

Sustainability Fair promotes environmental consciousness

BY DONNA RHODES
Contributing Writer

BRISTOL – Bristol’s Sustainability Committee held an informative fair at Kelley Park last weekend where children could enjoy some “recycled games” and parents could learn more about how they could help the environment. “Reduce, Reuse, Repurpose and Recycle” was the theme of the day and attendees learned ways they could do just that.

It all started with children playing ring toss, where they threw hoops at recycled cups, cans and containers. There was also a ball toss for two using cut outs in milk containers and a Tin Can Knock-down station where boys and girls were challenged to clear the tower of cans with one toss of a ball. Nearby committee member Herb D’Arcy oversaw a display for the new cardboard recycling initiative the committee started at



At Bristol’s Sustainability Fair last Saturday, Bristol’s Nancy Dowey demonstrated ways people can be more environmentally friendly with everyday products and practices in their household.

the Bristol Transfer Station in August of last year. While they can only accept corrugated cardboard (that which has a two-layer thickness with a honeycomb-like center) the town is seeing a lot of success with the program and 38.6 tons of cardboard have been taken from the waste stream thus far. “The market is strong and we’re doing much better than expected. Things are going well,” D’Arcy said. “We’ll probably hit 50 tons by the end of the year.”

SEE SUSTAINABILITY, PAGE A9

Bristol Historical Society announces 2022 season

BRISTOL — The Bristol Historical Society museum, located at 15 High St., will be open on Tuesday evenings, 6:30 to 8 p.m. and Saturday mornings 10 a.m.-noon beginning on June 7. A diverse collection of artifacts and photos showcasing Bristol and Newfound Lake history as well as many other items of interest are available for viewing. There is a small parking lot at the rear of the building. Mark your calendar and plan to join us for our next program. On Wednesday, June 15 at 7 p.m. in the Historic Town Hall on Summer Street, Jordan Tirrell Wysoki will present “Songs of Emigration: Storytelling Through Traditional Irish Music.” This program is provided through a grant from the NH Humanities Program. Other programs scheduled for this session are “Bees and Beekeeping” by Carolyn Fleubr-Lobban on Tuesday, Aug. 9, “History of Kelley Park” by Matt Greenwood in September with date to be announced later and on Oct. 13, “Our National Thanksgiving with Thanks to Presiden Lincoln and Mrs. Hale.” For more information or to schedule a visit to the museum when it is not open contact Lucille Keegan 603-744-2751.

NLRA partners with Loon Preservation Committee to protect Newfound's loons

BY AUDREY WEST
Newfound Lake Region Association

BRISTOL — With its iconic call and plumage, the Common Loon is a much loved summer sight in the Newfound watershed. Loons are threatened across the state, including on Newfound Lake. This year, the Newfound Lake Region Association is working with the Loon Preservation Committee (LPC) to help improve the chances of Newfound’s loons to survive and thrive. In spite of recent population gains, loons are still a threatened species in New Hampshire, facing risks from lead



NLRA conservation program manager Paul Pellissier and LPC field biologist Phil Keefe prepare a loon nest raft to help Newfound loons struggling to successfully nest and reproduce.

Newfound girls capture Wilderness championship Bear boys take second place overall

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound track team certainly had a good day at Saturday’s Wilderness Championships, as the Bear girls took the overall win with the boys finishing in second place overall. The Bears took the top four spots in the pole vault, with Taylor Mooney taking the win at seven feet, six inches, Malina Bohlmann finishing second at the same height and Mikayla Ulwick and Cassie Zick tying for third place at six feet, nine inches. Stacia Paul took the overall victory in the 300-meter hurdles in a time of 49.55 seconds. Paulina Huckins got the win in the shot put at 36 feet, 5.5 inches, MollyLu McKellar was third at 32 feet, 2.5 inches and



The Newfound track boys and girls pose for a photo after the girls won and the boys finished second at the Wilderness Championship on Saturday

COURTESY

New Hampshire Jewish Food Festival celebrates 25 years, welcomes the Laconia Village Bakery

LACONIA — The New Hampshire Jewish Food Festival will be open accepting online orders beginning on June 1 and continuing to June 30 with pickup, by appointment, on July 22, 23, or 24. Temple B'nai Israel is excited to announce Laconia Village Bakery will be supplying freshly baked rye bread, seeded or unseeded options, to make sandwiches with the deli meats from Evan's NY Style Deli. Along with the usual array of homemade Jewish foods that the Lakes Region has come to enjoy, the menu has been expanded to include halva, a sweet middle eastern treat, homemade Israeli salad, and reimagined recipes on several old favorites such as matzah ball soup and traditional rugalach, a sweet crescent shaped cookie. Quantities are limited so don't wait to order. Visit the temple Web site, www.tbih.org, beginning June 1.

This most unique event in the Lakes Region began on Sunday, July 13, 1997. The Jewish Food Festival

flyer advertised "delicious, homemade foods – knishes, kugel, hummus, etc. Eat "Under the tent or take home." The event included a raffle, white elephant sale and "other goodies." Temple B'nai Israel (TBI), like all nonprofit organizations, was looking for a way to raise much needed funds, to support various programs, including education and community enrichment. The festival was drawing huge crowds for one day in the busy summer season. As the crowds grew so did the menu which expanded to include stuffed cabbage, corned beef sandwiches, and a bakery table filled with all kinds of homemade goodies.

As the popularity of the Jewish Food Festival grew, the lines would begin forming at the front door by 10 a.m. for the opening at 11 a.m. By noon, several items were already sold out leading to disappointment and discontent amongst the customers and especially members of TBI. The first and easiest solution was to take preorders over the phone to avoid

disappointment. This innovation was improved and expanded over time by using computer technology to track and fill the preorders that were placed online. What the festival committee could not have anticipated was just how important this innovation would become in the not-too-distant future, 2020, when the entire world was thrown a curve, Covid-19. There would be no in person Food Festival, but a great deal of the food was already made. The team developed a

curbside pick-up plan that was based on the website that was built for preordering. Customers so desperate for comfort foods immediately adopted the change and all the product that was made sold out. The online ordering system was improved and refined for 2021 and another successful online Jewish Food Festival was in the books. It appeared that this format would be the future of The New Hampshire Jewish Food Festival.

Over the years, there have been many changes to the Jewish Food Festival, but the consistent component is the focus on the food. Almost every item sold is made by TBI cooking teams in the temple kitchen. The recipes used were handed down from generation to generation. Each year recipes are tweaked by various temple members as innovative ideas brought in by new cooking team members whose grandmothers might have added a pinch of this or changed

an ingredient. These innovative ideas get introduced to the discussion during cooking sessions that take place around the temple's kitchen center island. The team is never satisfied with what they have done and is constantly striving to make the products better and the customer experience unmatched. They never lose sight, however that it's about the food and if the products are not unsurpassed, then they haven't done their job.

Pasquaney Snowshoe Club resumes hikes



COURTESY

NANA Occupational Therapist, Joanne Sotiropoulos, at Rainbow Falls.

REGION — The Pasquaney Snowshoe Club resumes hikes after a long hiatus. Hikes were suspended due to the Covid-19 pandemic on March 22, 2020. Since that time, New Hampshire has raised its vaccination rate to 63.9 percent, healthcare protocols have improved, and a new antiviral Paxlovid™ has been released which is effective in preventing hospitalization and death for unvaccinated people in a high percentage of cases if treated within five days of the onset of the disease. In brief, Covid risk remains, but the mortality rate has declined. Also the CDC advises the risk for

SARS-Cov-2 transmission in an outdoor settings is low. All members are encouraged to get vaccinated in line with CDC advisories.

Our first hike, the Walter Newton Natural Conservation Area and Waterfall hike in Plymouth got our legs moving again. The Rainbow Falls is spectacular sight in springtime and the wildflowers Yellow Sessile Bellewort or Uvularia sessilifolia and Painted trillium (Trillium undulatum) were in full bloom. One group chose to hike the more challenging Henry's Trail which added some distance and altitude en route

to an alternate Texas Hill Road trailhead. In conclusion, this trail accessed at 1035 Cummings Road is a great way to introduce your family to hiking or relax on a bench at Rainbow Falls.

A couple of days later we journeyed to the summit of Big Sugarloaf. The elevation gain was 829 feet and we covered the total distance in 2 hours. There was a clear view of Newfound Lake and Mayhew Island. The flora along the pathway included teabury which is a small shrub whose leaf oil smells like Teabury gum which was popularized by in the 1960's by an ad featur-

ing the "Teabury Shuffle" by the Herb Alpert and the Tijuana Brass. In addition, Vaccinium augustifolium – common lowbush blueberry was blooming at the peak. Hopefully our congressional leaders are regulating intensive use of pesticides so we can enjoy the ripened fruits in August. We need our bees!

In closing, it was a joy to be hiking after two years and seeing old friends on the trail. If you are interested in joining the Pasquaney Snowshow Club we will have a recruiting booth at the Hebron Fair on July 30. We are in our 111th season.

Dolloff's grand slam lifts Newfound past Hillcats

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound baseball team picked up a solid 7-3 win over Hillsboro-Deering on Wednesday, May 18.

Hayden Dolloff had a strong day, driving in five runs on two hits to pace the offense, including a grand slam in the first inning to get the day off to a strong start. The Bears also had a strong day on the bases, stealing six bases, with Landon Sargent getting two of those.

Luke Gordon got the win on the hill for the Bears, going all seven innings, allowing three runs on four hits and striking out five.

Newfound was able to knock off Mascoma by a 14-2 score on Saturday. The team honored local resident Steve Hanser for his commitment to the community prior to the game and then went out and scored nine runs in the fifth inning to close out the game.

Zack Stevens had a homer in the fourth inning and Caleb Davis drilled a homer in the fifth inning. Anthony Estes had two hits for the Bears to help pace the offense.

Josh Blouin went the distance on the mound, allowing four hits and two runs over fiving innings, striking out seven and allowing just one walk.

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

The Division III tournament kicks off on Thursday, June 2, at the home of the higher seed.

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

Newfound Landing

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PSU to host Metaphysical Expo

PLYMOUTH — Plymouth State University will host a Metaphysical Expo & Dowsing Conference June 8-12.

Evolving Consciousness from Fear to Connection through Dowsing at the 62nd annual gathering of the American Society of Dowsers. "Dowsers" aka energy workers include anyone who works with energy in a variety of modalities - Reiki, Sound Healing, Geomancy, Radionics, Shamanism, Water Well Dowsing, Spirits, Tarot, Runes, Channeling, Chakra balancing, Soul Clearing, Holistic Healing, Crystals, Labyrinths and much more!

The program includes choices of 30 speakers, 10 workshops, two-day Foundation School, three-

hour classes, Keynote Dowser: Marty Lucas on Friday, and Keynote: Dr. Patrick MacManaway on Saturday. Wellness Center, Vendors, free yoga practices, drum circle and so much more.

Register today at <https://dowsers.org/convention-and-conferences/>.

The American Society of Dowsers is a nonprofit corporation founded in Vermont in 1961 to disseminate knowledge of dowsing (water witching, the discovery of lost articles or persons, and related para-psychological phenomena), development of its skills, and recognition for its achievements.

For more information: 802.684.3417 or info@dowsers.org.

American Natives to revisit Holderness

HOLDERNESS — They were here 11 years ago on the occasion of this town's 250th anniversary to demonstrate their traditional life-supporting and survival skills which made it possible for some early settlers to survive their first severe winters here. Coming on Saturday, June 4 are the descendants of the Nulhegan Band of the Coosuk Abenaki Natives of New Hampshire, hosts of the event that drew such enthusiastic interest a decade ago.

Starting at 10 a.m. and ending about 4 p.m., many of these same descendants will revisit the town's riverside common and bandstand behind the post office at Curry Place in the center of town as guests of the Holderness Historical Society to demonstrate again many of those same skills; ash-splint basket-making, pottery, construction of a birch bark canoe, various tools, generational storytelling, drumming and fashioning of a large pine log into a dugout canoe. Native derived foods will also be served.

The special dugout canoe project, expected to take days to complete, is especially meaningful to the Society, for three years ago, they took delivery from the Shelburne Museum on Lake Champlain in Vermont in mid-17th century Native dugout discovered in Squam Lake back in 1939. That artifact has since become the cornerstone of public interest and research into life here centuries before European survivors arrived. Still, there is a ninth generation family of such early settlers living nearby.

Experts from all around have come to measure, sample and photograph this so-called Squam Lake dugout exhibited at the Society. Wooden samples were carbon-dated by laboratories in Colorado and California with annual growth rings calculated by UNH foresters, tool marks by a professor from UMass. It was carved out of white pine by both stone and metal tools.

This event, co-sponsored by the Hopkinton Historical Society, is open to the public. There is no charge, but come early, as parking is limited.

SNHU announces Winter 2022 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2022 President's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits over two consecu-

tive terms (EW1 & EW2, EW3 & EW4, or EW5 & EW6).

Reid Wilkins of Bristol
Brian Berg of Bristol
Benjamin Prive of Bristol
Madison Kiley of Plymouth
David James of Plymouth
Megan Rebele of Plymouth
Stella Smith of Campton
Paige Andersen of Plymouth
Russell Weeks of Bristol
Cady Siteman of Bristol
Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving

more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

SNHU announces Winter 2022 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2022 Dean's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits over two consecutive terms (EW1 & EW2, EW3 & EW4, or EW5 & EW6).

Kyle Rosendahl of Bristol
Lindsey Betts of Campton
Lauren Camella of Bristol

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 165,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

SLA hosting Squam Ranger Family Hike on Brooks Fisher Trail

HOLDERNESS — Join us for a hike on the Brooks Fisher Trail and check it off your Squam Rangers List! On Tuesday, May 31 from 5:30 to 7:30 p.m., we will be doing this

2.6 mile round trip that climbs gradually to the ridge, where we'll stop for a snack.

As this isn't intended as a guided hike, but rather a group outing to check it off your list,

feel free to hike as little or as much as you'd like at your own pace. This is a great opportunity to learn about the Squam Ranger/Squam Ranger Family program, meet other folks

interested in hiking, and enjoy a day out on the trail. For any questions about this hike, or to register for this event, visit our calendar on SquamLakes.org.

High School Slate

Thursday, May 26
PLYMOUTH

Boys' Lacrosse at Trinity; 4
Girls' Lacrosse vs. Trinity; 4

Saturday, May 28
NEWFOUND

Track at Pelham (Division III State Meet); 4
PLYMOUTH
Track at Pelham (Division II State Meet); 10

All schedules are subject to change.

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CADY Corner

Protecting your child from Fentanyl

BY DEB NARO
Contributor

Deaths from overdoses reached a staggering 100,300 in the 12-month period ending in April 2021. This represents nearly a 30 percent increase over the previous time period and was largely driven by fentanyl. While some people seek out fentanyl, others unknowingly consume it as heroin, methamphetamines, cocaine, MDMA, and counterfeit pills including pain medications, Adderall, and Xanax have been laced with it. As concerned parents our top priority is keeping our children safe. The following lists the most important facts about fentanyl.

Fentanyl is 50 to 100 times more potent than heroin or morphine. It is a Schedule II prescription drug typically used to treat patients with severe pain or to manage pain after surgery. Fentanyl is also used to treat patients with chronic pain who are physically tolerant to other opioids. In its prescription form, fentanyl is known by such names as Actiq®, Duragesic® and Sublimaze®.

Fentanyl is cheap to produce, increasing its presence in illicit street drugs. Dealers use it to improve their bottom line. According to a report from the Office of National Drug Control Policy, evidence suggests that fentanyl is being pressed into pills that resemble OxyContin, Xanax, hydrocodone, and other sought-after drugs, as well as being cut into heroin and other street drugs. Someone buying illicit drugs may think they know what they're getting, however, there's a real risk of it containing fentanyl, which can prove deadly.

Naloxone (Narcan) will work in reviving overdoses; however, extra doses may be needed. Because fentanyl is far more powerful than other opioids, the standard one to two doses of naloxone may not be adequate. Calling 911 is the first step in responding to any overdose as first responders will have additional supplies of naloxone if needed.

Having meaningful, ongoing conversations about substance use, and especially opioids, is an essential part of helping to keeping our children healthy and safe. Look for opportunities to talk when both you and your child are most receptive. While it may be tempting to start a conversation when your child is rushing off to school or work, it is not ideal. Some parents find taking a walk together, going for a drive, or working on chores are good times for conversations. These tips help to foster mutual understanding and break through communication barriers so that you and your child can feel more connected to one another.

Clearly communicate that you do not want your child misusing prescribed medications, taking anyone else's medication, or using alcohol and drugs. Talk about the short and long-term effects drugs can have on their mental and physical health, safety, and ability to make good decisions.

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

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COURTESY

SLA welcomes Summer 2022 Lakes Region Conservation Corps half-time members!

Please join us in welcoming our half-term 2022 Lakes Region Conservation Corps AmeriCorps Crew! Macie, Andy, Ashley, Liam, Nathan, Eva, Virginia, and Cris arrived on campus last week and are joining our full-term members. They have been busy with orientations and getting to know the Squam Watershed. These crew members, who will serve at the SLA from now until October, are the driving force behind many of our conservation, education, and trails & access efforts. You'll likely run into them throughout the summer as they lead volunteer crews and educational programs, act as caretakers at our low-impact camp sites, trail host at West Rattlesnake, educate boaters on aquatic invasive species at the Holderness town boat launch, and dive to remove milfoil from the Squam Lakes and River. Full biographies of each LRCC member, and more information about the LRCC program in general, can be found at www.lakesregionconservationcorps.org.

Letters to the Editor

The NHEC needs your vote more than ever

To the Editor:

Readers who get their power from the New Hampshire Electric Co-op members recently received a ballot in the mail for the Co-op's annual board of directors election, which closes on June 8. It's important to vote because NHEC is on the brink of a major transformation into one of the state's leading providers of broadband – fast, reliable Internet.

Co-op members in Plymouth, Rumney, Campton, Thornton, Woodstock and 27 other Grafton County towns are slated to get affordable broadband in the coming 12 to 18 months – a project that will cost at least \$30 million without raising anyone's electric rates.

Our group, New Hampshire Broadband Advocates, urges Co-op members to vote for incumbents Alana Albee and Sharon Davis and challengers John Goodrich and David Boyce. All are strong broadband supporters.

We Advocates got the ball rolling two years ago when nearly two-thirds of Co-op members voting in the 2020 election supported our petition to get NHEC into broadband. There's clear precedent: member-owned cooperatives filled the gap back in the 1930s when investor-owned utilities showed no interest in electrifying rural America.

NHEC is well-positioned to win a substantial share of more than \$221 million in federal subsidies New Hampshire will get for rural broadband. The Grafton County project, along with Co-op broadband networks already built or soon to be

finished in Sandwich, Acworth, Lempster and Colebrook, is only the beginning. The Co-op plans to serve members throughout its 118-town service area who now lack 21st-century internet service. The economic and quality-of-life benefits will be enormous.

Fulfillment of that promise will require a Co-op board that is wholeheartedly behind the venture and a new CEO, to be hired this summer, who enthusiastically supports it and understands how to manage the change in the utility's corporate culture that's required.

Co-op members have several options to vote. They can mail in their paper ballot or vote online at <https://www.directvote.net/NHEC/>. Online voting requires a unique election ID and passcode printed on the return envelope mailed with the ballot. If they've tossed that, they can retrieve the code from SBS, the company managing the election, at 925-974-2339 or by emailing support@directvote.net. Finally, members who pay their bills online through NHEC's SmartHub website can click on the "Vote Now" link at the top of the home screen.

A vote for Albee, Davis, Goodrich and Boyce is a smart investment in the success of NH Broadband, the Co-op's new nonprofit subsidiary...and the whole region's vitality.

With thanks,
Richard Knox
Chairman
NH Broadband Advocates

It has been an honor to serve the people of NH

To the Editor:

It's with mixed emotions that I announce my retirement from the New Hampshire State Senate at the end of this term.

It has been an incredible honor to serve the people of New Hampshire for six years as a State Representative, and for another six years as a State Senator. To everyone that voted for me and everyone that supported me along the way, I offer you my heartfelt thanks.

I leave the State House knowing that I gave you my best efforts, working hard to keep New Hampshire the best state in the nation. I'm proud to have fought for a clean and healthy New Hampshire that respects individual liberty and protects our free-

doms; for a New Hampshire with a strong economy and low taxes; for a New Hampshire that is among the safest states in which to raise a family; and for a New Hampshire that takes care of the truly needy. I'm proud to deliver what we've achieved to our grandchildren and future generations, and I look forward to future opportunities to make our Granite State the best it can be for our people, businesses, and institutions.

Read the WMUR article here: <https://www.wmur.com/article/s...>

God bless New Hampshire, and God bless America.

Sen. Bob Giuda
Warren

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Of the Flying Circus kind, this wasp certainly ain't

The drone occurred at about 3 in the morning — not a drone that I was flying or anything like that, but the lumbering of something flying itself.

It was a wasp, and no doubt about it, and not just any old wasp, and no doubt about that one, either. It was what's known as a mud wasp, the largest and most ungainly of the wasps that I know of, and one most familiar to me from my days of working around piles of freshly cut white pine—a resin-loving wasp named, well, something.

The problem is that there are all sorts of hinged-at-the-waist, dangling-legged, Flying Fortress kinds of winged creatures, some of them quite large, capable of carrying off babies. And this one was headed for me, no baby.

This sudden realization hit me like the proverbial wet washrag as I sat bolt upright and instinctively flung the bedcovers out and away. No, wait a minute—it was learned behavior; not instinct, because it was from a painful childhood

incident.

When I have to fill out a medical form—a rare chore these days of more caution and fewer mishaps—I can still skip down through the allergies and check off “none.” But I may well mark one category “not sure” because it involves (you guessed it) mud wasps.

+++++

First of all, mud wasps (or any species of wasp) don't bite, they sting. Where this confusion of morphology comes from I just don't know. They don't even have the right mouth-parts to bite. But stingers, yes. Even the species known (unpopularly) as “white-faces” turn themselves at the last millisecond of their attack to use their abdomens to sting, or just grab hold with their legs, but sting they do.

In fact, the last time I was stung, it was the two white-faces typically posted as guards at the entrance to their nest—a small abode that had gone noticed in a roof-corner at a camp—



The wasp commonly known as the Cicada-Killer, found in the southeastern part of New Hampshire. From “Controlling wasps, bees, and hornets.” (Courtesy extension.unh.edu)



The mud-wasp, so-named for daubing mud (i.e., picking up and hauling it) and using it to build its nest. It's also called the paper-wasp, and a host of others. (Courtesy antworks.com)

that did it.

On that occasion, at one of my favorite destinations on the western shore of First Connecticut Lake, we all sat down to wait for the allergic reaction that never came. And I have no glimmer as to why not, except for this: maybe it was one of those pre-puberty things.

Whatever the case, I might not be allergic to wasp-stings any longer, because the painful childhood episode happened when I was a prepubescent kid of 8 or so growing up on Park Street (swamps in the back yard, and all that) in downtown Colebrook. It all could have gone out the window when I became that strange species known as “a teenager.”

I know this because I've been stung (not bitten) several times since, with no undue reaction. Still, you never know, and the instinct (wait—learned behavior) remains.

And so I reflexively threw the bedcovers up, out, and away, to quote part of the old “Superman” intro, and leapt out of bed in the wee hours of a May morning. And ominously, as it turned out, the drone of the mud wasp stopped.

This was a good thing, and a bad thing. The wasp was down, but probably not out—and I no longer knew where it was. My camp partner, who joined me at the hip a long time ago—long before a bunch of misfits I've always called the Lost Boys (of “Peter Pan” infamy) helped build the camp in the middle of nowhere—came awake almost as soon as I did, and appeared in the doorway. He's attuned to things going bump in the night (me).

“What's up?” he said,



rubbing his face. “A wasp,” I said, no need to rub mine. Quickly, out came the tale. We resumed my search.

+++++

The mud wasp is indeed a lumbering, ungainly flyer. Like the bumblebee, there is probably no logic to the fact that it's aloft. There are a gazillion reasons why it's not supposed to fly.

Yet this B52 of flying mud-daubers had indeed been airborne, and headed for my head. Hence the flung-aside bedcovers, and my (now our) fully awake status. This is because the mud-wasp packs a powerful sting, more than making up for its adjectives (“lumbering,” etcetera).

We began what my longtime camp-partner referred to as “a methodical search.” The result of this was nothing. One hand on the clock had advanced about 30 minutes.

No wasp. Not even a drone, except maybe the two guys standing there looking like Goofy.

“I suggest that you go back to bed,” he said, disappearing. “I might as well go down and make the coffee,” I thought, and did.

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Social determinants of health

BY TARA GRAHAM
Central NH Community Opioid Response Program

Social determinants of health (SDOH) are non-clinical factors that have a big impact on health outcomes throughout the lifespan. The CDC defines SDOH as the “conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life-risks and outcomes.”

The beginnings of the concept of SDOH can be traced back to the early 19th century during the Industrial Revolution when researchers started making the connection between poverty, living conditions, and disease. However, truly integrating this concept into day-to-day health-care is relatively new.

In a recent article in the Journal of Health Promotion they found that the origins of modern SDOH and health equity (the opportunity to attain full health potential and not be disadvantaged from achieving this potential because of social position), appears to have commenced in 1967 with the UK White-

hall study. The study demonstrated a health gradient based on social status—higher social standing predicting better health and lower social standing predicting poorer health.

The 1985-1988 Whitehall II study investigated “the degree and causes of the social gradient in morbidity and showed a similar inverse relationship between employment grade and health. It also demonstrated a difference in health risk behaviors by employment grade; a relationship between economic circumstances and adult height; the health effects of social circumstances at work (eg, monotonous work with low control and satisfaction); and how social supports or lack thereof, affect health.”

These studies were groundbreaking in modern medicine and public health and paved the way for how we now view risk, disease progression and survivorship odds for countless conditions. Many studies since have proven that it is not just clinical factors or genetics that influence

disease, but what a person has experienced throughout their lives and what opportunities they have access to in regards to quality care.

Social determinants, especially is regards to social and economic factors have a huge impact on the risk behaviors and the continued and future health of people with substance use disorders. SDOH affects health indirectly by shaping behavior, both in relation to why someone may begin to misuse substances and the continued behavior patterns once they have become addicted. An example of this is experiencing abuse in childhood. In fact, according to the National Institute on Drug Abuse, “as many as two-thirds of all people in treatment for drug abuse report that they were physically, sexually, or emotionally abused during childhood.” Growing up in environments where substance misuse is present can also shape these behaviors throughout the lifetime.

Social stigmas and economic factors also

directly affect health in people with substance misuse disorders. An article in Public Health Reports, explains that “they affect health directly by affecting the availability of resources, access to social welfare systems, marginalization, and compliance with medication. Minority groups experience a disproportionately high level of the social factors that adversely affect health, and factors that contribute to disparities in health among drug users.”

There are many other areas of social determinants that can affect future health. Early human development, including prolonged exposure to stressors, early human relationships, attachment and resilience have an impact. Social and economic environments have a large impact, such as low socio-economic status creating chronic stress and decreased access to quality healthcare, mental healthcare, education and other social supports. Physical environments, such as housing

SEE HEALTH, PAGE A10

THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	405 Berry Rd.	Single-Family Residence	\$140,000	Louis H. Decarter and Bank Of New York Mellon	Cascade Funding Mortgage Trust HB4
Alexandria	313 Fowler River Rd.	Single-Family Residence	\$161,000	Christopher J. Clymer	Cork & Dublin LLC
Alexandria	1 Thissell Rd.	Single-Family Residence	\$128,000	Pedro M. and Tara J. Sousa	James E. Reed
Bridgewater	1319 Mayhew Turnpike, Unit 11	Condominium	\$500,000	WW Zizza RT and Eric Zizza	John W. and Kathrin J. Rockwell
Bridgewater	Newfound Lake, Unit 37	Condominium	\$1,200,000	Seema Gupta RET	Robinson C. and Laura R. Moore
Bristol	145 Lake St.	Single-Family Residence	\$270,000	Cynthia and Lawrence Fay	Danielle M. Fritzky and Nathan M. Cartier
Bristol	105 Lakeview Ave.	Single-Family Residence	\$375,000	Arena Fiscal Trust and Joseph F. Arena	Stephanie L. Smith and Edward C. Esoian
Brisol	65 Lakewood Pines Rd., Unit 13	Condominium	\$250,000	Lori and Paul Pavidis	Jennifer and Christopher J. Mills, Sr.
Bristol	76 N. Main St.	Res.-Mtl. Bldg.	\$183,000	Norm Hebert	Sandra Provost
Campton	29 Back St.	Single-Family Residence	\$170,000	JJS SS & Son Development LLC	Kevin Goode and Katelyn Colburn
Campton	Beaver Brook Road	N/A	\$42,533	Donald E. and Cathy A. Bishop	Gene E. and Florence E. Leroux
Campton	Bog Road	N/A	\$200,000	Sheryl L. Montague	Michael R. Johnson
Campton	32 Condo Rd., Unit 2	Condominium	\$260,000	Mark Kozikowski	Shawn and Monica L. Witala
Campton	20 McLaren Dr.	Single-Family Residence	\$415,000	Patricia B. VanTosh Trust	David and Kathleen Bill
Campton	Route 49	N/A	\$40,000	Bartlett Flooring LLC	Parker & Nelson Holdings LLC
Campton	5 Wildwood Dr.	Single-Family Residence	\$470,000	Martin D. Hellwig	Jared M. and Julie A. Tomassi
Campton	N/A	N/A	\$149,000	Peter F. and Deborah G. Rutigliano	Laura Gulinello
Dorchester	N. Dorchester Road	N/A	\$50,000	Sandra K. Green 2015 RET and Robert F. Green	James Austin and Jacob T. Sinclair
Groton	Fletcher Mine Road	N/A	\$120,000	Sheldon E. Towne	James G. Vigar
Groton	Stage Road	N/A	\$120,000	Sheldon E. Towne	James G. Vigar
Holderness	97 Perkins Lane	Single-Family Residence	\$250,000	Jean Louise Doyle Trust 2005 and James C. Sanford	Scott A. Wymer Trust
New Hampton	N/A (Lot 3)	N/A	\$98,000	Corey D. French and Rachel Stohier-French	Justin and Kirby Corliss
Plymouth	Crawford Street	N/A	\$299,000	Neville Pt. Land Services LLC	Mabb LLC
Plymouth	Frontenac Way	Residential Developed Land	\$58,000	Kevin A. and Deborah L. Morse	Paul and Lisa Perras
Plymouth	2 Maple St.	Single-Family Residence	\$86,200	Paul S. Stanley and Wilmington Savings Fund Society	Just Another LLC
Plymouth	27 Merrill St.	Single-Family Residence	\$230,000	Walter, Jr. and Winnie Chicoine	Aimee M. Pascale
Thornton	Mahe Ave.	N/A	\$480,000	Scott A. and Tina M. Nalen	Theroux Properties LLC
Thornton	Route 175	N/A	\$480,000	Scott A. and Tina M. Nalen	Theroux Properties LLC
Warren	N/A	N/A	\$35,000	HKL Fiscal Trust and Arthur P. Jones	Tina Greene
Waterville Valley	23 Black Bear Rd., Unit 1212A	Condominium	\$155,000	Robert M. and Elizabeth B. Flaig	David Hack
Waterville Valley	N/A	N/A	\$845,000	Gregory W. Brick	Gretchen C. Woodruff
Waterville Valley	N/A	N/A	\$152,533	Kris and Wendy Nelson	GK Solutions LLC

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Track

FROM PAGE A1

Isadora Robert placed eighth at 25 feet, four inches.

Bohlmann won the javelin with a toss of 106 feet, seven inches.

Elle MacDonald finished in fourth place in the 100 meters with a time of 13.45 seconds, with Isabelle Valliere in 30th place in 15.32 seconds and Rylee Barney was 31st overall in a time of 15.74 seconds.

MacDonald was also fourth in the 200 meters in a time of 28.01 seconds and Jackie Jenna finished in 21st place in 31.97.

Chloe Jenness ran to sixth place in the 3,200 meters in a time of 14:34.11 while Leah Deuso finished in 12th place in the 800 meters with a time of 2:55.01.

McKellar finished in second in the 100-meter hurdles in a time of 17.53 seconds.

The Newfound team of McKellar, Paul, Soraya Glidden and MacDonald finished in second place in the 4X100-meter relay with a time of 53.72 seconds, the 4X400-meter relay team of Bibi McConologue, Paul, MacDonald and Glidden finished in second place in 4:26.45 and the 4X800-meter relay team of Savannah Bradley, Deuso, Lilly Karkheck and Mooney finished in a time of 11:55.1 for fourth place overall.

Gretchen Reynolds took third in the high jump at four feet, seven inches, Mika Austin and

Elsa McConologue both cleared four feet, three inches for fifth and sixth places respectively.

Bohlmann reached 15 feet, 2.25 inches for third place in the long jump, while Laurel McKellar jumped to sixth place in the triple jump at 29 feet, 8.75 inches.

Isabelle LaPlume took third in the discus at 91 feet, nine inches, Robert was fourth at 82 feet, 10 inches and Huckins was sixth at 77 feet, one inch.

For the Newfound boys, Connor Downes got the win in the 3,200 meters with a time of 10:42.18, with Evan Foster in third place in 11:09.48 and Ben LaPlume in fourth place in 11:18.27.

Malaki Ingram took the win in the high jump, clearing five feet, seven inches, with Dalton Dion finishing in third place at five feet, five inches. Ingram was also second in the triple jump at 39 feet, three inches and Foster was 14th at 31 feet, eight inches.

Brady McLean took the win in the shot put with a toss of 39 feet, 8.5 inches, Trevor Sanschagrin was third at 35 feet, 10 inches and Noah Eckert was seventh at 33 feet, 11.75 inches. McLean was seventh in the javelin with a toss of 114 feet, seven inches and Dion was eighth with a toss of 114 feet, six inches.

The Newfound 4X800-meter relay team of Ryder Downes, Connor Downes, LaPlume and Jeffrey Huckins finished in fourth place in



JOSHUA SPAULDING

MollyLu McKellar clears a hurdle in the 100-meter event on Saturday in Gilford.



JOSHUA SPAULDING

Brady McLean took the win in the shot put at the Wilderness Championships.



JOSHUA SPAULDING

Malina Bohlmann soars through the air in the long jump on Saturday in Gilford.



JOSHUA SPAULDING

Stacia Paul clears a hurdle on her way to the win in the 300-meter event on Saturday.



JOSHUA SPAULDING

Malaki Ingram jumps in the triple jump during Saturday's Wilderness Championships.



JOSHUA SPAULDING

Ben LaPlume takes the baton from Jeffrey Huckins during relay action in Gilford on Saturday.

to the Division III State Meet on Saturday, May 28, at 4 p.m. at Pelham High School.

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

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ALEXANDRIA RESIDENTS
The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Tuesday, May 31, 2022, from 7:00 to 7:30 p.m. for additions and corrections to the checklist. Last day for voters already registered to change party affiliation before State Primary Election Day on September 13, 2022. Please check with your Town Clerk if you are unsure of your party.
George Whittaker
Suzanne Cheney
Loretta Brouillard

Mill Falls
30th Annual Memorial Weekend CRAFT FAIR
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Sunday May 29, 10 am - 5 pm
Monday May 30, 10 am - 4 pm
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www.castleberryfairs.com

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Ah, Spring! The urge to get outside and enjoy the sunshine, do some gardening, wash the car, sweep away the debris from the flowering plants and run around like a crazy person to elude the black flies!

Congratulations to Donna Evans who received the 2022 Outstanding Achievement Award, presented by the NH Governor's Council on Physical Activity and Health. These awards are given annually by the Council to individuals and organizations who have accomplished outstanding achievements in promoting healthy lifestyles through increasing opportunities for physical activity, nutrition and overall health for New Hampshire residents and employees.

It is that time of year! Gardeners are everywhere with trowels, watering cans and dirty knees. Pasquaney Garden Club members always look forward to sharing their plants and meeting old and new friends at their Annual Plant Sale. This year, sales will take place on Saturday, June 4 from 8am - noon in the parking lot behind Minot-Sleeper Library in Bristol. The one-day sale takes place rain or shine! Perennials are

donations from member gardens and transplants from the Butterfly Garden behind the library. The sale also includes some annuals, herbs and vegetable plants. In recent years the Plant Sale has been the beneficiary of generous donations of plants from other local gardeners as well. To participate in the sale as a volunteer or donate plants, please contact jewhitenh@gmail.com.

I'd like to remind everyone that the Farmers Market is now open on Saturdays at the Mill Stream Park from 10 a.m. until 2 p.m.

Reoccurring events at the Minot-Sleeper Library in May include: Knot Only Knitters on Mondays from 2:30 - 4:30 p.m.; Mah Jongg on Wednesdays from 1 - 3 p.m.; Tech Help Appointments on Thursdays from 2 - 5 p.m.

Events at the MSL for the month of May include: Story Time on Fridays at 11 a.m.; (May 27, "Mother Goose To The Rescue" with the Bristol Fire Department!); Short Story Group on Saturday, May 28 at 11 a.m.

There will be an MSL Trustees Meeting on Thursday, May 26 at 5 p.m.

The TTCC is excited to partner with Challenger Sports again this summer to offer a summer soccer camp! The camp will run from

Aug. 1 - 5 for ages three to 12. Ages three to five will be from 8 - 8:45 a.m. for \$85 and ages six to 12 from 9 a.m. - noon for \$155. Most camps will include a free soccer ball, t-shirt, poster and certificate, as well as early registration replica jersey - please check your individual sessions to confirm this. Please register early to avoid disappointment. There will be a \$10 late fee at most camp sites for campers registering within 10 days of the camp start date.

The TTCC Shape Up Newfound Exercise Classes meet at the Bristol Elementary School on Mondays and Thursdays at 6pm and on Saturdays at 8am. These classes include cardio and strength training workouts for men and women of all fitness levels guided by Donna Evans and designed to challenge and change your body - your first class is free! To drop in anytime is \$6, a 10-class Punch Card @ \$55 and 12 weeks @ \$110. For information: donna.evans78@yahoo.com.

Yoga is a non-competitive practice that has many benefits for people of all ages. To experience this practice and its benefits, the TTCC is sponsoring Summer Sessions in Yoga for many age groups: Ages 5 - 8 on Wednesdays, June 29-Aug. 17, 6 - 7 p.m. at a cost of \$80; Ages 9 - 12

on Wednesdays, June 29-Aug. 17 from 7:15 - 8:15 p.m. at a cost of \$80; and for Adults and kids ages four and up on Saturdays, July 2-Aug. 20 from 7:15 - 8:15 p.m. at a cost of \$100. All of these classes will be under the capable instruction of Kristen Longphee, yoga instructor from New Hampton.

High School Teen Nights will be held on Thursdays from 6 - 8 p.m., while Middle School Teen Nights will be held on Tuesdays from 6 - 8 p.m.

The TTCC Granite State Track and Field program will be starting in May on Fridays from 6-7 p.m. and Sundays from 4-5pm. This program is for ages 9-14 year olds as of Dec. 31. It will be held at the Mills Oval Track at NRHS. You can register at www.ttccrec.org. More information on the program can be found at: granitestatetrackandfield.weebly.com.

Groton

Ann Joyce
AMJ8347@gmail.com

The upcoming Select Board Meetings are Tuesday, June 7 at 7 p.m. The Select Board Work Session is June 7 at 5 p.m. There will be no meeting on June 21.

The Select Board office will be closed Wednesday, June

15, Monday, June 20 through Monday, June 27. The Town Clerk/Tax Collector office will be closed Friday, May 27 - Tuesday, May 31 & also on Wednesday, June 8.

The Town offices will be closed Monday, May 30 for the Memorial Day Holiday.

Minutes for the work session, non-public work session & meeting minutes of May 3 were approved.

Under old business, Dave Coursey has been appointed as the health officer.

New business began with a junkyard inspection agreement being signed with Municipal Resource Inc. for \$65 per hour.

A report of cut/yard certificate for Map 2, Lot 48 in the amount of \$2,073.75 for a 50 acre cut was approved. An intent to cut for Map 7

Lots 3, 12, 18 & 22 was signed.

Department items had Robert (Bubba) Ellis reporting that he will be hiring Morri-son Co. to grade Edgar Albert, Bailey Hill & N. Fletcher Road beginning sometime in June.

The Groton Conservation Committee will be sponsoring the fishing derby on Sat. June 4. All kids up to age 16 are welcome. Age group 1 - 6 years old will fish from 9-9:45 a.m., age 7-10 will fish from 10-10:45 a.m. & age 11-15 will fish 11-11:45 a.m. Refreshments & prizes will be awarded. Fish & game will stock the pond behind the Town Garage on N. Groton Rd. Registration begins at 8:30 a.m. All are welcome. Any town news you would like included in the column, please let me know.

BY MARTHA SWATS
Comfort Keepers

Hoarding is a behavior that is seen periodically in Alzheimer's and other dementias, such as frontotemporal dementia, where individuals gather and stockpile things. They might not be willing to part with useless papers, keeping them all piled around furniture. They also might stock up on food and store it continually until it's rotten, and then still be unwilling to dispose of it.

Hoarding can sometimes go hand-in-hand with constant rummaging through belongings. The sorting through of familiar items can be reassuring, and this may encourage the collection of more belongings.

When during dementia does hoarding occur, and why?

Hoarding tends to happen in the early and middle stages of Alzheimer's disease. Hoarding can sometimes be a response to feeling isolated, in which the focus turns to things instead of interaction with others, or to the loss of control of memory functioning, friends, or a meaningful role in life.

You may be familiar with the popular television show Hoarders, but there is often a difference between those individuals and people with dementia. If you have dementia, you are likely hoarding things because of the anxiety of understanding that you

might lose something. The presence of things around you might also provide you with a sense of comfort.

People with Alzheimer's tend to hide the things they hoard, forget where they put them, and then accuse others of taking them. This sometimes goes along with delusions that someone is going to steal their belongings.

Hoarding can also develop from a life-long tendency that becomes more out of control when dementia reduces impulse control. For example, the individual who collected bells or train sets for many years may begin to expand that collection. It soon may become a collection that takes over the house and now contains many items that have no value.

Items frequently hoarded include food, garbage, plastic bags, old clothes and papers.

Why Is hoarding a concern for someone with dementia?

In one sense, if someone is living in her own home, you could argue that she has the right to live the way she wants. However, there are some concerns that make addressing hoarding in dementia a necessity at times. Consider intervening in these scenarios:

There are multiple tripping hazards in the home because of piles of stuff.

Food storage is attracting pests or is un-

safe to eat.

Lost things become a major source of distress for your loved one.

Bills aren't getting paid because they're lost in piles of other papers.

How you can help

Don't try to clean everything out of your loved one's home all at once. You're better off reorganizing it and clearing paths so that there is a less of a chance of her tripping over the clutter.

Designate a drawer for belongings that are special to the person. It may be possible to remind them to place items there that they might otherwise lose.

If you are removing things, such as rotten food, take them off the premises right away. If you leave it there and just throw it in the garbage can, your loved one might spend much time undoing what you did and taking it all back out. Rather than ask their permission to remove it, do it discreetly in order to not increase anxiety.

Don't try to use lots of logic to persuade your loved one to change. This is rarely effective in Please be compassionate. Understand that hoarding is a response to dementia. It's her way of coping with changing memory and confusion, and it's not something she can easily control.

Distinguish between harmful hoarding that poses a risk to the person and other hoardings that simply bothers you or

embarrasses you. In dementia care, it's important to be flexible when at all possible, recognizing that dementia already takes much control from those living with it.

Comfort Keepers® can help

At Comfort Keepers®, their professional care team is trained to identify changes in client behavior and report them to the family. For those suffering from Alzheimer's or dementia, caregivers can help them remain safe and comfortable at home, while providing everything from laundry and housekeeping to meal preparation and transportation. Learn more about how they can help seniors and other adult clients by contacting your local Comfort Keepers location today.

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 them help you stay independent. Please call 603-536-6060 or visit nhcomfortkeepers.com for more information.

One Too Many,
once again?



Don't Let
Alcohol Put
Your Life on
the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.



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Rite Aid Bristol
Hannaford
Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)
Hebron Town Hall
Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station
Irving Gas Station
Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

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Sustainability

FROM PAGE A1

Newfound Lake Organization had some hands on fun for their guests. Using newspaper and a special mold, people could create an earth-friendly paper flowerpot and NLO had flower seeds available for them to start the growing process. Ways to recycle and live “green” was their message.

John Therriault presented a booth that explained part of the process of beekeeping, while explaining how important bees are in the environment. Therriault also had products from his own bees available for sale, such as bee’s wax and other honey products. Many people were interested in learning more about the necessities involved in keeping these important pollinators thriving.

“I really came here today to learn more about bee keeping and apple trees,” said Sarena of Hebron as her children enjoyed some of the games set up on the lawn.

Clean Energy NH brought a table filled with information from the Drive Electric NH



DONNA RHODES

Heidi-Grace of Hebron enjoyed playing a recycling ring toss game at last weekend’s Sustainability Fair at Kelley Park in Bristol.

program while an adjoining table manned by Tom Keegan of the N.H. Tree Committee provided ways in which wooded property can become a tree farm, as well as the benefits that move provides for the environment.

Recycling of cloth was another topic addressed at the fair. Susan Colby of Bristol Community Service had information on just how much cloth goes into the transfer stations each year along with ways to lessen that impact. Fascinating to many were also demonstra-

tions from the Sustainably Committee on how everyone can very easily turn their favorite old tee shirts into attractive cloth bags for shopping.

Hannaford’s Market had a display of their own announcing that they now accept plastic soda and water bottles, containers and even their plastic grocery bags for recycling in a blue bin marked for plastics on their south entryway, too.

Sustainability Committee Chair Nancy Dowey said she was pleased with this year’s number of par-



DONNA RHODES

K-3 students in the Newfound Regional School District created a colorful “Pollinator Garden” display for the Sustainability Fair last Saturday, emphasizing the important roles pollinators such as bees and bats play in the environment.

ticipants in the event as well as the overall public turnout for the fair.

The committee began with a similar fair two years ago but had to halt their program due to the onset of the COVID virus. First held on the town common, it was brought this year to Kelley Park where there was more space and better parking in an equally pleasant environment for the ever-growing event.

“We’re just thrilled with the participation and interest we’re seeing today,” Dowey said.

Her committee also included a booth where people were encouraged to avoid plastics and use more earth-friendly materials for things such as reusable water bottles, metal utensils, cloth napkins and even ways to replace plastic wrap and food containers. They also held a raffle to raise money for their green initiatives and asked people to log in with ideas for future community programs at Minot-Sleeper Library on topics they’d like to learn more about.

The spotlight of the fair however was a colorful “Pollinator Garden” created by the elementary school students of Newfound area schools. The district’s Elementary

School art teacher Ashley Littlefield said she worked this year with students in grades K-3 from Bristol, New Hampton, Danbury and Bridgewater-Hebron schools on the project. The “garden” included brilliant flowers, a beehive and even bats hanging from a branch, all elements of the natural world. Littlefield said that during the process of creating a “Pollinator Garden,” she talked with students about what pollinators were and their importance in nature. She then took them one artistic step beyond that by creating the garden display.

“For the most part everything the students used in this (cardboard, paper and cloth) was all recycled materials,” said Littlefield.

One of the only exceptions was the wire web she used to form a hive that her students then filled with their handcrafted “bees.”

As people made their way from booth to booth, Dowey said she hoped everyone would ultimately come away with ways in which they might alter some of their habits to not create so much waste in their daily lives.

“We just want to give people ideas about how to think of other ways to do things,” she said.

NLRA

FROM PAGE A1

fishing tackle, shoreline development, lake traffic, increased numbers of predators, contaminants, and climate change. These threats are clear on Newfound Lake. In 2018, two loons died on Newfound Lake due to lead poisoning from ingesting lead fishing tackle, and while Newfound has had nesting loons since 2010, in that time only two loon chicks have successfully hatched and survived.

LPC Volunteer and Outreach Biologist Carolyn Hughes reports:

“The LPC has monitored Newfound Lake for loons since 1976. Until 2008, pair presence was spotty—there would be a pair there for one year, but gone the next. There also were, in some years, single loons inhabiting the lake. It wasn’t until 2008 that the lake gained

a consistent pair. They’ve been there every year since. They first nested in 2010, then didn’t nest again until 2015. Since 2015, they’ve nested every year. Unfortunately, their productivity rate is nearly half the state average. They’ve only managed to hatch two chicks, one in 2015, and one in 2018. On the bright side, both of the chicks that hatched did survive to fledgling age.

“On the south end of the lake, around Mayhew Island, there has most often been just a single unpaired loon. There is only one year where there was a pair around Mayhew Island. That was 2011, and that pair actually nested three times throughout the course of the summer. Unfortunately, all three nest attempts failed the first for an unknown reason, the second due to human disturbance, and the third due to water lev-

el changes that swamped the nest. Since 2011, we haven’t documented a pair there again, just the single loon.”

The average nesting loon pair in New Hampshire will fledge, on average, one chick every other year. With only two chicks fledged in seven years, Newfound’s nesting pair is far behind.

To help nesting loons on Newfound, NLRA assisted the LPC in installing a nest raft in the Hebron Marsh area of Newfound Lake. Nest rafts help nesting loons cope with natural or human-induced water level changes that can flood nests or leave them too high and dry, provide alternate nest sites to help loons displaced by shoreline development and

recreational use of lakes, and offer protection from some predators.

A nest raft can be part of the solution, but there is more work to be done. You can help loons by removing lead tackle from your tackle box, giving loons plenty of space on the lake (150 feet at minimum), and promoting the protection of their natural habitat.

Hughes says, “We’re hoping that with the raft in the Hebron Marsh, and the NLRA’s help to ask folks to give the loons space, we might see improved breeding success in years to come.”

Learn more about the work of the NLRA at NewfoundLake.org and the LPC at Loon.org.



<p>MEREDITH 148’ on Waukegan canal. Walk to downtown. Town approval for a two-family dwelling. Detached 2-car garage. \$949,999 (MLS 4905674)</p>	
<p>MEREDITH 16+ acres w/incredible lake & mtn views. Antique barn on property. 4BR septic design in place. \$749,000 (MLS 4910618)</p>	
<p>NEW HAMPTON 184-acre parcel with great development potential. Located just off exit 23 off I93. \$1,650,000 (MLS 4900572)</p>	
<p>NEW HAMPTON 66-acres located just off exit 23 off I93. Drilled well installed, power brought in, building sites cleared. Development potential. \$479,000 (MLS 4904781)</p>	

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HEBRON PLANNING BOARD

Notice of Hearing

APPLICATION FOR SUBDIVISION APPROVAL

You are hereby notified that the following **Application for Subdivision Approval** will be heard at a Public Hearing to be held Wednesday June 1, 2022 at 7:00 PM at the Town Offices, 7 School Street, Hebron NH the second-floor conference room. **Masks are not required but social distancing will be enforced.**

Application for Subdivision Approval:
HCENH, LLC would like to move Unit 24 of the Hebron Country Estates from Phase 3B to Phase 3A subdivision. Map#18 Sub#30 Unit#24.

Also available by remote

Please join Hebron Planning Board on GoTo from your computer using the Chrome browser.

<https://app.goto.com/meet/598805965>

TOWN OF HEBRON

Supervisors of the Checklist will be meeting on **Tuesday May 31st from 7-7:30 pm** in the Town Hall at 7 School Street in Hebron. This is the last chance to change party affiliation before the September Primary.

TOWN OF HEBRON PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, June 2, 2022 at 2:30 p.m. at 7 School Street in the Town Office Building for the purpose of withdrawing funds from the following capital reserve funds:

Preservation of Town Records
Communications

Hebron Select Board,
Richard James, Chair
Paul Hazelton, Vice-Chair
Patrick Moriarty, Member

Health

FROM PAGE A7

quality, overcrowding, homelessness or insecurity, access to transportation and geographic isolation are also important determinants. The good news is this is now being recognized and assessed in effective care plan-

ning, however there is still much work to do.

If you'd like to learn more about social determinants of health, the World Health Organization has an excellent online resource at <https://www.who.int/health-topics/social-determinants-of-health>. Family Resource Cen-

ters are an ideal resource for anyone who needs help in this area. Locally, The Whole Village Family Resource Center in Plymouth can guide people to essential supports in the areas of parental resilience, social connections, parenting and child development, social and emotional

competence, and more. You can reach the Whole Village at 603-536-3720 or by emailing Kristine Perry, Administrative Coordinator at Kristine.Perry@graniteuw.org.

Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on

a path to wellness. You can visit FindWellnh.org any time or speak with someone directly during regular business hours by calling 603-236-1873. Please reach out for more information and to explore the many options available right here in our own community.

Our local recovery community organization, Plymouth Area Recovery Connection, is available to provide in-person support and answer questions about treatment and recovery. You can reach them at info@parcnh.org or by phone at 603-238-3555.

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Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

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

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

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Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

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

Dan Uhlman, General Manager
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or you may email to duhlman@belletetes.com.

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E.O.E.

Town of Plymouth Highway Department

Seeking a qualified individual to perform all aspects of highway construction, maintenance and snow removal, will require you to work during adverse weather conditions such as high winds, hurricanes, and other weather events including snow and ice storms. The final candidate will have a minimum CDL-B with air brake endorsement (or the ability to attain one in a short period of time) and will be 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 on the Town of Plymouth's website, Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am-2:30pm. Please ask for Joe or Miah.

HELP WANTED

Town of Plymouth Highway Department Highway Worker/Foreman

The town of Plymouth, NH, Foreman Position, starting at \$30 per hour, an attractive benefit package, for a qualified individual who has a managerial skillset, will work under the general supervision of the Highway Supervisor, who assigns and reviews projects, and available for technical advice, if problems are encountered. Oversees crew to assure safe working practices; assigns work; provides instructions; reviews work in progress; oversees and directs subcontractors. CDL-B with air brake endorsement preferred. 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 on the Town of Plymouth's website, Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am-2:30pm. Please ask for Joe.

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WWW.LUMBERNH.COM

 Precision Lumber Inc.

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 Precision Lumber Inc.

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603-764-9450

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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.



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

Rick Ash, Hardware Manager
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or you may email to rash@belletetes.com.

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SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
jbergeron@pemibaker.org

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Town of Bristol Job Opportunity: Land Use Associate

Bristol is busy with many ongoing and new projects, and we are looking for a teammate that will hit the ground running on Day 1. We strive to create a business-friendly environment to help our town's tax base grow while balancing the need to preserve our beautiful surroundings, and you will be on the front line of helping us get there.

This is a part-time position, 20 hours per week, with pay range \$13.00 - \$15.00 per hour. For more information and a full job description please visit the Town of Bristol website under Job Opportunities or contact the Assessing / Land Use Manager's Office. Applications will be accepted until the position is filled. Bristol is an Equal Opportunity Employer.

 SNHS
The Community Action Partnership serving Hillsborough and Rockingham Counties

SENIOR HOUSING
Accepting applications for one bedroom apartments for the following waiting lists:



COMMON MAN COMMONS, 48 West Street, Ashland, NH 03217
RIVERVIEW VILLAGE, 780 Lake Street, Bristol, NH 03222
CAMPTON MILLS, 349 Owl Street, Campton, NH 03223
PEMI COMMONS, 230 Fairgrounds Road, Plymouth, NH 03264
COUNCILOR RAY BURTON COMMONS, 10 Washington Drive, N. Woodstock, NH 03262

HUD guidelines for Grafton County:
One Person - Gross Annual Income Limit- \$33,100.
Two Person - Gross Annual Income Limit- \$37,800.

ICE POND VILLAGE, 13 Ice Pond Road, Lancaster, NH 03584
ECHO VALLEY VILLAGE, 20 Back Lake Road, Pittsburg, NH 03592
"First Month - Rent Free"
(one-time incentive for Pittsburg applicants only)

HUD guidelines for Coos County:
One Person - Gross Annual Income Limit- \$33,100.
Two Person - Gross Annual Income Limit- \$37,800.
Tenants pay 30% of their adjusted monthly income for rent. This includes heat, hot water and electricity.
Eligible applicants must be 62 years of age or older.
To request information or receive an application by mail contact:

Management Office
10 Washington Drive,
North Woodstock, NH 03262
(603) 745-4989
NH Relay 7-1-1

The properties listed are managed by SNHS Management Corporation.
www.snhs.org

**Town of Bristol
Job Opportunity:
Shared Admin Assistant**

Bristol is busy with many ongoing and new projects, and we are looking for a teammate that will hit the ground running on Day 1. We strive to create a business-friendly environment to help our town's tax base grow while balancing the need to preserve our beautiful surroundings, and you will be on the front line of helping us get there.

This is a full-time position, 40+ hours per week, with a pay range of \$17.00 - \$19.00 per hour. For more information and a full job description please visit the Town of Bristol website under Job Opportunities or contact the Assessing / Land Use Manager's Office. Applications will be accepted until the position is filled. Bristol is an Equal Opportunity Employer.

TOWN OF ALEXANDRIA POSITION AVAILABLE

TRANSFER STATION ATTENDANT: The Town of Alexandria is accepting applications for a part-time Transfer Station Attendant. Job duties include assisting with the processing and removal of solid waste and recyclable materials. Must possess the ability to deal with the general public in an effective & cooperative manner, understand and follow written & oral instructions. Must be able to safely lift 50 pounds. NH MSW Class III certificate preferred. Must possess valid NH Driver's License. Applications may be obtained in the Selectmen's Office or on the town's website alexandrianh.com.

‘Lifting Life’-New Hampshire healthcare profile on Pemi-Baker Hospice & Home Health

As seen in Good Housekeeping & Woman’s Day magazines

PLYMOUTH — Pemi-Baker Hospice & Home Health was recently chosen for Good Housekeeping and Woman's Day magazine's New Hampshire Healthcare Profiles. The profile concentrates on Pemi-Baker Hospice & Home Health's compassionate, patient-centered care helping people live their final chapter fully.

For Danielle Paquette-Horne, registered nurse and executive director of Pemi-Baker Hospice & Home Health, all too often families wait too long to take advantage of the benefits that hospice care provides.

"Waiting until a loved one is on their death bed leaves so little time for the patient and family to adjust to the upcoming transition," she says.

Paquette-Horne and her team have made it their mission to educate the community about the medical expertise, comfort, and comprehensive support they provide for those who have six months or less to live.

"Our organization has been helping people in central and northern New Hampshire since 1967, but there's still so much confusion about what we do," she says. "Hospice is a distinct medical specialty that focuses on the care and support of people who are nearing the end of life."

Pemi-Baker Hospice & Home Health's physicians and advanced practicing nurses are board certified in hospice and palliative care. Nurses and their assistants provide exceptional medical and loving care. Social workers collaborate closely with patients and families, connecting them to local services and assisting with advanced care planning. Chaplains provide

vide spiritual counseling, if desired, and volunteers offer meals, companion-ship, assistance with tasks, and various therapies. There's even a special program that honors veterans. Patients living in nursing homes can also receive end-of-life care from the staff.

"Our team collaboratively cares for patients progressing toward life's end," says Paquette-Horne. Pemi-Baker Hospice & Home Health's palliative care services assist people, often in their own home, who are living with serious illnesses and need help managing symptoms and side effects.

It's all part of this nonprofit's mission to rally with love and respect around people who are near life's end so they can transition painlessly, peacefully, and comfortably at home with their loved ones.

Hometown advantage

Pemi-Baker Hospice & Home Health's focus is distinctly local, helping people in and around Grafton County as they navigate life's final journey with comfort, grace, and meaning.

"We are neighbors serving neighbors, caring for people we may have known all our lives," says Paquette-Horne. "Everyone on our staff shares a deep connection to this area."

Paquette-Horne both cherishes and shares the spirit of independence and resourcefulness New Englanders are known for.

"Many of us cut our own firewood and grow our own food. We might live on the side of a mountain where no fire truck could reach us, but when death is near, it is a time to ask for help. It is so hard to wit-

ness community members struggle," she says. "The sooner we get involved, the better. Tell us what you need, and we will find a way to help."

Pemi-Baker Hospice & Home Health wants you to know:

Home hospice care is covered by Medicare and most insurance companies. Patients and their families pay nothing for top-tier, compassionate medical care, medication, and even equipment.

A physician referral isn't required; patients and families can simply call Pemi-Baker Hospice & Home Health to receive a thorough—and free—assessment.

Hospice isn't about helping people die, it's about helping them live—as long, as comfortably, and as fully as possible.

With over 55 years of experience, serving clients from 29 towns in central and northern New Hampshire, Pemi-Baker Hospice & Home Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, and Community Programs including: American Red Cross CPR/AED/FA, Caregiver Support Groups and Grief and Bereavement Support Groups. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth)





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Memorial DAY

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COURTESY

Artists of the Month

The Lakes Region Art Association proudly announces its Artists of the Month. (Seated from left to right): Lynn Casey, Duane Hammond, Fay Lee, Barbara McClintock; Back row from left to right): Stephanie McQuade, Sue Merritt, Sally Hibberd, Mike McQuade. Artists' winning entries will be on public display in locations around the Lakes Region during the upcoming month. The mission of the Lakes Region Art Association is to enhance the ability of its members to create art and to further the appreciation of art in the Lakes Region area by the promotion, education, sale, and display of the visual fine arts. The Association is a non-profit educational and cultural organization located in the Tanger Outlets, Suite 300 in Tilton, New Hampshire. Membership in the Art Association is open to artists and patrons of the arts. Please visit LRAAnh.org for more information. The LRAA Art Gallery is located at Suite 300 at The Tanger Outlet in Tilton and is always open: Thursday through Sunday, 10 a.m. to 6 p.m. The Art Association is most appreciative of local support!



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7-23 The ELO Experience
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8-17 Great Waters Gala! Featuring Aaron Lazar
8-20 Michael Cavanaugh & Band
8-27 One Night of Queen: Gary Mullen & The Works

CONCERTS in TOWN

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FURNACE, A/C & WATER HEATER TRIPLE PLAY TUNE-UP

* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 7/31/22.

CODE SPRINGHVAC249
ROWELL'S SERVICES
603-934-4145

\$25 YOUR NEXT SERVICE OFF REPAIR*

* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 7/31/22.

CODE SPRINGSERVICE25
ROWELL'S SERVICES
603-934-4145

\$199 ANY DRAIN ANY TIME*

* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 7/31/22.

CODE SPRINGRAIN199
ROWELL'S SERVICES
603-934-4145

\$250 HEATING/COOLING REPLACEMENT OFF SYSTEM*

* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 7/31/22.

CODE SPRINGMIN250
ROWELL'S SERVICES
603-934-4145

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