

Newfound Landing

THURSDAY, JUNE 30, 2022

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COMPLIMENTARY

Exchange students offer personal perspective on Ukraine conflict



Newfound Regional High School teacher and alum Sarah Cutting stands with Margarita Simonyan at their school's senior prom.

BRISTOL — Students in rural New Hampshire often think of their communities as separate from the world, as isolated bubbles in the 'middle of nowhere' with nothing much worldly about them. However, one small school district in central New Hampshire has discovered it has quite a few direct, personal links to current events, particularly the recent Russo-Ukraine conflict.

This spring, eight Newfound Regional High

School journalists had the opportunity to reach out and interview many of these people, which provided them with a deeper insight into the area's international connections. Two former Newfound exchange students, their host families, current NRHS staff and students, and a local expert on Ukraine all contributed to a newfound understanding of this school's global interconnectedness.

Since Feb. 24, life has

looked very different for people from Russia and Ukraine, and for anyone associated with those countries. For Newfound Regional High School, ties to Russia go back as far as 1996, when the local community hosted a young, wide-eyed exchange student from Russia who is a now widely-known, controversial figure in the news: RT (formerly Russia Today) editor-in-chief and reporter, Margarita Simonyan.

Simonyan arrived in



Juliya Hrabenko (left) poses with host family members at Ceilto Mexican Restaurant in Bristol.

Newfound at the age of 15 through the US-funded program FLEX, "Future Leaders Exchange." She benefited from the FLEX program in its early years. According to NRHS staff member Stephanie Wiencek, whose sister was Simonyan's host mother, 'Maggie' was an oddity in Newfound.

"We didn't have people from Russia who spoke a different language and yet she was so impressive, by far. She was a baby when she came here, and yet her English, and the books that she had read, were so far advanced to her pupils. She was 15 years old and took AP English," Wiencek recalled.

NRHS English teacher Sarah Cutting, also

a Newfound alum, was Simonyan's classmate in AP English that year, and remembers her fondly, noting "She was full of joy, always curious. She was a huge part of the class of 1996, and of my memories of senior year. I've always hoped we had an impact on her, too."

It seems that Simonyan's host family and NRHS did.

She says, "I still maintain connections to NRHS and the wonderful people I met in Bristol - as the mere fact of this interview [with NRHS student journalists] clearly shows."

In 2020, Simonyan wrote an intensely moving letter to her host mother, Dotty O'Hara of Alexandria, shortly after

Mrs. O'Hara's passing. "Shining with pride, you, tall and white, blushing with short blond hair, introduced me, small, thin, black: 'This is Maggie. My Russian daughter!' The extended O'Hara family has remained connected to Simonyan for 26 years now through emails, calls, and even visits. Mrs. O'Hara herself even traveled to Simonyan's Russian home for her wedding, and while the remaining host family wishes they could see Simonyan more often, doing so has become much more complicated in recent years.

In her letter to Dotty, Simonyan seems to wish things were not.

SEE EXCHANGE STUDENTS, PAGE A7

NHEC sets new power rate

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) is increasing its Co-op Power Charge from 9.62 cents per kilowatt-hour (kWh) to 16.98 cents per kWh. The new rate will take effect with bills rendered on or after Aug. 1.

The Co-op Power Charge includes the cost that NHEC pays to purchase electricity on behalf of its members from the wholesale electricity market. The cost of these electric market purchases is directly passed through to members who have not chosen to purchase power from a competitive supplier. NHEC does not add any additional charges or fees to its Co-op Power Charge, and it does not fund NHEC's operations.

In New England, natural gas is the predominant fuel used to generate electricity. The price of natural gas is nearly three times higher than this time last year. Natural gas prices are impacted by global supply and demand, which has led to historically high electricity prices in New England and across the country.

The new Co-op Power Charge and Regional Access Charge will result in a \$37.55 a month increase for the typical residential member using 500 kWh per month, or 32 percent total bill increase. Members using 1,000 kWh per month will see a total bill increase of \$75.09 per month, or 37 percent.

"The price of the electricity NHEC

SEE POWER RATE, PAGE A3

New Hampton man arrested for motor vehicle arson

CANTERBURY — New Hampshire State Fire Marshal Sean P. Toomey, Canterbury Police Chief Michael Labrecque and Canterbury Fire Chief Michael Gamache announce that

an arrest has been made for a motor-vehicle arson that occurred in Canterbury on Monday, June 20 around 5 a.m.

State Fire Marshal Investigators determined that two cars had been set

on fire and identified the suspect as Derrick Poirier, age 31, of New Hampton. An arrest warrant was issued for Poirier later that day with charges of Arson and Criminal Threatening, both felonies. Poirier surrendered himself to the New Hampton Police Department on June 22, and was released on personal recognizance bail. He will be arraigned in Merrimack Superior Court on July 21.

Toomey would like to remind our citizens that arson is not a victimless crime, and that any intentionally set fire puts in motion a series of events that significantly jeopardizes both the public and our First Responders' safety. Nationwide, intentional set fires cause over 400 deaths, 950 injuries, and \$815 million dollars in direct property damage annually. (Source: NFPA, September 2021, Intentional Structure Fires).

This investigation remains ongoing. Anyone with information is encouraged to contact Investigator Stephen Dennis or District Chief Anthony Booth at (603) 223-4289 or by email at fmo@dos.nh.gov.

Full throttle... or maybe not quite full throttle

Getting behind the wheel of a stock car at NHMS

BY JOSHUA SPAULDING

Sports Editor

LOUDON — I'm putting my foot to the floor, riding inches from the ground as I get up to speed and enter the race track, my heart pounding and a voice in my ear telling me to move up and get between the lines. The number eight Budweiser Monte Carlo, long a fixture of Dale Earnhardt, Jr., is now carrying a guy who barely fit through the window and is super happy he took his blood pressure medication earlier in the day.

That being said, as the car circled the track, with my foot hammering down coming out of turns two and four looking to pick up speed on the straightaways, the thrill was real. It felt like I was flying. In



MOMENTS BEFORE I squeezed into the Budweiser car for a few laps around New Hampshire Motor Speedway.

reality, I was probably going about the speed I do on Interstate 93 when I'm heading to Littleton to cover a basketball game.

A few years ago, I was in the media center at New Hampshire Motor Speedway when someone

came in and asked if anyone wanted to take a ride in the pace car. It seemed like a great opportunity and I took advantage. I did it again the next year as well and it was a blast, riding inches from the wall at speeds over 100 miles per hour. As a fan

of NASCAR, it was great to see just how the cars hit the track and how hard it is to drive at those speeds, never mind with three-dozen-plus others trying to get ahead. It was one of the coolest moments of my journalism

career.

This year, I decided to take it to another level and spend my time behind the wheel of a NASCAR car as the NHMS Media Challenge made its annual stop at the speedway ahead of next month's NASCAR weekend. The Rusty Wallace Racing Challenge brings stock cars to the track and lets people get behind the wheel and see how they fare. The media relations department at NHMS invites the media to come out and give it a try and this was my first attempt at getting behind the wheel (and hopefully not my last).

My goal going in was to not wreck the car and not be the slowest person out there. Much to my

SEE NHMS, PAGE A9

Owl's Nest Resort completes purchase of White Mountain Country Club

ASHLAND — LCJ Management, owners of Owl's Nest Resort, has acquired White Mountain Country Club in Ashland, a renowned Geoffrey Cornish designed public golf course and clubhouse developed in the mid-1970's. The 18-hole course adds to its impressive portfolio of resort holdings which includes Owl's Nest Resort in Campton boasting an 18-hole, Jack Nicklaus-designed golf course, 25 racquet sport courts, Panorama Six82 Restaurant and several home and rental communities.

"White Mountain Country Club fits perfectly within our vision of offering first-class golf, dining and other resort amenities to both locals and visitors to the Central New Hampshire Region," says Brian Lash, Owner of LCJ Management. "We have plans to improve the course and



into a vineyard and event venue. They are hoping by 2025 to become the 31st registered winery in the state of New Hampshire, producing their own Pinot Noir and the state's only locally-produced sparkling wine.

The club and winery will be rebranded the "Owl's Nest Vineyard Course." Renovations will begin this fall. Expect minimal disruption to services, although the club will operate as a 9-hole course when construction begins on the back nine, and vice-versa until its anticipated completion in spring, 2024.

Owl's Nest Resort is located in Campton, New Hampshire, with spectacular views of the White Mountains and offering modern rental homes, an award-winning restaurant, a 9.9-acre lake, an 18-hole golf course, tennis courts, pickleball courts, platform tennis, and numerous activities on-site or nearby. New amenities coming to the resort in the near future include new rental homes, an event space, restaurant, a new nine-hole golf course, pool & gym complex, and new homes for sale. Learn more by visiting www.owlsnestresort.com

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restaurant, as well as expand its group function capabilities. Like Owl's Nest, we will offer attractive membership packages but still be open to the public. Our ultimate goal is to make the new club one of the top 5 courses in New Hampshire."

Robert McNeil of Northeast Golf Com-

pany will be managing the course redesign. Improvements will include a redesign of several holes, extensive tree management, bunker removal and renovation, new irrigation, new cart paths, tee enlargement, practice facility enhancement, and more attention to meadow areas to create more open charac-

ter. The restaurant will be expanded and more function space will occupy what is now the practice green, which will be moved closer to the first tee. Additionally, plans are in the works to turn the former landing strip and hangar, encompassing over 30 acres on White Mountain Country Club's golf course,

PSU event raises more than \$30,000 for student scholarships

PLYMOUTH — Plymouth State University (PSU) and the Raymond Burton Legacy Fund recently recognized alumnus Wally Stevens with the 2022 Raymond S. Burton Public Service Award during an annual Students, Scholarships, and Service event at The Barn on the Pemi.

This year's Students, Scholarships, and Service event (formerly the Burton-Frost event) raised \$30,000 for Plymouth State University Alumni Association (PSUAA) student scholarships and the Ray's Angels fund, which support PSU students who experience tuition shortfalls and demonstrate financial need in closing the gap.

Stevens was a friend and contemporary of the Burton, both graduating



Plymouth State University and the Raymond Burton Legacy Fund recently recognized Wally Stevens with the Raymond S. Burton Public Service Award. Pictured (from left) are Stevens, Grappone Automotive Group CEO Larry Haynes, PSU President Donald Birx and realtor Ken Moulton.

in the same Plymouth State cohort in 1962. Stevens stayed involved with PSU as one of the four founding members of its

President's Council, past Chair of the President's Council and a Trustee to

the University System of New Hampshire (USNH) Board of Trustees.

During the event, which was held on June 2, Grappone Automotive Group President and CEO Larry Haynes and realtor Ken Moulton, both PSU alumni, past USNH Trustees and PSU President's Council members, presented the award.

"In addition to being a classmate of Ray's, I cannot think of anyone who more exemplifies Ray's wonderful qualities than Wally Stevens," Haynes said. "Wally has served Plymouth State University with compassion, intellect and an enthusiasm that continues to set the bar oh so high."

The event also featured a guest appearance by Boston Bruins anthem

singer Todd Angilly, who is a PSU alumnus, and PSU junior Lena Warner shared her experience as a past PSUAA scholarship recipient.

During his professional career, Stevens spent 50 years in the seafood industry, served as the chair of the National Fisheries Institute in 2001 and recently retired as the Chief Executive of the nonprofit Global Seafood Alliance. He was formerly President of Slade Gorton & Co., Inc., in Boston, Massachusetts, one of the largest seafood marketing and distribution companies in the United States. Previously, he was President of Ocean Products Inc., a salmon aquaculture business in Maine, preceded by 17 years at Booth Fish-

SEE EVENT, PAGE A7

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	83 Depot St.	Mixed Use (Commercial/Residential)	\$654,600	Samusa Inc.	2 Bits Investments LLC
Bridgewater	River Road	N/A	\$29,000	Stephen N. Huckins, Jr.	Stephen N., Jr. and Wendy J. Huckins
Holderness	7 Upper Meadows Rd.	Mobile Home	\$185,000	Mark and Amy L. Flaherty	Gordon Otis
Holderness	N/A (Lot 69)	N/A	\$130,000	J.M. Mastro Jan. 1992 RET and Joseph L. Mastro	Anne R. Lovett
New Hampton	Dana Hill Road	N/A	\$460,000	Robert M. Leclair Estate and Stephen A. Leclair	Linden Lewis RT and Peter C. Lewis
New Hampton	N/A (Lot 5)	N/A	\$597,000	Jack Daniel	Chefberta LLC
New Hampton	N/A	N/A	\$95,000	Troy A. Tikkanen	John and Jayne Blake
Plymouth	83 Highland St.	Single-Family Residence	\$315,000	S&D Flynn Fiscal Trust and Shawn W. Flynn	Kevin Briggs
Plymouth	Hutchins Road, Lot 76G1	N/A	\$279,800	David F. Hall Estate and Judith A. Hall	Slater Holdings LLC
Rumney	Hallelujah Ave., Lot 20	N/A	\$120,000	Sandra L. Voytilla Estate and Linda J. Jones	Donald Carrier
Rumney	Hallelujah Ave., Lot 17	N/A	\$120,000	Sandra L. Voytilla Estate and Linda J. Jones	Donald Carrier
Rumney	Hallelujah Ave., Lot 18	N/A	\$120,000	Sandra L. Voytilla Estate and Linda J. Jones	Donald Carrier
Rumney	Hallelujah Ave., Lot 19	N/A	\$120,000	Sandra L. Voytilla Estate and Linda J. Jones	Donald Carrier
Thornton	Northpoint Estates, Lot 22	N/A	\$370,000	T.J. Quinn, Jr. RET	Jason and Brandi S. Henson
Thornton	Route 3	N/A	\$45,000	Arthur P. Goodwin, Jr.	Denise Downing
Waterville Valley	3 Brownstone Way, Unit 2	Condominium	\$755,000	Christopher A. and Patricia M. Lemone	David M. McCabe and Kim Philbrick-McCabe
Wentworth	247 Atwell Hill Rd.	Single-Family Residence	\$277,000	Pamela J. Goodale	Brandon Goodale
Wentworth	Goves Lane	N/A	\$25,000	Mark L. Gove	Robert M. Pike and Paula E. Winsor

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 par-

ties 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrendata.com

ties 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrendata.com

July is busy at Artistic Roots!

PLYMOUTH — Artistic Roots is thrilled to welcome back potter, Joan Glidden! Her beautiful work is now available at the gallery, Glidden lives in Ashland and in addition to her pottery work is a nurse at Spaulding Memorial Hospital. Stop by to see it!

The Gallery welcomes five new visiting artists, Cam Sinclair, Emmylou Vollmer, Molly Simpson, Dom Marocco, and Tinglan Yang, this month! Join us on July 20 to welcome our visiting artists at a reception! Refreshments will be served and all are welcome. We look forward to seeing

you there. Tinglan Yang is both a watercolorist and a photographer. Currently an economics teacher at PSU, she concentrated on learning to paint watercolors during Covid-19. Molly Simpson moved back to new Hampshire and the move has allowed her to concentrate on her art. She works both in pastels and acrylics and has been challenging herself by "going big." Emmylou Vollmer, a New Hampshire resident, Emmylou has found that felting and nature photography are her favored methods of expressing her enchantment. As

the seasons turn on the wheel of the year, so does the focus of her work. She discovered that felting with wool and other fibers is a fascinating process. There are many ways to create a sculpted piece from needle felting to wet felting. Cam Sinclair, retired educator, coach and referee loves painting. Cam specializes in landscapes and works in oils and oil pastels. He is a self-taught artist. Dom Marocco works in acrylics. Originally trained in watercolor once introduced to acrylics found that he liked this medium. His subject matter

is animals with a focus on birds.

Classes at the gallery this month are all in person at the Gallery! We will offer a full month long course on Foam Printing with Annette Mitchell. The class will meet on Tuesdays and Thursdays from 10 a.m.-noon starting on July 5th and ending on July 28. Annette will demonstrate how to create

foam prints and to incorporate other mediums into your work. Class size is limited to six. The cost of the class is \$200 for members and \$225 for non-members. Lynn Haust will offer her popular Flower SunCatcher Class. The class will meet on July 13 from 5-7 p.m. You will learn to use stringers, grit, and cut glass pieces! Class size is

limited to 8 Suzan Gannett is offering Zen Doodle Animals on July 20 from 10 a.m.-noon. She welcomes both children and adults to this class. She will demonstrate a variety of doodles and how to incorporate them into your favorite animal. Cost of the course is \$25 members and \$35 for non-members. Children ages five to 18 are \$15.

SLA hosting Intro to Field Sketching

HOLDERNESS — Join the Squam Lakes Association (SLA) and LRCC members Bri and Cris for an Intro to Field Sketching program at Chamberlain-Reynolds Memorial Forest on July 8 from 2 to 4 p.m. Begin building your naturalist skills and learn drawing and observational techniques. Take a 1.5-mile walk through Chamberlain-Reynolds Memorial Forest, learning field sketching tips and tricks along the way and getting to practice in locations like a lake beach, a hemlock grove, or a swamp! Though sketching materials will be provided, you're welcome to bring

whatever you have to create with as well. Make sure to bring plenty of water and something to sit on so you're comfortable observing and sketching in one place for a while. Get outside, flex your creative muscles, and explore the Squam region in a new way!

For more information or to sign up for this guided hike, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature

and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

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

HOLDERNESS — The first of three tournaments in the Squam Canoe Classic: Bass Fishing Tournament Series is quickly approaching! Load up the canoe, kayak, float tube or any style of human powered watercraft and head out on Saturday, June 25 for a day of timeless moments on the water.

Seasoned pros alongside the most amateur anglers are going to love this event. The Squam Lakes Association is excited to host our Eighth Annual Squam Canoe Classic, a very approachable bass tournament experience. This fishing series is all about the love of the lake, having a great time on the water, going after the

big one, and good-natured sportsmanship. It is an opportunity to test your skills against the fish and each other, and a laid back way to introduce beginners to the art and pleasure of recreational fishing. Quietly ease up to that favorite fishing hole and use all your skill and cunning to hook yourself a winner!

This tournament is open to any vessel completely powered by human effort. It is a catch and immediate release tournament. Anglers document their catch by measuring and taking a photo and then release the fish back into the deep where the legend can swim on. Participants must fish with lead-free tackle.

This year we are continuing our partnership with Eastern Adaptive Sports (EAS) to provide a quiet water fishing experience, allowing adaptive anglers the opportunity to fully participate in the event. For individuals in need of adaptive access, please indicate this requirement upon registration. Eastern Adaptive Sports will provide boat access for participants.

Tournament Dates in this year's series are: June 25, July 23 and Aug. 13. For more information or to register, please visit <https://www.squamlakes.org/2020-squam-canoe-classic-bass-fishing-tournament-series> or call the SLA at 603-968-7336.

Power Rate

FROM PAGE A1

purchases for our members who opt to take Co-op Power energy service has continued to climb," said Brian Callnan, NHEC's VP of Power Resources and Access. "An adjustment to the Co-op Power Charge will help stabilize our members' electricity costs through the upcoming fall and winter."

"From the supermarket to the gas station to the electric meter, costs are up across the board," said Jim Bakas, NHEC's Interim General Manager. "We know that any rate increase is difficult for our members, many of whom are on fixed incomes or already struggling to pay their bills. We want our members to know that we are here to help, and there are Co-op, state and local assistance programs available. We encourage members to call us at (800) 698-2007, or visit www.nhec.com/financial-assistance. Our Member Solutions representatives are ready

to create payment plans or budget billing that works for you. Our Energy Solutions department is also ready to help with efficiency programs that offer incentives, rebates, and advice for getting the most from your energy dollars."

Co-op power rate adjustment schedule

NHEC has traditionally adjusted the Co-op Power and Regional Access Charges in May to reflect power and transmission costs for the upcoming summer period, and again in November for the winter period ahead. To mitigate seasonal price fluctuations and provide NHEC members with more stable

rates, NHEC is changing the time of year it sets these charges to August and February of each year. Setting the Co-op Power Charge in August and February will align NHEC with other New Hampshire utilities and avoid the large swings in electricity prices that have occurred over the past several years.

About the New Hampshire Electric Cooperative

NHEC is a nonprofit electric cooperative that is owned by the members it serves. NHEC provides electricity and energy solutions to 85,000 homes and businesses in 118 communities across New Hampshire.

HAMDEN, Conn. — Lauren McInerney of Bristol, Jordan Ray of New Hampton, and Elizabeth Johansson of Waterville Valley received degrees from Quinnipiac University during commencement ceremonies held in May.

About Quinnipiac University

Quinnipiac is a private, coeducational, non-sectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 9,500 students in 110 degree programs through its Schools of Business, Communications, Education, Computing and Engineering, Health Sciences, Law, Medi-

cine, Nursing and the College of Arts and Sciences. Quinnipiac is recognized by U.S. News & World Report and Princeton Review's "The Best 387 Colleges." For more information, please visit qu.edu. Connect with Quinnipiac on Facebook and follow Quinnipiac on Twitter @QuinnipiacU.

and Rebekahs are a world-wide fraternal order involved in a variety of civic and philanthropic efforts on a local, national, and international level. Membership is open to men and women. For more information, call (603) 632-4089.

Local students receive degrees from Quinnipiac

Enterprise Rebekah Lodge #46 honors members

BRISTOL — Enterprise Rebekah Lodge #46 of Bristol recently honored members for their years of service.

Those recognized by Walter George, Noble Grand, were Geneva Bartlett (Meredith) 65 years of service; Jan-

et Taylor (Meredith) 45 years; Fred LaFontaine (Concord) 45 years; John Matthews (Hebron) 40 years; Cindy Rogers (Loudon) 35 years; and Lynne Edwards (Bradford) 30 years.

I.O.O.F. (Independent Order of Odd Fellows)

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CADY Corner

Summer is a risky time for youth substance use

BY DEB NARO
Contributor

More teens start drinking and smoking cigarettes and marijuana in June and July than in any other month, the U.S. Substance Abuse and Mental Health Services Administration said in a report entitled, "Monthly Variation in Substance Use Initiation among Adolescents."

"More free time and less adult supervision can make summertime an exciting time for many young people, but it can also increase the likelihood of exposure to the dangers of substance abuse," SAMHSA Administrator Pamela S. Hyde said in a news release. "That is why it is critically important to take every opportunity we can throughout the year to talk to our young people about the real risks of substance abuse and effective measures for avoiding it, so they will be informed and capable of making the right decisions on their own."

With less structure and adult supervision, summertime is rife with opportunities for teens to fall into a bad crowd, experiment with drugs or alcohol, or engage in other forms of high-risk behaviors. For working parents, it can be challenging to monitor youth during the day-time hours. You can help keep your teen safe and drug free with these summertime tips:

Set summertime rules: Make your rules clear regarding unsupervised time spent with friends, as well as your expectations surrounding drinking, smoking and other risky behaviors.

Supervise: This can be especially challenging for parents of high school students. However, be physically present when you can, and when you cannot, try asking a friend, neighbor or relative to randomly check in. Research shows that unsupervised youth are three times more likely to use alcohol or other drugs.

Monitor: Know with whom and where your child is at all times. Randomly call and text your child to check in, and don't be afraid to check up on your child by calling other parents. Communicate regularly with the parents of your child's friends.

Stay involved: Show your child you care by taking time out of your busy schedule to do something fun together. Provide some structure by helping them find a summer job, volunteer work, or other supervised activity.

Regardless of the season, it is always a good time to talk with your teen about the dangers of alcohol, tobacco, and other drugs. Open (or maintain) the lines of communication and be your child's trusted source of information. Remember, silence isn't golden—it's permission, so be sure to keep talking because they're listening!

For more information on how to encourage drug-free behavior and guide good choices, visit our website 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 or 238-3555.



COURTESY

Morgan-Nelson kicks off summer concert series

Morgan-Nelson will kick off the summer concert series in Bristol on Thursday, July 7. Join us in Kelley Park from 6:30 - 8 p.m. as solo artists Dan Morgan and Lynda Nelson combine their talents and perform together as "Morgan-Nelson" with notes from country, folk and bluegrass. They will be joined by standup bass player Bill Camara and Cajon player Jody Bregler. These artists have a passion for performing and are fueled by their love of music and family. The concert is free, and is "bring your own seating." Refreshments will be offered by the Bristol Fire Company. In case of inclement weather, the concert will be relocated to the Historic Town Hall.

NORTH COUNTRY NOTEBOOK

No longer any time for a three-tine fork



By JOHN HARRIGAN
COLUMNIST

working on a dairy farm in Colebrook. I can still see him in his faded greens, an old hat on his old head, three-tine pitchfork in hand.

A week or two earlier, old Allie had watched me lugging pails of water for the calves. "I've been watching the way you walk," he'd said. "You ought to be a farmer."

Of course nobody called him Allie, except his son Lyman. It was always "Mr. Forbes," befitting a man in his 80s. The way he said it made me proud, as if I'd passed some kind of test. But I had no idea where life would take me, least of all to down on



JOHN HARRIGAN

Lodged hay, rained on and blown down by a storm into what Lyman Forbes called "One mell of a hess."



JOHN HARRIGAN

Mount Monadnock—our Monadnock, the one just across the river in Vermont's Northeast Kingdom—looms in the distance, as fog dissipates over downtown Colebrook.

the farm. New ways of farming had already washed over the land by the time old Allen got out of it and Lyman took over the farm. Bulk tanks to cool and

agitate the milk until a truck could pick it up were the new order of the day. It was the beginning of an era that would stand dairy farming on its head in a single generation.

+++++

The trend toward bigness that would transform dairy farming overnight was in fact a fairly quick process. When seen against the country's slow clock, it just took a while to see it clearly.

Refrigerated railroad cars had emerged after the Civil War. All you needed was a railroad. It arrived in Colebrook in 1887, when lumber baron George Van Dyke built a line up from North Stratford. He kept going north, all the way to Lime Ridge, Quebec. There he could get lime for tired soil.

However, he'd have some competition. Local farmers were getting lime from the bottom of aptly-named Lime Pond just south of Colebrook, in CO-SEE NOTEBOOK, PAGE A8

Letters to the Editor

Help me put NH first

To the Editor:

Today, it's with great pleasure that I am announcing my candidacy as a Republican State Representative for District 18. District 18 includes the towns of Enfield, Canaan, Grafton, Orange, Dorchester, Groton, Hebron, Bridgewater, Bristol and Alexandria. If you live in one of these towns, I need your help (hand out literature, door knocking, yard signs, calling or money) to win. Contact me at john@johnsellersnh.com or visit JohnSellersNH.com for further details of who I am and what I stand for.

I live in Bristol with my wife Donna and together we raised nine kids and ten grandchildren. I served on the Bristol Budget Committee and currently on the Newfound Area School District Budget Committee. I am a USAF veteran. Once ran my own business, was also a business analyst for over 20 years and now retired.

I am very frugal when spending other people's money. Because of hyperinflation every dollar means a lot more than it did a years ago. I am also about fighting for freedom, liberty and the constitutions of NH and the US. I remember the days when a kid could just be a kid having fun and learning to grow. When life was simpler because of less government intrusions. I believe we the people can make choices and take risks that we need a Dr. to OK over the counter in Mexico?, and protecting our kids. This is freedom.

There are many issues facing us today like; rising property taxes, over reaching government/non-government organizations (NGO), public school systems, school choice allowances, abortion, gun rights, parental rights, cost of living, oil, fuel, electricity, gas/propane, food, and clothing. In the Declaration of Independence, it says "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Our leaders have lost sight of these word. This is where I will step up and work for you, to keep alive the hope of Life, Liberty and pursuit of Happiness and make sure you are heard.

We the people of New Hampshire are very unique among our neighbors in the other New England states. We are a strong, proud, independent, courageous people who live by our motto of LIVE FREE OF DIE. We don't need government to care for us nor want government to dictate everything that we can and cannot do. Smaller government means less intrusions, restrictions, and taxes.

NH first... Vote for John Sellers in the primary on Sept. 13, and again on Nov. 8.

Email me at john@johnsellersnh.com or visit JohnSellersNH.com for more information and how you can help. We need all hands-on deck to fight a battle of our life. NH may be the last stand for freedom, liberty and happiness. God help us and bless us.

John Sellers
Bristol

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Comfort Keepers

Finding your source of joy

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."

-Henri J.M. Nouwen

Comfort Keepers believes so much in the power of joy that we founded a National Day of Joy. I took a moment to reflect and consider the true impact joy has on our lives. Science proves that attaining daily doses of joy – big or small – works wonders on our overall wellness, including our physical and mental health. The actual factors that bring about joy, whether they be situations, people, activities, or things, are highly personal and individual to each one of us. Yet, when you are a joyful person, happiness has a way of being contagious and can help spread hope and positivity to others.

Yes, perhaps we can all agree that living joyfully is important, but how do we do that when we all get caught up in our busy lives? Why is seeking joy particularly important for aging adults? This article will explore ways seniors can find these moments of joy and laughter within themselves or with their family, friends, or their caregivers to improve their mood and overall well-being on the Day of Joy - or any day.

Laughter is the best medicine

Moments of joy are a must for all of us but especially for older adults. Depression and isolation are more prevalent for seniors and living a life full of joy, happiness and laughter is a great way to lift their spirits and create overall health benefits. Many therapies that focus on seniors are now beginning to incorporate humor and laughter to create more joy. A little bit of joy can go a long way when it comes to improving a senior's health, both physically and mentally!

Whether you're guffawing out loud at a sitcom on Netflix or quietly chuckling at a funny meme, there is no doubt that laughing does you good! One of the most important aspects of laughter, regardless of age, is that it releases what is referred to as 'happy hormones.' Serotonin, dopamine, oxytocin, and endorphins are famously happy hormones that promote positive feelings like enhanced mood, pleasure, joyfulness, and even love. So much research is available that speaks to the advantages of being happy, particularly the 'head to toe' benefits we receive if we incorporate

laughter in our lives on the regular! By seeking out more opportunities for humor and laughter, we can all improve our emotional health, strengthen our relationships, and find greater joy and happiness—some say it might even add years to your life!

The importance of social interaction

There's no doubt that taking the time to connect with people is essential for living well as you age. You don't grow as an individual if you simply disengage. By exposing yourself to people with different outlooks on life, you can open up a whole new world. Social disengagement and loneliness are often considered to be routinely associated with physical limitations causing us to become even more isolated. However, studies have shown that an active social life improves cognitive function and overall brain health, especially for older adults.

As we get older, we tend to become creatures of habit – even more so than we were in our younger days. While routines are comforting, research tells us that one of the habits many of us adopt as we mature is the tendency to become disconnected from friends and family on a purely 'social' level (as opposed to a sense of obligation or responsibility). With that in mind, brain researchers have discovered that when we consciously develop new habits and activities, we can actually jumpstart our 'trains of thought' onto new, innovative tracks. Reconnecting and consequently becoming more socially active may just do the trick!

As life continues to get back to normal, the ability to finally get together again with family and friends is critical, especially for older adults. I don't think any of us truly realized how much our friends and family provide us with a sense of identity and belonging until those interactions were curtailed or shut off entirely like they were during the pandemic.

Seniors need social interaction to reduce feelings of isolation and loneliness. Research shows that older adults who have more social interactions keep higher levels of cognitive function longer, and their memories do not deteriorate as quickly as their more isolated peers. Seniors who stay in touch with family and close friends have also been shown to have lower risks of dementia.

Family/friend gatherings are also important because this is when 'experiences' are passed down between generations. In addition to being something to look forward to, spending time together establishes a

foundation for family/friend values and serves as special bonding experiences. For older adults, these moments together are also a way of transferring the family's history and culture from one generation to the next.

Simple tips on ways seniors can find joy

Finding moments of joy every day does not have to be a daunting task. Following are some of my favorite tips to attain joy every day:

- Embrace your Interests: try something new that you always thought about or connect with people who share your current interests or hobbies
- Prioritize Family and Friends: a recent Comfort Keepers study found that connecting with family, loved ones and friends delivered the most joy compared to activities, events and things
- Bond with Family Virtually: in-person visits are not always possible, so we're so lucky that we have mobile phones, social media and technology to help us keep in touch from far away. The same Comfort Keepers study found that seniors have embraced texting, emojis and social media to bond with the grandkids
- Indoor or Outdoor Exercise: exercise can result in joy! Studies have indicated that people who worked out only once or twice a week said they felt much happier than those who never exercised – plus it leads to improved physical health for seniors. Exercise can apply to a wide variety of strength and mobility and can include stretching, balance exercises, yoga, Tai Chi, walking, gardening, bicycling, and swimming.

Comfort Keepers® can help

At Comfort Keepers®, our 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, our 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 we 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 us help you stay independent.

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

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Rumor has it that a new pastry shop and cafe will be open soon at the foot of Newfound Lake. Keep your eyes peeled and let everyone know if you find it...

The Fourth of July is almost upon us! Help celebrate by taking part in one or all of the events! Saturday, July 2: 4th of July Boat Parade. Meet at 1pm at the foot of the lake - prizes! Fireworks at dusk at the foot of Newfound Lake. Rain dates for both events - July 3.

On Monday, July 4 Firecracker 5K Road Race at the NMMS parking lot; 8am registration, 8:30am start. For more information; www.newfoundfitnessnh.com. Fourth of July Parade, "Celebrate Country Living" will start at 10am at Freudenberg parking lot. Registration and info available online at www.ttcrc.org or www.bristolnh.gov.

The Minot Sleeper Library Summer Hours start on July 1. They are as follows: Monday, Wednesday, Thursday and Friday, 10 a.m. to 6 p.m. and Tuesday, 1 to 8 p.m. and Saturday, 10 a.m. to 2 p.m. Regular hours resume on Tuesday, Sept. 6.

Reoccurring events at the MSL 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 - 5pm, and Paint Your Own Shark Art Gallery for all ages (Sharks are free and can be picked up at the MSL and then put on display until Aug.19, when there will be a gallery opening).

On July 6, the MSL will present a children's program, 'Ocean Sensory Bottle' for ages six and under at 11 a.m. Register at the MSL: www.minotsleeperlibrary.org, 603-744-3352.

The first of the Bristol Summer Concert Series will be the Morgan - Nelson Band on Kelley Park on Thursday, July 7 from 6:30 until 8:30 p.m. All

concerts are free. Bring your own chair. Refreshments provided by the Bristol Fire Company.

A pre-teen program, 'How to Kayak' will be held on July 8 at 3 p.m. for ages seven to 13. Pre-registration is required. MSL info above, or NLRA: www.newfoundlake.org, 603-744-8689.

On July 9, the MSL and NLRA will present Grey Rocks Storytime at 11am. Please register at newfoundlake.org.

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.

Cruise Nights at the Village Pizza are held every Friday night through September from 5:30 - 8 p.m. All vehicles welcome with no entry fee!

The Community Events Committee has produced another great Events Brochure for the Newfound Lake Region! You may pick one up at most business establishments in the area. You can also go to Follow Us on Facebook: [Facebook.com/BristolCommunityEvents](https://www.facebook.com/BristolCommunityEvents).

The Bristol Historical Society Museum will be open on Tuesday evenings, 6:30 - 8 p.m., and Saturday mornings from 10 a.m.-noon.

May you all enjoy a happy and safe Fourth of July holiday!

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Community Breakfast

Union Congregational Church, Saturday, July 2, 7:30-8:45 a.m. \$5 per person. All you can eat!

Hebron Library

Celebrate Summer with a trip to one of New Hampshire's state parks. Interested patrons can stop by Hebron Library to schedule their trip in advance, and receive their pass for the day of their trip. The pass grants admission for up to two adults and four children, so the whole family can attend. The pass is not valid at the Cannon Mountain Aeri-

al Tramway, the Flume Gorge, Hampton Beach State Park - South Beach, or Wallis Sands State Park, and cannot be used for metered parking or camping fees.

Hebron Library's is also hosting Summer Reading Bingo. Until August 13th, anyone who wants to participate can stop by the library to pick up a bingo card with genres and media types for you to read. For every one you read, fill in a space, and for every five spaces you fill in, your name gets added to the Family Fun Day raffle. There are two prize pools, one for kids and one for adults, so everyone is welcome to participate.

This month's Crafts and Chat session is on July 23, from 10 a.m.-noon, and will be focused on macrame, sometimes called the art of tying knots into patterns. Participants will learn some basic macrame skills and work on a simple project. Feel free to stop by if you're interested in Macrame, interested in crafts, or just want to talk. All supplies will be provided, courtesy of the Library.

The Hebron Library has bookcases full of used books for sale at the entrance to the library. Prices are low and we have a large selection of best-selling hardbacks and paperbacks. All proceeds go to Hebron Library for use in supporting the library programs.

A thank you to those who have recently donated used books. We prefer titles of recent publication and cannot accept magazines, textbooks, or serialized collections, please, and non-book items. Please make sure to drop off books you intend to donate while the library is open so we can give you proper credit, and to ensure the books aren't damaged. Anything we cannot add to our collection, will be put into the book sale.

The library is open on Mondays and Wednesdays from 1 to 4 p.m., and Saturdays from 9 a.m. to noon. Feel free to contact us by phone at (603) 744-7998 or email at hebronnhlibrary@gmail.com.

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Edward Jones: Financial Focus

Take steps toward financial freedom

Next week, we observe Independence Day, an opportunity to celebrate all the liberties we enjoy in this country. Of course, there are different types of freedoms – such as financial freedom, which can open the doors to many other opportunities. What steps can you take to gain your financial independence? Here are a few suggestions:

- **Save, invest... and repeat.** There's really no shortcut to achieving financial freedom – you do have to save and invest for many years. And that means you should take full advantage of the opportunities available to you. If you have a 401(k) or similar retirement plan at work, try to put in as much as you can afford each year, and when your salary goes up, increase your contributions. Even if you have a 401(k), you may also be eligible to fund an IRA. Both a 401(k) and an IRA offer tax benefits and an array of investment options, so they are powerful retirement savings vehicles.
- **Invest for growth.** How much you invest is obviously a key factor in reaching your financial freedom. But how you invest is also important. If you're going to accumulate the resources you need to retire comfortably and meet your other financial goals, you will need to devote a reasonable percentage of your investment dollars to growth-oriented vehicles, including stocks and stock-based mutual funds. Of course, these investments will fluctuate in value, so you'll need to be prepared to accept a certain level of risk. Your individual risk tolerance will help determine how much of your portfolio should be devoted to growth investments.
- **Pot financial windfalls for work.** Whenever you receive a financial windfall, such as a bonus from your employer, a tax refund or even an inheritance, consider putting some of it to work in your investment portfolio. Over time, these windfalls can add up.
- **Reduce your debts.** It may be easier said than done, but try to reduce, or eliminate, as many debts as you can. The less money you have to pay each month on your debts, the more you'll have available to save and invest. Of course, some debts, such as your mortgage, can't be easily erased, but if you can find ways to cut down on spending, you may be surprised at how much progress you can make toward debt reduction.
- **Prepare for the unexpected.** Life is unpredictable – and some unforeseen events could threaten your ability to achieve, and maintain, your financial independence. For example, if you were unable to work for a while due to illness or injury, you might be forced to dip into your savings and long-term investments just to help meet your cost of living. You can help protect yourself from this risk by building an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account. And you may want to consult with a financial professional to learn about other protection strategies. It will take a concerted effort to reach your financial independence – but, like all freedoms, it offers immense benefits.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



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Exchange Students

FROM PAGE A1

“You would like me to fly over to you,” she wrote. “To see me, your Russian daughter, for the last time. And I would really like that. But you’re afraid I might get arrested in your place. And I am scared.”

In March of 2022, Margarita Simonyan was sanctioned by the European Union for “actions and policies which undermine the territorial integrity, sovereignty and independence of Ukraine.” Due to her polemic influence in Russia, Simonyan’s name was placed on the International Want List for immediate extradition to Ukraine if captured.

For many years, Margarita Simonyan was on record stating that her year in New Hampshire led her to discover that Russians and Americans “are so much alike in terms of culture, in terms of family values, ways of life, reactions, sense of humor.” However, shortly after her June 2022 interview with NRHS journalists via email, Simonyan seems to have redacted her opinion live on Russian-state TV.

“Recently, I was re-reading old letters that I sent to my parents when I was studying in America. I wrote to my parents: I have a feeling that [America] is not a country, but a kindergarten for mentally disabled children. Even at 15, I already understood that.”

She admits that the FLEX program expanded her horizons and worldview, and says it also “destroyed the stereotypes I held about America, the rather sanitized and idealized image of it.” In an essay for the FLEX program about what she’d learned after over a year of living in the US, Simonyan wrote about realizing how much she loves her Motherland.

“Being an alumna of FLEX has made me a bit of a cautionary tale for the program itself - because I came back to Russia and went to work for the benefit of my own country and my own government, not someone else’s. I’m pretty sure that becoming the editor-in-chief of Russia Today was the last goal that FLEX had in mind for me,” Simonyan said.

The biggest takeaway for Simonyan was the realization that “even poverty and the likely absence of any kind of a future in my hometown of Krasnodar were more acceptable to me than the probably brilliant future that an outstanding student could expect to build in America.” Her remaining host family, however, empathize with the pressure they believe Simonyan may be under, and host-aunt Stephanie Wiencek hoped to see Simonyan this summer in Russia, a plan now made impossible by the war. Simonyan had tried to encourage her host-aunt to visit last December, noting that it’s no colder in Moscow at Christmas than it is in Bristol.

Other Newfound area residents have concerns about how this conflict might continue to affect the world and their loved ones’ lives, too. One of these is local resident Richard Lobban, who is

more than just a quiet Bridgewater beekeeper. As a foreign policy analyst, anthropologist, and professor at Rhode Island College and the Naval War College, Lobban has expertise regarding the impact conflicts have on humankind. In the past, Lobban worked as a freelance journalist in high tension areas of the world. His connections to the Russo-Ukrainian situation, though, are more personal - he has been to Russia several times, and his in-laws are 100 percent Ukrainian.

Recently, Lobban has been traveling New England to share his scholarly perspective on the history of Ukraine and the military involvement it has seen in the past. Professor Lobban expresses concern about the complicated aspects of the war and its implications. As tensions have increased, calls to halt Russian-American programs, including international student exchanges, have as well. Lobban, who agrees with Simonyan’s original opinion of Americans, notes that both cultures come from powerful countries with strong dominance around the globe, and a shared cynical sense of humor.

He hesitates to close the doors completely to Russian-American cultural exchange programs, noting that, “In the context of war, I’m sympathetic. War is when we need the most communication to obtain peace.”

He points out that the media has neglected to show that many Russian people were, and are, against the war. He says Americans must make “a distinction between the Russian government and the Russian people... It all depends on content. Meaning is always determined by context.”

While Lobban admits he’s unfamiliar with Simonyan and her role in this conflict, he can sympathize with the context of her dilemma. It is hard, he understands, for anyone to stand against Putin, who is known to eliminate his competition and critics.

“The penalty can be 10 to 15 years in prison... maybe Margarita Simonyan is indeed a supporter and delusional, but if she actually spoke against [this conflict], it could cause pain and suffering in her name,” he said.

He points out that, just like every war, this one affects everyone, and that to understand the conflict in Ukraine one must peel the layers back, like an onion.

NRHS science teacher, Anna Tyrina, agrees. As an American immigrant, she has immediate family in both Ukraine and Russia who have been impacted by this conflict. Tyrina says Americans should care about what’s happening because of the potential for it to turn disastrous. She worries that most places aren’t actually going to get involved because of the possibility of a World War III. However, Tyrina notes that both the Ukrainian and Russian sides and their positions have been articulated, and misrepresented, in many ways. She points out that, while many Americans think the media is handling the situation poorly, American citizen really aren’t paying enough attention

to the conflict, in general.

This seems to be true for the school community at NRHS. Only 10.8 percent of the 111 staff and students surveyed indicated that they often watch the news, and only 4.5 percent know someone personally affected by the Russo-Ukrainian war. However, more than half expressed concern about the future of this conflict and its impact on the rest of the world. The presence of exchange students in the rural New Hampshire high school, however, seems to significantly help increase students’ awareness of other cultures and global issues, as noted by over 84 percent of respondents.

Recent 2015 Newfound alum and FLEX exchange student Juliya Hrabenko of Ukraine is determined to raise more awareness of the events occurring in her home country. Students at NRHS met virtually with Hrabenko in May and heard her describe, for the first time publicly, her eyewitness experience of the Russian invasion that began on Feb. 24 while she was living in Kyiv. Zooming from a safe location in Canada where she has been since early May, Hrabenko detailed a city under siege that she and her fellow citizens struggled to leave safely. Her New Hampshire host brother, Kyle Rosenthal, helped keep Hrabenko up to date in the early days of the war through social media outlets when informational details were hard for Ukrainian citizens to come by.

“I barely remember the first three weeks of the war...it is so hard to bear everything inside, so we need to shout about it,” she says.

Hrabenko has found new ways to use her voice. In April, Hrabenko and other FLEX alums launched a protest campaign demanding that the American Councils for International Education join the worldwide ban on any representation of Russia until further notice, as well as withdraw FLEX status from Russian alumni such as Margarita Simonyan.

“The American government paid for her ‘lucky ticket’ to FLEX, too” Hrabenko points out.

From Hrabenko’s perspective, Simonyan doesn’t seem to have benefited long-term from the program.

“I can see that in the difference between my job and my life now, and hers,” Hrabenko states.

As an exchange student at NRHS, Hrabenko gave presentations to area schools about Ukrainian culture, and has since attended the Global Leaders conference in Washington, D.C. twice. Before the conflict in Ukraine began, Hrabenko continued to volunteer in her home country.

Her host mother, New Hampton resident Barbara Rosenthal, believes that “Juliya is the kind of person who’s going to change the world for the better... I’ve never met anyone with so much energy, with the most positive outlook.”

After hosting 10 international students since 2009, Rosenthal has seen how exchange programs can shift perspectives of both the students from away, and those here.

“We [Americans] all put restrictions on what

we are able to do, are hesitant to test our limits, and these exchange students come here fearlessly and take so much of a leap, leaving with such confidence - they inspire me to be a better person,” she says.

Like Simonyan, the exchange program had a positive impact on Hrabenko, who says “I had a beautiful host family, a beautiful community. I loved meeting American people, living in the culture I used to see in movies.”

She insists that FLEX is a life-changing program—an important one that makes young adults more open-minded. The most important lesson she has learned since leaving Newfound is that “We have to be tolerant. We have to accept that we’re all different, but all human.”

From one fellow Newfound and FLEX alum to another, Juliya Hrabenko wishes to call on Margarita Simonyan to remember the American citizens who hosted her with kindness and made her feel at home before Simonyan continues to insult the US and other Western countries. She points out that the FLEX program was Simonyan’s “happy ticket” to a life full of opportunities. “Aren’t you grateful for what you were given, for what is behind you?” she asks. “Stop harassing Ukraine and taking our land.”

Margarita Simonyan does recognize that for many FLEX alums, the experience of studying abroad benefited their future careers the same way it did hers.

On the other hand, she says, “This is a US government program that is open about its aim of nurturing an affinity and affection for, and even sort of a loyalty to, the United States among the future leaders of other countries. It’s not about equipping these future leaders, the best and the brightest, to best serve their own countries.”

Hrabenko, however, has already begun to do

just that by advocating for “truth, justice, and a free Ukraine” on social media, in the Canadian parliament where she is currently interning, and via her grassroots efforts to fundraise for the Ukrainian Armed Forces.

As one FLEX alum to another, Simonyan says that, “With all my heart, I wish for her [Hrabenko] to stay safe and stay firm in opposing Kiev’s Nazi regime that has been slaughtering its own people for the past eight years.”

The apparent bias built into Simonyan’s statement, which she is known for, contrasts with the ethics her line of work typically requires, however. After graduating from Newfound, Simonyan returned to Russia to pursue a career in journalism, something she says she knew all her life she would become. The freedom of the press, Simonyan says, is an essential service for any society and community.

“Unfortunately, what we’ve learned recently is that the idea of a free press long propagated by a number of countries, including the US, has largely been a myth,” she adds.

She cautions that non-mainstream voices are often attacked and shut out from the discussion, as the news media organizations she heads up have been for years.

“The principles of press freedom are available to a select few actors,” Simonyan notes.

Hrabenko points out that media portrayal of events has potential to impact the lives of thousands.

In Ukraine, Russian propaganda has had a massive contribution to human suffering, according to Richard Lobban.

He points out, “If there is no free press, there is no critical thinking... and in Russia, that’s led citizens to believe outrageous things, like they are fighting Nazis.”

Lobban’s theory is that, “if you put the words ‘no’ or ‘not’ in front

of everything Putin says, you’ll find the truth of what’s going on.”

It’s easy to wonder if that may also be true for what Simonyan says, especially when it seems her personal experiences with Americans contradict so starkly with her publicized view of them.

Even in places where free press is valued, however, finding safe ways to communicate and balance perspectives can be complicated. Professor Lobban notes that during wartime, the ability to speak, negotiate, and resolve conflict calls for an extreme need to communicate with each other, which can be very difficult in the context of war. Nonetheless, he hopes that people will realize it is of the highest level of importance.

He notes, “The more information you can get, the better you can speak to the truth.”

That is exactly what this small group of eight Newfound Regional High School student journalists set out to do - investigate the truths about how their seemingly insignificant community is connected to the current Russo-Ukraine conflict.

According to host mother Barbara Rosenthal, “What we need more of is people like you guys to ask questions, to develop a broader perspective.”

Yet maybe what these young journalists found to be true in their interviews is the most important perspective of all, a definitive one - as Richard Lobban points out, we are all human beings, with a shared humanity. Despite its rural nature, the small school district in central New Hampshire and its residents, past and present, have more of a connection to international events than previously realized.

The preceding article was written by NRHS students Tyler Kulacz, Emma Colby, Micah Colter, Emily Huckins, Liz Wentworth, Zackary Stevens, and James Paratore, under the guidance of teacher Sarah Cutting.

Event

FROM PAGE A2

eries serving in many capacities and at many locations around the country.

Stevens and his wife Meredith Bristow Ste-

vens live in Hampton Falls and Narragansett, R.I.

Ray Burton was a long-serving member of the New Hampshire Executive Council and a North Country institution. The Raymond S.

Burton Public Service Award honors individuals who, like Burton, loved and respected the role of education, cared deeply about the state and its citizenry, and devoted their service to the public good.

HEBRON ZONING BOARD OF ADJUSTMENT MEETING AND HEARING AGENDA

JULY 12, 2022

6:00 PM

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet at 6:00 PM on Tuesday, July 12, 2022 at the Hebron Town Office, second floor meeting room, 7 School Street, Hebron, NH 03241 to address the following:

1. Discuss and approve minutes of previous meetings and other administrative matters.
2. Under the terms of NH RSA 676.5, to hear the **appeal** by Newfound Serenity LLC to the denial of a Site Plan for the construction of a seasonal Recreational Vehicle Park on Matthews Lane (Tax Map 24, Lot 25-1) by the Hebron Planning Board at a meeting on April 6, 2022.
3. Any other business that may come before the Board.

**ZONING BOARD OF ADJUSTMENT
DOUGLAS S. MCQUILKIN – CHAIRMAN**

Please join Town of Hebron ZBA from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/381533213>

By Phone: 1 (571) 317-3122

Access Code: 381-533-213

The Rest of the Story

A8 NEWFOUND LANDING, THURSDAY, JUNE 30, 2022

Notebook

FROM PAGE A4

lumbia. To dig out the lime, crews built a cofferdam from the pond's north shore.

The railroad had come to Colebrook in 1887. The town's citizens held a big celebration to mark the occasion, roasting two oxen and hiring bands to augment the parade. It was a big deal, after all.

Wars spawn inventions, not all of them deadly. The Civil War

spurred on the railroads and fostered telephones and electricity. Now all sorts of products could be shipped to markets far beyond the reach and range of farm wagons.

+++++

The other day I drove by my favorite farm in all the landscape, this one on the Vermont side of the river. It achieved by gravity what others could do only with motors. Hay, grain, and

water went downhill into the barn. Milk was produced in the middle. Manure got pushed out onto the ground below, to be spread on fields all around.

This was a barn built under ideal conditions. It was indeed a marvelous setup, allowing gravity to do much of the work. Like so many small farms in northern New Hampshire and Vermont, it's always referred to in the past tense, as in "gone."

+++++

Rural electrification allowed farmers to get out from under debt, adapt to changing times, and actually make some money. It was all a huge benefit from Roosevelt's New Deal. But farmers had to find ever more land, make ever more hay, milk ever more cows.

In a very short time, life on the farm had gone from milking by hand to electricity to bulk tanks, much of it in my own young

lifetime. Jimmy Ricker had talked about the old ways in Clarksville, and now Lyman Forbes about the old days in East Colebrook. It was a thing I learned early on, in the hunting camps where customs held on. When the old-timers spoke, you listened.

Then too, my own grandmother had lived from the arrival of railroads to the invention of electric lights and the telephone, and could remember getting a licking for wear-

ing bloomers.

Bewildering times, indeed, which makes me glad I didn't take old Allie's advice, and become a farmer. And in truth, I don't think I'd have stood it.

(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.)

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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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A valid NH CDL-B license and experience operating heavy equipment is preferred.

This is a full-time position with benefits and is a Labor Grade 5 with an hourly pay range of \$15.44 to \$21.84 depending on experience.

A full job description and application is available on the Town of Thornton website at www.townofthornton.org or at Town Hall.

Please submit your completed application to:
Town of Thornton
Attn: Desiree Mahurin, Acting Town Administrator
16 Merrill Access Road
Thornton, NH 03285

The deadline to submit an application is Monday, July 25, 2022 by 4:00 pm.

The Town of Thornton is an equal opportunity employer.

NHMS

FROM PAGE A1

surprise, I succeeded in both goals, though when the official results were announced, I was a bit disappointed in my overall effort.

The group of media members gathered in them media center as we were given lessons in what to do (stay between the lines on the track) and what not to do (don't downshift). The guy giving the presentation made it sound pretty simple, but deep inside, I was thinking to myself that was not going to be the case. He went over all the necessary safety information, told us what to do if we felt the car getting away from us (don't try to correct it, just turn left) and when and where to hit the gas and let off the throttle.

They then led us to the garage area, where we had to don our firesuits. As a short guy with a larger stomach, the XXL worked in the stomach area but was a bit long in the legs, but it would have to do the trick. We got to choose helmets and they led us to Victory Lane, where we had our pictures taken and got driver introductions.

Then we got to do a ride-along, with the professional drivers showing us what we needed to do. My driver punched the gas right out of pit road and we were off. It was like the pace car ride a few years earlier, but even faster. We did a few



RC GREENWOOD

I MANAGED TO get inside the NASCAR car for the laps at New Hampshire Motor Speedway.



RC GREENWOOD

THIS YEAR featured the largest group of media members doing the Media Challenge at NHMS.

quick laps and then it was time to get in my own car.

I brought along photographer RC Greenwood, who does a great job helping us cover sports in the Lakes Region. The photos accompanying this story are his, as he followed me around and got some great shots. As we walked toward the row of cars lined up, I said to him I was kind of hoping for one of the Dale Jr. cars (there was an 88 and the old Budweiser 8 car).

As luck would have it, I got the 8 car. Once the staffer helped me squeeze through the window and got me all buckled in, they did a test of the ear piece (we had a spotter watching us the entire way). He then fired up

the engine and told me to move down pit road and wait for the go-ahead from the spotter.

Now, going in, I thought we would be on the track by ourselves, but this was not the case. As I got on the speedway, there were a couple of other media members driving and also the professionals still giving the ride-alongs. As I pulled out onto the track coming out of turn two, my spotter said "ride-along car coming on your right, stay in your lane," and sure enough, the car went flying by seconds later.

I put in my laps, getting a little more comfortable each time around the track before the spotter told me the checkered flag



RC GREENWOOD

CLIMBING IN THE CAR for the ride-along during the Media Challenge last Friday.



RC GREENWOOD

BELIEVE IT OR NOT, that's me driving the Budweiser car at NHMS last week.

was out and it was time to bring it in. While I was well aware I was not the fastest person out there, I felt like I was moving right along and had done pretty well.

I was definitely mistaken. While I had achieved

my goals of not crashing and not being the slowest, I was way down the list. My best lap time was 57.671 seconds, which translates to an average speed of just over 66 mph. I was certainly going faster on the straightaways,

but need to punch the gas a little more next time. Kudos to the great Justin McIsaac for his top-10 finish and Jon Decker from the Laconia Daily Sun for beating my times.

While I was a little disappointed, this was an amazing experience and I'm hopeful to do it again in the coming years.

If you want to see the stars of the NASCAR Cup Series in action in person (they will be driving faster than I did), visit NHMS.com for ticket information for the NASCAR weekend, coming July 15-17. And check out some of the cool exclusive food offerings (the cheeseburger poutine and frozen hot chocolate shake were delicious) NHMS is offering for the NASCAR weekend.

And remember, race weekend is bound to be more exciting than me putting around the track for a few laps.

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



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JULY 4TH SPECTACULAR

2022 SCHEDULE OF EVENTS

Gorham, New Hampshire

Thursday, June 30th
3:00 pm - 6:00 pm Gorham Farmers Market featuring Music by Randy Messineo

Friday, July 1st
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Specialty Day: Rec Department Day
5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:30 pm - 8:30 pm **CONCERT: Don Boudreau as Elvis/Beatles**

Saturday, July 2nd
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
1:00 pm **Cornhole Tournament** Cost: \$30 Per Team
Registration Starts at 1:00PM
2:00 pm Cornhole Tournament Games Begin (Rain Date Sunday)
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:30 pm - 8:30 pm **CONCERT: Peter Kilpatrick**

Sunday, July 3rd
11:00 am Classic Car Parade Line Up (Ed Fenn School)
11:30 am **Classic Car Parade** Sponsored by ColorWorks (Down Rt 16 to Railroad st)
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
12:00 pm - 2:00 pm **Classic Car Show** on the Common
12:00 pm - 2:00 pm 50's & 60's Music at the Bandstand by Mountain Music
2:00 pm - 4:00 pm Karaoke by Mountain Music
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:30 pm - 8:30 pm **CONCERT: Timothy Paul and special guest Jackie Lee**

Monday, July 4th
10:00 am - 10:45 am REGISTRATION For Kiddies Parade (Registration is a MUST at Ed Fenn School)
11:00 am **Kiddies Parade** (Starts at Ed Fenn School) Sponsored by American Legion Auxiliary & Northern Edge ReMax
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
1:00 pm Parade Line up begins
2:00 pm - 4:00 pm DJ Music at the Bandstand by Mountain Music
2:00 pm **Main Parade** - Sponsored by Northway Bank (Starts at Dublin Street down Rt 16 to Railroad St.)
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00
7:00 pm - 10:00 pm **Concert: Straightaway**
10:00 pm **Fireworks Display** by JPI Pyrotechnics

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****SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE****