year on Saturday, Aug. 31.

Driver airlifted following early morning crash on I-93

NEW HAMPTON — A Washington woman has been charged with impaired driving after a crash that temporarily closed a section of Interstate 93.

At approximately 2:15 a.m. today, May 11, State Police Communications received an automated crash notification from an area of I-93 in New Hampton. Additional calls reporting a crash were received from other drivers a short time later.

Troopers responded and found a Jeep Renegade that had gone off the left side of the interstate, just before the Exit 23 offramp. The on-scene investigation determined the Jeep left the road, struck an embankment, and rolled multiple times before coming to rest in the median. After being evaluated by the New Hampton Fire Department, the driver, identified as Amanda B. Webber, 28, was airlifted to Concord Hospital for treatment of injuries later determined to be non-life-threatening. I-93 was shut down in the area for approximately 30 minutes to facilitate the medical helicopter's arrival and landing.

During the investigation into the circumstances of the crash, indicators of impairment were detected, and Webber was subsequently arrested and charged with driving under the influence (DUI).

The New Hampshire State Police was assisted on the scene by the New Hampton Fire Department, the Dartmouth Hitchcock Advanced Response Team (DHART), and New Hampton Towing.

While driver impairment and excessive speed appear to be the leading causes of the crash, all aspects remain under investigation. Anyone who witnessed the crash, or who has information that could assist in the investigation, is asked to contact Trooper Zachary Bilotta at Zachary.T.Bilotta@dos.nh.gov or State Police Communications at (603) 223-4381.

SalmonPress.com

Dupuis Funeral Home
Service Since 1953

11 Hill Avenue
Ashland, NH 03217

Tel: (603) 968-3372
Fax: (603) 968-9367

www.dupuisfuneralhome.com Elliott E. Dupuis, Director

NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989

www.NCCNH.com
TUES - FRI 10-5 • SAT 10-3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.



Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

So good to see the sunshine this morning! It certainly is a great way to start the week.

Town

Selectmen's meeting Tuesday, May 21 at 6 p.m. in the Municipal Building. There will be a non-public meeting at 5 p.m. per NH RSA 91-A:3, II (a).

Planning Board meeting Wednesday, May 22 at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, May 19, services will begin at 9 a.m. Included in the service will be the closing program for Sunday School. Stay tuned for Vacation Bible School dates this summer. Sunday School will resume in October!

Time to get out there and pull back some of that oak leaf "mulch" in the garden. Herbs and flowers have poked through in good shape. Have an awesome week ahead, keep a smile on your face and be safe in your travels!

Bristol

Al Blakeley
adblakeley0@gmail.com

On Saturday, May 18, the Bristol Baptist Church will have an Early Spring Cleanup Yard Sale to benefit the Bristol Baptist Church General Fund behind the Baptist Church parking lot from 10 a.m. until 4 p.m. Items include; furniture, mirrors, pictures, tools, beds and miscellaneous. Items all priced to sell with room for reasonable negotiating for a fast complete sale. Please have no vehicles in the lot until 10am to allow for set up. There will be a rain date of May 25.

The 42nd Annual NRHS musical, "Freaky Friday" will be held on May 17 and 18 at the NRHS auditorium at 7 p.m.

The Town Beaches will be open for the start of the season beginning Memorial Day Weekend and will be staffed by attendants as usual. The Board has continued the

decision to not allow day passes. Parking is limited to Bristol taxpayers, residents, and guests (guests and family members of property owners). This year you can only purchase beach passes at the Town Office during business hours. There will be no transactions at the Town beaches. No parking is allowed in unmarked areas of Shore Drive and no parking is allowed on West Shore Road. Parking rules will be strictly enforced through ticketing and towing. Fines start at \$80.

The Town of Bristol Sustainability Committee will sponsor a Clean Up Bristol Day on June 1 from 9 a.m. until 1 p.m., meeting at the Kelley Park Band Shell where trash bags and gloves will be provided. Families, friends school groups, community groups, and businesses all are encouraged to participate. Volunteers will be able to choose the location in town they wish to clean.

The Pasquaney Garden Club seeks to be a contributing partner in the beautification of many areas in our community. This includes the planting and summer maintenance of some town planters and several small garden areas such as the Bristol Town Line signs, the beach signs and similar small gardens. If you are interested in helping with these endeavors, there are many opportunities, such as workdays in the Butterfly Garden behind the Minot-Sleeper Library on the following dates: June 4 & 11, July 9, Aug. 6 & 27, Sept. 10, and Oct. 1 & 22, and a special transplant day on May 22 for the plant sale to be held on June 1 from 9am to 12 noon at the MSL.

On Tuesday, May 21, there will be a meeting at the Minot-Sleeper Library to help organize town planting areas covered by the club. All interested volunteers are asked to attend this preparation meeting. Many hands make beautiful plantings.

The Bristol Open Air Market will return to Mill Stream Park on Saturday, May 18. This Market will be from 10 a.m. until 2 p.m. each Saturday through the

summer. For more information, please visit the Bristol Open Air Market Facebook page.

The TTCC will hold a Parent's Night Out on Saturday, May 18 from 5 - 9 p.m. There will be back yard games, prizes, music, a BBQ and lots of fun. The charge is \$25 per child.

Join the Newfound Lake Region Lake Region Association, Newfound Land Conservation Partnership and landowners Paul and Mary Hazelton for a guided hike of conserved lands on Friday, May 17 at 9 a.m. This season's first hike of conserved lands in the Newfound Watershed, this event is dedicated to the memory of Suzanne Smith who was a firm supporter of conservation in the area. The Hazelton Farm and Forest along the Cocker-mouth River in Hebron is conserved for agricultural and forestry use. This moderate hike is approximately three miles. Registration is required and space is limited. Register online at NewfoundLake.org/events or call 744-8689.

The Pemigewasset Chapter of Trout Unlimited will be meeting Tuesday, May 21 at 7 p.m. in the meeting room of the Plymouth Common Man Inn. The theme for this month's meeting will be "Home Waters." This meeting is free and open to the public. A few members have agreed to talk briefly about their favorite streams, rivers, ponds, and lakes in the Pemigewasset watershed. Any attendees are welcome to share their own favorites.

The Minot-Sleeper Library invites you to attend several sessions at the Library: The Cookbook Club on Thursday, May 16 at 1 p.m. with Ree Drummond "The Pioneer Woman Cooks"; Family Craft on Wednesday, May 22 at 3:30 p.m. for River Rock Painting where refreshments will be provided while river rocks will be painted for your garden. Please sign up at the circulation desk; Covered Bridges of NH with Kim Varney Chandler who will discuss Covered Bridges Near Bristol, past and present on Tuesday, May 28 at 6

p.m.; and a children's activity on Stem Stations for kids five and up on Fridays from 2:30 to 4:30 p.m. for Legos and Stem Learning Stations every Friday afternoon.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

Local CCC Camps

Please join the Campton Historical Society on Monday, May 20 at 7 p.m. for our program "Local CCC Camps" by David Govatski. The Civilian Conservation Corps, or CCC, was one of our most successful and well-liked federal government programs and ran from 1933 to 1942. This program will discuss the CCC's legacy in the White Mountain region of New Hampshire and Maine. There were 21 CCC camps in the White Mountains, each employing up to 200 men. David Govatski is from Jefferson. He retired from the US Forest Service after a 33 year career that included six summers working as a Work Project Director at a residential Youth Conservation Corps (YCC) camp in Mount Tabor, Vermont, CCC veterans trained him, and he has been long interested in conservation work and continues to work as an advisor with a variety of other conservation corps crews. David has visited all 21 former CCC camps to research their work.

Campton Garden Club Annual Plant Sale

On Saturday, May 25 from 8 a.m. to noon on the lovely lawn at Andrews' Construction, 392 Route 49, Campton, we will again have our only fundraising event, the Campton Garden Club annual plant sale. All proceeds from the sale enable us to continue our mission to beautify Campton. Also, if your garden is getting a little out of hand, we'd love to include any extra plants you may have in our sale, and we'll do the work to dig! Please contact Chris at 603-536-8246 or speak to any of our members, and we'll painlessly make the arrangements! Watch for

the signs, and we hope you'll join us on May 25!

250th Anniversary Celebration

Help the Campton Congregational Church celebrate two and a half centuries (1774-2024)! Join the fun on Saturday, June 1 from 10 a.m. to 4 p.m. There will be homemade donuts and coffee, live music featuring Jim Tyrrell, Ray Mardin, Scott Brunt, The Dreamers and the Dellavalla Bluegrass Trio. Other events include Richard Mardin, Fiddle Maker and Player, Vendors, Bake Sale, Antique Cars, Face Painting and Activities for the Kids. The Campton Thornton Fire Department will host a barbecue at noon to benefit the Fireman's Auxiliary. End this fun filled day with a spaghetti supper from 5-6:30 p.m. We hope you will join us!

Community Yard Sale

Mark your calendars for the Campton Historical Society Community Yard Sale on June 1 from 9 a.m. to 3 p.m. The Campton Historical Society is located at 529 NH Route 175, one mile north of Blair Road. To reserve a spot, a \$15 non refundable fee (checks payable to the Campton Historical Society is required. This event will take place rain or shine. Bring your own tables and/or tents. (No political displays, please.) For more information, email ddjoyce6856@gmail.com.

Holderness

Fran Taylor 968-3846

Hope you all had a chance to observe the spectacular sight of the Northern lights last week! I understand that locations on Mt. Prospect and the ridge over Little Squam were particularly good for viewing.

The Central School 5th/6th Math Team consisted of a majority of fifth graders with one sole sixth grader this term. They were extremely enthusiastic competing in a total of three meets against other lakes region teams.

The HCS 5th/6th Grade Math Team ended up in 5th place overall this year. They are very excited to have a seasoned group of "mathletes" to compete next year!

At the recent Select-board Meeting Town Administer Michael Capone provided and update to the Board on the activity related to the LCHIP Ox Bow grant (land located behind the Ice arena extending up toward I93)) that the environmental assessment has been completed, the management plan agreement had been signed and an agreement for title search is in the works.

We see that the NH Broadband project is well on its way to connecting homeowners to fiber-optic internet. Impressed to see Conexon Connect workers out on Sunday hooking up new customers.

Still some openings for Adult Pickleball at Holderness Central tennis courts through October 9. Register through the portal or in person at the Town Hall.

Lena Moser, who has led birding tours around the world, will lead a Bird Walk on Tuesday, May 28 from 7-9 a.m. Limited to eight people. Bring your binoculars and good footwear. Location will be announced after registration.

Coming up in the Community Room at the Library, Tech expert Geneva Sambor will discuss File Sharing Basics on May 21, 22 and Privacy Tune-up on May 28, 29.

Happy to see there will be a Memorial Day Ceremony on the grounds of the library on Monday, May 27 at 11 a.m.

Kindergarten registration took place last week with 12 children registered for Kindergarten and 1 for First Grade. Current enrollment at the Central School is 153. Students in Grade 8 traveled to Boston to visit the Museum of Fine Art on May 8.

On April 21, the Debate Team at the Holderness School attended the Model UN Conference at Noble and Greenough in
SEE TOWNS PAGE A9



SEEKING EXCAVATOR OPERATORS

GPS EXPERIENCE DESIRED BUT NOT NECESSARY

(603) 279-4444 or email tracy@ambrosebros.com

Route 3 • Meredith, NH 03253

BIKES • BIKES • BIKES

We Have

BIKES

TREK • SCOTT
JAMIS and
ROSSIGNOL



KIDS & ADULT
Full Suspension
Mountain • Cruiser
Trail • Electric

RODGERS
SKI & SPORT **603-745-8347**

5 RAILROAD ST, LINCOLN, NH • OPEN DAILY 9-5



PSU FROM PAGE A1

the meaningful relationships he formed with classmates and faculty members.

“As I ventured into my career, I quickly realized that the relationships I cultivated at Plymouth State were just the beginning,” Steffanci said. “I discovered that the true measure of success isn’t solely financial prosperity, but rather the legacy we leave behind—a legacy built on kindness, empathy and integrity. In a world often driven by self-interest and profit margins, it’s our con-

nections and the human touch that matter. So, as you embark on your own journey, remember the power of generosity, both in fostering meaningful connections and in leaving a lasting impact on those around you.”

Steffanci continued by encouraging the audience to pursue their passions, cultivate lasting relationships with everyone they encounter and maintain their connection within the Plymouth State University community.

“Boy, it has been one hell of a journey,”

said Devonte Gilmore of South Ryegate, Vt., student body president, Class of 2024. “We persisted and went on to make so many more memories together. Learning is everywhere in all that we do. Most importantly learning is within us. Keep that willingness to learn from not only your successes and those around you but also your failures.”

Nicole Reynolds of Framingham, Mass., student body vice president, Class of 2024, added, “No matter the circumstances, we’ve persevered, driven not only by the desire for success but

also by the unwavering belief in ourselves. So, continue to drive towards your next destination. Life will inevitably have detours. But the only impossible journey is the one you never begin.”

The university awarded Ryan Chadwick, an entrepreneur, restaurateur and member of PSU’s Class of 2000 who frequently shares his business acumen with PSU students, an honorary Doctor of Business degree during the undergraduate commencement ceremony.

Nearly 125 graduate

students participated in a graduate ceremony on the previous evening, Friday, May 10. Director of Education at the Society for the Protection of New Hampshire Forests and PSU alumnus Dave Anderson addressed master’s and doctoral degree recipients at the ceremony.

“You are the PSU story,” Anderson said. “Shaping the future, leading and teaching future generations of Granite Staters. The journey began right here – on this campus – in this extraordinary community. Plymouth State University is the

gateway to the White Mountains – literally and figuratively – not just the place, but the experience of the place. The people and the place are inextricably linked.”

The university awarded Anderson its Granite State Award for his contributions to the state of New Hampshire and his commitment to educating others on issues affecting the agriculture and forestry in New Hampshire.

To learn more about Plymouth State University, visit www.plymouth.edu.

Championship FROM PAGE A1

camaraderie and is lots of fun.”

While LaPlume and Wernig are a couple of the veteran coaches in the league, the meet is also special for one of the newer kids on the block, Winnisquam coach Patti Malone, who competed as an athlete for Kennett High School and won a couple of Wilderness championships.

“Wilderness definitely holds a special place in my heart. I competed in my first Wilderness Championship during my freshman season in 2006, and then again each subsequent year,” Malone stated. “My top two memories from high school track and field, aside from setting my personal records, are the two years that the Kennett girls won back-to-back Wilderness Championships.

“Not only did we win my junior year, but we won at Winnisquam,

which is where I now coach, so that’s a bit of an extra special memory,” she continued. “Winnisquam was the Wilderness host in 2023, almost 15 years to the day of the anniversary of that win in 2008.

“When my athletes ask me about my time as a high school competitor, I tell them that the thing I’m the most proud of having contributed to is Kennett’s win my senior year, on our own track, with the largest margin of victory the league had ever seen, which I think still stands today,” she added. “I really hope that my athletes will get a chance to experience a feeling like that.”

The full-circle moments abound for Wernig as well.

“I was a member of the 1982 Wilderness championship team for Plymouth and was fortunate to coach the 2022 championship team for Gilford,” Wernig noted. “As you walk around

this meet you will see the athletes are beginning to make those same connections with each other that we as coaches and former athletes have done, it’s really cool.”

“I think a lot of athletes set their sights on becoming champion or placing at the Divisional or Meet of Champions level, but the Wilderness Championship has always felt more team-focused,” Malone pointed out. “Personally, I have a few athletes who are eyeing individual Wilderness titles, but they’re all rallying around the idea of maybe going for a team title, too. They don’t talk that way about the Divisional meet, but they do about Wilderness, and that’s really been helping build the team morale.”

Malone admits that it is still surreal to her to be in coaches’ meeting with her former coaches, but she also admits that it is part of makes the Wilderness League special, noting she want-

ed to become a coach because of her high school coach, Livingston, who has been at the helm of the Kennett program or more than 40 years.

“Every day that I step out onto the track now, it’s with the intention of building something as special as what he built during my time at Kennett,” Malone said. “The coaches in the Wilderness League have been around for a while, and they’re definitely some reliable, familiar faces for both athletes and newer coaches like myself.

“Wilderness feels like a meet made up entirely out of love for the sport. I think it’s easy to get caught up in the competition of Divisional meets and the Meet of Champions, but at Wilderness it almost feels like one really big family that really loves the same sport has come together for the annual reunion,” she continued. “We’re all here voluntarily, we all chose to pay our

league dues, because we all love what the league stands for. To me, that’s love of sport, in its purest form.”

Wernig, who also serves on the Executive Board for the league, noted that they start organizing in the fall and work throughout the year to make it happen.

As for the competition on the track this Saturday, May 18, LaPlume is excited to see a great battle in the 100 and 200 between Aida Wheat of Kennett, Macy Sawyer of Gilford and Newfound’s Elle MacDonald, as well as a great discus showdown between Newfound’s Isa LaPlume and Abby Kenyon of Gilford. For the boys in the shot put, Malachi Plociennik of Berlin and Newfound’s Isaac Robert should have a good dual, while Skye Tibbetts of Winnisquam and Soraya Glidden of Newfound will be fun to watch in the high jump. Emerald Briggs, who recently broke Newfound’s

3,200-meter school record, should have the stellar Englund sisters of Plymouth to help pull her along to possibly breaking the record again, while Stacia Paul of Newfound should be strong in both hurdles events and LaPlume also likes the looks of his distance crew and relay teams.

More importantly, the Wilderness Championships are back at “home” at Newfound and LaPlume couldn’t be more excited.

“This is a full-circle moment for me,” he said “I will be holding back the tears when that first gun goes off Saturday. This means the world to me.”

Action starts at 10 a.m. Saturday at the Mills Oval at Newfound Regional High School.

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

NRHS FROM PAGE A1

Honor Society while also being a member of the Rho Kappa Honor Society, recognizing those who excel in Social Studies.

Braley served as a co-chair of the NRHS Student/Staff Senate and participated in the Student Athletic Leadership Team (SALT). Through that group she worked with the head of the NHIAA and met with student athletes from across the state, striving to improve both conditions in both athletics and their school communities.

Braley was a N.H. Scholar Athlete as well and not only received their Athletic Directors Award for Division 3 Schools, but went on to be recognized as the overall state winner for excellence in sports and academics.

She has served as a volunteer in Tapley-Thompson Community Center’s athletic programs, was a Rylarian through the Bristol Rotary and took part as a councilor in their summer camp leadership conference. This past summer she was also designated as a councilor for the annual TTCC/NRHS Westward Bound trip for incoming high school students.

After graduation Braley will be headed to Lipscomb University in Nashville, Tenn., where she will take on a double major in Elementary Education and

Commercial Song writing, which is another passion of hers.

Once again this year, two NRHS students tied for the honor of Valedictorian of the graduating class.

The first is Lauren Paige of Bristol.

In addition to her top scores in academics, Paige has also been deeply involved with school, community and

volunteerism activities. Throughout her high school years she has been active in TTCC’s Teen Council program, as well as their after school program, Project Promise, designed to meet the needs and provide rewarding activities for students in early grades.

Like her classmate Isabel, Paige took part in the Student/Staff

Senate. She was recognized as a member of the Rho Kappa Honor Society, along with the National Honor Society where she was named vice-president of the NRHS chapter. She also served as vice-president of the NRHS Student Council and will be graduating as vice-president of her class.

Other activities included participation in

the Newfound Coalition for Youth, the yearbook committee, the NRHS Math Team, theater performances, the Granite State Challenge Team and the Financial Challenge 300 competition.

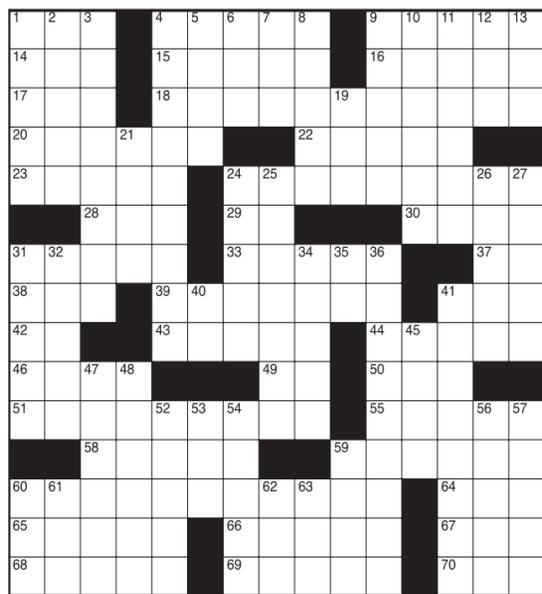
She was also involved in the “Getting to Y” program at NRHS, addressing substance abuse issues of today. Paige said she had a relative who dealt with

substance abuse, which is why she decided to get involved with the group. From there she went on to apply to the Governor’s Youth Advisory Council, into which she was accepted.

“It’s been awesome to work with kids around the state and attend conferences on this issue,” said Paige.

SEE NRHS PAGE A9

TAKE A BREAK



- ACROSS
1. Geological time
4. Ooze
9. A set of eight
14. Obstruction
15. Swiss mathematician
16. Philosophy
17. The night before
18. A timid person
20. Unifies
22. Gangs
23. Alternative name
24. Acumen
28. Cathode-ray tube
29. Tantalum
30. Soluble ribonucleic acid
31. Humiliate
33. Earthy pigment
37. Air Force
38. Adult males
39. Stiff untanned leather

- 41. Before
42. Atomic #18
43. Beer mug
44. Nostrils
46. Type of chef
49. Midway between north and east
50. They ___
51. Splits
55. Walk in a timid manner
58. Preserved animal skin with hair
59. Popular donut shop item
60. You smear it on bagels
64. Don’t know when yet
65. Equal to 10 amperes
66. Synthetic acrylic fiber
67. One point south of due east
68. Of mixed ancestry
69. Home of the Pyramids
70. A way to change color

- DOWN
1. Excessive fluid accumulation in tissues
2. Untangle
3. One from the U.S.
4. Academic terms
5. San ___ Obispo, in California
6. Not healthy
7. Self-assessment questionnaire (abbr.)
8. Arugula genus
9. VIII
10. Makes a monarch
11. Tormentor
12. Commercials
13. Sprinkle
19. Make a mistake
21. Freshwater fishes
24. Vermont town
25. Man-made device
26. Entrap
27. Places to store important things

- 31. Accumulate
32. Greek mythological nymph
34. Gregory ___, American dancer
35. Denotes past
36. Becoming popular again
40. Indicates position
41. Came before
45. An extra seed-covering
47. Cheerful
48. Deli sandwich staple
52. Skateboarders love them
53. Mandela’s party
54. Sierra lake
56. Nickname for Elizabeth
57. Remove from record
59. Employee stock ownership plan
60. Former NFLer Newton
61. Relative biological effectiveness (abbr.)
62. Work unit
63. Town in Cambridgeshire

MEDITATION WORD SEARCH
E E U K T M Z Y S M S I H D D U B M D I
T S E R Q S D G O P M R E I K Q Y F N A
C P L A T N E M P T G A W U H I O P R H
K N Q A M R A H D H H L R N I R V A N A
Y I Y T I L I U Q N A R T H O P E N N R
G E V I T A E R C L E Y Z N S H V R Z K
R W T A I Y Z H P V R M R E S A Z E R A
E A G E N L I G H T E N M E N T N W G H
N W B R W Q V I S U A L I Z A T I O N C
E Y S Q L H Q V W Y Z L Z D Z K Z F I A
C A R T N A M D K N C P S K F I B V D D
W I C M S H S G Z N O M U Q A Y D W N M
T N A H C U S T O U B O D H I T P M U S
O M D Y O A D E D D T I R K S N A S O I
K S P G R N S E N L U F D N I M S R U
C R A W A R E N E S S I H W P N G R G D
M E D I T A T I O N Z P N Z V H N Z T N
C V S I E V N V A M R A K P I O E Q C I
Y G Q M P S K P E A C E F U L M B V D H
V R G Y M C W D B F B T Z H W D P M E O
Find the words hidden vertically, horizontally, diagonally, and backwards.

MEDITATION WORD SEARCH
ASHRAM, AWARENESS, BODHI, BUDDHISM, CHAKRA, CHANT, CREATIVE, DHARMA, ENERGY, ENLIGHTENMENT, GROUNDING, HINDUISM, KARMA, MANTRA, MEDITATION, MENTAL, MINDFULNESS, NIRVANA, PEACEFUL, REST, SANSKRIT, TRANQUILITY, VISUALIZATION, ZEN,

This Week’s Answers
A crossword puzzle grid with the answers filled in.

Towns
FROM PAGE A7

Dedham, Mass. They debated the current situation of the Uyghur Muslims in China as well as the Fentanyl Crisis among other topics.

Your local NH State Representatives are hard at work finishing up the session at the State House. It's always a long slog.

The NH Music Festival musicians coming to Plymouth in July need housing hosts. If you have space, it is an enjoyable experience to get to know the orchestra members. The need is flexible for one or more weeks in July. Contact brendaconklin@hotmail.com.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you all have had a good week. It was wonderful to get back to Maine to see friends, have good food and to see "Waitress" at the Playhouse. Review is elsewhere in this paper.

WARREN NEWS

Did you get your ice cream last weekend? Moose Scoops Ice Cream is open for the season. May hours are Thursday and Friday 4-8 p.m., and Saturday and Sunday noon-8 p.m.

WENTWORTH NEWS

The Wentworth Market is currently seeking vendors for the upcoming 2024 season. Anyone interested can email Renee at wentworthmarket@gmail.com for more information.

Have a good week, and remember to count your blessings!

Waterville Valley

Jan Stearns
jstearns@waterville.com

Wilderness First Aid Course

Space is still available for the Wilderness First Aid Course on Saturday and Sunday, May 18 & 19, from 8:30 a.m. to 5 p.m., at the Recreation Department. The course is taught by SOLO Wilderness Medicine instructors, the gold standard for backcountry emergency care training. \$245 (\$225 for Rec. Department members). Space is limited so register soon at wvrd.recdesk.com or call 603-236-4695.

Road Less Traveled

Get out and ride the quiet rural roads connecting the towns and villages that make this region special. On Wednesday, May 22, the Recreation Department is offering a mixed surface ride in Rumney. Transportation from Waterville for riders and bikes will be provided. Tyler Durham, an experienced cyclist, guide and Wilderness First Responder, will lead this trip. Tyler has completed self-supported cycling journeys across the U.S., Mongolia and many other countries. Plan to meet Tyler at the Rec. by 8:45 a.m. The bus will return to the Rec. by 3 p.m. The cost is \$20 per person (\$15 per WVRD

member). Preregistration is required by calling 603-236-4695.

Youth Fishing Derby

Try to catch Kirby, the legendary lunger of Corcoran Pond, on Saturday, May 25, from 8 a.m. to noon. The cost to participate is \$8 for children ages 1-15. Advance registration is required online at wvrd.recdesk.com or call 603-236-4695. There will also

be face painting, animal encounters, T-shirts and loads of prizes. Plan on staying a while. There will be live music in Town Square with the Dan Morgan Band performing from noon-3 p.m. and the Latch Key Trio from 4-7 p.m.

34th Annual Chowderfest

Head to Town Square on Sunday, May 26, from noon-2 p.m., to

sample delicious chowders prepared by local restaurants. Admission is \$7.50 for adults and \$5 for children 12 and under. Vote for your favorite. There will be live music from the gazebo stage with Rhythm Method performing from noon-3 p.m. and Bob Pratte Band from 4-7 p.m.

NH Wildlife

Squam Lakes Natural

Science Center returns with the Animal Encounter Series on Monday, May 27, from 10-11 a.m. Naturalists will present live animals and inform and inspire children and adults alike. This event is free and open to all.

Mountain Clean-up & Pig Roast

Memorial Day weekend culminates with the annual mountain clean-

up on Monday, May 27, from 10 a.m. to 2 p.m. Over the last year, thousands of guests have experienced the family fun that our beloved mountain brings. Let's give back by volunteering to keep the woods and trails free of rubbish and debris. You'll be thanked for your efforts with a free pig roast and all the fixings at the ski resort.

CADY

FROM PAGE 4

parents in advance to verify the occasion, location, and that there will be supervision. Communicate your expectations and rules for when your teen goes out with friends, and include regular check-ins. Model healthy behaviors. Find opportunities to socialize and connect in environments that don't include alcohol.

Life transitions. Periods of transition in teens' lives — like moving, divorce, puberty, changing schools, an illness or death in the family — can become a time of upheaval, leading some to attempt to find solace in alcohol or drugs. What parents can do: Ramp up the monitoring and communication during and after transitions. Encourage an open dialogue with your teen about their experiences. Set aside regular one-on-one time with your teen to bond and have fun together.

Emotional and Psychological Pain. Whether it's the pressure of everyday teen drama or the emotional toll of family problems, stress or trauma, some teens use substances to dull the very real

pain in their lives. Loneliness, low self-esteem, depression, anxiety disorder and other mental health issues are commonly associated with teen substance use. Furthermore, many of these issues occur in combination with one another, each compounding the intensity of the others. What parents can do. Offer empathy and compassion. Let your child know you understand. Acknowledge that everyone struggles sometimes. Remind your child that you are there for support and guidance — and that it's important to you that she or he is healthy and happy and makes safe choices. Model healthy coping skills like exercise, meditation or mindfulness. Show your kids how to learn from mistakes and disappointments. Brainstorm together to identify healthy ways to manage the stress in their life (e.g., more sleep, getting outdoors, one-on-one times, etc.). Let your child offer suggestions and help them think through their ideas. If your child is suffering, reassure them that you will seek out appropriate professional help and then do just that.

For more information on preventing youth substance misuse or mental health services, visit our website at cadyinc.org or FindWellNH.org.

NRHS

FROM PAGE A8

In addition to that, she has become involved with Rustic Pathways through which she received a Stanford Climate Change Fellowship.

Next year, she will be attending Plymouth State University to seek a degree in Allied Health Science. Paige said that while growing up she loved watching sports movies where she saw how influential physical therapy was in helping athletes do what they love. Coming from a family where both her mom and sister are in the healthcare field, she decided physical therapy was the career she would like most to pursue.

As co-Valedictorian, Evan Foster will be the student walking side by side with Lauren Paige at graduation next month and his accomplishments go a long way to explain why it was such a tight race between these Top 3 graduates.

Foster is also a national Honor Society member and spends time volunteering as a mentor for students at Bristol Elementary School. Besides being the president of the Class of 2024, he also in a member of Rho Kappa, Student/Staff Senate, Student Council, the Granite State Challenge team and serves as a volunteer for the N.H. Food Bank, among other volunteer activities.

He is co-captain of both the NRHS Robotics team and Math team, and was also named captain of the cross-country and the track and field teams at Newfound. He said he enjoyed not only the distance runs in both competitions, but the jumping events in rack and field as well. His running talents brought him a lot of recognition over the last four years and, with a younger brother coming up strong behind him out on the course, many referred to them as the

"Flying Fosters."

In XC, the NRHS team was runner up in the state meets during Foster's sophomore year. That same year, Foster also placed sixth in the highly competitive state track meet for the 4x8 competition and finished an impressive 11th in the 3200-meter race.

His accomplishments over the years led him to becoming a N.H. Athletic Scholar and he was named a finalist for the National Merit Scholarship, where results are still pending.

For his Senior Project, Foster developed an app for cell phones that he is still fine-tuning before a possible launch to the public.

"It's a To-Do list that automatically organizes itself and reminds people of things, like if you enter that you need to go for a run, it will say 'You need to bring your running shoes with you today,'" he said.

Last summer, Foster was

also enrolled in St. Paul's Academy's Advanced Studies program where he studied engineering, describing it as an "amazing opportunity."

His love for robotics and technology has been bolstered by his experience on the NRHS Robotics team where they won the state meet last year and in the fall of 2024 he will head to Pittsburgh, Penn. to study for a career in robotics at Carnegie Mellon University.

Hoiriis said he especially likes the fact that these three outstanding students cover all aspects of schooling and their interests and endeavors overflow into the community, too.

"Just listening to them and all they've accomplished makes me so hopeful for the community and the future. I couldn't be prouder of them," he said.

Graduation for the Class of 2024 is scheduled for Friday, June 14, at 6:30 p.m.

Salute to Nurses

Celebrating
National Nurses Month
Thanks to the dedicated nurses who make our community a better place!

Martin D. Kass
Registered Optician
603-536-3569

Thank you healthcare workers!



PLYMOUTH OPTICAL SHOPPE
"Where seeing is believing"

Village Square • 607 Tenney Mountain Highway
Suite 101 • Plymouth, NH 03264

BRANCH INSURANCE

New Hampshire and Vermont Insurance
Specialists for Home, Auto, Recreational Vehicles and Commercial

Your Hometown Agents!
603-823-5250
P.O. Box 909, Franconia, NH 03580

branchinsurance@roadrunner.com www.go2branchinsurance.com Like us on Facebook

Welcome Home to Life on the River

Experience a vibrant lifestyle in a picturesque setting at Riverglen House. Whether you choose Independent Living or Assisted Living, you will experience an atmosphere that truly feels like home. Our charming, pet-friendly community offers exciting programs and activities designed to help you experience peace of mind and focus on the life you want.

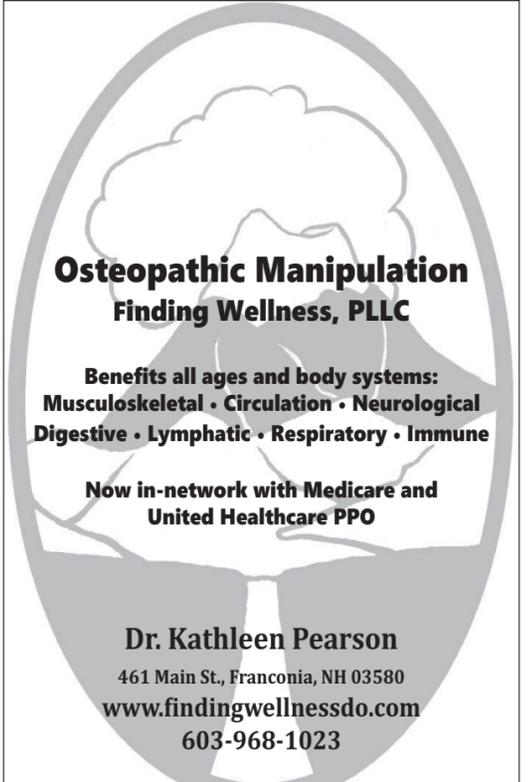
CONTACT US TODAY TO SCHEDULE YOUR TOUR!




Kimberley Riggs
KRiggs@RiverglenHouse.com
603-444-8880 ext 1

55 Riverglen Lane • Littleton, NH 03561
603-444-8880 • www.riverglenhouse.com

♿ INDEPENDENT AND ASSISTED LIVING



Osteopathic Manipulation Finding Wellness, PLLC

Benefits all ages and body systems:
Musculoskeletal • Circulation • Neurological
Digestive • Lymphatic • Respiratory • Immune

Now in-network with Medicare and United Healthcare PPO

Dr. Kathleen Pearson
461 Main St., Franconia, NH 03580
www.findingwellnessdo.com
603-968-1023

Explore Newfound with NLRA's EcoTours

Reservations now open

HEBRON —The Newfound Lake Region Association (NLRA) invites you to get excited about the summer and join

Newfound EcoTours for a two-hour boat tour that brings passengers up close to the eye-popping scenery and abun-

dant wildlife that can be found on Newfound Lake! These cruises aboard the NLRA pontoon boat, Madelaine, are a popular summer activity for Newfound's visitors and long-time residents alike. Passengers encounter wildlife such as loons and eagles, see the lake from a new perspective, and learn about NLRA's work in the watershed.

Newfound EcoTours depart from Grey Rocks Conservation Area Friday-Sunday at 10 a.m.



Located in Scenic Whitefield, New Hampshire

The Morrison Communities

THE MORRISON SKILLED NURSING FACILITY
Rehabilitative Services, Skilled Nursing Care, Long Term Care

SARTWELL PLACE ASSISTED LIVING

SUMMIT BY MORRISON
Independent Living, Assisted Living, Memory Care

1-603-837-3640 • themorrisoncommunities.org

Your Fight is Our Fight

FRIEDMAN & BRESAW, PLLC
ATTORNEYS AT LAW

**Criminal Defense • DUI/Motor Vehicle
Family Law • Personal Injury**

We Offer Free Consultations for All Legal Matters
Experience Handling High-Profile, Serious and Complex Cases

Representing clients throughout the
Lakes Region and the State of NH.

Over 50 Years of Combined Trial Experience

44 Main Street, Meredith, NH 03253
603-707-4800 | www.FBLawNH.com

and 1 p.m. starting May 24th, then Thursday-Sunday from June 20 to Sept. 14, by advance reservation only. Special arrangements can be made for other days and times by emailing Eco-

Tours@NewfoundLake.org or calling (603) 744-8689. NLRA members receive a 25 percent discount on the price of the tour! You can learn more and book a tour

SEE ECOTOURS PAGE A11

Serving all of New Hampshire for 50 years.

**Paving & Resurfacing • Driveways & Parking Lots
Specializing in Residential and Commercial Paving
Owner Installs Every Job**

286-8182
www.porterpaving.com

Plymouth, NH

**Memorial Day
Parade & Ceremony**

Monday, May 27, 2024

Parade line up 10AM (Plymouth Armory)
Parade step off approx 10:30AM (Main St)
Ceremony to follow (Plymouth Town Hall)

Come out and honor those who lost their lives while defending our country.

Hear this.

Not that.

MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING

HOME ENERGY PRODUCTS
Your Local HVAC Experts for 35 Years!

170 Daniel Webster Highway
Belmont, NH 03220
603-524-2308
www.homeenergyproducts.net

DIAMOND CONTRACTOR
ELITE

**NOW AVAILABLE
RESIDENTIAL / COMMERCIAL**

5 Water Street, Meredith, NH

Once home to the historic Meredith News. 5 Water Street, Meredith, NH, is now available with 6,670 SF+/- of heated and cooled space, located in the central business district, allowing flexible use for residential & commercial ventures. Three-phase electric, interior front & back Stairs, fire suppression system, hard wired smoke detectors, emergency lighting, high speed internet, town water & sewer, loading dock, & furniture included.

Call Linda Matheson to view 603.348.3764

Badger Peabody & Smith REALTY
Badger, Peabody, Smith Realty
603.823.5700
383 Main St, Franconia, NH 03580

Got Space? we do.

FOR ADVERTISING CONTACT US TODAY!

Tracy Lewis
(603) 616-7103
tracy@salmonpress.news

Lori Lynch
(603) 444-3927
lori@salmonpress.news

Help clean up Bristol June 1

BRISTOL — Join your neighbors for the 2024 spring 'Clean Up Bristol Day' on Saturday, June 1 at Kelley Park in Bristol, between 9 a.m. and 1 p.m. Families, friends, school groups, community groups, businesses, all are encouraged to participate.

Clean up Bristol Day is a chance for people of all ages to come together for a common good. Cleaning up our town helps to improve our public spaces. It creates a sense of pride in our community. Last year we collected over 40 bags of trash.

If you want to participate, stop by the band shell at Kelley Park on North Main Street in Bristol anytime between 9 a.m. and 1 p.m. on Saturday June 1st. Members of the Sustainability Committee will be handing out trash bags and gloves as well as fruit to provide energy throughout the morning. Volunteers will be able to choose the location in town they wish to clean. Don't forget to bring your water in a re-usable bottle.

EcoTours

FROM PAGE A1

at: NewfoundLake.org/EcoTours.

Newfound EcoTours are part of NLRA's initiative to introduce residents and visitors of the Newfound area to the unique qualities of Newfound Lake and the importance of protecting it. Along with educational programs to foster stewardship of our natural resources, the NLRA performs water quality monitoring, stormwater management, invasive species monitoring and prevention, and land conservation to work towards their mission of protecting and conserving the Newfound Watershed. Visit www.NewfoundLake.org to learn more about these programs and how you can join the effort.

PAID POLITICAL ADVERTISEMENT

NH Electric Co-op Board of Directors

ELECT

Paul Bolduc

Vote for Reliability

PAID FOR BY PAUL BOLDOC

GREAT WATERS

Entertaining the Lakes Region

RIDE & DINE CONCERT PACKAGE



INTRODUCING Molly the Trolley, Birch & Vine, AND Great Waters

new Dinner Music Series

- Jolly the Trolley picks you up at Taylor Back Bay or Kingswood Arts Center
- Enjoy a delicious three course meal* at Birch & Vine
- Ride the trolley to and from Concert in the Clouds

All for **\$120 per person**

Limited to 34 people per concert, make your reservations today!

Visit GreatWaters.org or call (603) 569-7710

Ride & Dine is not available for Concerts in Town or the Great Waters Gala.

*Includes gratuities. Does not include alcohol.

scan for Ride & Dine TICKETS



EPIC AUCTION II

OVER 75 FINE ART, FURNITURE, & CRAFT ITEMS
LIVE AND SILENT AUCTIONS

WHEN: THURSDAY MAY 23RD 4PM - 7PM

WHERE: 56 MAIN ST. LANCASTER, NH
(IN CASE OF RAIN THE AUCTION WILL MOVE TO THE LANCASTER FIREHOUSE - 10 MECHANIC ST.)

WHAT FOR: TO BENEFIT GREG CLOUTIER PARK

PRESENTED BY THE WILLIAM RUGH GALLERY - AUCTIONEER - MIKE KOPP

CASTING FOR KIRBY!

14th ANNUAL WATERVILLE VALLEY RESORT'S YOUTH FISHING DERBY

Over \$2,000 In Prizes!!

Memorial Day Weekend Saturday, May 25, 2024

On the shores of Corcoran Pond, Waterville Valley Town Square

\$8 PRE-REGISTRATION FEE
ONSITE REGISTRATION IS \$15

Register online at WVRD.RecDesk.com or call 603-236-4695

PLEASE REGISTER IN ADVANCE!

Face Painter, Animal Encounters T-shirt & More!

Staggered Start Times by Age Group

Ages 7 & under: 8:30 am
Ages 8 - 15: 8:45 am

Check-in opens at 8 am in Town Square

For more info, please call (603) 236-4695 or VISIT US ONLINE!
www.WVRD.RecDesk.com

603Cremations.com

Our 603 Family Caring for Yours

603.524.1425 Available 24/7

Accepting New and Transferred Pre-arrangements

NO MEMBERSHIP FEES

CREMATIONS FROM \$1,350*

Locally owned and operated by Wilkinson-Beane, Inc. Not affiliated with any other cremation groups.
*Price based on Complete online cremation package. Additional charges may apply



Move your smile and life forward with Invisalign!

Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful new smile without interrupting your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

STRAIGHT TEETH ARE WITHIN REACH.

Call Dr. Alan Kennell today for a free, no-obligation consultation.



Schedule a Free Consultation Today!

Dr. Alan E. Kennell



KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton

Hire A Professional Who Is Properly Insured

- Shingles
- Metal Shingles
- Copper
- Standing Seam Metal Roofs



Mention This Ad!
Ask About Our Special Offers!



Financing Available

Instant Roof Quote!

TEXT or CALL 603-766-3377

www.603Roofers.com

SalmonPress.com

CHURCHES

Campton Congregational

Sunday, May 19
9:30 a.m. Worship Service led by Rev. Jeff Robie

10 a.m. Children's Sermon/Sunday School. Following Worship we gather for fellowship.

Tuesday, May 21
8:30 a.m. Deacons Meeting
10 a.m. Church Committee Meeting
Noon BYOL Lunch
1 p.m. Ladies Guild

Just a reminder to mark your calendars for Saturday, June 1, as we celebrate the 250th anniversary of Campton Congregational Church! It's going to be a day filled with music, good food, antique cars, a bake sale, vendors, displays, face painting, and other activities for kids. This is a great opportunity to come together as a community and honor the resilience and strength of faith that has sustained Campton Congregational Church for 250 years. Don't miss out on the festivities – be sure to join us on June 1 for a fun and meaning-

ful celebration! Please join us Sunday mornings, as we come together to Worship God. Our Church is a member of the National Association of Congregational Christian Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world. Our Services are available on Facebook. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223. Please direct any questions or needs to ourccc1774@gmail.com or call 603-536-2536.

Christian Science Society, Plymouth

We love to have visitors at our Sunday services, which we hold each week at 10 a.m. in our Emerson Street building. This week's Bible lesson begins with this verse from : "Isaiah: "...come now, and let us walk in the way of the Lord." Christian Science churches in more than sixty countries

around the world will be reading this lesson next Sunday.

Children and teens are invited to visit our Sunday School which is held at the same time as this service. Students learn how the truths and lessons in the Bible can help them learn to pray for themselves, their community and the world.

Our Wednesday meetings, which are held at 6 p.m. each week, include short readings from the Bible and from the Christian Science textbook with thoughts to help meet personal and world needs. Then there is time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our spiritual study and prayer. Everyone is welcome.

Please visit our Web site at www.cs-plymouth-nh.org if you would like to join in our services by zoom.

The Reading Room in our church building is open Monday noon to 2 p.m. You're welcome to come in to browse, borrow books and resources which include Bible reference materials and

many other books and publications. There are free magazines which you are welcome to take as well.

At jsh-online.com there are new articles each week, many with audio. There's a whole section of articles and ideas especially for teens and the challenges they are facing. This month's content features comforting and refreshing spiritual in-

sights on overcoming loneliness.

Wentworth Congregational

Here is our list of upcoming speakers:

Our services are now at 10 a.m., except for the first Sunday Communion Service in West Rumney, which is at 9 a.m.

May 19-Joy Moody
May 26-Rev. Lynn Morrison

June 2-Communion Service, W. Rumney, 9 a.m.

June 9-Rev. Cindy Petrie (Bible Study after service)

June 16-Joy Moody
June 23-Rev. Lynn Morrison

June 30-Rev. Ruth Martz

UNH

FROM PAGE A3

video message for Graham, and the two have exchanged some continued communication through social media such as Cameo and Instagram for special events like birthdays and boxing matches since.

"I was ultra-excited to meet him in person and from the moment he greeted me it was like we had been friends for life," exclaimed Pogue.

He continued, "And the training session provided me insight into the life of a professional boxer."

The two-hour session consisted of plyometrics, mobility and core work out.

"It was cool for me as I tend to do more weights," explained Pogue.

And Parker provided some advice for life after graduation.

"He told me traveling and seeing cultures around the world enhanced his education and encouraged me to do the same," said Pogue.

Pogue hopes to continue this newly forged friendship and ex-

plained, "Meeting him made me more passionate about my dreams and showed me the power of committing to future purpose. By meeting a great guy like Parker and other mentors who have achieved amazing things, it inspires me to do the same."

Pogue, who has been interning as a Production Assistant for Degan Media based in Campton, New Hampshire during his four years at UNH, has traveled to work on sports video and documentaries in locations such as Bermuda.



ALEXANDRIA
Alexandria United Methodist
12 Washburn Rd.
Alexandria Village, Alexandria
9 a.m. Sunday Worship Service
Pastor Mark Lamprey • 603-744-8104
Methodist Church
April 16th Easter Worship @ 9a.m.

ASHLAND
Ashland United Methodist
18 Washington St., Ashland
9:30 Sunday morning Worship Service
Visit our Website:
<https://ashlandumc.faithlifetimes.com/>
for more information and recordings of the Services.
Pastor Roger Kleinpeter
1-603-254-7796

Ashland Community Church
55 Main Street - Ashland
(across from Shurfine Market)
10:00 a.m. Worship
August 18 – September 15 Teaching Series: "I Love My Church!"
Toddler Zone (infants – five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.
Pastor Ernie Madden
(603) 968-9464
accernie@hotmail.com

Emmanuel Episcopal Church
18 Highland Street, Ashland
(603) 968-7640
9:30 am Sunday School and Worship
Rev. Stephen Rugg

BRISTOL
Bristol Baptist Church
30 Summer Street, Bristol, NH 03222
(603) 744-3885
SUNDAY
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.
bristolbaptistchurch.org

Bristol United Church of Christ
15 Church St., Bristol
9 a.m. Bible Study • 10 a.m. Sunday School
10 a.m. Worship Service • Child Care Available • 744-8132

Our Lady of Grace
(part of Holy Trinity Parish)
2 West Shore Rd Bristol, NH 03222
Mass Schedule: 9:30 AM on Sundays (this is the only Mass on Sundays year round now).
Daily Masses: Tuesdays and Thursdays at 8 AM.

Eucharistic Adoration every Thursday after Mass until 10:00 AM.
Parish office for both locations:
11 School St, Plymouth, NH 03264,
Phone: (603) 536-4700.

CAMPTON
Campton Baptist Church
1345 Main Street, Campton (603) 726-4662
Sunday 10 a.m. Worship Service followed by Time of Fellowship
Monday 4 p.m. Bible Study
Wednesday 7 p.m. Prayer
Friday 5:30 p.m. Dinner & Movie (free)
Women's Gathering 2nd Tuesdays 10 a.m.
Men's Breakfast 2nd Saturdays 7 a.m.
"Digging Deeper" Service 3rd Sundays 7 p.m.
Food Pantry by Appointment
All are Welcome • Handicapped Accessible
Pastor Chuck Green

Campton Congregational
#495 Rt. 175, Campton
9:30 a.m. Sunday Worship Service
Nursery and Child Care Available
10:30 a.m. Tue. Bible Study for Youth & Adults
Rev. Jeffery Robie • 536-2536
Member NACCC

New Light Chapel
Southmayd Plaza (off I-93 Exit 28)
24 Southmayd Road, Campton
(Across Route 49 from Campton Mobil)
10:00 a.m. Sunday Worship Service
Childcare and Children's Ministry available
Pastor Steven Veinotte
www.newlightchapel.com

DANBURY
Danbury Christian Church
High St., Danbury
9:30 a.m. Sunday School
11 a.m. Morning Worship
Tuesdays 6:30 p.m. AWANA
Thursday. 7:00 p.m. Prayer Group/Bible Study

United Church of Danbury
"All Are Welcome"
Rt. 104 — Near Center of Town
9:30 a.m. Sunday Worship Service
9:30 a.m. Sunday School
Contact: Sylvia Hill, Deacon at 768-3936
danburypastor@myfairpoint.net

HANOVER
Our Savior Lutheran Church
5 Summer Street, Hanover • 643-3703
10:30 a.m. Sunday Service of Holy Communion and Children's Church
9:15 a.m. Adult Education Hour

HEBRON
Gateway Alliance Church
Union Congregational Church
15 Church Lane, Hebron
603-744-5883
We welcome all persons
The Rev. Ralph S. English
Worship Service - Sunday 10am
Communion is celebrated on the first

Sunday of each month
A Coffee Hour following worship
Recorded Services on website
www.hebronchurchnh.org

HILL
Hill Village Bible Church
9 a.m. - Sunday School
10 a.m. - Morning Worship
11 a.m. - Coffee Fellowship
11:30 a.m. - Bible Hour
6:30p.m. - Wed. Prayer & Bible Hour
Teen/Childrens' Ministries
Nursery provided at all services
Pastor: Rev. Daniel Boyce
Youth Pastor: Nathan Pelletier
www.hillvillagebiblechurch.com
Look for us on Facebook

HOLDERNESS
Holderness Community Church
919 US Route 3 – P.O. Box 613
Holderness, NH 03245
Worship Service – Sunday 10 a.m.
Rev. Chris Drew – 968-3219
www.holdernesscommunitychurch.org

NEW HAMPTON
New Hampton Community Church
(603) 744-8252
A Christian Church with a Family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Life Groups meet throughout the week at the church, in area homes and via ZOOM.
Pastor Scott Mitchell
pastor.scott@newhamptoncc.org
<https://newhamptoncc.org/>
Join us also online:
<https://www.youtube.com/@NewHamptonCommunityChurch>

PLYMOUTH
Calvary Independent Baptist • 536-3024
115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service–Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

Christian Science Society
7 Emerson St., Plymouth
10-11 a.m.–Sun. Service/Sun. School
Wed. 6:00-7:00–Testimonial Meeting
www.cs-plymouth-nh.org

Church of Jesus Christ of Latter-Day Saints
354 Fairgrounds Rd., Plymouth
10:00a.m. Worship Service
11:10a.m. Sunday School
Tom Lopez (603) 998-4356

Gateway Alliance Church
9 Fairgrounds Road, Plymouth • 536-3043
Sunday School and Adult Education
9:45 a.m.
Worship Service 11:00 a.m.
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Holy Trinity Parish (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Rd, Bristol
St. Matthew Church
11 School St in Plymouth NH.
Parish Office: 11 School St in Plymouth
(603) 536-4700.
Office email: holytrinitynh@gmail.com
Communications coordinator:
Christine Chiasson email:
chrisciasson@holytrinityparishnh.org.
Pastor: Fr. Mark Dollard.
Instagram: [holyTrinityNH](https://www.instagram.com/holyTrinityNH).
FB page is Holy Trinity News and Info.

Plymouth Congregational United Church of Christ
4 Post Office Square
Morning Worship with Sunday School
9:30 am
An Open & Affirming, Just Peace,
Anti Racism Church
536-2626, www.uccplymouth.org

Plymouth United Methodist Church
334 Fairgrounds Road
(603)536-1941
Sunday Morning Worship 9:30 am weekly

Restoration Church
319 Highland Street, Plymouth NH
10:30 am morning service
We Care Food Pantry
Open every Monday from 10-2

Starr King Unitarian Universalist Fellowship
101 Fairgrounds Rd., Plymouth
536-8908
9:30 a.m. Sunday Service and Church School & Nursery Care
Rev. Linda Barnes
www.starkingfellowship.org

RUMNEY
Rumney Baptist Church
Rumney Baptist Church
Rev. Seth Powers, Pastor
375 Main Street • 786-9918
rumneybaptist.org
office@rumneybaptist.org
Like us on Facebook
Sundays: 10:00 a.m. Sunday Worship Service
Livestreaming on YouTube
Blended, worshipful music
Relevant Bible teaching
Children's ministry
6:30 p.m. Mondays: Teen Worship Service
Small group Bible studies throughout the week

West Rumney Community Church United Church of Christ
1218 Old Route 25, West Rumney
Sun. Worship 9 a.m., All are welcome.
9:45 a.m.

THORNTON
Thornton United Methodist
22 Church St., Thornton
Off Cross Road between Rts 3 & 175

Call 603-726-3774 for more information or to leave a message.

WARREN
Warren United Methodist Church
On the Common, Warren, NH
Sunday Worship 1:30 p.m.
Sunday School 10 a.m.
Rev. Dr. David Palmer • 787-6887

WENTWORTH
Grace Bible Church of the White Mountains

259 Moosilauke Hwy. (NH-25)
Sunday Schedule:
Sunday School - 10:00 AM
Worship Service - 11:00 AM
Wednesday Schedule
Bible Study - 6:30 PM
Patch the Pirate Club for Ages 5-12
6:30 PM

Teen Youth Group - 6:30 PM
Choir/Chime Rehearsal - 7:30 PM
Live-streaming the Worship Service on YouTube
Nursery and Children's Church provided each service.
Handicap Accessible
Pastor: Rev. Steven Anglea
Phone: (603)530-2866
Mailing Address: P.O. Box 500,
Rumney, 03266
www.gbcnh.org

Wentworth Baptist Church Independent, Fundamental, K.J.V.
260 Cape Moonshine Rd.,
Wentworth
9:30 a.m. Sunday School
10:30 a.m. Sunday Service
1 p.m. Sunday Afternoon Service
7 p.m. Wednesday Evening Service
764-9800 www.wbcnh.org

Wentworth Congregational Church
Wentworth Village Road (Common)
wentworthcongregationalchurch.org
Sunday services: 10:15 a.m., Sept. thru May.
9:00 a.m., May thru August
764-9081

WOODSTOCK
Pemi Valley Church
1091 Rte 3 South Woodstock, • 745-6241
ALL ARE WELCOME
Wednesday - 6:30 p.m. Bible Study and Prayer Group.
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.
Reverend John Muehlke Jr.

SPORTS



RC GREENWOOD

Peyton Long goes airborne to fire a shot on net in last week's game in Gilford.



RC GREENWOOD

Eli Ibarquen fires a shot during his team's game in Gilford last Wednesday.

Bobcat lax boys pick up a pair of wins

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth boys' lacrosse team picked up a couple more wins last week, beating Kearsarge and Gilford.

The Week started with an 11-7 home win against Kearsarge on Monday, May 6. The Bobcats led 4-3 after one quarter and 8-5 at halftime. The lead was 9-7 after three and Plymouth kept the Cougars off the board in the fourth to close out the 11-7 win.

"Kearsarge has had a strong bounce back year, playing a lot of teams closely," said coach Glenn Mausolf. "So, we were fortunate to come out on top with a victory. We relied upon winning

the ground ball battle and the clear and ride to guide us."

Nolan Galvin had four goals and an assist, Peyton Long had three goals, Luke Legacy had a pair of goals and a pair of assists, Lincoln Manson and Cooper Legacy each had a goal and Eli Ibarquen had an assist while Robbie Thorne made seven saves in net. Mausolf praised the defense of Ryan Killion, Cooper Mack, Logan Libby, AJ Dobbie and Harper Preston.

"Our effort was strong today, earning extra opportunities to go back on offense," Mausolf said.

Two days later the Bobcats went on the road and beat Gilford by

an 11-5 score. Plymouth led 4-0 after one and 5-1 at halftime before going up 8-2 through three and closed out the 11-5 win.

"Ben (Valenti) did an outstanding job at the faceoff X today," Mausolf said. "By winning those faceoffs, we were able to set up our offense and get into rhythm."

Long scored two goals, Galvin had a pair of goals and an assist, as did Manson, Taylor Rousseau, Caedon Mansseau, Cooper Legacy and Ibarquen each chipped in with a goal, Valenti had a goal and won 15 of 16 faceoffs and Thorne registered seven saves.

"It is a good day when you have eight different guys scoring a goal,"

Mausolf said. "It shows that we try to run our offensive sets and find the open guy, depending upon what the defense is giving us."

The Bobcat coach praised the defensive

play of Killion, Mack, Libby, Dobbie, Mansseau, Preston and Jack Hutchins.

Plymouth is scheduled to host Coe-Brown on Friday, May 17, Laconia on Monday, May 20,

and Bow on Wednesday, May 22.

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

Bobcat girls net a pair of victories

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth tennis girls picked up a pair of wins before running into the juggernaut that is the defending champions from Littleton to finish out the week.

The Bobcats opened the week on Monday, May 6, at Kennett and emerged with a 5-4 win over the Eagles, thanks to some strong play from the bottom of the lineup.

Abey Gordon won 8-1 in the fourth spot, Kerry Tole won 8-0 at number five and Kate Ricotta won 8-1 in the sixth spot. Emma Smith fell 8-3 at number one, Leela Bakhshi lost 8-4 in the second spot and Arianne Lee dropped an 8-5 decision at number three.

In doubles, Smith and Bakhshi dropped an 8-5 decision but Gordon and Lee won 8-3 in the second spot and Tole and Hailey Guilbert got an 8-1 win in the third spot to finish out the 5-4 win. Ricotta teamed with Katie Park and Claire Miller teamed with Sophie Kelsey to pick up 8-3 exhibition doubles wins.

The Bobcats hit the road to Lancaster on Tuesday and came out with a 6-3 win over White Mountains Regional.

Smith played a long match at number one and got a 9-7 win while Bakhshi went more than an hour and a half and finally got a 9-8 (7-2) win in the second spot and Lee won 8-2 at number three. Tole won 8-2 in the fourth spot and Ricotta won 8-4 at number five before Guilbert dropped an 8-4 decision in the



JOSHUA SPAULDING

Arianne Lee charges in to return a shot during action against Littleton on Saturday.



JOSHUA SPAULDING

Emma Smith prepares to fire a shot over the net during action Saturday against Littleton.

sixth spot.

In doubles, Smith and Bakhshi won 8-2 in the top spot, Lee and Guilbert dropped an 8-4 decision in the second spot and Tole and Izzy Son lost 8-1 at number three. Miller, Park and Kelsey all won exhibition matches as well.

The week ended with a Saturday afternoon tilt with Littleton. The undefeated Crusaders took the 9-0 win over the Bobcats.

Smith fell 8-2 at number one, Bakhshi lost 8-0 at number two, Lee dropped an 8-3 decision in a long match at number three, Gordon lost 8-0 at number four, Tole lost 8-0 at number five and Ricotta fell by an 8-5 score in the sixth spot.

Smith and Bakhshi lost 8-2 at number one doubles, Lee and Gordon dropped an 8-1 decision at number two and Tole and Son fell 8-3 at number three. Guilbert and Park played a great exhibition doubles match that went to the tiebreaker.

"Not an easy week ahead, but the girls are focused and getting better each match as they look forward to four home matches to finish out the regular season," said coach Diane DiNardo.

The Bobcats are slated to finish the regular season at home against Inter-Lakes today, May 16.

Sports Editor Joshua Spaulding

Four more wins for Plymouth tennis boys

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth tennis boys continued their dominance in the penultimate week of the regular season, picking up four wins, three on their home courts.

"It was nice to be at home (for three) this week," said coach Tony DiNardo. "Every time we practice or play, the goal is to get better from the experience and the kids have bought into that since the beginning.

"We're getting a lot of contributions from a lot of different people," the Bobcat coach added.

On Monday, May 6, the Bobcats got an 8-1 win over Division II Kennett. Leo Ebner won 8-2 in the top spot and Chance Twomey won by the same score at number two. Charlie Cushing won 8-0 in the third spot, Jack Swanson fell 8-3 at number four, Grady Marunowski won 8-0 at number five and Max Levin dropped an 8-1 decision at number six.

In doubles play, Twomey and Ebner won 8-0 at number one, Cushing and Levin won 8-5 in the second spot and Marunowski and Brennan Johnson won 8-6 in the third spot.

The next day, the Bobcats hosted Profile and got a 9-0 win over the Patriots. Ebner won 8-3 at number one, Twomey got an 8-6 win in the second spot, Cushing won 8-3 at number three and Swanson won 8-3 in the fourth spot. Marunowski won 8-1 at number five and Levin got the 8-3 win in the sixth spot.

In doubles, Twomey and Ebner won 8-1 in the number one position, Cushing and Swanson

won 8-2 at number two and Levin and Brennan Johnson won 8-1 at number three.

The Bobcats journeyed to Gilford on Wednesday, May 8, and picked up the 8-1 win, with all 10 kids that made the trip contributing to the win.

Ebner won 8-3 at number one, Twomey got an 8-1 win in the second spot, Cushing won 8-2 at number three, Swanson battled back from a 4-1 deficit to pick up an 8-4 win and Marunowski and Levin both got 8-0 wins to close out the singles.

Twomey and Ebner won 8-0 at number one, Declan Ulricson and Brennan Johnson won 8-1 in the second spot and Andrew Frazeur and Xander Tirrell won 8-1 in the third spot.

The Bobcats rested the top of the lineup in a match against a short-handed Inter-Lakes squad to close out the week. The Lakers had just four healthy players available.

Levin moved up to number one and got the

8-0 win, Ulricson won 8-1 in the second spot, Brennan Johnson won 8-0 in the third spot and Frazeur won 8-0 in the fourth spot.

"That was a solid performance by the six, seven, eight and nine in our lineup," DiNardo stated.

In doubles, Frazeur and JD Doherty won 8-6 at number one and Tirrell and Connor Johnson won 8-2 in the second spot.

DiNardo noted he was particularly impressed this week by the play of Cushing in the third spot in the lineup.

"Charlie is very efficient," DiNardo stated. "He makes smart, strategic decisions on the court and is able to adapt his game to his opponent.

"He's a very good player," the Bobcat coach continued. "He's a skillful tactician."

The Bobcats wrapped up the regular season after deadline on Wednesday.

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

Bobcats rally from early deficit for win over Laconia

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth baseball team fell behind early against Laconia on Monday, May 6, but rallied with eight runs in the final three innings to take the 8-4 win.

Laconia scored twice in the bottom of the first inning to take the early lead and that lead held until the top of the fifth when the Bobcats scored four times. Plymouth added another in the sixth and three in the seventh for the 8-2 lead before Laconia scored twice in the bottom of the seventh for the final score.

Noah Shaw pitched into the seventh inning, giving up seven hits and three earned runs while striking out eight and Johnny Flaherty came on to get the final

out of the game.

Trevin Stone delivered a solo homer to help pace the Plymouth offense, while Shaw added a double and a single and scored a run, Thomas Daigneault had a pair of hits, scored a run and drove in a run, Luke Diamond had a double and a single, scored twice and drove in a run, Kyle Dodge had a hit, drove in a run and scored a run and Tyler Dekutoski had a hit and drove in two runs.

The Bobcats got another solid pitching performance and some timely hitting to pick up a 3-0 win over Pembroke on Thursday, May 9. The Bobcats scored once in the second, once in the third and once in the sixth.

Flaherty got the start on the mound, giving the first four innings, giving up just

two hits and striking out three and Logan Finkle came on to finish things out, striking out seven in three innings of work.

Offensively, Jaxson Rineer had a hit and scored a run, Owen Cahoon had a hit and scored a run, Turner Oldenburg had a hit and drove in a run, Luke Diamond had a hit and drove in a run and Luke Bassingthwaite, Daigneault, Dekutoski and Dodge each chipped in with a hit.

Plymouth is slated to be at Bow on Friday, May 17, at home against John Stark on Monday, May 20, and at home against Kennett on Wednesday, May 22.

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

SPORTS

Newfound girls win Bristol Lions Invitational

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound track girls took the win in the Bristol Lions Invitational on Saturday while the Bear boys finished in fourth overall.

A highlight of the day for the Bear girls was in the 3,200 meters, where Emerald Briggs broke the school record with a time of 12:01.55 to take the win, beating the previous record of 12:01.7, set by Emma Lundberg 19 years ago. Ceili Irving finished in second in 12:50.25 and Charlotte Kaempfer was seventh in 14:17.6.

Isa LaPlume won the discus for the fourth year in a row at the meet, throwing 100 feet, 11 inches, with Isadora Robert in third at 89 feet, eight inches, Isabel Bralley in 10th at 60 feet, 11 inches and Lauren Mahoney in 25th place at 35 feet, eight inches.

Stacia Paul finished first in the 300-meter hurdles in a time of 50.85 seconds, with Adara Glidden in fifth in 57.35 seconds. Paul was also third in the 100-meter hurdles in 19.12 seconds, with Liliane Whittum in sixth in 19.92 seconds and Lauren Chabot in 11th in 22.73 seconds.

Elle MacDonald ran to second in the 100 meters in a time of 13.17 seconds, with Isabella Valliere in eighth in 14.77 seconds, Julia Reynolds in 10th in 14.83 seconds, Jordan Edwards in 13th in 14.97 seconds, Mikalah Somers in 14th in 15.29 seconds, Coretta Egan in 31st in 17.04 seconds and Amelia Corliss in 37th in 20.42 seconds.

MacDonald was also third in the 200 meters in 26.96 seconds, with Reynolds in 11th in 30.48 seconds, Edwards in 17th in 31.42 seconds, Valliere in 19th in 31.63 seconds and Somers in 27th in 32.35 seconds. Sophie Garlick-Drake finished in 12th in the 400 meters in 1:13.83 and in the 800 meters, Reece Cutting finished in 16th in 3:18.09. Addison Alpers was ninth in the 1,600 meters in 6:17.28 and Josie Halle was 15th in 6:56.63.

The Newfound girls won the 4X100-meter relay in a time of 53.09 seconds and the 4X400-meter team finished in seventh in 5:08.66. Kaempfer Garlick-Drake, Leah McFarland and Alpers finished first in the 4X800-meter relay in 12:35.61.

Robert finished in sixth place in the shot

put with a throw of 25 feet, 8.5 inches, Soren Cutting was 12th at 22 feet, five inches and Bralley was 17th at 20 feet, 10 inches. Reece Cutting was ninth in the javelin at 59 feet, six inches, Soren Cutting was 14th at 51 feet, three inches and Paul was 17th at 43 feet, four inches.

MacDonald finished in third in the high jump, clearing four feet, eight inches, Whittum was fifth at four feet, two inches and Annabel Smolenski was eighth at three feet, 10 inches. Rylee Barney finished in fifth in the pole vault at six feet, six inches, Egan was eighth at six feet, Rosalyn Gordon was 10th at the same height.

Soraya Glidden finished second in the long jump at 13 feet, six inches, Laurel McKellar was sixth at 12 feet, nine inches, McFarland was 16th at 10 feet, nine inches and Corliss was 23rd at seven feet, nine inches.

McKellar was third in the triple jump at 29 feet, 6.75 inches and Smolenski was 12th at 23 feet, 4.75 inches.

For the Bear boys, Colin Foster won the 1,600 meters in 4:43.18, with Wyatt Towne in 20th in 5:55.22, Tobias Eckert in 21st in 6:11.34 and Tucker Magrauth in 22nd in 7:56.92.

Evan Foster won the 3,200 meters in a time of 10:32.79 and Julian Field was fifth in 13:09.06.

Tegan Drake was third in the 200 meters in a time of 24.31 seconds, with Joshua York in 24th in 28.09 seconds, Lucas Ruseski was 32nd in 28.84 seconds and Curtis Seymour was 33rd in 29.04 seconds. In the 100 meters, Owen Wilkins was 15th in 12.5 seconds, Athanasius Orłowski was 16th in 12.62 seconds, York was 26th in 13.16 seconds, Seymour was 40th in 13.79 seconds and Ruseski was 43rd in 14.05 seconds.

Drake also placed fifth in the 400 meters in 55.4 seconds, with Jack DiFilippe in 22nd in 1:06.37. Brady Harker was fifth in the 800 meters in a time of 2:15.1, with Anthony Estes in 2:29.98 for 14th place and Benjamin Gilbert in 20th in 3:27.49.

The 4X400-meter Bears finished in second place in 3:53.25 and the 4X100-meter team was fifth overall in 59.11 seconds. The 4X800-meter team took the top spot with a time of 9:22.

Isaac Robert took fourth in the shot put at 37 feet, seven inches, Kason Knight was 17th at 31 feet, .5 inches, Beckett Mackay was 23rd at 28 feet, 7.5 inches, Hayden Mackay was 25th at 27 feet, 9.5 inches, Logan Fortin was 28th at 26 feet, six inches and RJ Huckins was 36th at 24 feet, eight inches. Robert was also 12th in the discus at 97 feet, three

inches, Knight was 17th at 87 feet, three inches, Caden Paul was 32nd at 68 feet, six inches, Vincent Triolo was 37th at 62 feet, four inches and Gabe Eckert was 41st at 52 feet, six inches.

Beckett VanLenten was fifth in the javelin with a toss of 119 feet, Ty Belyea was ninth at 112 feet, four inches, Hayden Mackay was 12th at 105 feet, three inches, Cam-

eron Ehmann was 15th at 102 feet, three inches, Dylan Hennessey was 16th at 101 feet, two inches, Beckett Mackay was 20th at 96 feet, six inches and Aidan Russell placed 23rd at 89 feet, eight inches.

Evan Foster was sixth in the high jump, clearing five feet, two inches and Will Bednaz was fifth in the pole vault at nine feet, Kelton Austin

was 13th at eight feet and Estes was 15th at seven feet.

The Bears will be hosting the Wilderness League Championships on Saturday.

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

Bobcats put up strong showing at Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Plymouth girls were fourth and the boys were fifth at the annual Bristol Lions Invitational on Saturday at Newfound.

Elli Englund won the 1,600 meters in a time of 5:32.94, with Addison Englund in second in 5:37.46 and Claire Gervez was 10th in 6:17.76.

Violet Towers ran to the win in the 400 meters in a time of 1:05.92, with Ellis Pietroniro in sixth place in 1:08.97, Elli Englund in seventh in 1:09.17, Xindi Thomas in 16th in 1:17.54, Naomi Koren in 18th in 1:20.2 and Rory Comtois in 20th in 1:23.78.

Anelie Flynn won the 100-meter hurdles with a time of 17.97 seconds, with Maggie Pitman finishing in 21.57 seconds for ninth place.

In the 100 meters, Jennifer Watson was third in 13.53 seconds, with Addison Kay in 15th in 15.32 seconds, Sophia Giovan in 16th in 15.47 seconds, Josey Price was 17th in 15.56 seconds, Courtney Sabato was 20th in 16.06 seconds, Alexandra Surkhabi was 23rd in 16.2 seconds, McKenzie Hickey was 27th in 16.28 seconds and Aubrianna Stewart was 28th in 16.53 seconds.

Watson was also sixth in the 200 meters in 28.54 seconds, with Pietroniro in eighth place in 29.47 seconds, Flynn in 16th place in 31.32 seconds, Sabato in 21st in 31.87 seconds, Price in 29th in 32.87 seconds, Hickey in 32nd place in 33.57 seconds and Stuart in 36th place in 34.3 seconds.

Reagan Sutherland finished in second place in the 800 meters in a time of 2:37.39, with Heron Hanon in fourth in 2:39.22, Addison

Englund in fifth in 2:39.56, Leah Ines in eighth in 2:45.27, Thomas in 13th in 3:07.03 and Koren in 14th in 3:12.94. Ines was also sixth in the 3,200 meters in a time of 14:08.13.

Sydney Valenti was fourth in the 300-meter hurdles in 56.47 seconds, while the team of Pietroniro, Towers, Valentie and Watson was third in 54.02 seconds in the 4X100-meter relay and the team of Pietroniro Towers, Sutherland and Valenti was second in 4:32.49.

Valenti was also second in the triple jump at 31 feet, 4.2 inches while in the long jump, Pitman was seventh at 12 feet, 7.5 inches, Sabato was ninth at 11 feet, 10 inches and Sikorovsky was 24th at four feet, three inches.

In the shot put, Elizabeth Cate was 15th at 21 feet, 4.5 inches and Zoey Sikorovsky was 25th at 10 feet, 11 inches while in the discus, Surkhabi was 13th at 55 feet and Cate was 15th at 51 feet, five inches. Cate was also 21st in the javelin with a throw of 39 feet, five inches.

For the boys in the 100 meters, Gabe Kean was second in 11.58 seconds and Nathan Lyons was third in 11.95 seconds. Hassan Osseirian was 31st in 13.46 seconds, Simeon Crane was 39th in 13.78 seconds and Harrison Dixon was 50th in 15.31 seconds.

Lyons ran to fourth place in the 200 meters in a time of 24.33 seconds, with Osseirian in 22nd in 27.67 seconds, Crane in 29th in 28.64 seconds and Dixon in 39th in 31.97 seconds. West Thompson was ninth in the 400 meters in 58.2 seconds, Graeme Burtis was 11th in 59.08 seconds, Alexander Ballou was 18th in 1:03.59 and Will Smoker was 24th in 1:09.76.

Tate Hayman placed second

in the 800 meters in 2:07.82, with Thompson in 12th in 2:28.94, Burtis in 15th in 2:31.17 and Ballou in 16th in 2:37.37. Hayman also placed second in the 1,600 meters in 4:44.61, with Abraham Hankens in eighth in 5:22.13 and Smoker in 18th in 5:42.47.

The Bobcat team of Osseirian, Thompson, Lyons and Kean was third in the 4X100-meter relay in 47.17 seconds and the team of Hankens, Thompson, Osseirian and Hayman was ninth in the 4X400-meter relay in 4:04.25. Isaac Ahern was 20th in the shot put at 30 feet, six inches, Sebastian Sargent was 30th at 25 feet, 11 inches and Evan Duchette was 40th at 18 feet, five inches. Ahern was 19th in the discus at 81 feet, seven inches, Sargent was 25th at 75 feet, eight inches, Duchette was 40th at 53 feet, one inch and Draven Isabelle was 45th at 23 feet, one inch.

Kean finished in second place in the javelin with a toss of 145 feet, two inches, with Lyons at 88 feet, nine inches for 24th place, Sargent in 31st at 75 feet, five inches, Duchette in 39th at 63 feet, and Isabelle in 42nd at 42 feet, four inches.

Kean was second in the high jump as well, clearing five feet, eight inches while Crane was fifth in the long jump at 14 feet, nine inches, Gavin Rheume was ninth at 14 feet, one inch and Dixon was 16th at nine feet, seven inches. Rheume was also eighth in the triple jump at 31 feet, three inches.

Plymouth is back to work on Saturday for the Wilderness Championships, taking place at Newfound.

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

High School Slate

Friday, May 17

NEWFOUND

Baseball vs. Inter-Lakes; 4:30

PLYMOUTH

Baseball at Bow; 4
Boys' Lacrosse vs. Coe-Brown; 4
Softball at Bow; 4

Saturday, May 18

NEWFOUND

Track Home Meet; 9

PLYMOUTH

Track at Newfound; 10

Monday, May 20

NEWFOUND

Baseball vs. Campbell; 4
Softball vs. St. Thomas; 4

PLYMOUTH

Baseball vs. John Stark; 4
Girls' Lacrosse at St. Thomas; 4
Softball vs. John Stark; 4

Tuesday, May 21

NEWFOUND

Softball vs. Winnisquam; 7:30

PLYMOUTH

Boys' Lacrosse vs. Laconia; 4

Wednesday, May 22

NEWFOUND

Baseball vs. Mascoma; 4

PLYMOUTH

Baseball vs. Kennett; 4
Boys' Lacrosse vs. Bow; 4
Softball vs. Kennett; 4

All schedules are subject to change.

PETS OF THE WEEK



Belle

Belle is truly the Belle of the ball! She's a beautiful, loving, and kind lady who loves to sit in the sun, play ball, and go on long walks. She's a cuddle master, and is always in the best of moods. You'll fall for her immediately!



Nacho

Nacho is eager to find his forever home! He is hoping to have plenty of room to explore and be your one and only feline friend. Nacho will be confident independently, but does have experience living well with cat savvy dogs.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

SPORTS/LOCAL NEWS

Bears can't keep up with defending champion Timber Wolves

BY JOSHUA SPAULDING

Sports Editor

ALTON — The two-time defending champion Prospect Mountain softball team got on the board early and then added a five-spot late to close out a 12-0 win over Newfound on Friday, May 10.

Prospect pitcher Ella Bernier set the Bears down in order in the top of the first and the Timber Wolves took the lead in the bottom of the inning. Tori Christie worked a walk to open the game and Alexis Wilson followed with a homer over the fence in left for the 2-0 lead. Newfound pitcher Jayden Gilpatric got the next three batters in order to close out the inning.

Adeline Dolloff led off the top of the second with a double to



JOSHUA SPAULDING

Jayden Gilpatric pitched well for Newfound in last week's matchup with Prospect Mountain.

right field and one out later, she took third in a groundout by Gilpatric. However, Bernier got a groundout to end the inning and Prospect added to their lead in the bottom of the second.

Olivia Noyes reached on an error with one out and Layla Hills Grove took over on the bases.



JOSHUA SPAULDING

Katie Sweeney guns a throw to first base during action last week in Alton.

One out later, an Eve Roberge base hit and a triple from Christie had the Timber Wolves up 4-0. Wilson reached on an error to drive home another run and a Bernier double plated another run for the 6-0 lead before a Gilpatric strikeout ended the inning.

Cora Sanschagrin had a one-out infield hit in the top of the third,

but Bernier struck out the side around the hit. Gilpatric worked around the third. Paige Harding walked with one out and Noyes followed with a base hit, with Hills Grove again taking over on the bases. Roberge worked a two-out walk to load the bases, but a pop up to Dolloff at shortstop ended the threat.

Wilson took over in the circle in the fourth inning and Katie Sweeney led off the inning with a base hit but was cut down at second on a groundout by Dolloff. A pair of groundouts ended the inning to keep the shutout intact.

Wilson singled to open the bottom of the fourth inning before Bernier worked a walk and Hannah Colby took over for Wilson on the bases. One out later, Gwen Christie and Harding worked walks to make it a 7-0 lead before a pop up and a groundout ended the inning. Wilson set the side down in order in the top of the fifth inning and put the game away in the bottom of the inning.

With one out, Tori Christie doubled and Wilson was hit by a pitch,

with Colby again taking over on the bases. Maggie Damon grounded out to plate a run and a Maria Gates base hit drove in another run. Gwen Christie doubled in another run and a Harding single made it 11-0. Noyes then sent everyone home with a double to left to close out the 12-0 win.

Prospect is scheduled to be at St. Thomas on Friday, May 17, at home against Hillsboro-Deering on Monday, May 20 and at Belmont on Tuesday, May 21.

Newfound is slated to be at home against St. Thomas on Monday, May 20, and at home against Winnisquam on Tuesday, May 21.

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

Baseball Bears blanked by Prospect Mountain

BY JOSHUA SPAULDING

Sports Editor

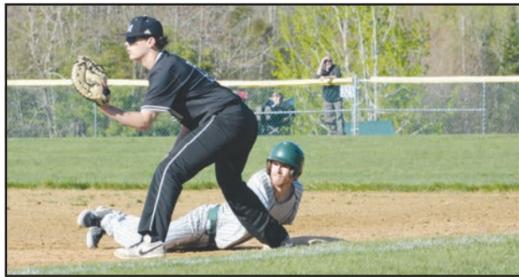
ALTON — The first batter of the game for the Prospect Mountain baseball team scored in Friday's matchup with Newfound. While it was far from the only run the Timber Wolves scored on the day, it would be the only one they needed, as the hosts got a 10-0 win over the visiting Bears.

Landon Sargent reached on an error with two outs in the top of the first, but he was stranded there when Prospect starter Nate Leavitt got a strikeout. Wyatt Brownell led off the bottom of the first with a base hit and two outs later a base hit from Knyte Neathery plated the first run of the game. David Joyce reached in the top of the second inning but he was stranded on second when Leavitt got a strikeout and a groundout to end the inning.

Leavitt reached on an error in the bottom of the second inning and came around to score when Kenny Fontaine and Gavin Gorton reached for the 2-0 lead.

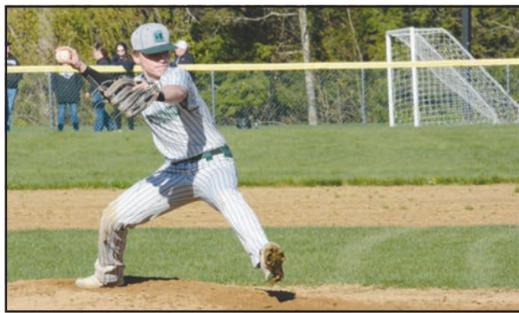
Ryder Sargent walked with one out in the top of the third and Josh Blouin followed with a base hit, but they were both stranded as Leavitt got a fly ball to center and a strikeout.

Spencer Therrien led off the bottom of the third with a walk and Neathery also worked a walk. Mason Pappaceno reached on an error and two outs later, a walk to Fontaine and a base hit from Gorton pushed across three runs for the 5-0 lead for the Timber



JOSHUA SPAULDING

Gavin Gorton takes a throw at first as Newfound's Cody Laflamme dives back into the bag in action on Friday.



JOSHUA SPAULDING

Ryder Sargent fires a pitch during action last week in Alton.

Wolves.

Leavitt struck out the side in the top of the fourth inning and Ryder Sargent took over on the mound for Newfound in the bottom of the inning. He set the side down in order with a couple of pop ups and a line drive to shortstop.

Cody Laflamme led off the top of the fifth with a base hit and he promptly stole second. After a strikeout, a line drive to second was snared by Mikey Perry, who turned it into a double play by flipping to second to end the inning.

Mason Pappaceno led off with a walk in the bottom of the inning, stole second and came all the way around to score on throwing errors. Perry reached on an error and a Leavitt double brought him around to score. Fontaine followed

with a base hit to make it 8-0 and one out later, a base hit from Brownell and a walk to Blake Pappaceno loaded the bases. Therrien grounded to third, forcing the runner at the plate, but back-to-back base hits from Neathery and Mason Pappaceno brought home the final two runs of the game, with the Timber Wolves finishing out the 10-0 win.

The Bears are scheduled to be in action on Friday, May 17, at home against Inter-Lakes, Monday, May 20, at home against Campbell and Wednesday, May 22, at home against Mascoma.

Prospect Mountain is slated to be in action on Friday, May 17, at Campbell, at home against Hillsboro-Deering on Monday, May 20, and at Belmont on Tuesday, May 21.

Last day of school in Ashland set for June 11

BY DAVID RUELL

CONTRIBUTING WRITER

ASHLAND — At their May 7 meeting, the Ashland School Board discussed the end of this school year and looked forward to the next school year and possible building improvements.

Superintendent Mary Moriarty reported that there was only one snow day in the entire school year. The School Board therefore approved an end of the year schedule, with the students having their last day of classes (with an early release) on Tuesday, June 11, and with the staff ending their school year on Wednesday, June 12.

Principal Guy Donnelly noted in his report that there were only 22 days left in the school year. Upcoming events will include National Junior Honor Society inductions, Warrior Awards, and the eighth grade graduation. He also reported that NH SAS testing of the students had begun that day. A book fair was scheduled for May 14 to 17. The spring sports teams (baseball and softball) were doing quite well and both were still undefeated. The school hosted a SAU 48 dance, which was very well attended.

The school appears to be ending the year in better financial shape than predicted. The administrators asked the board members to consider encumbrances from this year's budget for the next fiscal year, which will begin July 1, including up to \$15,000 for facilities (including bollards at the school entrances), up to \$43,000 for special education, and up to \$35,000 for electricity. Since the ventilation system was installed, electricity usage has increased. The board will not vote on these requests until June, when the actual fund balance will be clearer.

Special education will benefit from grants that will include ten extra days in the summer for teachers to work with the principal on improving the special education program. The principal and the teachers have been working on a revised school schedule for the next school year. The school now has some multi-grade classes, with, for example, third and fourth graders sharing math classes. The new schedule would move towards more single grade level teaching. The change can be made without adding staff. Multi grade teaching would remain in some areas, such as music and art. The school board approved the proposed 2024-25 school schedule. The board also approved increased prices in the next school year for school meals, raising the cost per student by 25 cents for lunch and 10 cents for breakfast.

The school was not able to use grant money allocated for insulating the gymnasium roof in the allotted time, as structural issues have to be addressed. So, that grant money has been returned, but could be sought again in the future.

The school is eligible for a \$1,352,000 project to reduce energy loss in the main school building. But the school district would have to pay 20 percent of the cost, about \$270,000. There are some questions that need answers, such as whether the school has to pay the costs up front or not, and how the construction schedule will affect students and

staff. But, the school district does have five years to do the work. So, the Superintendent will seek answers to the questions.

The school has received a \$100,000 SAFE grant from the State of New Hampshire to upgrade the surveillance camera system. Normally, school policy requires three bids for such a project. But the Superintendent asked if that requirement could be waived and Pro Technologies be hired for the work, so that it could be done before school reopens in the fall. The board voted three in favor, with two abstaining, to approve that request.

The School Board ended its meeting with a non-public session, after which they voted to hire two teachers for the next school year, Jared Steer as the music teacher and Emily Thibault to teach middle school math.

BERLIN BUSINESS DIRECTORY

SENIORS

WORKED IN FLORIDA FOR SENIORS HELPING SENIORS. COMPANIONSHIP, DRIVING TO DOCTORS, SHOPPING, ETC. LOOKING FOR CLIENTS IN NH.

BILL SPRINGER,
CERTIFIED PERSONAL TRAINER
WATERVILLE VALLEY
954-232-8179

salmonpress.com

DRYWALL/PAINT

FARRELL
Drywall/Paint

(603) 387-0246

Fully Insured

Center Tuftonboro, New Hampshire

ROOFING

AFFORDABLE ROOFING

"The Roofing Specialist"
VETERAN OWNED



All types of shingles, Asphalt, Standard Seam, Metal & Rubber

SPRING SPECIAL

Power Wash your home and vinyl siding like new again!

WILL BEAT ALL COMPETITION

FREE ESTIMATES



1-603-991-7476
OVER 45 YEARS OF EXPERIENCE



10% OFF VETERANS & SENIORS

Ashland

FROM PAGE A2

attorneys will be asked to work on the issue.

After the town of Plymouth substantially raised its rates for providing ambulance services to Ashland, the Ashland selectmen decided to not continue its annual contract with Plymouth beyond June 30, when the current contract expires. This move raised concerns about ambulance service coverage in Ashland, particularly in the evenings

and nights. Fire Chief Steve Heath explained that the per diem full-time EMT/firefighters handle ambulance calls (about 60 to 65 percent of the total) during the 8 a.m. to 5 p.m. period, but after 5 p.m., medical calls are handled by on-call personnel. The chief was worried that the on-call EMTs could get burned out from too much work. Selectman Meghan Semiao met with Plymouth's Town Manager and Fire Chief to discuss alternatives. A proposal was made that Ashland would pay a retainer fee of \$50,000 to Plymouth and a set fee for each ambulance run the Plymouth depart-

ment makes to Ashland in the 5 p.m. to 8 a.m. time period. This new arrangement was proposed to keep

Ashland's expenses within the current ambulance budget approved by the voters in March. The selectmen agreed to consider a new agreement with Plymouth based on that proposal.

The board met with Benoit Lamontagne of the New Hampshire State Department of Business and Economic Affairs. He works on economic development in the state's northern three counties. Lamontagne discussed with the selectmen various sources of funding and assistance for business development that would be available to the Town. He noted that businesses are interested in buildings that they can move into. Such a building will be available soon in Ashland, as Freudenberg NOK has notified its employees in its Ashland facility on Main Street that they will be moved to the company's Bristol plant by the end of the year. The large wooden building that was part of the LW Packard mill

and was taken by the Town for non-payment

of taxes was also discussed.

The selectmen approved new fees proposed by Parks and Recreation Director Ann Barney (who also serves as a Selectman), who explained that fees had not been raised for years, despite the rise in expenses. The cost of the After School program will increase by \$1 per day per child. The daily beach pass will rise by \$1, while the season beach pass will be increased by \$5 for residents and \$10 for non-residents. The cost of renting the Booster Clubhouse for a full day will be raised from \$140 to \$170. Because of the increased costs of disposing of trash, increases in disposal and tipping fees at the transfer station will be considered at a public hearing at the Selectmen's next regular meeting.

David Haley, who bought a two-unit house on Cottage Street in 2023, was surprised by the 66 percent increase in his taxes that followed six months later, which he said would force him to substantially increase his rents or to add a third unit. He was also concerned by the "small

lake" that appears in his yard, because a neighbor across the street

has to pump out his cellar on a regular basis. That problem may not be fixed until the street is rebuilt with improved drainage, but Selectman Charles Bozzello and Town Manager Fred Welch did suggest that Haley seek a tax abatement on his property. Town Clerk/Tax Collector Becky Hartley obtained the selectmen's approval for tax abatements for two property owners. She has also used her authority to grant small tax abatements for tax bills that would cost more to collect than they would bring in, including an abatement for two cents.

What to do with properties taken by the town for non-payment of taxes is an issue. The St. Jean brothers of JSJ Auctioneers spoke at length of their services and experience auctioning off tax deeded properties, noting the number of real estate investors who attend their auctions. At the end of the meeting, the selectmen briefly discussed that process.

After some discussion of the history and

purpose of a Water Department capital reserve fund, the selectmen approved using \$19,995 from that fund to rebuild and replace the pump in Water Well 2. They accepted a \$1,500 donation to enable more kids to attend the Summer Camp program and an anonymous \$10,000 donation for a new Police facility. They approved an intent to cut timber on North Ashland Road, and the use of Route 175 for the annual Reach The Beach Running Relay in mid-September. The selectmen authorized the Town Manager to sign the permits needed for the Fourth of July celebration and the use of the Town attorneys to assist the Planning Board and the Trustees of Trust Funds on particular issues. The wanderings of the Pemigewasset River over the years have taken out the marker for the northwest corner of the town on the river bank. So, the selectmen approved a plan to replace the marker with a stone and a deeply driven steel pipe.

Now that the board is complete, the selectmen finished their ex officio assignments, putting Janosa on the Planning

Board (with Andrew Fitch as the alternate), Semiao on the ZBA, and Fitch on the Police Station Committee. What to do with the Waste to Energy Committee, whose members' terms have expired, was a question. Bozzello suggested

that the committee be replaced with a more general Economic Development Committee, an idea the Selectmen will discuss at a future meeting. The Town Manager suggested that the Selectmen appoint a Conservation Commission.

The selectmen had put on hold a plan to rebuild and repave a part of Hicks Hill Road, as well as Libby Lane and Mountain View Drive, because of concerns that the last two had not been accepted as town roads. It was determined that they were in fact town roads, so the selectmen voted to proceed with the project. Chairman Fitch explained

that the board will have to hold non-public sessions to review the minutes of previous non-public sessions to see if they can be released to the public. The selectmen ended their meeting with a non-public session.

REAL ESTATE



**97 Daniel Webster Highway
Meredith, New Hampshire**

**Call us at:
(603) 279-7046**

Find us @rocherealty



Search New Hampshire properties at www.rocherealty.com

<p>\$189,900</p>  <p>MLS# 4989637</p> <p>Danbury: 2 lots of record totaling 10.2 +/- acres ready for your ideas. The gently sloping land is south facing overlooking Hoyt Brook on a dead end road. There is driveway in place and an expired septic design.</p>	<p>\$300,000</p>  <p>MLS# 4994244</p> <p>Meredith: 7.66 +/- acres that have been cleared and some site work has been started. This location with south east exposure and mountain views in a serene setting is ideal if you are looking to create you perfect getaway or primary home.</p>	<p>\$449,900</p>  <p>MLS# 4994141</p> <p>Tamworth: 3BR/2BA charming saltbox home on 1.58 +/- acres. The landscaped yard has space for entertaining as well as raised garden beds and outbuilding. Enjoy indoor/outdoor living with a spacious deck off the kitchen.</p>	<p>\$649,000</p>  <p>MLS# 4994643</p> <p>Laconia: 3BR/3BA beautifully remodeled home with seasonal lake views of Paugus Bay in Nature's View. Featuring cathedral ceilings, refinished hardwood floorings, built-ins, stone fireplace, remodeled kitchen with new appliances, new lighting, and many more recent upgrades.</p>
--	---	--	--

Over 10,000 CLOSED transactions in New Hampshire!
Voted #1 BEST Real Estate Company in NH's Lakes Region five years in a row, and #1 BEST Commercial Real Estate Broker!

* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

Belmont Village Apts, Belmont, NH
AVAILABLE SOON!

Now accepting applications:

Subsidized two bedroom town house style apartment. On-site laundry, parking, 24-hr maintenance, close to center of town, No Pets, NO SMOKING. Must meet income limit guidelines; rent starting at \$1,135.00, plus utilities; security deposit required.

Download application at
<https://www.sterling-management.net>

or call office at
603 267 6787




GOT A HOUSE FOR SALE?



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write: The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



EQUAL HOUSING OPPORTUNITY



TO VIEW THESE AND OTHER PROPERTIES, VISIT:

- Alpine Lakes Real Estate: www.alpinelakes.com
- Badger Peabody & Smith Realty: www.peabodysmith.com
- Bean Group: www.beangroup.com
- Century 21 Country Lakes Realty: www.countrylakesrealty.com
- Century 21 Twin Rivers Realty: www.nhreal21.com
- Coldwell Banker: www.cbldmill.com
- Coldwell Banker Residential Brokerage: www.newenglandmoves.com
- ERA Masiello: www.masiello.com
- Exit Lakeside Realty Group: www.exitlakeside.com
- Granite Group Realty Services: www.granitegrouprealtyservices.com
- Gowen Realty: www.gowenrealty.com
- Kressy Real Estate: www.kressy.com
- Lakes Region Realty: www.lakesregionrealstate.com
- Lamprey & Lamprey Realtors: www.lampreyandlamprey.com
- Maxfield Real Estate: www.maxfieldrealestate.com
- McLane Realty: www.mclanerealtyplymouth.com
- Mountain Country Realty: www.mountaincountryrealstate.com
- Nash Realty: www.nashrealty.com
- New Hampshire Colonial Real Estate: www.squamlake.com
- Noseworthy Real Estate: www.noseworthyrealstate.com
- Old Mill Properties: www.oldmillprops.com
- Pine Shores Real Estate: www.pineshoresllc.com
- Preferred Vacation Rentals: www.preferredrentals.com
- Remax Bayside: www.baysidenh.net
- Roche Realty: www.rocherealty.com
- Strawberry Lane Real Estate: www.strawberrylane.com
- Town & Forest Realty: www.townandforest.com



**285 Daniel Webster Highway
(603) 677-7007
www.MeredithLanding.com**



MEREDITH: Lake Waukewan waterfront home featuring 2BR/2 baths, a detached garage, 225' of sandy lakefront with nice swimming, and gorgeous sunsets all year long!
\$1,399,000 #4992362



MEREDITH: Beautifully decorated Cape on 1.82 acres featuring 4BR/3 baths, updated kitchen, 2-car attached garage, lovely perennial gardens surrounding the deck and patio.
\$799,000 #4986786

Camelot Home Center

ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14' WIDES	
 List Price: \$86,995 \$77,995* 66' 3 Bed, 2 Bath	 List Price: \$89,995 \$86,995* 68' 3 Bed, 2 Bath
DOUBLE WIDES	
 List Price: \$119,995 \$115,995* 56' 3 Bed, 2 Bath	 List Price: \$130,995 \$127,995* 48' 3 Bed, 2 Bath
*PRICES SUBJECT TO CHANGE HOMES FROM COLONY, MARLETTE, NEW ERA & TITAN	
MODULARS	
 \$119,995* 2 Bed, 1 Bath	 \$179,995* 1,568sq ft. 2 story 3 Bed, 2.5 Bath.

Visit Our Website: WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

PLYMOUTH APARTMENTS

ONE & TWO BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY
An Equal Housing Opportunity Agent
603-536-4402 • Contact us Today!



100 accessible

Advertise Here

Squam Lakes Association presents "It's Warblin' Time"

HOLDERNESS — Join the Squam Lakes Association at 7 a.m. on May 25 to look for some beautiful spring birds! Every spring, billions of birds migrate north through the United States, traveling from their wintering areas in South and Central America to northern breeding grounds.



Among the most diverse and colorful spring migrants are the wood-warblers, a group of small perching birds with many beautiful species that become suddenly abundant in late spring. Especially in New England, the spring warbler migration is one of the high points of the birdwatching calendar. The SLA's Lakes Region Conservation Corps members will help participants locate and identify these birds and learn about their remarkable ecology, and what we can do to protect them for the future.

This program will take place at the Alice Bernis Thompson Wildlife Sanctuary, a NH Audubon property. Birdwatchers of all experience levels are encouraged to attend and bring their own binoculars and field guides. The SLA will also be able to provide a few pairs of binoculars. Families and children are permitted to attend, although participants will need to remain calm and quiet while we are looking for birds.

For more information, or to sign up for this program, visit the SLA events

calendar at squamlakes.org/calendar, or call the SLA at 603-968-7336. The SLA offers guided hikes and educational programs throughout the year. All programs are free and open to the public. Adventure Ecology programs are presented by the SLA's Lakes Region Conservation Corps members, 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.

Newfound Area Charitable Fund supports TTCC!

BRISTOL — On May 9, amidst the biting flies and the famous Running Bear of Basic Ingredients Bakery, the Newfound Area Charitable Fund presented a check for \$1,500 dollars to the Tapply-Thompson Community Center (TTCC). Assistant Director, Daniel MacLean accepted the check on behalf of the center as the money will be split between Field Trip Scholarships and for their Every Child is Ours – Weekend Food Supplement program.



"We are so grateful for the work the Committee does. It's an amazing group and they've been doing it for fifteen years. We really appreciate their support," said MacLean.

The Newfound Area Charitable Fund has been helping area non-profits for fifteen years, through a Run your Buns Off 4.2 Mile race fundraiser. The fun-filled course starts and finishes on the shores of Newfound Lake, as it weaves its way through our communities nooks and crannies. This year's race is being held on Aug. 31 at 8:30 a.m., as registration is now open,

with donations graciously accepted.

"Our committee is devoted to our community, and we are amazed how the community has embraced our 'little race.' Folks love the friendly vibe and positive atmosphere that our race day creates. More importantly they get to mix fun with the spirit of giving. We also are so thankful to our sponsors who support and believe in our mission and give of their hard-earned dollars and in-kind services," said Garlyn Manganiello, Vice President of the Newfound Area Charitable Fund.

The "Run your Buns

Off Race" and Newfound Area Charitable Fund has distributed more than \$117,000 since its inception and has grown every year with the communities help and support. The Race Committee offers professional chip timing, a large raffle and of course, the most delicious sticky buns around. The event does not offer same-day race registration, so please register online ahead of time! There are some new racer gifts for all participants this year, as we hope you can grab your friends and family to help raise funds for the Newfound Community and the NH Food Bank, -this years community beneficiary.

SLA launches Weed Watchers program

HOLDERNESS — The Squam Lakes Association routinely surveys and removes invasive Variable Milfoil in Little Squam and Big Squam Lakes. The SLA's Lakes Region Conservation Corps members scuba dive to reach the plants and pull up as much of the invasive as possible. Over the years, there has been significant decreases in variable milfoil distribution across the lakes. But it is still an ongoing issue, and you could help out!

Join the SLA on Sunday, May 26 from 2 to 5 p.m. to learn how to identify aquatic invasives at this first Weed Watchers event of the season. The Weed Watchers volunteer program, started by the New Hampshire Department of Environmental Services, enables anyone to help protect our lakes against the spread of invasive species by becoming an extra pair of eyes on the lake to spot and report potential invasions. The event will consist of a training on how to identify variable milfoil and other invasive aquatic species, and how to differentiate them from native species, all from the comfort of a kayak or canoe. After this training session, you will be able to look for invasive species like variable milfoil on your own and know how to report sightings on Squam as an official Weed Watcher!

This event will be hosted at the Squam Lakes Association at 534 US Route 3 in Holderness. The SLA will be providing kayaks for use, as well as the necessary equipment for surveying. However, you are welcome to bring your own as well as any questions you have.

To register for this free event, head to Squamlakes.org/calendar.

GENERAL SERVICES

PROPERTIES FOR RENT
Prince Edward Island, Canada
Summer/Fall Weekly Cottage Rental
 2-bedroom newly constructed oceanfront cottage that sleeps 8. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking.
 \$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu
TYBEE ISLAND, GEORGIA
YEAR-ROUND SHORT-TERM RENTAL
 1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary.
 Contact Oceanfront Cottage Rentals at 800-786-5889 or <http://www.oceanfrontcottage.com/listings/218-bay-breezes>

LOW COST SPAY/NEUTER

Rozzie May
 Animal Alliance, cats and dogs.
 Cat Cab service available.
 Military discounts.
 Sign up on line
www.rozziemay.org
 or call 603-447-1373

HELP WANTED

Scott Burns' Landscaping, LLC
 Well-established Lakes Region landscape company is hiring for the upcoming season. Positions available include gardeners as well as hardscape and softscape crew leaders and members.
 If you are looking to change it up and love the outdoors with a M-F work schedule, give us a call. Valid driver's license required.
 For more info, contact Scott at 603-279-8100 or email scott@scottburnslandscaping.com

Help Wanted 2024 Summer Season

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet fast paced marina environment. Must be at least 16. Boater's Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website holdernessharbor.com under contact us or call 968-9001 and leave a message.
 Positions include Inside Customer Service/Outside Dock and Boat support.

Energysavers Inc. Since 1975
Full-Time Position Warehouse/Service

Energysavers Inc is looking for a self-motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts for jobs as well as receiving deliveries. We are a highly recommended 49 yr old Lakes Region retailer of well-known hearth & spa products. You can earn while you learn! Potential to move into a service or installation position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry an 80lb min.

Stop in to fill out an application:
Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

Energysavers Inc. Since 1975
Full-Time Installers Apprentice

Energysavers Inc., a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.
LEARN WHILE YOU EARN!
 No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.
Stop in to fill out an application:
ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH

Precision Lumber Inc.
IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
 VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
 or email lumber@lumbemh.com to request us to email an application

Precision Lumber Inc.
 576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

Precision Lumber Inc.
WATCHMEN WANTED
PART TIME WATCHMEN
POSITIONS AVAILABLE

Precision Lumber Inc.
 576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
 603-764-9450

HELP WANTED

Call our toll-free number 1-877-766-6891
and have your help wanted ad in 11 papers next week!

Moultonborough Academy

Moultonborough Academy has the following openings for Coaching positions for 2023-2024.

Fall:

- JV Girls Volleyball
- Varsity Girls Soccer
- Varsity Girls Soccer Assistant
- Middle Level Boys Soccer Assistant
- Middle Level Cross Country
- Middle Level Volleyball Assistant

Winter:

- JV Girls Basketball Assistant
- Varsity Boys Basketball
- Middle Level Boys Assistant

Year Round:

- Volunteer Coaches – all seasons

Previous coaching and playing experience preferred but not mandatory. If you are interested in one of these opportunities, please contact Athletic Director, Chris Wood at 603-476-4817 or cwood@sau45.org. All positions open until filled.



OUTSIDE THE BOX

Contact your
Sales Representative
to discuss
advertising options
Tracy Lewis
603.616.7103
tracy@salmonpress.news

Town of Plymouth Highway Department Highway Worker/Mechanic

The town of Plymouth, NH, qualifications will determine pay rate, attractive benefit package, for an individual who has a knowledge of small engine repair, diesel engine repair, hydraulic systems operation and repair and general knowledge of light and heavy-duty trucks. Be part of winter operational services. Must have CDL-B with air brake endorsement, NH Inspection license or capable of obtaining one upon hire. It is required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

Applications are available at www.plymouthnh.gov Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage.

Town of Plymouth Highway Department

Plymouth, NH 03264

(603) 536-1623 • Fax (603) 536-0042

highway@plymouthnh.gov

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates **need a valid driver's license with CDL-B endorsement**. This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

If you are looking for a drug free, appreciative working environment that offers a competitive wage and benefit package including: Vacation, Sick Leave, Personnel Days, Educational Training, Health Insurance (Employee pays 15% of premium), Dental Insurance (Employee pays 100% of premium), Group Disability and Life Insurance, and retirement through NH Retirement System, you may be the person we are looking for. The Town of Plymouth is an equal opportunity employer. Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website www.plymouthnh.gov or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.

VARNEY-SMITH Lumber Company, Inc.

IS HIRING FOR MULTIPLE POSITIONS

INSIDE SALES PERSON

Duties to include:

- Retail sales of lumber and building materials, windows, doors, cabinets as well as customer service.

CLASS B CDL TRUCK DRIVER/YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading/off loading incoming and outgoing deliveries

NON CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading/off loading incoming and outgoing deliveries

Must be conscientious, self-motivated, good with people,
a team player
Able to lift a variety of building materials
Preferably long-term employee

Benefit to include:

- Competitive Wages
- Paid Health Insurance
- Paid Vacations
- Paid Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
or send resume to varneysmithlumber@gmail.com



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability,

Long Term Disability, Life Insurance, 401k, 10 paid holidays,
paid vacation time, paid sick time, and many other incentives!

CNC Setup/Operator 1st shift – Pay depending on experience.

Sander 2nd shift – Pay \$19.00, plus shift differential.

Press Operator 2nd & 3rd shift – Pay \$18.00, plus shift differential.

Assembler 2nd & 3rd shift – Pay \$18.00, plus shift differential.

Process Tech 3rd shift – Pay \$23.00 and up depending on experience.

\$2.00 per hour shift differential on 2nd shift.

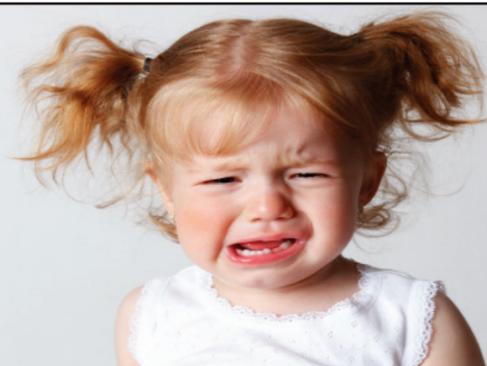
\$3.00 per hour shift differential on 3rd shift.

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com.

You can also email your resume directly to donna.doyle@psimp.com or call me at 603-941-0022. Please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.



Not getting enough attention?
Call your Sales Representative Today
Tracy Lewis : 603.616.7103
tracy@salmonpress.news

Groton Historical Society delves into life of Henry Dearborn

GROTON — On Memorial Day, Monday May 27, at 10:30 a.m., George Morrison will return to the Groton Town House (754 North Groton Rd.) with the program, "Henry Dearborn: From Captain to Cab-

inet Secretary," sponsored by the Groton Historical Society.

From Bunker Hill to Yorktown, Dearborn would serve eight years and a month, often at 'the sharp end' of things, as well as on Washing-

ton's staff. Post-war he served two terms in Congress, later as a cabinet secretary, and was, before retiring in 1824, President Monroe's Minister to Portugal. But in 1818 he found himself the center of controversy

that would extend to 1843.

George Morrison earned a BA in History at the University of New Hampshire. He served for 27 years as a high school teacher. A long-time researcher of unpublished pri-

mary sources, Morrison has contributed to the work of numerous aviation historians and artists in several countries. He is a lifelong photographer, historian, and motorcyclist.

This program is free

and open to the public, through a grant from the New Hampshire Humanities. Refreshments will be provided.

For more information, contact Sherry Nelson at (603) 744-9744.

LEGAL

LEGAL PROBATE NOTICE
THE STATE OF NEW HAMPSHIRE
 2nd Circuit - Probate Division - Haverhill
 4/26/2024 thru 5/9/2024

APPOINTMENT OF FIDUCIARIES
 Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County. All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Akerman, Ricky C., late of Alexandria, NH. Amanda M Gilbert, 73 Bedel Street, Manchester, NH 03102. #315-2024-ET-00195

Butler, Christopher C., late of Bridgewater, NH. Haven K Butler, JR, 113 Merrill Rd, Pittsburg, NH 03592. #315-2024-ET-00225

Cormiea, SR, Robert Earl, late of Plymouth, NH. Holly Jean Cormiea, 40 Cooksville Road, Plymouth, NH 03264. #315-2024-ET-00174

Morris, Deborah E., late of Lincoln, NH. Kamriss Meredith Miller, 45 Paradise Rd, North Woodstock, NH 03262. #315-2023-ET-00574

Rhubart, JR, John Harold, late of Woodstock, NH. Marcia L Crossley, 222 Kennard Rd., Manchester, NH 03104. #315-2024-ET-00171

Sharrow, Gary Lee, late of Ashland, NH. Pahl E Sharrow, 16 Prospect St, Ashland, NH 03217. #315-2024-ET-00110

Silva, Manuel J., late of Lincoln, NH. Cynthia M. Lariviere, 27 Elmview Avenue, Dartmouth, MA 02747. Patrick O'Brien Collins, ESQ, Resident Agent, McLane Middleton Professional Association, 100 Arboretum Dr Ste 140, Portsmouth, NH 03801. #315-2024-ET-00111

Dated: 5/10/2024

Russell Elementary School
 195 School Street, Rumney, NH 03266
 603-786-9591

Kindergarten Registration
 2024-2025 School Year

Parents are asked to pre-register their child for Kindergarten at res.pembaker.org.

If you have questions please call 603-786-9591.

All children who turn five years old by September 30th are entitled and encouraged to attend kindergarten.

Town of Plymouth
 Public Hearing Notice
 Tuesday, May 28, 2024
 5:15 pm
 Plymouth Town Hall

In accordance with RSA 231:157 thru 189 (Scenic Roadways), the Plymouth Selectboard will hold a public hearing on Tuesday, May 28, 2024 at 5:15 pm. This hearing will be for the purpose of discussing and taking public comment for the removal of a tree and realignment of ditch lines for road maintenance of a scenic roadway, within the Town of Plymouth. This roadway is known as Old Hebron Road. The public is encouraged to attend.

TOWN OF HEBRON
 PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, May 23, 2024 at 2:30 p.m. in the Town Office Building located at 7 School Street. The purpose of the hearing is to expend funds from the following Capital Reserve Funds and Reserve Funds:

- Road Emergency Repairs Capital Reserve Fund
- Preservation of Records Reserve Fund
- Common Landscape and Care Capital Reserve Fund

Any other business.

Hebron Select Board,
 Paul S. Hazelton, Chair
 Patrick K. Moriarty, Vice-Chair
 Richard A. James, Selectman

TOWN OF PLYMOUTH
 PUBLIC NOTICE

All Town Hall offices will be closed on Monday, May 27, 2024 for the Memorial Day Holiday. The parade will begin at 10:30AM.

Line-up is at 10:00AM at the Armory.

A ceremony will follow in front of the Town Hall once all parade participants have arrived.

Office of the Select Board

MORTGAGEE'S NOTICE OF FORECLOSURE SALE

By virtue of a power of sale contained in a certain mortgage deed given by JONATHAN DREW TROSSBACH, a single person, whose last known mailing address is c/o Robert Trossbach, 336 Beaver Street, Schuylerville, New York 12871-2008, to Bank of New Hampshire, 62 Pleasant Street, Laconia, Belknap County, New Hampshire, 03246, dated January 28, 2022, and recorded on January 31, 2022 in the Grafton County Registry of Deeds at Book 4704, Page 516, (the "Mortgage") the holder of said mortgage, pursuant to and in execution of said powers, and for breach of conditions of said mortgage deed, (and the Note secured thereby of near or even date, and related documents) and for the purpose of foreclosing the same shall sell at

Public Auction
 on
May 31, 2024
 at
11:00 AM

Said sale being located on the mortgaged premises and having a present address of 25 South Mayhew Turnpike, Hebron, Grafton County, New Hampshire, being all and the same premises more particularly described in the Mortgage.

PURSUANT TO NEW HAMPSHIRE RSA 479:25, YOU ARE HEREBY NOTIFIED THAT YOU HAVE A RIGHT TO PETITION THE SUPERIOR COURT FOR THE COUNTY IN WHICH THE MORTGAGED PREMISES ARE SITUATED, WITH SERVICE UPON THE MORTGAGEE, AND UPON SUCH BOND AS THE COURT MAY REQUIRE, TO ENJOIN THE SCHEDULED FORECLOSURE SALE. Service may be made upon the Bank at: Bank of New Hampshire, 62 Pleasant St., Laconia, NH 03246; or upon its agent at: Minkow & Mahoney Mullen, P.A., 67 Water Street, Suite 107, Laconia, NH 03246. Failure to institute such petition and complete service upon the foreclosing party, or his or her agent, conducting the sale prior to sale shall thereafter bar any action or right of action of the mortgagor based on the validity of the foreclosure.

For information on getting help with housing and foreclosure issues, please call the foreclosure information hotline at 1-800-437-5991. The hotline is a service of the New Hampshire Banking Department. There is no charge for this call. You may also contact the New Hampshire Banking Department at: 53 Regional Dr., Suite 200, Concord, NH 03301 or on its website at: www.nh.gov/banking.

TERMS OF SALE:
 Said premises will be sold subject to (i) all unpaid taxes and liens, whether or not of record; (ii) mortgages, liens, attachments and all other encumbrances and rights, titles and interests of third persons which are entitled to precedence over the Mortgages; and (iii) any other matters affecting title of the Mortgagor to the premises disclosed herein.

DEPOSITS:
 Prior to commencement of the auction, all registered bidders shall pay a deposit in the amount of Ten Thousand Dollars (\$10,000.00). At the conclusion of the auction of the premises, the highest bidder's deposit, if such high bidder's bid is accepted by the Bank, shall immediately be paid to the Bank and shall be held by the Bank subject to these Terms of Sale.

All deposits required hereunder shall be made in cash or by check to the order of the Bank, which is acceptable to the Bank in its sole and absolute discretion.

WARRANTIES AND CONVEYANCE:
 The Bank shall deliver a Mortgagee's Foreclosure Deed of the Real Estate to the successful bidder accepted by the Bank within forty-five (45) days from the date of the foreclosure sale, upon receipt of the balance of the Purchase Price in cash or check acceptable to Bank. The Real estate will be conveyed with those warranties contained in the Mortgagee's Foreclosure Deed, and no others.

FEDERAL TAX LIEN:
 If the property to be sold is subject to a tax lien of the United States of America Internal Revenue Service, unless said lien is released after sale, the sale may be subject to the right of the United States of America to redeem the lands and premises on or before 120 days from the date of the sale.

BREACH OF PURCHASE CONTRACT:
 If any successful bidder fails to complete the contract of sale resulting from the Bank's acceptance of such successful bidder's bid, such successful bidder's deposit may, at the option of the Bank, be retained as full liquidated damages or may be held on account of the damages actually suffered by the Bank. If such deposit is not retained as full liquidated damages, the Bank shall have all of the privileges, remedies and rights available to the Bank at law or in equity due to such successful bidder's breach of the contract of sale. Notice of the election made hereunder by the Bank shall be given to a defaulting successful bidder within 50 days after the date of the public auction. If the Bank fails to notify a defaulting successful bidder of which remedy the Bank has elected hereunder, the Bank shall be conclusively deemed to have elected to be holding the deposit on account of the damages actually suffered by the Bank. Upon any such default, the Bank shall have the right to sell the property to any back-up bidder or itself.

AMENDMENT OF TERMS OF SALE:
 The Bank reserves the right to amend or change the Terms of Sale set forth herein by announcement, written or oral, made prior to the commencement of the public auction.

For further information respecting the aforementioned foreclosure sale, contact JSJ Auctions, 45 Exeter Rd., PO Box 400, Epping NH 03042, (603) 734-4348.

Dated this the 12th day of April, 2024.

BANK OF NEW HAMPSHIRE
 By Its Attorneys
 Minkow & Mahoney Mullen, P.A.
 By: Peter J. Minkow, Esq.
 67 Water St., Suite 107
 Laconia, NH 03246
 (603) 527-8226

Publication Dates:
May 9, 2024
May 16, 2024
May 23, 2024



NH Electric Co-op

Board of Directors

ELECT

Affordability & Reliability

- ✓ **Barbour**
- ✓ **Bolduc**
- ✓ **Laufenberg**
- ✓ **Norton**

www.nhec.com/board-of-directors/director-election-process



Ballot Coming To Your Mailbox

PAID FOR BY BARBOUR, BOLDUC, LAUFENBERG AND NORTON

JOIN OUR TEAM WE ARE HIRING!

- ✓ Full- or Part-Time Positions
- ✓ Competitive Wages
- ✓ Competitive Benefits

You may apply online at belletetes.com under the ABOUT tab.



Jaffrey, NH Winchendon, MA Peterborough, NH
Nashua, NH Ashland, NH Andover, NH
Sunapee, NH Pembroke, NH Moultonborough, NH

belletetes.com

E.O.E.

OPEN POSITIONS
ASHLAND LOCATION
Experienced Contractor Sales
Lumber & Building Material Contractor Sales

Belletetes is family-owned and managed by third, fourth and fifth generation members that has been in business for over 125 years. With nine locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within.

Get Back to Living!



Discover Options for Managing Your Chronic Pain

Join Pain Solutions at this FREE Patient Education Event!

May 29, 2024

5:30PM to 6:30PM

Dr. James Mirazita

Sheraton Hotel
Balsam Room
11 Tara Boulevard
Nashua, NH, 03062

This is an in-person and online event!

To attend this event register online at:

BSNevents.com/2033j

978-835-2579



Or use your smartphone camera to register.

Hear from a special guest who is successfully managing their chronic pain.

We welcome family, friends and care providers to attend.

Refreshments will be provided.

NM-652307-AA ID#2033

THE EXPERTS IN ALL THINGS PAVED

BRYANT PAVING

603-279-1499

GRADING
PAVING
CRACK FILLING
SEALCOATING
REPAIRS
PLOWING

FREE ESTIMATES

WWW.BRYANTPAVING.COM

INDEPENDENT LIVING - ASSISTED LIVING - MEMORY CARE

Best value in the Lakes Region

Assisted Living Now Available!

"My mom became a resident of Peabody in August of 2023. Her care by all staff has been wonderful. My sister and I couldn't be happier and of course relieved that she's in a beautiful safe environment. Thanks to all the staff for making mom feel right at home." - Lise D.

- 85 years of exemplary care
- No entrance fee with all-inclusive amenities
- Pet Friendly
- Beautifully well-appointed suites
- Not for profit organization

Peabody Place

"A place for all seniors, we welcome diversity."

Call today for a personal visit and tour:
603.934.3718 24 Peabody Place, Franklin, NH Peabody.Place

Coast of Maine

ORGANIC SOILS & COMPOSTS

KEEP YOUR GARDEN SUSTAINABLE

Starting at \$8.99/bag

AVAILABLE AT YOUR LOCAL

LaValleys.com