

Bears back in action after year away

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound spring sports teams are back in action, hitting the diamonds and the track for the first time since the 2019 season.

The Newfound baseball team will kick off the season on Monday, April 12, with a game at Belmont. The Bears then turn around and host the Raiders on Wednesday, May 14. Franklin is next on the schedule, with the Bears traveling on Monday, April 19, and hosting on Wednesday, April 21.

Newfound will take on Inter-Lakes in the following week, hosting the Lakers on Monday, April 26, and visiting Meredith on Wednesday, April 28. The Bears will open the month of May with games against Moultonborough, hosting on Monday, May 3, and on the road on Wednesday, May 5.

The Bears take on Winnisquam the following week, with a trip to Tilton on Monday, April 10, and a home game on Wednesday, May 12. Plymouth is next on the schedule with a home game on Monday, May 17, and a road game on Wednesday, April 19.

The final week of the season has the Bears taking on Berlin, with a trip north on Monday, May 24, and a home game on Wednesday, May 26.

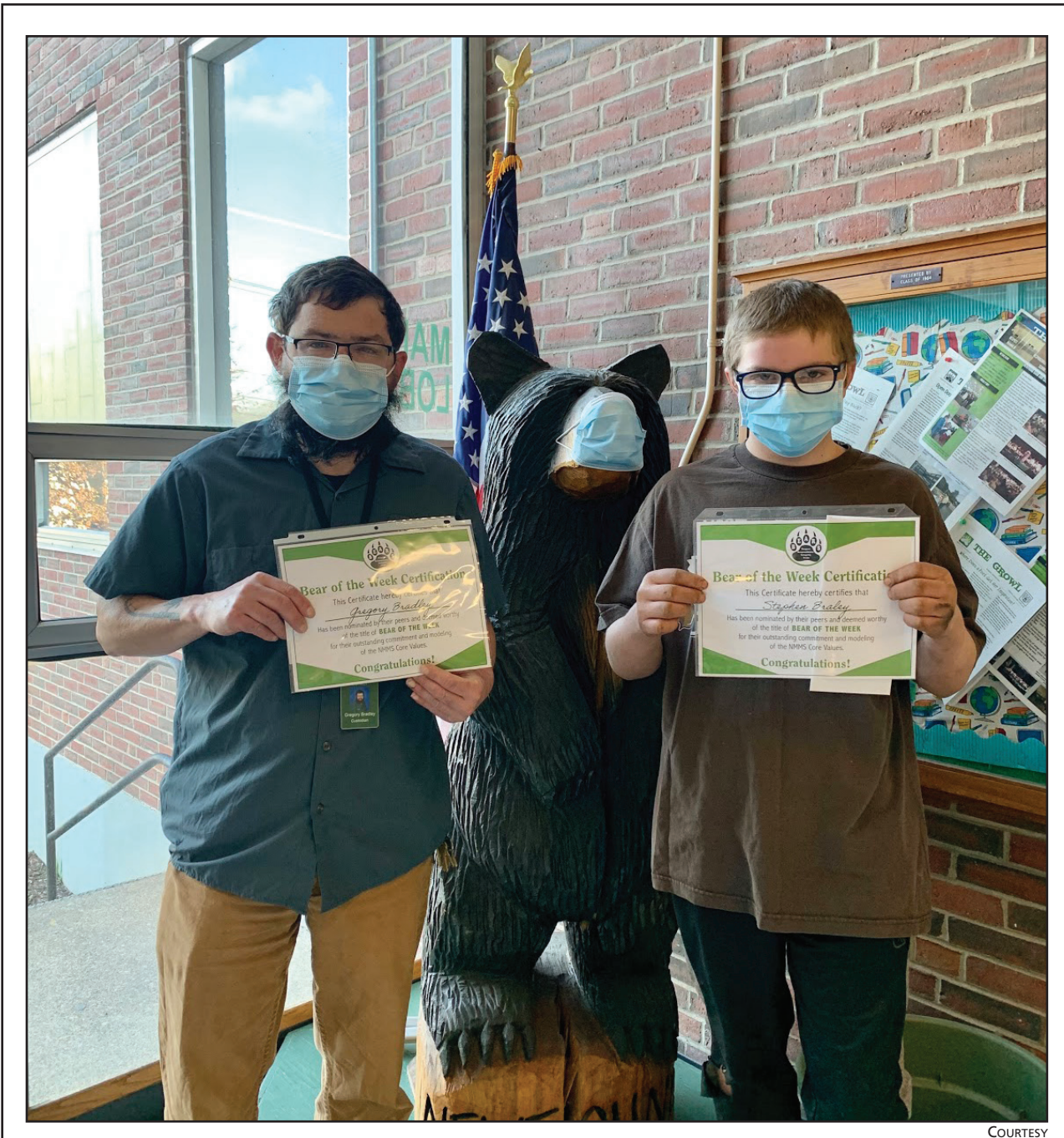
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Spring production celebrates 40 years of musicals at Newfound

BRISTOL — The Newfound Regional High School Drama Department is proud to announce their spring production, “Old & NEWfound: Celebrating Four Decades of Musicals.” The performance will be held outside the high school auditorium on May 22 (rain date May 23) and consist of solos, duets/trios, and ensemble numbers curated from our long history of community musicals, which began with 1982’s “Oliver!”

Drama Department director Stephanie Wiencek was inspired to produce a retrospective while looking back through her collection of programs from the last 39 years. The department is excited to invite past cast members to reprise their most memorable roles, as well as see some old favorites revived by the newest generation of Newfound performers.

Auditions will be held the week of April 12. Details and an audition signup will be available at sites.sau4.org/drama. Whether you’re new to musical theatre or an old hand, we hope to see you there!



COURTESY

Bears of the Week

Newfound Memorial Middle School’s Bear of the Week Winners for the week of April 2 are Stephen Braley and Gregory Bradley for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Promising Futures of NH/Office of Student Wellness at the DOE for providing prizes to this week’s winners!

A story of a jab

Local reporter receives first COVID-19 vaccination



PHOTO BY ERIN PLUMMER

The line of cars leading up to the COVID-19 vaccination site at the Plymouth Armory.

BY ERIN PLUMMER
mnews@salmonpress.news

COVID-19 vaccination signups are now open to anyone over the age of 16 and vaccination sites can be found across the state. How do you sign up? Where can you get the shots done? Does it hurt? These are a few questions a lot of people are asking right now, but yours truly has some personal answers to those after getting the first jab just this week. Read ahead as I relay my own experience with signing up with the system, getting in line for the shot, and what comes after.

On March 25, Gov. Chris Sununu announced that vaccine signups would be available to all people over the age of 16 starting on April 2. That week vaccination signups were open on a rolling basis by age group for the first few days with ages 40-49 eligible on Monday, March 29, 30-39 Wednesday, March 31, and everyone over 16 on Friday, April 2.

SEE VACCINE, PAGE A15

THE HEALTH REPORT

Your child’s health – The highs and lows during the pandemic

BY DR. OLIVER SALMON
Plymouth Pediatric & Adolescent Medicine

The pandemic has certainly changed a lot in our lives. Believe it or not, some pandemic changes have actually made a few things better. From a medical perspective, social distancing and mask-wearing have slowed the spread of much more than just COVID-19. We are seeing dramatically fewer respiratory infections throughout this winter season, including fewer infants with serious RSV infections (the most

common cause of bronchiolitis), less children with croup, and less people of all ages with flu, which is at historically low rates. These trends are happening both here in Central New Hampshire and throughout most of the country.

A worrisome national trend has been a decline in well-child/baby visits and vaccinations. Staying up-to-date with immunizations is one of the most important ways to ensure children grow up healthy. Even during a pandemic, vaccines

can protect young children against preventable diseases that can make them very sick.

Families are facing other struggles during these times. The intermittent need for remote learning works well for some students but is a massive struggle for others, who need extra parental teaching support, sometimes while their parents are trying to hold onto their jobs. The required closures and social distancing measures

SEE HEALTH, PAGE A15



Comfort Keepers

Seniors and sleep: How much sleep do older adults need?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular basis. Adults over the age of 65 should be getting seven to eight hours of sleep per night. But getting quality sleep at night can be difficult for seniors. As we age, our bodies make less of the chemicals and hormones that help us sleep well. Some seniors develop

sensitivity to environmental factors affecting sleep, including noise and temperature. The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke. Arthritis and other conditions can also play a role in sleep quality due to chronic pain. In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling. Inadequate rest affects mood. Not getting

a full night of sleep can cause irritability, stress, problems with concentration, and mood swings. Long-term sleep deprivation can lead to cognitive issues and depression. When seniors don't sleep, their bodies suffer. Headaches, body aches and weakness can sometimes be attributed to lack of sleep. Being tired can contribute to illness. When tired, an older adult's immune system doesn't perform as well, opening the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer. Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's sleep: Having a sleep schedule – going to bed at the same time every night, and getting up at the same time every morning, helps a person adjust to a natural sleep rhythm. Being mindful about eating habits – Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some – rather than having a full meal before bed, it's bet-

ter to have a light snack or warm milk. Creating an individualized sleep plan – Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to – consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help. Comfort Keepers® Can Help For seniors that want to change their daily routine and create a schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased activity during the day, physician-prescribed exercise and diet plans and can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity. To learn more about our in-home care services, contact your local Comfort Keepers location today.

About 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 536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

LRAA Gallery on the move... and then some

TILTON — Tom Hitchcock, President of the Lakes Region Art Association, reports, thanks to the generosity and support of the Tanger Outlet Mall management, the LRAA/Gallery will move from its present address to a larger and more centralized location in the same mall, to suite number 300. "We'll be moved and back in business by April 1, and we couldn't be more excited about our change of venue," said Hitchcock. "This move will now allow us to create a new look, become a more interesting gallery featuring not just fine art and photography, but also add one-of-a-kind handcrafts too. Crafts will include all types of original items from sculpture to carvings, pottery etc., not jewelry or apparel, we are not in the business of making people look good, but instead, what we offer is décor. Also, Instead of just displaying fine art on the walls, like in a museum where nobody talks a above whisper, we'll be creating unique and 'lively' settings using different props and materials to enhance what you see. It'll all be refreshingly different, distinctive and set us apart from other galleries with that certain je ne sais quoi. After all, we are in the business of providing fine art, photography and crafts to liven-up one's home, office or place of business, so do it with imagination and 'spunk', enough so everyone will keep

coming back to see 'what's new.'" Another "move" by the LRAA/Gallery is actually an increase in the number of art and photography classes held there. Very inexpensive courses teaching how to draw, paint watercolors, oils, acrylics and photography, etc. In addition, another "move" is for our grand opening of the gallery, Sunday, May 2. 2- 5:30 p.m. It'll include our 'Fabulous Flowers and Fine Arts Festival.' A number of lakes region florists and garden centers will participate by providing creative and beautiful floral arrangements for the month of April in the gallery. The grand opening will include refreshments, a raffle and live music. Admission is free. The Lakes Region Art Association and Gallery is a non-profit, 501 c-3 organization dedicated the promotion and support of art and artists in the lakes region. The new address is: Tanger Outlet Mall. 120 Laconia Rd., Suite 300, Tilton. Open Thursday-Sunday, for gallery sales 10 a.m. - 6 p.m. Open weekdays and evenings for art and photography classes. Call to inquire, 998-0029, and/or visit the LRAA/Gallery Web site: www.LRAANH.org.

HIGH SCHOOL SLATE

- Monday, April 12**
- NEWFOUND
Baseball at Belmont; 4
Softball vs. Belmont; 4
Track at Inter-Lakes; 4
- PLYMOUTH
Baseball at Kingswood; 4
Softball at Kingswood; 4
- Tuesday, April 13**
- PLYMOUTH
Boys' Lacrosse at Kingswood; 6
Boys' Tennis vs. Kingswood; 4
Girls' Lacrosse vs. Kingswood; 4
Girls' Tennis at Kingswood; 4
Track at Laconia; 4
- Wednesday, April 14**
- NEWFOUND
Baseball vs. Belmont; 4
Baseball at Belmont; 4
- PLYMOUTH
Baseball vs. Kingswood; 4
Softball vs. Kingswood; 4
- Thursday, April 15**
- PLYMOUTH
Boys' Lacrosse vs. Kingswood; 4
Boys' Tennis at Kingswood; 4
Girls' Lacrosse at Kingswood; 6
Girls' Tennis vs. Kingswood; 4

All schedules are subject to change.

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PSU athletes earn LEC honors

PLYMOUTH — A pair of Plymouth State University women's lacrosse players have earned Little East Conference (LEC) recognition for their roles in last Saturday's season-opening win.

Seniors Faye Brown (Londonderry) was named Defensive Player of the Week, while classmate Meaghan Allard (Amherst) was selected as Goalie of the Week.

The duo helped spark Plymouth State to an impressive 17-3 win over Rhode Island College

last Saturday, extending the team's LEC regular season unbeaten streak to 14 straight games.

Brown took control of the crease to help limit RIC to just three goals. She grabbed a pair of ground balls and forced two turnovers in addition to slowing the Anchorwomen's attack.

Allard made seven saves (.700 save pct.), while scooping up two ground balls and even adding an assist. The three goals allowed were the fewest she's given up in a full 60 minutes over

her career.

Following the opening weekend of competition, the LEC has announced its weekly award winners for fall sports teams and members of the Plymouth State University women's soccer and women's volleyball programs were among those honored.

The women's soccer Panthers swept the LEC Weekly Awards after a dominating performance at Rhode Island College last Sunday. PSU topped the Anchorwomen by a 6-0 margin.

Senior Jenna Parsons (Windham) took home Offensive Player of the Week honors. The former goalkeeper recorded her first career hat trick and added an assist for an incredible seven-point game. Her three goals came on just four shots.

Freshman Brianna Chaffee (Exeter, R.I.) was named Defensive Player of the Week and Rookie of the Week after anchoring the PSU defense that helped blank the Anchorwomen. Chaffee and her backline mates

limited RIC to just eight shots on goal.

Freshman Amaya Rogers (Waterbury, Vt.) collected Goalie of the Week honors for her part in impressive win. Rogers made six saves in the second half to earn a combined shutout in her first collegiate action.

Also playing at Rhode Island College, PSU volleyball picked up a 3-1 (25-15, 25-7, 15-25, 25-14) win over the Anchorwomen last Sunday.

Sophomore Natalie Gravelle (Portsmouth) was crowned Offensive

Player of the Week after pounding down a match-high 11 kills while hitting .381. The middle blocker added an ace, one block and three digs to her stat line.

Freshman Nora Ryan (Groton, Conn.) was tabbed Rookie of the Week after setting a school record with eight block assists in the match. Ryan chipped in with eight kills, three aces and five digs from the middle blocker position to give PSU an impressive one-two punch.

Softball Bears taking their precautions as season starts

BY CASSIE ZICK
Contributing Writer

BRISTOL — In the last article that focused on sports and the pandemic, we talked to coach Tim Moreau and received insight on the upcoming baseball season. Having regulations already in place and goals for later in the spring, Moreau is confident that his team will have a successful, safe season. In this week's article, we focused in on the inner workings of the Newfound softball team, and how coach Kelly Meegan plans to keep her players healthy and triumphant this year.

Just like baseball, softball is not considered a "close contact" sport. Still, athletes are bound to end up working with and talking to their teammates and players from other schools. To curb this risk, coach Meegan has protocols in place that will minimize any possible spread of COVID in the gym, the dugouts, and even on the field.

"We wear masks in the gym the whole time, no exceptions. Anytime you enter the school you have to have a mask on. We try to do small groups at stations so the students socially dis-

tance as much as they possibly can," Meegan said. "Even when we go outside, the NHIAA has a mask mandate for us to wear them in the fields as well. We'll be keeping the dugouts spread out and practicing social distancing on buses. Obviously, the coaching staff will be masked up as well as the players.

"With equipment, we have enough hats and helmets so that we can kind of split them up among smaller groups," Meegan said. "If people do have to share, we will frequently sanitize and make sure the equipment is clean be-

fore handing it off. This system limits the overall number of people touching the same equipment, limiting any possible spread of COVID."

We then asked Meegan for her outlook on the season's success. "I have no doubt that this season will be successful. I think the girls are really motivated to get the season in, so they are doing a pretty good job of following all of the guidelines and regulations. They know there is a risk associated with it and, because they have an interest in keeping the season alive, they are very focused on looking

out for each other and staying safe."

To end the interview, Meegan shed light on the importance of having sports available in this difficult year. "I think the most important thing is that these girls are playing again. We've all been through a lot this year; not just the athletes. It's nice to have sports back as an escape and being able to do it in a way that mitigates the risk of the pandemic. It gives us all, both participants and spectators, a sense of normalcy."

She also wanted to express her gratitude and admiration for both

Newfound's athletic director, Alex Sobolov, and athletic trainer, Kelsey Cote. "I also wanted to add that our AD and athletic trainer are doing an excellent job of helping to keep everyone safe. They take care of a lot of the pre-practice/game screening and attendance taking, in the event that we need it for contact tracing."

As we end our trilogy on Newfound's spring athletics and the protocols they have in place to prevent the spread of COVID, we wish all of the athletes and coaches a successful, safe, and rewarding season.

Laconia Rotary's 29th Annual charity motorcycle raffle underway

LACONIA – Wouldn't it be nice to cruise the roads of New England this summer on a brand new Harley? And what if your sweet new ride was all because you supported local charities like the Lakes Region Scholarship Foundation?

It's not just nice... it's possible!

Laconia Rotary Club is excited to announce the kick off its 29th Annual Charity Raffle and the chance to win a 2021 Harley-Davidson Street Glide. The billiard red FLHX bike is valued at \$23,752. Supporting this annual fundraiser is priceless! And, it is easier than ever. The \$20 ticket can be purchased early and often online starting today. Only 3,000 tickets will be sold.

Visit laconiarotary.org to purchase tickets and view the Harley. Tickets can also be purchased through con-

tacting a Club Member. Not a rider? You can purchase tickets on behalf of friends and family members who would love a new bike!

Laconia Rotary is deeply grateful to the local community, and recognizes the generosity received by this fundraiser over the years. Many Motorcycle enthusiasts riding into town for Laconia Motorcycle Week, purchase the "lucky ticket", have also supported the plethora of charities the Club is able to honor.

Traditionally, the Harley-Davidson to be raffled is available in the Fall prior to the next year's Motorcycle Week, allowing Club Members nine months to sell tickets. Due to the pandemic, the 2021 models were not made available until this February, shortening the window of opportunity for sales. The Club

remains optimistic that Online ticket sales will be successful. Past experience suggests that many people look forward to purchasing tickets, while supporting local organizations at the same time.

Laconia Rotary President John Moriarty shares, "By necessity we are refining and streamlining how we promote and sell the tickets in 2021. In the end, it's not about the bike. It's about the thousands of people whose lives will be improved by the great work of the organizations we can support. Through fundraising efforts like the motorcycle raffle, Laconia Rotary has donated more than one million dollars to this end."

This year's raffle ticket will be drawn on the final Sunday of Laconia Motorcycle Week at 4 p.m. Winners need not be present to win. For

full details about the bike as well as terms and conditions of ticket purchase, please visit laconiarotary.org.

Special gratitude is extended to this year's raffle sponsors: Bank of New Hampshire, Laconia Harley-Davidson and Watermark Marine.

Laconia Rotary is a committed, friendly and diverse group of professionals who value service to the community and education. It is a part of an international network, that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world.

Laconia Rotary typically meets every Thursday at noon. All are welcome. Please write to LaconiaRotary@gmail.com if you are interested in attending a meeting.

Visit www.LaconiaRotary.org for more informa-

tion about the club.

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PSU cross country squads named All-Academic Teams

PLYMOUTH — The Plymouth State University men's and women's cross country teams were both honored by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) when the organization announced its All-Academic Teams on Thursday.

To earn All-Academic Team recognition, teams must have a cumulative GPA of 3.10 on a 4.00 scale, including the most recent grading period. A total of 173 men's programs were honored, while 207 women's teams earned the distinction.

Plymouth State was one of two Little East Conference (LEC) men's programs to be honored (Southern Maine), and one of three LEC women's programs to meet the requirements (Southern Maine, UMass Dartmouth).

The USTFCCCA did not award individual academic honors due to the cancellation of regional championship meets last fall.

The Panther women posted a cumulative team GPA of 3.39, earning the distinction for the sixth straight year, while the men earned a 3.14 GPA to be honored for the fourth time in the last five years.



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CADY Corner

Teen drinking and driving--- A dangerous mix

BY DEB NARO
Contributor

Car crashes—the #1 killer of teens—take about 3,000 young lives every year. Parents need to know the main cause of teen crashes is driver inexperience. All new drivers—even high academic achievers and “good kids”—are more likely than experienced drivers to be involved in a fatal crash. Here’s a fact: teen drinking and driving is a dangerous blind spot. As adults and parents, we need to recognize this risk and be proactive.

Teen drivers are three times more likely than more experienced drivers to be in a fatal crash. Drinking any alcohol greatly increases this risk for teens. The Centers for Disease Control and Prevention (CDC) report that high school students drive intoxicated 2.4 million times each month and young drivers (ages 16-20) are 17 times more likely to die in a crash when they have a blood alcohol concentration (BAC) of 0.80 percent compared to when they have not been drinking.

As a parent, you have the greatest influence over your teen’s behavior. In fact, leading experts believe parents play a key role in preventing teen car crashes and deaths. Understand that most teens who drink, do so to get intoxicated. Recognize the dangers of teen drinking and driving and that teen drivers are at much greater risk of crashing after drinking alcohol than adult drivers. Provide teens with a safe way to get home if their driver has been drinking and be sure to model safe driving behavior as trusted adult.

Consider tools like parent-teen driving agreements to set and enforce the “rules of the road” for new drivers. Safe driving habits for teens include the following: never drink and drive; follow state Graduated Driver Licensing (GDL) laws; wear a seat belt on every trip; limit nighttime driving; set a limit on the number of teen passengers; never use a cell phone or text while driving; never ride with someone who has been drinking; and obey speed limits.

The good news is that you can make a difference. Learn about the most dangerous driving situations for young drivers—and how to avoid them. Get your copy of CDC’s parent-teen driving agreement and learn more about safe teen driving at www.cdc.gov/ParentsAreTheKey.

Take the first step: talk with your teen about the dangers of drugs and alcohol and about staying safe behind the wheel and keep the conversation ongoing. For more information and tips on how to talk with your kids about drugs and alcohol, 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 or 238-3555.



COURTESY

Plymouth Elks install new officers

The Plymouth Lodge of Elks, #2312, recently installed their officers for the 2021-22 year. Front row, left to right: Treasurer Kevin Lincoln, PER, PDD; Secretary Veronica Barton; Loyal Knight Terri Plant; Exalter Ruler Don Lewis; Leading Knight Brooks Wilkie, PER; Lecturing Knight John Daly. Back row; Tiler Dan Stein; Trustee “Junior” Joyce, PER; Trustee David Moulton, PER; Esquire Gina Lincoln, PER, PDD, PSP; Inner Guard Jennifer Elliot; Chaplain DeDe Joyce. Missing Trustee Jason Gray, PER.

Sustainable Bristol

How, and why, to celebrate Native Plant Month

BY LAUREN THERIAULT

On top of rejoining the Paris Agreement, the new administration has also pushed, and succeeded, in getting April to be recognized as Native Plant Month. What are native plants? Any plant or tree that grows naturally in your region thanks to thousands of years of perfectly crafted changes specific to that ecosystem. One of my favorite native plants is the Lady Slipper.

Native plants are important to the ecosystem for many reasons, they provide food and shelter for animals, insects, and birds. The bird population in the US has dropped significantly in the last 50 years, keeping native plants helps birds

and insects find the adequate food they need to survive. Imagine a monarch butterfly not being able to find enough milkweed to lay eggs on. The cascading effect of one creature in the web of life being eliminated is unknown, but very scary. Native plants also prevent invasive plants from growing and limit erosion. They require little to no care and much less water than other types of trees and plants. Native plants are perfectly set up to battle any pests and the conditions our New Hampshire weather can throw at them meaning they do not need pesticides or fertilizers like other plants would. Lastly, native plants add beauty and increase the scenic value of our lovely state.

To celebrate Native Plant Month, you could research some native plants and go on a hunt to find them. Take a walk or hike in a local park or trail and see what buds or greens you can spot growing. One of my fondest childhood memories was counting Lady Slippers on a walk with my mom. The Butterfly Garden behind the Minot Sleeper Library has signs and plaques for identifying plants if you are not well versed in identification. While you’re there you could check out books about native plants in New Hampshire. You could also start to plan, and plant a pollinator garden. Think of what pollinator (bees, birds, moths) you’d like to attract and find native

plants those creatures eat or create habitats in. Ask at a local nursery what native plants would be best for the conditions you have. At this point in the season you could buy plants or seeds to start out. Think your space is too limited? A potted plant on your patio, or firescape could very well attract pollinators. Is a whole garden too much of an undertaking? Start small by vowing to replace non-native plants with native one, sorry Burning Bush, you might have to be replaced with Highbush Blueberries. You could also only buy native plants or swap native plants with a neighbor or friend. What will you do to celebrate?

Changing the Conversation

April is Alcohol Awareness Month

BY TARA GRAHAM

Central NH Community Opioid Response Program

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to

control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

However, the dangers of alcohol abuse go beyond college kids getting too drunk at parties. An estimated 14.4 million Americans ages 18 and older had an alcohol use disorder in 2018. Across the nation, 26.45 percent of individuals 18 and older reported that they engaged in binge drinking in the past month (typically four drinks for women and five drinks for men in about two hours), while 6.6 percent engaged in heavy alcohol use (binge drinking on 5 or more days in the past month).

Alcohol is a harmful substance. Each year, an estimated 88,000 people die from alcohol-related causes. Alcohol-impaired driving fatalities account for about 31 percent of overall driving fatalities, landing it in the top five preventable death rankings year after year. Individuals who drink heavily are also more likely to try other drugs, CDC research has shown that they are twice as likely to become addicted to opioids.

Excessive drinking

can increase the risk for liver disease, obesity, breast cancer, depression, suicide, accidents and a wide range of cardiovascular problems, including high blood pressure, atrial fibrillation, stroke and heart attack. Excessive drinking has also been associated with increased violence, crime, poverty, sexually transmitted diseases, and other significant public health harms.

The pandemic has only exacerbated problematic alcohol use. Pandemics such as COVID-19 can cause many medical, psychological, and sociological problems, including increased alcohol consumption and related harms from such consumption. People who are alcohol-dependent have compromised immune systems, reducing the body’s ability to fight off infectious diseases such as COVID-19 - and the more you drink, the higher your risk.

Reasons reported for increased drinking included increased stress from the pandemic itself, the social isolation or loss of financial stability, increased alcohol availability, and boredom. Participants who reported being stressed by the pandemic consumed more drinks over a greater number of

days, which raises concerns from both an individual and public health perspective.

There are a lot of alcohol-free strategies for coping with pandemic stress. Staying physically active, getting plenty of sleep and eating healthy foods are three of the most important tactics. Yoga, meditation and deep breathing techniques can also help. Talking to friends by phone or video chat can alleviate loneliness - and when you are alone, it’s smart to zero in on the things you love.

If you find yourself drinking excessively on a regular basis, seek prompt professional help in person or via phone or video chat. The Substance Abuse and Mental Health Services Administration’s Disaster Distress Helpline is available at 800-985-5990. For those in recovery, Alcoholics Anonymous provides a listing of online meetings at aa-intergroup.org.

It is never too early or too late to guide yourself or someone you know on a path to wellness. Please visit findwellnh.org to explore the many options available right here in our own community.

Newfound Landing

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

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On Geography! On History! Even Concord’s not enough!



By JOHN HARRIGAN
COLUMNIST

It’s not every day that you see a photo of a landing strip on the ice, yet there it was, and once again, it was a case of “Only in New Hampshire.”

We can be sure of this because I’ve fact-checked it to death, and have flown my share with local pilots and bush pilots in the Far North, and New Hampshire indeed has the only FAA-sanctioned ice landing strip in the entire Lower 48.

The ice-strip is a matter of a good deal of pride among local and visiting pilots. A professional photographer in Rochester maneuvered his drone into just the right light to get the picture.

The photo wound up in wide circulation on Facebook, and initially

was sent in by reader Vincent Bober of Rochester, who forthrightly noted, “Not my picture.”

The photo was taken by one of several drones employed now and then by John Gisis, who’s well known to many Lakes Region residents and summer visitors.

When he’s not seeing people through lenses, John enjoys flying drones in good weather and the right light, often centering on large and recognizable structures. Recently, for instance, he got the kind of perfect day and light he’d been waiting for to fly a drone around the iconic Tilton Arch.

+++++

Frost-heaves are a popular topic, with some of the more infamous stretches of New Hampshire’s highways and byways seeming in the order of the Coney Island Roller-Coaster.

Local wags are sure to put signs out somewhere each year. This past week, a longtime friend sent in signs advising passersby to tighten up their false teeth and underwear. Contributor Ted Leach, professional

puppeteer and erstwhile publisher of the Monadnock Ledger, would say only that it was a random popup on Facebook but could be “anywhere in New England” (gee, thanks, Ted).

Along that line, I once hunted down an old pair of boots, cut the tops down to half a foot or so, and stuck them upside-down in a puddle to illustrate a story on a notorious stretch of pot-holes.

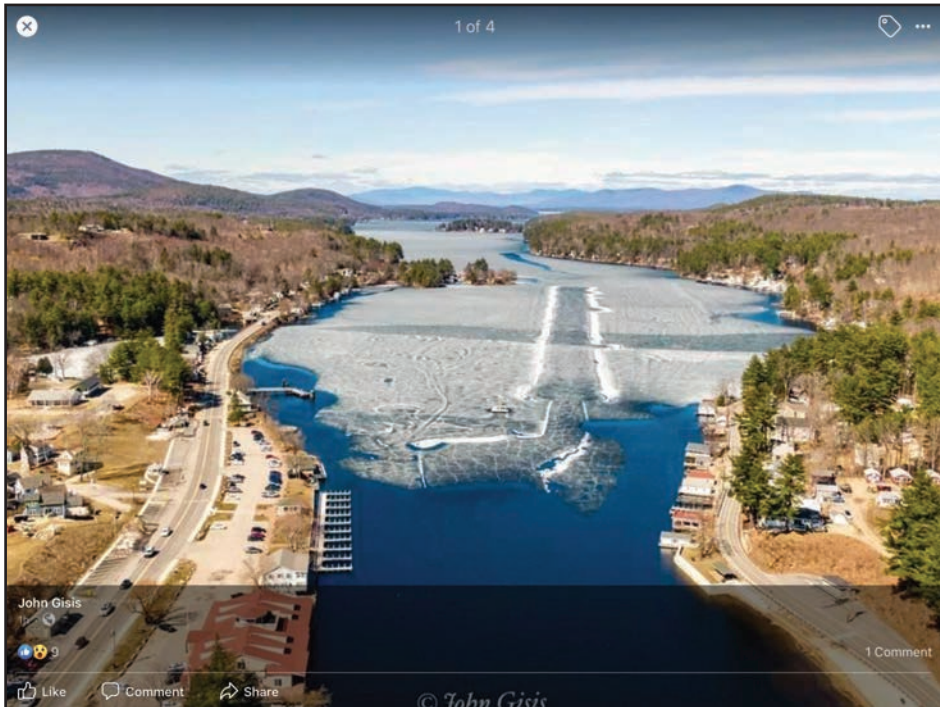
+++++

Nashua is not far enough. Manchester is not far enough. Even Concord is not far enough.

Come on, supporters of passenger rail! Now that the Infrastructure Rebuild and Amtrak’s long-lost hopes are out, give voice!

Plymouth is the geographic center of New Hampshire. Well, okay, can we just sort of agree on this? (Pittsburg might lobby for Lincoln.)

Oh, the unending feasibility studies. Oh, the endearing strength and



Could there be any grander signal for impending ice-out than a disappearing runway? John Gisis’s drone caught Winnepesaukee’s Alton Bay—and the Lower 48’s only federally-sanctioned ice runway—from around 400 feet on March 27.

reach of the automobile industry. Oh, the shallow and boring Fourth Grade history classes. Oh, the convenient whipping-boy of China (“Americans won’t stand in line”). Oh, the mendacity of the media (“Gotta hold the Capitol Steps press conference in time for the 5 p.m. editors, in time for the 6 o’clock news!”).

Trains can still roll to Nashua and Manchester

and beyond, and still do. Let’s not forget the underservedly infamous (for the impatient, at least) coal train that fuels the big generating plant in Bow, just south of Concord.

Someone has been maintaining the rails north of Concord, to Plymouth and beyond. Perhaps on the crew is the ghost of Eddie Clark, an old engineer I knew.

(I need your help on this one, Ed. Today’s would-be commuters are not exactly steeped in tradition. Where are you? A tap on the shoulder will do. No dragging.)

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



TED LEACH — COURTESY

Hang onto your choppers, not to mention unmentionables. Wags everywhere are prone to setting up their own road signs at this time of year.



COURTESY

The old Pemigewasset House had the Boston, Concord, and Montreal Railroad station built right into its foundation. The hotel burned in 1909, but the station was rebuilt—and stands to this day. (Courtesy Derek Strahan, lostnewengland.com)

Letters to the Editor

A well deserved thank you

To the Editor:
On April 7, communities across the country celebrated the first National Library Outreach Day. Formerly known as National Bookmobile Day, the day serves as a time to recognize the invaluable role that librarians and those who support libraries play in bringing library services to those in need.
As director at the Minot-Sleeper Library, I have the great fortune of working closely with a talented staff, as well as dedicated volunteers. Both staff and volunteers are compassionate people who care deeply about our community and are motivated to meet people where they are and provide resources to every person.
I have seen the staff offer to drop a book off at someone’s home or business on their way home from leaving the

library; they have taken phone calls during which they have walked the caller through the steps of setting up technology in their home. The examples are endless. Thank you to Paula, Cindy, Shayne, and Evelyn for the critical work you do.
The library is fortunate to have always had the support of volunteers. Last year, a new opportunity arose when the library launched a home delivery service, bringing library books, movies, and magazines to homebound individuals in the Newfound Area. I would like to wish a special thank you to our volunteers who make these deliveries, doing this important outreach in our community. Our delivery volunteers include Bonnie Maehr, Nancy Dowey, Rosemary D’Arcy, Rebecca Herr, Gail Wolff, and

Sue Nieman. This valuable service would not be possible with you!
I invite you to join me in saying “Thank you!” to these women who make our community a connected, wonderful

place to live.
Brittany Overton
Director, Minot-Sleeper Library
Bristol

Cardigan Lodge offers scholarship to local high school seniors

BRISTOL—I.O.O.F. Cardigan Lodge #38 of Bristol is accepting applications for a \$2,000 scholarship for a graduating Newfound Regional High School and a Plymouth Regional High School student pursuing a trade or vocational/technical degree. Proof of acceptance for Fall 2021 at an accredited college or into a trades program is required among other criteria listed on the application. No affiliation with I.O.O.F. (Independent Order of Odd Fellows) is necessary.
One scholarship with a value of \$2,000 will be awarded to a Newfound Regional High School senior and one to a Plymouth Regional High School senior. Deadline is May 1. To obtain an application, please stop in at your school guidance department office or call Charles Moore at (603) 217-7234.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I have really enjoyed watching the NCAA Men’s and Women’s tournaments this past week! Great basketball with lots of upsets and interesting matchups. Now I look forward to watching the spring sports action, both locally and nationally.

I.O.O.F. Cardigan Lodge #38 of Bristol is accepting applications for a \$2,000 scholarship for a graduating Newfoundland Regional High School and a Plymouth Regional High School student pursuing a trade or vocational/technical degree. Proof of acceptance for Fall 2021 at an accredited college or into a trades program is required among other criteria listed on the application. No affirmation with I.O.O.F. (Independent Order of Odd Fellows) is necessary.

One scholarship with a value of \$2,000 will be awarded to a NRHS senior and one to a PRHS senior. Deadline is May 1. To obtain an application, please stop in at your school guidance department office or call Charles Moore at 217-7234.

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

Karate Lessons at the TTCC will take place on Wednesdays from 6-7 p.m. for ages 5 - 7, and at 7:15 - 8:15 p.m. for ages 13 and up. The fee is \$50 per month with the start date pending the enrollment.

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

Parent’s Night Out will be offered one more time on May 15 for ages four and up for \$15 per child for the hours of 5 – 10 p.m. All children MUST be preregistered!

A Granite State Track and Field program is to be held on the Mills Oval at NRHS starting in early May for ages 9-14 by Dec. 31. The fee will be \$25 through registration at www.ttcctcc.org. This program was sponsored by the Hershey Company for 37 years and is now a program of New Hampshire Recreation and Parks Association. More information is available online at granitestatetrackandfield.weebly.com or call the TTCC at 744-2713.

Will the wind ever stop? We have experienced wind almost every single day with some days having gusts near 50 mph! Folks who had their yards all picked up (after the snow melt) and

then the wind kept them busy doing more pick up! Trees and limbs have caused much damage as well as caused electricity outages disrupting all the virtual connections necessary for jobs and school. I hope we see less wind and that whatever snowfall we get here on out is minimal and goes away quickly. Kite flyers must be elated!

I want to wish all the school staff and children an enjoyable finish to this frustrating school year!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Spring is coming, I think, but I’m still planning on more white flakes and cold weather. That said... calves are being born at our farm. Baby chicks show up next week and mud season has not been too bad. Well...not yet, anyways.

May online Farmers Market

The last regular format of the Danbury Winter Market was held on April 3 at the grange hall. There will be one more market, with online ordering and pickup on May 1 at the grange hall, from 9:30 a.m. to 12:30 p.m. Many regular winter market vendors will have products listed plus there is the addition of fruit trees, berry plants, flowering bulbs and garden beginnings offered by Merrimack County Conservation as part of their Spring sale. The online market opens on April 17 and closes on April 29 at 7 a.m. SNAP/EBT benefits can be used to purchase vegetable starts and Veterans get \$20 off their orders. To see what is being offered go to harvesttomarket.com/farmers-market/Danbury-winter-market.

Rabies Clinic cancelled

Due to covid, the Pleasant Lake Veterinary Clinic that sponsors the annual rabies clinic has cancelled the clinic again this year. Blazing Star Grange hopes to be able to hold the clinic next year.

The South Danbury Church met for a socially distanced Easter Sunrise service. The service was the first time they have gathered in over a year as weekly worship services and other events at the South Danbury Church have been cancelled during the Covid-19 pandemic. They do, however, hold regular Zoom gatherings for worship every other Sunday at 9 a.m. If you want to include friends or know anyone who would like to join us, invite them to send an email to southdanburychurch@gmail.com to request the Zoom link. Links to the music that are part of the Zoom program are also posted on the church Face-

book page.

DCC meals
The Danbury Community Center continues to offer take-out meals by order on Thursdays. Menus are announced on their Facebook page early in the week.

Groton

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

Roadside clean-up planned for Saturday, April 17. Meet at the Town House at 10 a.m. Vests and bags. Bring gloves and water to drink if needed. Rain Date will be Sunday the 18th.

Groton Town Meeting scheduled for Saturday, May 8th. Location to be announced.

Scheduled meetings & closures...

Select Board Work Sessions – Tuesdays, April 20 and May 4, all at 6 p.m. at the Town House

Select Board Meetings – Tuesdays, April 20 and May 4 at the Town House at 7 p.m.

Planning Board meeting at the Town House Wednesday, April 28 at 7 p.m.

The Select Board Office will be closed April 26, 28 and 29.

Churches

Christian Science Society, Plymouth

Our Sunday service is held each week in our church edifice at 7 Emerson St. in Plymouth. Next Sunday’s Bible lesson sermon begins with a responsive reading from Psalms 145 and includes these comforting words, “The Lord is good to all: and His tender mercies are over all His works.” We’d love to have you join us!

This past week, we enjoyed an Easter service with members and their families joining us. Our guest soloist for this service was Andrew Hopham, a senior music and theatre major at the university. We very much enjoyed his fine voice!

On Wednesday evenings we have a meeting at 6 p.m. which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share inspiration from Bible study and prayer; and gratitude for healing experiences. Everyone is most welcome.

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

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

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

On www.jshonline.com there are weekly podcasts and this week two

young women talk about “Finding safety -wherever you are.” It’s a helpful topic looked at from a spiritual point of view.

Also on www.christianscience.com you can find articles and thoughts to explore. It’s also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures.” We hope you find inspiration and support from these resources.

Starr King Unitarian Universalist Fellowship

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

THIS WEEK AT STARR KING:

April 11

From Suffering to Transformation: Making the World All Over Again

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

To be human is to suffer; this is inevitable. What isn’t inevitable, is what we do with our collective suffering. How might we take the struggles and the losses of this past year and use them to transform our world for the better?

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

Panther lax women win home opener

PLYMOUTH — Playing at home for the first time since the 2019 Little East Conference (LEC) championship game, the Plymouth State University women’s lacrosse team rolled to a 10-4 win over Eastern Connecticut State University in an LEC contest at Panther Field on Saturday.

Senior goalie Meaghan Allard (Amherst) was outstanding in the cage making eight saves to help limit the Warriors’ offense to just four goals, well below the team’s season average of nearly 20. Graduate student Sydney Dubois (Goffstown) and sophomore Emily Santom (Litchfield) each finished with three goals to pace the PSU offense, with Santom adding an assist for a game-high four points.

The win, Plymouth State’s first on its new turf field, improves the Panthers to 2-0 (2-0 LEC),

while Eastern Connecticut sees its four-game winning streak stopped to drop to 7-2 (1-1 LEC).

After seven minutes of scoreless up-and-down the field action, Plymouth State took the lead when junior Kaylee St. Laurent (Alfred, Maine) converted a free position shot during a player-up opportunity.

Dubois added to the lead just a minute later with her sixth of the year.

The Warriors cut into the deficit at the 20-minute mark, but Santom answered with back-to-back goals to push the lead to 4-1 with 12 minutes left in the half.

Sophomore Olivia Croke (Norwell, Mass.) tallied her fourth of the year with 6:19 remaining to give the Panthers a 5-1 lead at the half.

Croke and St. Laurent pushed the advantage to 7-1 with goals in the opening two minutes

of the second half, and moments later Santom completed the hat trick with the Panthers’ sixth-straight goal.

Eastern Connecticut came right back as sophomore Caroline Stent (Weatogue, Conn.) won the ensuing draw control and raced down the field to score, but Dubois converted a perfect feed from Santom a minute later to make it 9-2.

The Warriors chipped away with consecutive goals, but Dubois capped the win with her third of the afternoon with 1:11 left to play to close out the victory.

Allard’s eight saves were a season high and included many stops from point-blank range. She added seven ground balls and three caused turnovers.

Eastern Connecticut outshot the Panthers by a 21-15 margin. PSU held a narrow 24-23 advantage in ground balls,

while the teams evenly split 16 draw controls.

Senior Elizabeth McLaughlin (Tuftonboro) finished with four ground balls, three draw controls and a pair of caused turnovers. Graduate student Sarah Jackes (Londonderry) and junior Devon Mello (Laconia) each scooped up three ground balls, while Mello added a team-best four caused turnovers.

PSU has won each of the last five head-to-head matchups between the two teams.

Eastern Connecticut’s four goals were easily its lowest offensive output of the season. The Warriors entered the contest averaging over 19 goals per game and had scored 20 or more in seven-of-eight games.

Plymouth State hosts the University of Massachusetts Dartmouth in another LEC battle next Saturday, April 10, at noon.

Plymouth State swimmers get All-Academic honors

PLYMOUTH — Ten members of the Plymouth State University men’s and women’s swim teams were among those included when the New England Intercollegiate Swimming and Diving Association (NEISDA) announced its 2020 Fall All-Academic Team on Wednesday.

To be eligible a swimmer or diver must have a semester GPA of 3.50 or higher. A total of 217 student-athletes were honored by the organization which includes 20 member women’s teams and 14 member men’s teams.

Earning the distinction for Plymouth State were senior Cammie Turell (Bowie, Md.), juniors Hannah Bradshaw (Traverse City, Mich.), Gabby Rowe (Harpeswell, Maine), Madelin Svetin (Topsham, Maine) and Ellie Wilson (Darnestown, Md.) and sophomores MacKenzie Brady (Rochester) and Jessica McGregor (New Boston) from the women’s team. They were joined by junior Ryan Kudish (North Providence, R.I.), sophomore Matt Canfield (Bethel, Conn.) and freshman Thomas Steinberg (Melrose, Mass.) from the men’s squad.

Under third-year head coach Anna Barbeau, the Panther women finished the shortened season with a 2-2 mark, while the men went 0-2 in their inaugural campaign.

Vaccine

FROM PAGE A1

From a personal perspective, I have wanted to get vaccinated since a few months after the vaccines came out. As more information became available on how safe they were for most people and how studies have shown their effectiveness, I made the informed decision I want-

ed to get that shot for so many reasons.

Getting vaccinated is a personal decision, though I'd like to share my experience in case anyone wanted a general idea of the process. This is all anecdotal and only from my perspective and some anecdotes from people around me.

Being 41 myself, I signed up right on that Monday. As a habitual

Health

FROM PAGE A1

in place have led people to stay at home and be less active, which can be hard on the health of both body and mind. We have seen many kids struggling this year with feeling anxious or depressed and others trying to keep a healthy balance of diet and activity.

As things slowly evolve, I ask that people please reach out for support when struggling. It is often helpful to speak to loved ones, find activities that allow for exercise and fresh air; talk to counselors (in school or outside of it) and reach out to medical providers. At Plymouth Pediatric & Adolescent Medicine, Jane Merrithew, LCM-HC, provides child and family mental health counseling, and all other local medical offices in Plymouth are open and happy to see adults and children.

Remember that all of the "essential" services in our local area are still available; many of them may just work differently.

If you have concerns that your toddler or school-aged child has substantial academic or learning issues, your local pediatric provider can evaluate your child to help determine if you should contact your local school district for an evaluation.

If your baby needs an early intervention evaluation for developmental delays, call 524-8811.

If you are concerned that a child might have been abused in any way, call the New Hampshire

report line at 603-271-6562 (available 24/7).

If you or someone you know is struggling to find enough food, the Farmers to Families Program gives away free food on Saturdays starting at 11 a.m. (in the Restoration Church parking lot at 319 Highland St., Plymouth)

If you have a little time to spare, I recommend helping those around you. Research has shown that helping others improves the well-being of the person being helped and the person giving the help. Make a habit of doing simple acts of kindness, like carrying groceries for someone who needs help, and improve both your mental and physical health. Or you could volunteer your time. Local non-profit groups that align with your interests are always looking for people to donate their time, energy, or resources. If you are a health care worker, consider volunteering for a couple of days at the National Guard Armory in Plymouth, giving out COVID-19 vaccine doses.

Despite the few benefits of this pandemic, in these changing times, I think that we can all use a little help. Whatever you do to try to help will only strengthen our local sense of community and help us all get through these times feeling stronger.

Dr. Salmon can be reached at Speare's Plymouth Pediatric & Adolescent Medicine, 536-3700, 71 Highland St., Plymouth.

Bears

FROM PAGE A1

The softball Bears will be opening the season at home against Belmont on Monday, April 12, then hit the road to Belmont on Wednesday, April 14. The Bears will host Franklin on Monday, April 19, and will be in Franklin on Wednesday, April 21.

Newfound hits the road to Inter-Lakes on Monday, April 26, and will be hosting the Lakers on Wednesday, April 28, before taking on Moultonborough, with a road game on Monday, May 3, and a home game on Wednesday, May 5.

The Bears will host their Bear rivals from Winnisquam on Monday, May 10, and then visit Tilton on Wednesday, May 12. Newfound visits Plymouth on Monday, May 17, and will hosting Plymouth on Wednesday, May 19.

Newfound wraps up the season with games against Berlin, hosting the Mountaineers on Monday, May 24, and vis-

iting the state's northernmost city on Wednesday, May 26.

The Newfound track team will be kicking off the season with three meets on the road. They will be at Inter-Lakes on Tuesday, April 12, at Winnisquam on Saturday, April 17, and at Moultonborough on Tuesday, April 20.

The first home meet of the season takes place on Saturday, April 24. The Bears will then travel to Winnisquam on Tuesday, April 27, Moultonborough on Tuesday, May 4, Berlin on Saturday, May 8, and Prospect Mountain on Tuesday, May 11.

Newfound will then host its second meet on Saturday, May 15, and will wrap up the regular season with a meet at Laconia on Tuesday, May 18.

All schedules are subject to change.

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

night owl, I was right on the state website (www.vaccines.nh.gov) at midnight though signups for my age group didn't go live until around 1 a.m. The signup process on the state's Vaccine and Immunization Network Interface (VINI) is pretty straightforward. It's a series of short forms asking for basic personal info, past allergic reactions to the three available vaccines, allergies in general, if you've had a flu shot in the past 14 days, and some other basic health information. After filling out the form you will be given a confirmation email providing a link to click on to sign into your VINI account. This account will keep track of appointments and allow you to schedule and change any appointments. For me this process might have taken less than 10 minutes.

The next step is scheduling a vaccination: enter your zip code into the field and choose how many miles out you want to look for an appointment. The list of different locations will come up along with their earliest appointment day. When you find an appointment day that works, click the link and click on the appointment time. This will lead to a confirmation page. After confirming the appointment, you will receive an

email with a QR code to present at the appointment. Have this available on your smartphone or print out a copy of the email.

You are also told to have an ID that shows proof of New Hampshire residence, a full list can be found on the state website though in most cases a driver's license or non-driver ID will work fine.

I put in my zip code for Meredith then looked down the list. Lo and behold there were appointments available right the next day at the Plymouth Armory. I immediately clicked the link and selected a time, then got the confirmation email. In about 36 hours I was going to get my first shot. Tuesday afternoon I was on my way up to Plymouth.

The Plymouth Armory location was drive-through, though a number of other locations like the Belknap Mall are in-person: it varies from location to location. In Plymouth all the cars were directed to loop around two of the parking lots by Langdon Woods Residence Hall. I think it took around 45 minutes from when I first pulled into the line until I reached the check-in point by the armory complex itself. Members of the National Guard went to cars at the front of the line, scanned the

QR code into a tablet, examined IDs, and directed people to go past the gate into the lot. The whole process was well-organized and efficient, plus the National Guard members were quite helpful and polite.

Driving around the armory led to the front parking lot, where there were rows of tables and mini tents. A member of the Guard was at the entrance directing cars to different stations. At each station cars were directed to stop and volunteers talked with people and administered the vaccine. I saw quite a few people from local fire departments, including Barnstead and Tilton-Northfield, as well as a number of healthcare providers.

I was then directed to a station where a gentleman from the Barnstead Fire Department looked at my ID, asked me questions about possible allergies or any recent vaccines. A moment later he pulled up my sleeve and told me I would feel a little pinch. I didn't know how intense it would be, but it was in fact just a little pinch. The next thing I knew he was putting on a Band-Aid and that was it. Barely anything.


He gave me my vaccine card, where I learned I just got the Pfizer vaccine and the appointment for my sec-

ond shot was already written on the back. I was then instructed to drive to the other side of the parking lot and wait 15 minutes in case there were any allergic reactions. If I felt off, I should honk the horn otherwise I could just leave after 15 minutes. In my case 15 minutes came and went uneventfully and I was on my way to Main Street for some coffee and snacks at Café Monte Alto before heading home.

My arm was slightly achy a few hours after the shot, by the next day the area where I got it was just sensitive to pressure. It was like working out a little too hard, though having had a few tetanus shots in my time this wasn't an unfamiliar feeling. I read somewhere online that massaging the muscle helps and it indeed did, just do it carefully. The ache went away after a couple days. The slightly sore arm was the only side effect I've gotten after that first shot. It might be a different story after my second dose but stay tuned for a month from now, I guess.

For more information on signing up for the vaccine, including step-by-step user guides on how to sign up for the process, visit vaccines.nh.gov or call 211 for more information.

NEW HAMPSHIRE



2021 SEASON

White Mountains • Great North Woods

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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:

Common Café

Stinson Lake Store

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Speare Memorial Hospital provides staffing to state vaccination site in Plymouth

PLYMOUTH — As the weeks pass and the pandemic persists, the importance of getting communities vaccinated against COVID-19 has escalated. This hits close to home at Speare Memorial Hospital, where the mission is to achieve optimal health for those living in Plymouth and its surrounding towns. Speare knows it will take the COVID-19 vaccine to restore the health and safety of those they serve.

The first step is to make it possible for those eligible to receive the vaccine. When Speare learned of staffing shortages at the state's vaccine clinic in Plymouth, they assembled a team of nurses to help administer the COVID-19 vaccine, making it possible for more people to receive it.

"COVID-19 is a significant public health issue, and tackling it is one of our top priorities," says Michelle McEwen, president and CEO at Speare Memorial Hospital. "There is nothing more important to us than the health and safety of those in our community."

Speare is committed to protecting the community through ongoing COVID-19 testing and by further assisting in the vaccination efforts con-

ducted at the National Guard Armory in Plymouth.

"The COVID 19 vaccine offers us hope that we can overcome the deaths, hospitalizations, and further spread over

the next several months and begin our return to more normal lives," says McEwen.

Speare's mission to reach optimal health extends beyond the borders of Central New

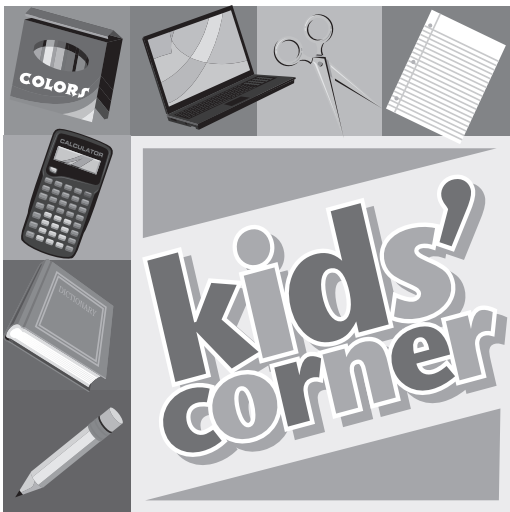
Hampshire. Staff members have given up their weekends, without hesitation, to work at the state's super vaccine clinics, helping people throughout the state receive the vaccine.

"We are extremely

proud of the response by our Speare team to ensure the safety and health of our community and all New Hampshire residents," says McEwen.

Speare Memorial Hospital is an acute care,

critical access hospital and healthcare provider serving Plymouth and the communities of Central New Hampshire. Visit online at www.spearehospital.com and on Facebook.



SCIENCE FACT!

THIS OCCURS WHEN WATER DROPLETS CONDENSE ON ONE ANOTHER, CAUSING THEM TO GROW AND BECOME HEAVY.

ANSWER: RAIN

Math Blocks

Fill in the missing blocks with numbers between 0-8. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

	5		8
3	0		11
7		6	17
11	9	16	

9	4	7
8	0	3
2	5	1

Solution

Get Scrambled

Unscramble the words to determine the phrase.

PRLIA WSRHSEO

Answer: April Showers

THIS DAY IN...

HISTORY

- 1865: GEN. ROBERT E. LEE SURRENDERS TO GEN. ULYSSES S. GRANT AT APPOMATTOX COURT HOUSE.
- 1939: CONTRALTO MARIAN ANDERSON GIVES A CONCERT AT THE LINCOLN MEMORIAL.
- 1963: WINSTON CHURCHILL BECOMES THE FIRST HONORARY U.S. CITIZEN.

New Word

DOWNPOUR

heavy rainfall

PSU field hockey earns National Academic Team Award

PLYMOUTH — The Plymouth State University field hockey team was one of 147 programs to earn the 2020 National Field Hockey Coaches Association (NFHCA) Division III National Academic Team Award, the organization announced last Monday.

The NFHCA National Academic Team Award recognizes programs that earned a team grade point average of 3.00 or higher during the fall semester of the 2020-21 academic year.

Plymouth State has earned the distinction for seven straight seasons and 11 times since the award was first established during the 2003-04 academic year.

Led by 21-year head coach Bonnie Lord, the Panthers kicked off their season on Wednesday, March 31, with a Little East Conference (LEC) contest at Eastern Connecticut State University.

How they SAY that in...

ENGLISH: Rain

SPANISH: Lluvia

ITALIAN: Pioggia

FRENCH: Pluie

GERMAN: Regen

Did you know?

MAWSYNRAM, INDIA IS ONE OF THE WETTEST PLACES ON EARTH. THIS REGION RECEIVES THE HIGHEST RAINFALL IN INDIA. THE MAJORITY OF ITS RAIN FALLS DURING THE MONSOON SEASON.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: RAIN BOOTS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Easter. Each number corresponds to a letter. (Hint: 22 = U)

A. 6 16 9 12 15 6 22 14
Clue: Constant and steadfast

B. 21 10 13 10 22 17
Clue: Full of happiness

C. 2 16 17 12 2 26
Clue: Spring Christian holiday

D. 7 22 3 3 13
Clue: Hopping animal

Answers: A. faithful B. Joyous C. Easter D. bunny

SUDOKU

	8		9	7	4		5	
	9				2	8		
4	2				5			
		7	8		3			
			6					
		5						8
7		2		1				6
1			5					4

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4		2	2	9	3	5	3	8	1	6	8
7	3	4	4	1	8	5	5	9	6	7	3
6	9	5	5	8	1	8	5	6	9	4	8
8	1	3	7	6	2	6	7	3	1	8	9
2	3	2	7	4	1	6	9	6	8	5	8
4	5	6	9	3	8	7	8	2	6	1	4
2	3	7	8	2	6	3	6	9	8	5	8
4	2	3	7	9	5	6	8	1	4	8	1
5	7	1	1	3	8	6	5	6	4	2	9
3	9	4	1	5	2	8	2	6	7	3	8
3	6	9	7	4	1	5	3	8	2	6	8

ANSWER:

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	380 Bog Rd.	Res.-Mtl. Bldg.	\$259,933	Steven and Karen Swanson	Melissa J. and Nathan E. Winters
Ashland	Mountain Ridge Road	N/A	\$45,000	Timothy J. and Lynn M. Braley	Kelly S. Beebee and Glenn E. Nelson
Bridgewater	95 Shore Dr. S.	Single-Family Residence	\$267,000	Christopher Damelio	Judith Bitto
Bristol	75 Beech St.	Apartment Building	\$300,000	Tesla Properties LLC	Reagent 145 Union LP
Bristol	15 Huckins Dr.	Mobile Home	\$160,000	Walter J. Corbeil	William & Brenda Corbeil Fiscal Trust
Bristol	115 Lakeview Ave.	Single-Family Residence	\$260,000	Robert B. and Lorraine D. Reed	John T. and Elaine M. Keough
Bristol	Summer Street	Residential Open Land	\$20,000	Walter J. Corebeil	William & Brenda Corbeil Fiscal Trust
Campton	Windmill Road (Lot)	Residential Open Land	\$42,000	Diane Damato	John L. Waitt
Hebron	Skyline Drive, Lot 4	N/A	\$240,000	Mary P. Lenssen Trust	Scott Silver
Holderness	22 Coxboro Rd.	Single-Family Residence	\$1,159,900	Jason R. Sharpe	Erik Sink Trust
New Hampton	Pine Drive	N/A	\$242,000	Harry C. Loud RET and Donald P. Eva	Mary K. Shea
Plymouth	11 1st St.	Single-Family Residence	\$253,000	Cynthia C. Cutting	Barton Beeson and Caryn Shield
Thornton	42 Blackberry Hill Rd.	Single-Family Residence	\$450,000	Powers Fiscal Trust and Thomas B. Powers	Thomas W. Morningstar and Kelsey J. Converse
Thornton	Joshuas Lane, Unit 34	Condominium	\$33,533	Demello Property Development LLC	Jacob and Kendall Sallar
Thornton	Route 49	N/A	\$35,000	Robert Fitzpatrick	Jason and Susan Lievens
Thornton	95 Star Ridge Rd., Unit 42	Condominium	\$220,000	Elaine A. and Richard G. Greenwood	Scott W. and Judy L. Sherriff
Thornton	N/A	N/A	\$37,000	Edward J. Hubbard 2016 Trust	Celeste Larock
Thornton	N/A	N/A	\$17,400	D&D Choice Builders LLC	Brittany A. and Leighandra R. Burgess
Waterville Valley	Golden Heights Road, Lot 36-2	N/A	\$265,000	Waterville Co. Inc.	Moose Run Waterville NT
Waterville Valley	116 Snows Mountain Rd.	Single-Family Residence	\$575,000	Roy A. and Bonnie M. Higgins	Michael A. and Kimberly Long
Waterville Valley	21 Tripyramid Way, Unit 22	Condominium	\$239,000	Michael A. and Kimberly Long	Michelle Lash

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 in-

volve 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. 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.thewarrengroup.com

PSU men's lax falls to Eastern Connecticut

MANSFIELD, Conn. — Junior Riley Roy (Laconia) tallied three goals and five points, but Plymouth State University dropped a non-conference men's lacrosse game at Eastern Connecticut State University, 9-6, at Rick McCarthy Field on Saturday afternoon.

Meeting for the second time in seven days, the Warriors built a 4-1 first quarter lead. Plymouth State narrowed the deficit to 5-4 by halftime

but was unable to pull even. Eastern Connecticut added a pair of goals in the third quarter to make it 7-4 and the teams played even over the final 15 minutes.

With the setback the Panthers dip to 1-2, while Eastern Connecticut moves to 4-1.

Eastern Connecticut scored twice in a 57-second span, then pushed the lead to 3-0 three minutes later to gain the early advantage.

Roy picked up his first

of the afternoon with 4:46 left in the opening frame on a man-up opportunity, but the Warriors restored the three-goal lead in the final seconds of the quarter.

Junior Mike Donnelly (New Hampton) cut into the margin in the opening minute of the second quarter, but ECSU went ahead 5-2 with 4:35 left in the half.

Plymouth State rallied in the final 86 seconds of the quarter as Roy scored twice to pull

within one, 5-4, at the intermission.

The Panthers couldn't pull even, though, as Eastern Connecticut padded the lead with a pair of goals in the third quarter.

Freshman Nolan Burke (Dudley, Mass.) tallied his first career goal and sophomore Mike Fleury (Lebanon) also scored for the Panthers in the final 15 minutes, but PSU couldn't overcome the deficit.

Senior Robert Porter

(Groveland, Mass.) made five saves over the first 21:09, while freshman Jessy Hirwa (Penacook) stopped 11 shots through the final 38:51.

ECSU held a 41-30 edge in shots and won the ground ball battle, 40-31. The Panthers were 15-of-25 on clear attempts.

Roy leads the Panthers with eight goals and 11 points through the first three games.

Sophomore Nick Drew (Chelmsford,

Mass.) tallied a pair of assists, while freshman Marc Hirshom (East Walpole, Mass.) led all players with nine ground balls and three caused turnovers.

Up Next:

The Panthers host Western Connecticut State University next Saturday, April 10, for a 3:30 p.m. LEC tilt.

Plymouth State women's tennis sweeps opener

PLYMOUTH — In a dominating performance from top to bottom, the Plymouth State University women's tennis team kicked off its season with a 9-0 win over Western Connecticut

State University in a Little East Conference (LEC) match at the Bank of New Hampshire Field House at ALLWell North on Saturday afternoon.

The Panthers rolled picking up 8-0 and 8-2

wins in doubles and only dropped a total of 12 sets throughout singles play on the way to the win.

Seniors Maggie McCarthy (Marion, Mass.), Jenna Sundquist (Monument Beach, Mass.) and

Kerstin Venincasa (Sutton, Mass.) and sophomore Kira Winter (Eliot, Maine) all won twice.

PSU (1-0, 1-0 LEC) wins its 11th-straight season opener, while WestConn drops to 0-1

(0-1 LEC).

McCarthy and Winter were unchallenged at number one doubles, coasting to an 8-0 win, while Venincasa and Sundquist had little trouble at number two (8-2).

PSU earned a third point in doubles play when the Colonials forfeited at number three.

McCarthy earned a 6-2, 6-1 win at number one singles, and Winter pulled out a 6-3, 6-2 decision at number two.

Venincasa picked up her second win over the day with a 6-2, 6-1 victory at number three, while Sundquist didn't surrender a set on the way to a

win at number four singles (6-0, 6-0).

Junior Julie Miller (Woburn, Mass.) toppled her opponent at number five (6-1, 6-0) and WestConn forfeited at number six to account for the final.

Venincasa picked up her 30th career singles win to move into a tie for fifth among PSU's all-time wins leaders. Sundquist (27-12) and McCarthy (24-18) are also in the top-15.

Venincasa and Sundquist improved to 24-6 as a doubles team.

PSU has won each of the last 11 meetings between the two teams.

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If you have a child who will turn 5 years old by September 30, 2021 please call or email the school in the town in which you live for registration information.

Bristol Elementary School 744-2761 or jtehven@sau4.org

Bridgewater-Hebron Village School (Bridgewater, Groton and Hebron) 744-6969 or shunewill@sau4.org

Danbury Elementary School 768-3434 or ncampisi@sau4.org

New Hampton Community School 744-3221 or jfecteau@sau4.org

If you live in Alexandria, your child will attend either Bristol Elementary School or Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.

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Michelle.Booker@dhhs.nh.gov
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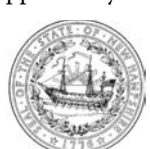
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Applications can be completed and benefits reviewed online at <https://das.nh.gov/hr/index.aspx>

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Town of Plymouth

Parks and Recreation Department

The Plymouth Parks and Recreation Department is currently accepting applications for a full time Groundskeeper I.

This position requires the skilled operation of machinery and equipment related to turf care and grounds maintenance. Additional responsibilities include: completion of routine groundskeeping tasks as assigned, equipment maintenance, snow removal, turf maintenance, and other seasonal clean up.

A successful candidate will be required to work evenings, weekends and overtime as needed. This position requires a valid New Hampshire driver's license and a criminal background check.

Applications are available on the Plymouth Parks and Recreation website. The application can be emailed (lgibson@pembaker.org), mailed (43 Old Ward Bridge Road, Plymouth NH, 03264), faxed (603-536-9085) or dropped off at the Plymouth Elementary School main office.

Applications will be accepted until a suitable candidate is hired.

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Plymouth State softball sweeps twinbill from Keene State

PLYMOUTH — Graduate student Caitlyn Miller (Lee) and freshman Alexis Michon (Montville, Conn.) were dominant in the circle in different ways on Saturday, leading Plymouth State University to a sweep of Keene State College in a pair of Little East Conference (LEC) softball games at D&M Park.

Miller allowed just one earned run in a 9-4 win in the opener, while Michon mowed down 14 batters to take game two by a 6-5 score. Michon's 14 strikeouts were the most for a Plymouth State pitcher since Hall of Famer Kim Jeffs fanned 15 in a game on

April 16, 2005.

Plymouth State picks up its first wins of 2021 to improve to 2-4 overall and evens its LEC mark at 2-2. Keene State drops its season opener to fall to 0-2 (0-2 LEC).

Keene scratched across an unearned run in the top of the first in the first game, but the Panthers stormed back in the bottom of the inning.

Junior Madison Harris (Randolph, Mass.) tied the game with her RBI double and classmate Emily Picard (Berlin) put the Panthers ahead with a run-scoring single. A wild pitch advanced Picard to second and graduate student

Jen Landers (Berlin) ripped a two-out single to center to make it 3-1.

The Owls got single runs in the second, third and fourth to take the lead.

The first six batters reached safely in the bottom of the fifth as PSU went back in front. Harris had an RBI single, while Picard ripped a two-run homer to deep right center. Junior Lauren Archambault (Rehoboth, Mass.) also had a run-scoring hit in the frame.

PSU added an insurance run in the sixth on freshman Kacie Johnston's (Campton) RBI single to account for the final score.

Miller went the distance to pick up her first win of the season, allowing just one earned run while striking out four.

Harris finished the game with three hits in four at bats, scoring twice and driving in a pair. Picard went 2-for-3 with three RBI and two runs scored.

Johnston and Landers both added two-hit games.

Plymouth State jumped all over the Owls' starter in game two, scoring five runs on seven hits in the bottom of the first. Harris and Picard ripped RBI doubles, Johnston and Archambault had run-scoring singles and junior

Katie Burk (East Islip, N.Y.) drove in a run with a sacrifice fly.

Keene State plated two runs in the fourth on an infield hit, an RBI triple and a run-scoring ground out.

PSU pushed the lead to 6-2 in the fifth when pinch runner Mina Shaw (Mars, Pa.) scampered home on a passed ball.

The Owls made things interesting with three runs in the sixth, but Michon got a big strikeout to strand the tying runner at second and she retired the side in order in the seventh to pick up her first career win.

Michon (1-2) joined Jeffs as just the second

player since 2000 to record at least 13 strikeouts in a game. Jeffs accomplished the feat an incredible 28 times.

Michon struck out the side in the first and two more batters in the second, third, fifth, sixth and seventh innings.

Johnston was the only Panther with two base hits, finishing 2-for-3 with a run scored and RBI.

Picard (double, walk) and junior Niah Colby (Lunenburg, Vt.), who walked and singled, also reached base twice.

Plymouth State heads to Keene on Friday, April 9, for a pair of non-conference games. First pitch is set for 3:30 p.m.

Plymouth State field hockey plays first game since 2019

MANSFIELD, Conn. — Sophomore Emma Revaz (New Boston) notched her first career goal, but Eastern Connecticut State University rallied in the fourth quarter to slip past Plymouth State University, 4-1, in a Little East Conference (LEC) field hockey game at Rick McCarthy Field on Wednesday afternoon.

Revaz gave PSU an early lead that held through the first half, but the Warriors tied the score early in the third quarter before using three fourth-quarter goals to earn the win.

Plymouth State was playing for the first time since November 2019, while ECSU opened its season last week.

The Panthers fall to 0-1 (0-1 LEC), while Eastern Connecticut improves to 2-0 (2-0 LEC).

Junior Jess Mezquita (Atkinson) had the game's first scoring chance just over six min-

utes into play, but her attempt was blocked.

Revaz capitalized four minutes later when she took a feed from freshman Sydney Speard (Manchester) and slipped it past the Warriors' goalie through traffic on the left side.

PSU earned its first penalty corner in the second, but again the Panthers' shot was blocked.

Eastern Connecticut mustered a pair of shots on goal during the quarter, but freshman Kayla Antonucci (Windham) stopped them both to keep Plymouth State in front.

The Warriors pulled even six minutes into the third quarter when a pass from the right side found an ECSU player at the left post.

The hosts went ahead early in the fourth quarter, then added a pair of insurance tallies over the next five minutes to secure the win.

PSU pressured the Warriors through the first 30 minutes, but Eastern Connecticut limited the Panthers' offense in the second half. ECSU held a 6-5 advantage in shots between the first two quarters but outshot PSU 7-1 between the third and fourth.

Plymouth State earned three of its four penalty corners in the fourth quarter but was unable to cash in.

Antonucci finished with two saves while playing the second and fourth quarters, while freshman Jaycie Ritter (Salem) recorded one save in the odd-numbered quarters.

Plymouth State is off until April 11, when the same two teams will meet for a 1 p.m. non-conference game on Panther Field. It will be the program's first game played on campus since capturing the 2014 ECAC New England Championship.

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