

Ashland selectmen approve firefighter training facility

BY DAVID RUELL
CONTRIBUTING WRITER

ASHLAND — At their May 15 meeting, the Ashland selectmen approved a fire training facility at the wastewater treatment plant, prohibited herbicide treatment by the NH Electric Cooperative on North Ashland Road, rejected an initial offer for the rental of space for a cell tower on town land, and authorized the sale of a truck.

Fire Chief Steve Heath explained that the Ashland Firefighters Association would like to build a firefighter training facility at the municipal wastewater treatment plant. He said that it was important for firefighters to train as realistically as possible. The facility would feature three shipping containers on a pad, surrounded by crushed stone and gravel. The Firefighters Association would raise the funds for the project. Public Works Director Craig Moore explained that the facility would not interfere with his department's operations. The selectmen approved the building of the training facility "at no cost to the town."

Selectmen Andrew Fitch objected to the NH Electric Cooperative's

plan to spray herbicides along North Ashland Road beneath their transmission lines. He noted that the area is an aquifer for residents on the road and to some extent for the Town's water supply further south. Town Manager Fred Welch explained that the NH Electric Cooperative's lines were mounted in the top section of the poles above the lines of the Town owned electric utility, which owns the

SEE **AHSLAND** PAGE A14

Plymouth State University celebrates 152nd Commencement

PLYMOUTH — Plymouth State University (PSU) celebrated its 152nd undergraduate commencement on Saturday, May 13 at the Bank of New Hampshire Field House of the Active Living, Learning, and Wellness (ALLWell) North Building on the PSU campus. A total of 750 students were honored during the ceremony. Graduate and doctorate degrees were awarded in a separate ceremony on Friday evening, May 12, 2023.

The ceremony on Saturday paid tribute to the students who overcame the uncertainties and

SEE **PSU** PAGE A15



COURTESY

Plymouth State University celebrated its 152nd Commencement on Saturday, May 13. A total of 750 students were honored during the ceremony. Graduate and doctorate degrees were awarded in a separate ceremony on Friday evening, May 12. Students moved their tassels from right to left to ceremonially mark their graduation.

Bristol breaks ground on new public safety building

BY DONNA RHODES
Contributing Writer

BRISTOL – Threatening rain couldn't dampen the enthusiasm on May 3, when the Town of Bristol ceremonially broke ground for the new Public Safety Building being constructed at the property at 230 Lake St., home to the former town offices and police department for many years.

As town officials and members of the Public Safety Committee prepared to grab a shovel for the 10 a.m. ceremony that day, Bristol Fire Chief Ben LaRoche said he was "ecstatic" to see



(Left) Members of the Bristol Public Safety Building Committee, Groen Construction, the Bristol Select Board along with Fire Chief Ben LaRoche and Police Chief Kris Bean, each grabbed a shovel to help formally break ground for the new Public Safety Building last Wednesday morning.

the construction of a joint fire and police station begin.

"I'm very excited to see this project get underway; it's been a long time coming," said LaRoche.

Proposals concerning the space and safety needs for a new police

SEE **BRISTOL** PAGE A16

A life well lived remembered by hundreds Plymouth community turns out to remember Tom Underwood

BY JOSHUA SPAULDING
Sports Editor
PLYMOUTH —

There was no question that Tom Underwood was loved and respected by many people throughout the Plymouth community and beyond.

That couldn't have been more evident on Saturday when hundreds of people gathered around the baseball field where he touched the lives of so many students throughout the years as the Plymouth baseball team took on Kingswood, followed by a special remembrance ceremony for the long-time coach and educator.

"How lucky are we that he chose our community as his home," said Plymouth Athletics Director Todd Austin in welcoming a series of speakers that told stories and remembered the good times they had with coach Underwood. "His pur-



JOSHUA SPAULDING

JOHN-SCOTT SHERBURNE – COURTESY

Debbie Underwood threw out the first pitch of Saturday's game, to her son, Kyle (left), who also served as an umpire for the game. They were joined by Tara Underwood Custer and Tommy Underwood for a photo prior to the game and ceremony honoring pose was for his athletes and students to leave him better than when they arrived."

Former Athletics Director Chuck Lenahan remembered when Underwood came to town

in the early 1970s and became a key cog in the Plymouth coaching staff for the next 40-plus years.

"He was the backbone of my coaching staff, he never said no

when I needed something," Lenahan said, remembering that Underwood stepped up to coach cross country, middle school football and wrestling, whatever was needed. "He was

a lot of things to a lot of people, but to me, he was a great friend. And I miss him."

Kingswood baseball coach Chip Skelley, himself a veteran of more than 40 years at

the helm of a Division II baseball program, remembers his early days of coaching and wanting to be like the coaches he competed against.

"I wanted to be a great coach," he said, listing a list of New Hampshire baseball coaching royalty in John Cummings of Somersworth, Bob Burns of Kennett, Bill Dod of Souhegan and Underwood. "There are things I still do today that I learned from them."

He pointed out that professionalism, dedication and respect were three of the words that came to his mind and he recalled sneaking around to listen to a speech about respect that Underwood gave his team after a game, a speech he still puts in use today.

"He was a great husband, father, grandfather and coach, but I consider it to be a great honor to say Tom

SEE **UNDERWOOD** PAGE A16



Barbie Antonides, Bristol Farmers and Crafts Market manager, stopped over to visit former manager and long time vendor Joe Ramsey as he worked on some of his fly fishing lures at opening day for the 2023 season.



Paul Sodano of P&S Country Crafts displayed some of his bird and special bat houses, which are popular at the Bristol Farmers and Crafts Market on Lake St. each year.

Bristol Farmers and Crafts Market opens for season

BY DONNA RHODES
Contributing Writer

BRISTOL – The popular Bristol Farmers and Crafts Market at Old Mill Park on Lake Street is up and running again for the 2023 season, offering a wide assortment of goods to their shoppers.

Barbie Antonides is this year’s manager of the outdoor market and she is excited about not only the many returning vendors and new comers who are bringing both their talents and agricultural products to the venue this year.

The market was created more than 10 years ago to bring local produce to the public, but local artisans and craftsmen soon wanted to jump in to help fill the early summer gap when crops are not yet available. The

combination of the two homegrown industries has attracted more and more shoppers and each year the number of agricultural vendors has increased too, Antonides said, adding “We’ve now grown to the point where we’re guaranteed to be on the New Hampshire state web site for farmers’ markets due to our increase in agricultural participation.”

While many farmers are still busy working their fields and waiting for crops to come in, some also bring potted vegetables and flowers to sell for home gardens.

Monique Labrecque of Hermit Brook Farm in Sanbornton runs a farm that has no particular growing season though and is in her third year of bringing her locally raised meat products

to the Newfound communities. Among the selections are her own hickory-smoked bacon, ham steaks, all natural chicken and eggs fresh from her farm.

“I’ve been doing this for 30 years. A lot goes into to smoking my meats (which can include turkey as well) but they’re really good,” Labrecque said.

Bristol resident Paul Sodano of P&S Country Crafts is also back this year with his popular bat houses, birdhouses, handmade cutting boards and other wood products. Sue Gazda brings a large selection of pretty totes and purses she sews and Nancy Mills once again has her handmade jewelry line available along with some beautiful stained glass sun catchers.

Former manager Joe Ramsey is back at his

booth each weekend where people can not only buy the fly fishing lures he hand ties, they can also watch as he carefully creates more. And those feathery and colorful “flies” he makes are not just for fishing these days. Ramsey also has a beautiful array of earrings, belly rings and hatpins made from the flies, along with his cribbage boards, maple syrup and other goods.

Nearby, Antonides sweetens things up with her booth every Saturday, too, filling it with “Barbie’s Decadent Delights,” which are packages of her homemade giant cookies and other delicious baked goods.

Art, photography, restored wooden furniture, clothing, yard ornaments and much, much more also make up the Saturday riv-

erfront marketplace. Last weekend saw 17 vendors filling the park but as the summer moves along there can be up to 35-40 booths on site when fruits and vegetables ripen.

The market is sponsored each year by Bristol Lions Club and is open, rain or shine, every Saturday from 10 a.m. until 2 p.m., through Columbus Day weekend.

Volunteers also help maintain the park and Antonides was grateful this year for the Duquette family and friends who donated their time to rake and clean the area in preparation for opening day.

“They’re vendors here too and did a really great job so I want to say a big ‘Thank You’ to them,” she said

Anyone interested in renting space any weekend throughout the 2023 season is asked to contact Anton-

ides at b.antonides54@gmail.com or by phone at 603-273-1058. Rental fees are \$10 per day, which allows the Lions Club to provide Business Liability insurance for the operation.

“We love to take on new vendors all the time, even if there’s a crowd of them already. The more, the merrier,” Antonides said.



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Fundraising campaign underway for Plymouth Beautification Committee

PLYMOUTH — The Plymouth Beautification Committee is working in several areas downtown, and we hope you are pleased with the result. For the Roundabout project, we have decided to add a bench next to Samaha's store. And we also want to restore the Welcome to Main Street sign and surrounding plantings on South Main Street.

Both of these projects will require funds beyond the meager amount still in our coffers. So we ask the wider community to pitch in.

We sincerely thank the 32 donors from last summer who, through their generosity, paid for the Roundabout plantings and restoration of the surrounding gardens. Those donors were (in order of the dona-



Our hard-working team of volunteers asks again for your generosity. We can't do it without you. Please make your check out to Plymouth Beautification Committee and deliver it to the Town Clerk. Thank you.

tion date) Patsy Kendall, Maureen Tucker, Joyce Weston, David Kent, Linda Barlick, Wavell Fogleman, North Star Rentals, Maundy Mitchell, M'n M Scoops, Resilience Planning and Design, The Holland Group, Robert Colter, Jody Girouard, Bridget Powers, Dick and Stephanie Osborne, Donald Hyde, Jerrod Mitchell, John and Martha Richards, Gary and Lynn Good-nough, Paul and Judy Floyd, John Doyle and Marissa Strong, Fran Gonsalves, Norm Francassa, Margeret Decotis, Kathy and Fred Kelsey, The Girl Scouts, Stephanie Halter, Plymouth Soapworks, Meredith Village Savings Bank, Jennifer Morris, Paula Kochien, Steve Sweedler, and an anonymous donor.
Thank you.

Minot-Sleeper Library receives grant from NH Charitable Foundation

BRISTOL — Minot-Sleeper Library in Bristol has been awarded a \$5,801 grant from the New Hampshire Charitable Foundation's Library Technology Grant Program. This program was created in 2021 to help rural and under-resourced libraries meet the increasing need for online access by supporting technology upgrades, distance learning, and staff training. The grant will fund technology training for staff, as well as the annual access fee for ten mobile internet hotspots — small devices that carry internet service to remote places. The foundation's grant was made possible by gifts from the Bernice Clay Fund for Lifelong Learning. "Hotspots are so important to the patrons of our community," said Jennifer Davis, Di-

rector of Minot-Sleeper Library. "They allow patrons the chance to bridge gaps in home-based internet, apply for jobs and attend medical appointments from the privacy of their own homes, and stay in contact with family and friends when needed. This grant allows us to really help those who do not have reliable internet access at home."

Minot-Sleeper Library is located at 35 Pleasant St. in Bristol, and serves the New-

found communities of Bristol, Hebron, New Hampton, Hill, Danbury, Groton, Alexandria, and Bridgewater. Hotspots can be checked out for a two-week period and are non-renewable. For more information about the library's mobile internet hotspots, call 603-744-3352.

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the peo-

ple of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

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THANK YOU

Plymouth Parks and Recreation Departments' 43rd Annual Fishing Derby was a huge success with a 20% increase in numbers! This year we had 137 participants at the derby and 226 trout recorded.

Many thanks to Larry Gibson for all your hard work! Additionally, we would like to thank the Plymouth Elks Lodge 2312 for co-sponsoring the derby. There were many Elks members present who volunteered with registration, weighing and measuring the trout. Special thanks to the New Hampshire Fish and Game Department and Summer Brook Fish Farm for stocking the pond. Plymouth Police and Fire also contributed to the success of this event!

You can still claim your prize if you catch a tagged trout, come by the Recreation Department located in the Plymouth Elementary School.

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Plymouth falls to Merrimack in “Granite State Challenge” championship

DURHAM — Merrimack High defeated Plymouth Regional High in the Granite State Challenge championship game. This was not the first time the two teams met in the championship game; they went head-to-head in 2020. Merrimack took the trophy home that year.

Playing for Merrimack High was senior and team captain Jack Pikora. He was joined by seniors Rainier Murray, Aris Corman-O'Reilly, and Alli Pikora. The team alternates were juniors Kishan Sreenivasan, Trey Grant, and Liam Clark. Merrimack was coached by Sara Campbell and Sally Agel. Merrimack enrolls around 1,119 students. Merrimack High defeated John Stark, Souhegan High, and Hopkinton High on their way to the finals.

Captain and senior Dash Ough, junior Khalil Dakhli, senior Natalie Boyer, and senior Trevor Tobine represented Plymouth Regional High. The team alternates were senior Jason Vuong and sophomore Reagan Sutherland. The team was coached by Jay Fogarty and Troy Harris. Plymouth Regional High enrolls around 647 students from Plymouth, Ashland, Holderness, Campton, Rumney, Wentworth, Warren, Ellsworth, Waterville Valley, and Thornton. A Plymouth Regional High defeated Salem High, Bow High, and Trinity High to make it to the final game.

Round One
The game kicked off with a question about something that could be a dance or a type of dot polka, and Khalil Dakhli picked up the first points of the game for Plymouth. Rainier Murray picked up the next 10 points for Mer-

rimack with a question about the Greek god Helios. Khalil picked up 10 points for Plymouth on a question about almonds, Alli Pikora added 10 points to the board for Merrimack and her twin brother Jack Pikora added 10 more on a question about Cassius Clay, and the score was 30-20 with Merrimack in the lead.

Natalie Boyer of Plymouth tied the game 30-30 on a question about the sitcom Seinfeld. Khalil proved his sports prowess on the next two questions and Plymouth led by a score of 50-30. Merrimack's Rainier Murray narrowed the score to 50-40 by identifying a burrowing owl, and Trevor Tobine demonstrated that his teammate Khalil wasn't the only member of the Plymouth team will sports expertise on a question about Wilt Chamberlin, extending Plymouth's lead to 60-40.

Khalil and Trevor added 20 points to Plymouth's total on questions about Bugs Bunny and Mahatma Gandhi, and Merrimack's Aris and Alli picked up 20 points for their team with questions about the location of the first Winter Olympics and the novel Pride and Prejudice and Plymouth now led by a score of 80-60.

The next question, the Unutil Power Question worth double points, was asked live by Alec O'Meara of Unutil. Ranier of Merrimack quickly tied the game 80-80, knowing that the Teenage Mutant Ninja Turtles were created in 1984 by Kevin Eastman and Peter Laird in Dover. There was now just 30 second left in the first round, Khalil calculated the area of a circle with a radius of 1 inch to the nearest 100th (3.14) on the next question, and to her surprise, Merrimack's Aris identified John Ir-

ving as the author of the novel “Setting Free the Bears.” The round ended in a 90-90 tie.

Three Strikes and You're Out Round
The second round of the game is the Three Strikes and You're Out Round. Each team picks a 10-question category, and each team member gets a question, starting with the captain. The team continues to answer questions until they miss three questions. Each team also has three passes in each round. If a team answers all 10 questions correctly, they pick up an additional 10 points.

In Merrimack's round, Jack Pikora picked up 30 points, Aris Corman-O'Reilly picked up 20, and Rainier Murray and Alli Pikora each added 10 points, for a team total of 70 points.

In Plymouth's round, Natalie Boyer picked up 30 points, Dash Ough and Trevor Tobine each added 20 points, and, Khalil Dakhli tacked on 10 points for a total of 80 points, and at the end of the round Plymouth had a 170-160 lead.

60-Second Round
In the third round, alternates join their teams. Each team picks a 10-question category and has 60 seconds to answer the questions. If they answer all ten correctly, teams get up a 10-point bonus. Team members can confer in the round, but the captain answers for the team.

Merrimack chose the category "One Name" in which all of the answers were musicians known by a single name. The team cleared the board, getting all 10 correct and picking up an extra 10 points, bringing the score to 270-170.

Plymouth picked the category "Tip of the Hat" in which all of the answers were related to hats. The team picked up 90 points in the round, missing only on a question about the pork pie hat, and the round ended with Merrimack in the

lead by a score of 270-260.

Final Round
In the game's final round, each correct answer is worth 20 points, but teams lose 20 points with an incorrect answer, and leads can quickly be lost or gained.

The round opened with an image of the painting, "View of Toledo," by Greek artist Domenikos Theotokopoulos, whom Rainier from Merrimack quickly identified as the artist better known as El Greco. The next question asked players to identify either one of the two letters not found in abbreviations on the periodic table. Merrimack lost 20 points on the question by guessing the letter Z, but Khalil of Plymouth picked up the points by identifying one of the letters as Q. The other letter is J. The score was now 280-270 in Plymouth's favor.

Dash added 20 more points to Plymouth's total on a question about the novel Of Mice and Men. Plymouth then lost 20 points on a question about caterpillars, the points were picked up by Ranier of Merrimack, and the score was now 290-280 with Merrimack holding a slim 10-point lead.

Aris added another

60 points to Merrimack's total on questions about Paul McCartney, author and marine biologist Rachel Carson, and the one planet not included in Gustav Holst's orchestral suite “The Planets,” and the score was now 350-280 in Merrimack's favor.

Plymouth lost 20 points on a question about Herschel Rigollet was (a comet), but picked the points back up on a question about the Alfred Tennyson poem, "Charge of the Light Brigade." The next question, a video question from New Hampshire author, Rebecca Rule about the town in Sullivan County that J.D. Salinger called home was answered correctly by Khalil of Plymouth, narrowing the score to 350-300. Jack of Merrimack got the next question about the band Black Sabbath correct, and his teammate Aris added another 20 points to the score on a question about Coco Chanel, taking Merrimack out to a 390-300 lead.

Plymouth's Khalil added 20 points to the score on a question about Amelia Earhart and his teammate Trevor picked up 40 points on questions about Nellie Bly and two films by David O. Selznick, “Gone With the Wind” and “The Wizard

of Oz,” narrowing the score to 390-360.

Alli of Merrimack extended the lead for her team on a question about the Boston Celtic's parquet floor, and with just under a minute left in the game, Merrimack led by a score of 410-360.

Merrimack's Ranier, Aris, and Jack all correctly answered questions in the last minute of the game, picking up 60 points for their team, and the game ended with Merrimack winning by a score of 470-360.

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

New Principal named at Russell Elementary

RUMNEY – At their April 19 meeting, the Rumney School Board unanimously appointed Jessica Makris Welch the next principal of Russell Elementary School.

Welch lives in Center Harbor with her husband, who is a fifth grade teacher, and her two children. In her spare time, she enjoys gardening, reading, playing music and spending time with her family.

Welch is very excited to join the staff at Russell Elementary School and to meet all of the



Jessica Makris Welch

students and families. Welch began her career as a music teacher in Manchester, New Hampshire before joining the Winnisquam School District as the Principal in 2018.

Jessica Makris Welch will be replacing Principal Jonann Torsey, who will be retiring at the end of the school year. Welch will officially assume her role on July 1, 2018.

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PETS OF THE WEEK



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Meet Veno! If you are looking for a reason to be active or go those extra miles in your morning jog, then Veno is your pup. His two favorite things are getting his zoomies out and smelling the world around him. Veno would thrive in a home that is active. He has done well making friends with other dogs in the past, but would do best in a home without small animals or farm life.



Zip
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Meet the last, but by no means least, of Newfound's Top Ten graduates

BRISTOL — In last week's edition of the Newfound Landing, one of Newfound Regional High School's top graduating seniors was mistakenly omitted from the story and Paige Fischer of the Class of 2023 is certainly worthy of recognition for her achievements over the past four years.

Fischer hails from Alexandria, and was a member of the National Honor Society, Rho Kappa, worked on the school yearbook, and participated in the annual One Act plays. She also served as president of her Junior Class and in addition to her studies, also found time for a job at Newfound Lake Inn in Bridgewater.

Her senior class project brought her recognition statewide when she created signs to remind people of Jessica's Law, which requires all snow to be removed from any vehicle on the road. In 2005 Paige's uncle Ryan Haynes was working for the New London Highway Department when a motorist headed out on the road without cleaning two-inches of ice and snow off their windshield. As a result, the vehicle hit and killed Haynes but had that driver had paid heed to "Jessica's Law," which was already in place at that time, he would still be alive today.

When Paige presented her project, which included signs she created for the high school parking lot as a reminder of that important safety law, both local and state law enforcement officials on hand that day praised her. As a result of that project, many towns, schools and businesses all over the state have ordered her signs and police are actively on the lookout each winter for those who do not clean their car off before driving in the winter.

After graduation, Paige will be attending NHTI in Concord where she will major in Business Administration and she intends to one day have a career in real estate.

We apologize for the oversight last week and would like to congratulate Paige along with the other students in the "Top 10" at NRHS this year as we wish them well in all their future endeavors.

Local student wins Hilldale/Holstrom fellowship

MADISON, Wisc. — The University of Wisconsin-Madison has awarded 108 Hilldale Undergraduate/Faculty Research Fellowships and four Holstrom Environmental Research Fellowships.

Among the recipients was Carl Shirley of Bristol, who was awarded a Hilldale Undergraduate/Faculty Research Fellowship.

Both fellowships give junior and senior students the opportunity to undertake their own research project in collaboration with UW-Madison faculty or staff. Undergraduates receive \$3,000 and their faculty/staff advisor receives \$1,000.

Hilldale Undergraduate/Faculty Research Fellowships are funded by the Hilldale Foundation and the Wisconsin State Legislature. This year the UW-Madison McPherson Eye Research Institute is sponsoring two Hilldale Fellowships for vision-based research, and the UW Arboretum is sponsoring one Hilldale Fellowship for research conducted on Arboretum property.

Holstrom Environmental Research Fellowships are funded by a generous grant from Carleton and Mary Beth Holstrom of Pipersville, Pennsylvania, and supported by the UW-Madison Nelson Institute for Environmental Studies.

NHEC board approves capital credit payments to members

PLYMOUTH — The New Hampshire Electric Cooperative (NHEC) Board of Directors has approved the return of more than \$2 million in capital credit payments to members and former members.

The 2023 capital credit retirement will result in the payment of all remaining capital credits from 1984, all of 1985, and part of 1986. Approximately 10,000 current members who had service with NHEC during that time will receive a credit on their July 2023 bills. Former members who no longer take service from NHEC will receive checks for their patronage. This is the third consecutive year NHEC will be returning capital credits to its current and former members.

NHEC is a nonprofit electric cooperative, which means it is owned by the people and businesses it serves. When NHEC takes in more revenue than it spends in a given year, the cooperative builds equity. Unlike investor-owned utilities, however, nonprofit cooperatives return this equity back to the member-owners who created it.

The equity NHEC builds over time is used to fund capital projects, which keeps the electric distribution system safe and reliable, and helps keep electric rates affordable and stable. NHEC's member-owners are allocated their portion of NHEC's equity generated each year based on their electric usage. Members' accrued equity in NHEC is represented by capital credits that are accounted for in NHEC's financial records and returned to members when the NHEC's finances allow. Following a Financial Soundness Review in 2023, the NHEC Board of Directors determined that NHEC is in a good position to return equity to members for the third consecutive year.

Current and former NHEC members have the opportunity to donate their capital credit payments to the NHEC Foundation or Project Care. Project Care and the NHEC Foundation are nonprofit 501(c)(3) organizations that provide bill assistance to NHEC members and support to local community nonprofit organizations. To donate capital credit payments, please visit www.nhec.com/capital-credits.

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 86,000 homes and businesses in 118 New Hampshire communities. Learn more about NHEC at www.nhec.com.



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bears of the Week Student & Staff Winners for the week of May 5 are seventh grade student Riley McFarland and Administrative Assistant Noal Campisi. They have been recognized for their representation of the NMMS Core Values. These members of our NMMS community continually show us what RESPECT, RESPONSIBILITY, PRIDE & INTEGRITY are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners!

Program on school funding and property taxes May 24

PLYMOUTH — Please join us on Wednesday, May 24, to hear the New Hampshire School Funding Fairness Project's program on education funding. We will hear how the current system causes high property tax rates and also hurts our students.

The state's current system is inequitable from both the student and taxpayer perspectives. It has resulted in districts with the most poverty imposing the highest local school taxes on the taxpayer in order to fund their children's education. The mission of the School Funding Fairness Project is to inform the public about these inequities and to advocate for change.

This situation affects us all. We are seeing our tax rates go up almost annually. We see people move out of towns with higher tax rates, even though they love the area and feel a connection to the community.

Learn what is happening in Concord to give us some relief and about the lawsuit filed against the state to give property tax relief to our towns.

The meeting will be held at the Plymouth Regional Senior Center at 8 Depot Street, Plymouth on May 24. We will begin the evening with a potluck supper at 5:30 p.m., followed at 6:10 p.m. by a brief business meeting for the Plymouth Area Democrats, the sponsors of the program. The school funding program will start at 6:30 p.m. This is a non-partisan discussion, and all are welcome to attend.

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CADY Corner

The importance of monitoring and screening for prescription stimulant misuse

BY EMILY SHANAHAN

Contributor

Researchers have identified a strong association between prevalence of prescription stimulant therapy for attention-deficit/hyperactivity disorder (ADHD) and rates of prescription stimulant misuse (taken in a way other than as directed by a clinician) by students in middle and high schools. The study, which appeared in JAMA Network Open, highlights the need for assessments and education in schools and communities to prevent medication-sharing among teens. This is especially important considering non-medical use of prescription stimulants among teens remains more prevalent than misuse of any other prescription drug, including opioids and benzodiazepines.

“The drug supply has rapidly changed, and what looks like medications – bought online or shared among friends or family members – can contain fentanyl or other potent illicit substances that can result in overdoses. It’s important to raise awareness of these new risks for teens,” said NIDA Director Nora Volkow, M.D. “It’s also essential to provide the necessary resources and education to prevent misuse and support teens during this critical period in their lives when they encounter unique experiences and new stressors.”

Stimulant therapy is an evidence-based treatment for ADHD, but it can also be harmful if used without prescription or guidance from clinicians. Prolonged stimulant misuse can lead to several detrimental health effects including cardiovascular conditions, depressed mood, overdoses, psychosis, anxiety, seizures, and stimulant use disorder.

Previous studies have shown that more than half of adolescents who misuse prescription stimulants get the medication for free from friends or relatives. While diagnoses of ADHD and prescribing of stimulant therapy for ADHD have increased significantly in the United States over the past 20 years, few studies have looked at the relationship between stimulant therapy and prescription stimulant misuse in schools. This is the first large, national study to examine prevalence of prescription stimulant misuse and factors correlating with prevalence among students in eighth, 10th, and 12th grade across the U.S.

Researchers at the University of Michigan examined both school- and individual-level characteristics associated with prescription stimulant misuse. Across 231,141 student participants surveyed at 3,284 secondary schools, the school-level prevalence of nonmedical use varied from 0 to over 25 percent of students. Schools with a greater number of students (12 percent or higher) reporting prescription stimulant therapy for ADHD tended to have the highest percentages of their student body reporting prescription stimulant misuse (8 percent of total student body). By comparison, schools with fewer students (0 to 6 percent of student body) reporting stimulant therapy for ADHD were associated with lower rates of prescription stimulant misuse (4 to 5 percent of student body).

Recent research from this team expands on the associations found in this study, including teens with a history of taking both stimulant or non-stimulant medications for ADHD are at high risk for prescription stimulant misuse, as well as cocaine and methamphetamine use. The researchers note that it is important to interpret these results as associations, not causations, and that the primary goal of these kinds of studies is to inform effective preventative and support strategies for teens.

“The key takeaway here is not that we need to lessen prescribing of stimulants for students who need them, but that we need better ways to store, monitor, and screen for stimulant access and use among youth to prevent misuse,” said study author Sean Esteban McCabe, Ph.D. “There’s variation in stimulant misuse across different schools, so it’s important to assess schools and implement personalized interventions that work best for each school. It’s also critical to treat and educate teens on prescription stimulants as the medications they are intended to be and limit their availability as drugs of misuse.”

For additional tips on prescription stimulant misuse, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at (603-934-8905) 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 603-238-3555. To learn about prevention, treatment, and recovery resources in the Central NH, visit Findwell NH at findwellnh.org.



COURTESY

Thornton Public Library supports literacy through CLiF event

Thornton Public Library hosted a storytelling presentation for grades K-6 by renowned Author and Illustrator Jim Arnosky which was sponsored by the CLiF Foundation. At the end of the presentation, books were distributed for students to take home.

Letters to the Editor

Plymouth’s Senior Center is a great community resource

To the Editor:

I have something to share with you. You have a great resource in the town of Plymouth; do you know what it is? It is the Plymouth Regional Senior Center, Grafton County. If you know about it, that is great, but do you know what they have to offer?

They are open five days a week from 7 a.m.-3 p.m., barring any bad weather that might occur; like snow storms, but for now, it looks like clear sailing for a few months. So take advantage of what they have.

It is run by a very amazing women named Gail, who is the director. And she has an amazing staff which includes, Donna, Melanie, Flo, Robyn, Michael, Rosie and Michelle and Dee in the kitchen with lots of volunteers to help her. Each person gives 110 percent of their time and energy to each phrase of this amazing operation.

Let me tell you about some of the activities they have, mahjong, BINGO, cards, pocket billiards, book group, yoga, crafts, cribbage, Tai Chi, senior walking groups, bone builder’s meditation, reiki, quilting plus, karaoke, wood carvers, painting, line dancing and Zumba chair. Bowling at fun spot, plus a Pemi baker ask a nurse, check the dates and times in our newsletter; or go online at www.gcsc.org or call us at 603-536-1204. They also have a foot clinic on Fridays by appointment with a RN, Sandy. Bus transportation, meals on wheels and service links. Here is additional information about the center. They have an amazing cook names Dee, who not only serves meals five days a week at the center but puts up the meals on wheels too. She and her team are the very best.

At holiday times, Dee and her team prepare a special meal according to the holiday. I had the great pleasure of tasting her corn beef and cabbage; also her Mother’s Day pot roast dinner that was so tender; you just broke it with a fork. Her meals rank up with the best restaurants in the area. She and her team make up a menu for the whole month. I have a hard time just thinking what is for supper that night. She does this in advance so everyone knows what they will have, and if you can’t stay, just bring a takeout container and bring it home.

The center runs mostly on donations, with other financial assistance. The center has a wonderful

free library filled with books on every subject plus puzzles and some games. Just come in and browse see what you want to read and sign it out. When finished, just return it, and if you have other books at home, bring them along to add to the library. A great volunteer named Marion keeps everything in order.

Do you need a gift? Well stop by the Senior Center’s gift shop. It is full of wonderful gifts, some made by hand, others from various sources. And the price is always right. In this store, they have jewelry, purses, scarfs, hats, and gloves and socks too, plus knick-knacks for every occasion. The ladies who help with this are Sally, Elaine, Martha and Ingrid. They do a wonderful job of keeping everything neat and orderly. All of the proceeds go right back to the center to help fund more programs and activities. I personally had a great time shopping for my Christmas gifts, and I still shop there quite often. Where can you get greeting a card for 25 cents? And anyone who needs yarn, best deals in town; the Senior Center is like a one stop shopping experience. You can eat, exercise, buy gifts and have a large selection of programs to choose from, and all under the same roof.

They also have a program to help you process the loss of a loved one. There is a service links resources here too. Plus, you meet the best people who come here. It is like one big family. Everyone is so helpful and friendly, and why not? We are all here for the same reason. We want a place we feel safe and not being alone.

Do you need any medical equipment? The center has many items for you to borrow at no charge. They have crutches, canes, shower chairs, commodes, toilet raisers, plus incontinent articles and lots more. The wheelchairs go out very fast, so if you know you might need one, call in advance. If you need any medical equipment please call to see if we have it on hand. Keep the items as long as you need to, and when you finish with them, bring them back, and if you have other items you no longer need, bring them back too.

Bus transportation is another wonderful service the center has. A big thanks to John, Lee, and Tom, our drivers. Give us a call for your ride; tell us where you live and what date and time you need. This will have to be verified by the drivers; they will be in touch with you as far as if they can accommodate your needs. Call the center at 603-536-1204.

If you have a function, the center also rents out their facility. Contact Gail at 603-536-1204. As we get older, our need of stuff gets less, so if you need a gift suggestion, how about buying a meal gift card? That way, when they are having lunch, you will also be with them. There is no expiration date, or it won’t be the wrong color or size. One size fits all. Call the center for more information, 603-536-1204.

As I write this, I am so happy that we have this very special place in our town. Senior centers are in most places in the USA. We Seniors are so blessed by who ever thought of these places for us. The centers have given us a place we call our own. They have given us a better opportunity to say healthy and have a wonderful social life.

I hope you will stop by and see what they have to offer. I am so glad I made the call to volunteer here, it is now one of my happy places.

Yard sale Friday, May 26 from 10 a.m.-1 p.m. at the senior center at 8 Depot Way, Plymouth. Call for more information about table space at 603-536-1204.

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TO THE EDITOR:

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Shoot for the moon in June

Stay tuned for two can't-miss TTCC fundraisers coming soon!

Meet the last, but by no means least, of Newfound's Top Ten graduates

BRISTOL — In last week's edition of the Newfound Landing, one of Newfound Regional High School's top graduating seniors was mistakenly omitted from the story and Paige Fischer of the Class of 2023 is certainly worthy of recognition for her achievements over the past four years.

Fischer hails from

Alexandria, and was a member of the National Honor Society, Rho Kappa, worked on the school yearbook, and participated in the annual One Act plays. She also served as president of her Junior Class and in addition to her studies, also found time for a job at Newfound Lake Inn in Bridgewater.

Her senior class project brought her recognition statewide when she created signs to remind people of Jessica's

Law, which requires all snow to be removed from any vehicle on the road. In 2005 Paige's uncle Ryan Haynes was working for the New London Highway Department when a motorist headed out on the road without cleaning two-inches of ice and snow off their windshield. As a result, the vehicle hit and killed Haynes but had that driver had paid heed to "Jessica's Law," which was already in place at

that time, he would still be alive today.

When Paige presented her project, which included signs she created for the high school parking lot as a reminder of that important safety law, both local and state law enforcement officials on hand that day praised her. As a result of that project, many towns, schools and businesses all over the state have ordered her signs and police are actively on the lookout

each winter for those who do not clean their car off before driving in the winter.

After graduation, Paige will be attending NHTI in Concord where she will major in Business Administration and she intends to one day have a career

in real estate.

We apologize for the oversight last week and would like to congratulate Paige along with the other students in the "Top 10" at NRHS this year as we wish them well in all their future endeavors.

Hill Historical Society hosting program on Abenaki

HILL — Through a grant by the NH Humanities Council, the Hill Historical Society will host an educational program regarding the Abenaki Indians called, "Digging Into Native History in New Hampshire" presented by Robert Goodby, Ph.D., on Wednesday, June 7 at 7 p.m. at the Jennie D. Blake School Auditorium, 32 Crescent St., Hill. This program is free and open to the public.

Abenaki history has been reduced to near-invisi-

bility as a result of conquest by a culture that placed little value on the Indian experience. A strategy of self-preservation required many Abenaki to go "underground," concealing their true identities for generations to avoid discrimination and persecution.

Robert Goodby, Professor of Anthropology at Franklin Pierce University, reveals archaeological evidence that shows their deep presence here, inches below the earth's surface.

Walking tour of Plymouth organized by Historical Society

PLYMOUTH — Join us on Saturday, May 20 for a historical walking tour of downtown Plymouth, with a focus on the area near the Common.

Learn about the many buildings that contribute to Plymouth's unique character and how they

have evolved over the years in response to changing times. Find out about the personalities, including politicians, writers, and athletes, that have shaped Plymouth's history or just passed through briefly to visit the once majestic Pemigewasset House, to

teach at the college, or to visit the Draper & Maynard Sporting Goods Company. You will visit sites on the National Registry of Historic Places, appreciate the stories that lay behind the unique sculptures and paintings created for Plymouth over the

years, and gain a deeper knowledge of Plymouth's important place in New England history as a hub for education and the burgeoning tourist industry. If you have your own stories to share of Plymouth, we always welcome those as well.

To join us on this tour, meet us at the Boy Scout sculpture in the Common at 10:30 a.m.

Bristol Historical Society Museum opens June 10

BRISTOL — The Bristol Historical Society Museum will begin opening for the summer on Saturday morning, June 10, from 10 a.m.-noon. Tuesday evening hours will commence on June 27, 6:30-8 p.m.

The museum is located in the upper level of the historic firehouse at the corner of High Street and South Main Street. There is parking available behind the building.

In the museum you will be a wide variety of

artifacts and historical information about the town of Bristol. There is an extensive collection of photos of the lake and village.

Did you know that the former local newspaper, The Bristol Enterprise, is available online at bristolnh.advantage-preservation.com/home? This an excellent resource made possible by a grant received by the Minot Sleeper Library. It is easy to search and fun to use.

Please stop by for a visit sometime this summer!

Letter submission policy

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

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



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Edward Jones: Financial Focus

Four ways to use cash wisely

There has been a lot of talk about a "cashless" society, but it's not here yet. In fact, cash can still be a valuable element of your overall financial picture – if you employ it wisely. But how?

Consider these four key uses of cash:

- Everyday spending – Of course, you need sufficient cash on hand to pay for your cost of living – mortgage, debt payments, utilities, groceries, etc. You'll likely rely on your savings or checking accounts to pay for these needs.
- Unexpected expenses and emergencies – It's never a bad idea to establish a monthly budget. But, as you know, life is unpredictable – and sometimes you may encounter "budget-busting" expenses, such as a major home repair or a large medical bill. If you haven't planned for these costs, you might be forced to dip into your long-term investments, such as your IRA and 401(k), which can result

in taxes, penalties and less money for your retirement. A better alternative is to prepare in advance by building an emergency fund containing up to six months' worth of living expenses in cash, or at least in a highly liquid account, held separately from your regular checking or savings account so you won't inadvertently spend the money.

- Short-term savings goal – When you are investing for a long-term goal – especially retirement – you will likely need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds. The value of these investments will fluctuate, so, if it's possible, you'll want to avoid selling them when their price is down – which may make them unsuitable for short-term goals. But if you're aiming for a goal that you want to achieve in a year or so – a wedding, a long vacation, and so on – you'll want to be sure a specific amount

of money is there for you when you need it. Consequently, you'll want to put away cash for this type of goal, possibly in a short-term savings or investment vehicle that might pay somewhat higher interest than a regular checking/savings account.

- Source of investment – In regard to your longer-term investment strategy, cash can play two important roles. First, it can serve as its own asset class, alongside other classes, such as stocks and fixed-income vehicles. Unlike these other classes – especially stocks and stock-based mutual funds – cash won't fluctuate in value, so it can potentially help lessen the impact of market volatility on your portfolio. And second, having the cash available in your portfolio gives you the opportunity to quickly take advantage of other investment opportunities that may occur. And you may be able to use your ex-

isting investments to help replenish the cash in your portfolio. For example, if you choose to take stock dividends in cash, these dividends can be "swept" into your brokerage account and held there until you're ready to invest them. (However, depending on your comprehensive financial strategy, it may be a good move to simply reinvest the dividends into the same stocks or stock funds.) Keep in mind that you won't want your investment accounts to contain too much cash, as its purchasing power can erode due to inflation.

By managing your cash efficiently, and putting it to work in different ways, you can gain some key benefits – and you'll help yourself to keep moving toward your short- and long-term goals.



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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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Talk of the Towns

News from our Local Correspondents

Ashland

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Garden Club News (from Elizabeth Greason)

On Saturday, May 13, the Ashland Garden Club held our first ever Lily Sale. There were 35 varieties of the collectible “named variety” lilies which we were permitted to dig from an Ashland resident’s lily garden. Not knowing what to expect because we have never had a sale of one kind of plant, we were totally surprised to find many collectors

eager to purchase, and we were sold out by 9:30 a.m. We do apologize to all who came later in the morning to find a vacant Memorial Park.

In hindsight, we should have left a sign stating that the lilies had all been sold and we closed early. Lesson learned!

Our Plant, Pie and Vintage Sale will be held from 9 a.m. to noon on Saturday, May 20. It has been a busy time for Club members having two sales so close together. But, we have taken the time to dig, dig, dig from our gardens and have some really neat

perennials, annuals, ground cover and, new this year, house plants, for you to choose from. The pies will be home-made by our members and will sell again this year for \$12 each. As far as the Vintage Sale is concerned, it should be fun to see what you never knew you needed.

On Monday, May 15, Club members planted the public gardens in downtown Ashland. The Club purchases the plants, cleans the gardens from the winter, plants them, and then maintains them from spring to autumn. We always like to get honks and cheers from passerby, and this year was no exception.

We hope to see many of you on Saturday, May 20, at our Plant, Pie and Vintage Sale. We always admire what a wonderful and supportive town we have in Ashland. A wonderful place to live for sure!

Legion Chicken Barbecue

The Dupuis Cross Post of the American Legion will serve a Chicken BBQ Supper from 5 to 7 p.m. this Saturday, May 20, at the Legion Hall at 37 Main St. The menu includes BBQ chicken, Mac n’ Cheese,

coleslaw and dessert. The price is \$12 for an adult, \$10 for a senior and \$8 for a child.

School Concert

The Ashland School will hold its Spring Concert from 6 to 7 p.m. next Thursday, May 25, in the school gymnasium.

Fourth Of July Meeting

The Fourth of July Committee will meet at 6:30 p.m. on Wednesday, May 31, in the Booster Clubhouse, to continue planning and preparing for the national holiday. Volunteers are needed for various events, so a Volunteer Meeting is scheduled for 6:30 p.m. on Wednesday, June 21.

Disposal of Old Flags

The Dupuis Cross Post of the American Legion will properly dispose of old or tattered American flags by burning them on Flag Day, June 14. The flags may be left at the Legion Hall at 37 Main St., by hanging them in a bag on the door, or they can be given to Christine Cilley or Sue Harville.

Bristol

Al Blakeley
adblakeley0@gmail.com

The Bristol Town Office is interested in showcasing the artwork of local artists in various spots in the office space for residents, taxpayers and visitors to admire and purchase. If you are a local artist interested in displaying your work at the Town Office, please contact Deborah Clarke-Tivey at (603) 744-3354, ext. 124 or by email at TOAssistant@bristolnh.gov.

The Town Office is looking to hire a Shared Office Assistant, Beach Attendants, and a Transfer Station Lead Attendant.

Verizon has committed to having cell service deployed in town utilizing the “First-Net” service tower. The equipment is being put in place this month with activation planned in time for Memorial Day weekend.

The Bristol Farmers’ Market and Crafts will be held at the Mill Stream Park on Saturdays from 10 a.m. until 2 p.m. starting on May 13. Vendors need to be in their spaces no later than 9:30 a.m. The Market will be held each Saturday through Oct. 7. Under new management, the market will have many new and returning vendors who may offer farm-fresh eggs, local meats, smoked cheese, seasonal vegetables and fruits, breads, desserts, jewelry, fly fishing lures, amazing woodworks, quilts and much more. The cost is \$10/Saturday. Contact Barbie Lukeman Antonides: (603) 273-1058, email bantonides54@gmail.com.

The TTCC will host an Essential Oils Workshop with Katlin Simula on May 25, from 4:30 to 6 p.m. at the Center. The cost for the workshop is just \$5, as participants will learn the health benefits of essential oils and create a DIY Spring Spray. You can register online at the TTCC website or email or text any questions to Katlin directly at ksully53@yahoo.com or at (413) 271-5353.

The last Parent’s Night Out of the school year will be held on Saturday, May 20 from 5 – 9 p.m. at the TTCC. Drop the kids (ages 4 and up) off at the TTCC and parents can enjoy a night out! The Teen Council always has fun filled nights planned for your youngsters including a special dinner, games, bingo, crafts, themes and more. Cost is \$20 per child. Please register ahead by calling (603) 744-2713.

A new Babysitting Course will be offered at the TTCC on Saturday, June 6 from 9:30 a.m. to 3 p.m. for ages 12 and up for \$110. All participants will learn the basics of baby sitting and get certified in both CPR and First Aid. Participants

must bring a lunch, water bottle and snacks. Space is limited. Register today. (Minimum 10 students, maximum of 22).

Some events in store for June will be a Day of Giving fundraiser known as NH Gives. On June 6 and 7, the TTCC will host a 24-hour fundraiser to help support the programs at the Center and to help with the costs associated with the Capital Projects, which include renovations to our current Center and the building of a New Community Center.

At the end of the month the TTCC will hold the 13th Annual “Tee it up ‘Fore’ the Kids” Golf Tournament on June 24 at the Den Brae Golf Course. Reserve your spots today that include green fees, cart and buffet dinner, plus prizes.

You can register for the TTCC Soccer Camp this summer with Challenger Sports and receive professional coaching. The week-long camp runs from July 31 to Aug. 4. The Tiny Tykes, ages 3-5 division, begins at 8 a.m. and is \$85, while the Half Day, ages six to 12 program runs from 9am to 12pm and is \$160. For more information, the Web site is www.ttccrec.org or call the TTCC at (603) 744-2713.

The Minot-Sleeper Library has been awarded a \$5,801 grant from the NH Charitable Foundation’s Library Technology Grant Program. This program was created in 2021 to help rural and under-resourced libraries meet the increasing need for online access by supporting technology upgrades, distance learning, and staff training. The grant will fund technology training for staff as well as the annual access fee for ten mobile internet hotspots - small devices that carry intent service to remote places. The foundation’s grant was made possible by gifts from the Bernice Clay Fund for Lifelong Learning.

The Minot-Sleeper Library is now accepting seed donations to add to the small quantities of various vegetable seeds available to the right as you walk in the front door. This Seed Library success is dependent on: Take what you need, Need what you take, Leave any extra you might have. Seed donations are accepted on an ongoing basis at the circulation desk.

Home School Meet-up for Parents, a networking event for parents will be held at the MSL on Friday, May 12, at 1 p.m. The intent is to allow parents the space to connect with those who are like-minded about their children’s education. All are welcome!

Refreshments will be served.

Please join the Board of Trustees, Friends of the MSL and staff as we celebrate the 10th anniversary of the library’s expansion. This celebration will be held on Thursday, May 18, from 2 – 4 p.m. Remarks will take place at 3 p.m. Refreshments will be provided. No need to RSVP.

The MSL will be closed on Monday, May 29 in honor of Memorial Day.

A meeting to discuss personal finances will be held on Tuesday, May 30 from 6 - 7:30 p.m. where Barbara Rosendahl from TD Bank will present ‘Financial Literacy.’ RSVP at the Library.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

Celebration of Life

For those wanting to attend the celebration of life for Vinnie Levasseur, please join the family on Sunday May 21 at 11 a.m. at the Thornton United Methodist Church on Church Street in Thornton. A reception will follow at Hubbard Brook Experimental Forest on Mirror Lake Road. For those wanting to bring something to share for the reception, please message Jamin Levasseur on his Facebook page.

Campton Garden Club Plant Sale

On Saturday, May 27 from 8 a.m. to noon on the lovely lawn at Andrews’ Construction, 392 Route 49, Campton, we will again have our only fundraising event, the Campton Garden Club annual plant sale. All proceeds from the sale enable us to continue our mission to beautify Campton. Also, if your garden is getting a little out of hand, we’d love to include any extra plants you may have in our sale, and we’ll do the work to dig! Please contact Chris at 603-536-8246 or speak to any of our members, and we’ll painlessly make the arrangements! Watch for the signs, and we hope you’ll join us on May 27!

Campton Historical Society News

Please join us on Monday, May 15 at 7 p.m. for our program, 52 With a View, presented by Ken MacGray. This presentation will be a casual and informal discussion about NH 52 with a view hiking list. Learn about what makes the hikes on this list so enjoyable, its information and history, and how the first comprehensive guidebook to the 52 can get you started on this hiking quest. Ken MacGray is a freelance writer and guidebook author. He’s written NH 52 With a View (2nd edition), AMC’s Southern NH Trail Guide (5th edition), and is currently



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MSHC committed to breaking down barriers to mental health care this Mental Health Awareness Month

PLYMOUTH — Breaking the silence around mental health can be tough. The topic is taboo, and the stigma feels suffocating and isolating. But the truth is, taking care of your mental health is essential to your overall well-being. As we mark Mental Health Awareness Month this May, it's time to join hands and start talking about mental health. Mid-State Health Center is proud

to be part of the effort to raise awareness around the importance mental health.

According to the National Alliance on Mental Illness (NAMI), one in five adults in the United States experiences a mental illness each year, and mental health conditions are the leading cause of disability worldwide. Yet, many people still face barriers when it comes to

accessing the care they need. Finding resources and engaging in conversations about mental health can feel daunting and out of reach.

Mid-State Health Center is committed to breaking down these barriers and providing high-quality behavioral health services to the local community. The center offers a range of mental health services, including counseling,



Towns

FROM PAGE A10

working on the 31st edition of the White Mountain Guide, also for the AMC. He lives in southern NH and can usually be found wandering throughout the state's forests.

We are looking for help. We have a solid crew but there's a lot do and many hands make easy work. Curator, librarian, swapping out and coming up with displays etc... Don't be shy or feel you need to know about Campton history. A willingness to help and learn is all it takes.

We are open Wednesdays 9-1 and by appointment/request. You can email CamptonHistorical@gmail.org or contact any of the board member. Messages left at 536-5140 are not checked too often but when they are, we will get back to you.

Campton Craft Fair

Mark you calendars for a Craft Fair on May 20 from 9 a.m. to 5 p.m. at the Campton Elementary School.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

On Sunday, May 21, Bonnie Nichols will lead Table Worship at the South Danbury Church at 11 a.m. Instead of being in the pews, we will have an informal gathering around a table – as the early Christians often did – and of course there will be coffee and

Blazing Star Grange

The first supper of the season will be held on Saturday, May 20 from 5 to 6:30 p.m. at the Grange Hall, 15 North Rd. in Danbury. The menu is chicken pot pie, roll, coleslaw and Boston crème pie. Take out or get your meal and sit at the Grange tables. \$10/adults, \$5 children under 12.

The Chicken BBQ will be held on June 24. In addition, there will be a build your own mushroom kit using an old pair of jeans or jeans shirt. Take it home, put it under a tree, keep it watered and have several crops of mushrooms. Do not throw out those old jeans...put them into a second use.

Holderness

Fran Taylor 968-3846

The Library and Games Ahoy! invites all comers to a Bring Your Own Game night this Saturday, May 20 from 4-8 p.m. Board, Dice, Card Games, TTRPG's and everything else.

Still time to sign up to walk our Town Forests on Saturday, May 20 at 9:30 a.m. Look on News on the town Web site contact information.

Rec Director Wendy reminds us it's time to sign up for Tennis Lessons with Tennis Pro Bill Aronson. Wednesday sessions start on June 21 with Saturday sessions beginning on June 24.. Levels are: Children's clinic ages four to seven; Youth ages 8-16 and Adult Beginner and Intermediate. To learn more about the schedule and fees go to the Rec page on the Town website and click on tennis lessons.

Owl Brook Hunter Ed Center on Perch Pond Rd will offer Summer Youth Programs for youth in their teens during July and August. Courses include Archery, Intro to Rifle and Shotgun and Exploring the outdoors. Pre-registration is required. Go to www.huntnh.com.

Holderness School English teacher Peter Durnan gave students in AP English Language and Composition advice before they took the AP exam this month. Over the last three decades, he has become one of the country's leading authorities on the AP English Language and Composition exam so every ear was tuned to his suggestions. He recommends students keep their essays interesting, and avoid tired, cliched language. Good advice for all.

Seeing a lot of ticks? BeBop labs would appreciate you sending those ticks to them. There's a report sheet to use with your info. Just tape the tick(s) to the report. www.beboplabs.org

There is a posting on the town website reminding homeowners that they might be eligible for the NH Department of Revenue Tax Relief Program. In 2021, a bill initiated by our own Rep Sallie Fellows was passed to expand the income amount permitted. If you know a homeowner on limited income, be sure to let them know about it.

There will be a Memorial Day Ceremony at the Library on Monday, May 29 at 11 a.m. The School Band will participate and Marc Bard

will play taps. All are welcome.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you are all having a good week.

This weather certainly has been wonderful! It has also helped the allergy season to get off to a good start!

WARREN NEWS

There will be a free clothing event at the Warren Town Hall from May 20 to May 27, from 8 a.m.-6 p.m. Unfortunately, this will be the very last clothing event. Clothing accepted up to May 20. Please no winter clothes or shoes.

Warren Old Home Days will be celebrated on July 14, 15, and 16. The theme for this year is "Life on the Farm." More information as time gets closer.

Have you checked out Moose Scoops Ice Cream yet? Hours for May are Thursday and Friday 4-8 p.m., Saturday and Sunday noon to 8 p.m., and on Memorial Day noon to 8 p.m.

WENTWORTH NEWS

On May 27 from 9 a.m.-2 p.m. at the Wentworth Elementary School Soccer Field, there is a town-wide yard sale. \$20 for a spot. Bring your own table, chair or canopy. For reservations or answers to questions, contact hbilodeau@pemibaker.org. There will also be a "Touch A Truck" exhibit, with fire trucks, tractors, police cars and more!

Rain date has yet to be determined.

Wentworth Open Air Market is currently accepting vendor applications for the 2023 season. It runs from July 5 to Oct. 7, Saturdays from 10 a.m. to 2 p.m. Email Renee at wentworthfarmmarket@gmail.com to register, or for more information.

The Library's Book Club feature this month is "The Magnolia Palace" by Fiona Davis. Next book club gathering is June 12 at 6 p.m.

Copies of this book are available at the Library.

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

psychotherapy, and medication management, to help individuals manage their mental health concerns and improve their overall well-being.

"Our team of experienced behavioral health providers understands that seeking help for mental health concerns can be a difficult and emotional decision," said Tonya Warren, PsyD, Behavioral Health Director of Mid-State Health Center. "We are here to offer a safe and supportive environment where individuals can feel comfortable and confident in receiving the care they need."

Mid-State Health Center's integrated behavioral health approach, where you can access behavioral health services in the same place as your medical care, allows your care team to work together to create the most effective plan to meet your needs. Whether you're struggling with quitting smoking or losing weight, working with one of their behavioral health providers in addition to your primary medical provider may be just the right combination of help you need.

Mid-State Health Center encourages everyone to take care of their mental health and seek help if needed. "We believe that mental health is just as important as physical health, and we are committed to helping our patients achieve optimal health and wellness in all areas of their lives," said Warren.

For more information about Mid-State Health Center's behavioral health services and resources, visit their website at www.midstatehealth.org.

About Mid-State Health Center
Mid-State Health Center delivers primary care and supportive services at locations in Bristol, Plymouth, and Lincoln, offering medical services, dental services, behavioral health counseling, imaging, recovery, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

Ashland Garden Club hosting annual Plant, Pie, and Vintage Sale

ASHLAND — The Ashland Garden Club will be sponsoring our Annual Plant, Pie, and Vintage Sale on Saturday, May 20 from 9 a.m. to noon at Memorial Park in downtown Ashland. Plants are all dug from members' gardens so will do well in yours, pies are all homemade by members and vintage is always fun to see what you didn't know you wanted!

Come and enjoy!

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THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|-----------|---------------------------|-------------------------|-----------|------------------------------------|--|
| Ashland | 35 Thompson St. | Multi-Family Residence | \$180,000 | Jamie Irving | Brendan Renna-Moynihan |
| Bristol | 149 Lake St. | Multi-Family Residence | \$237,000 | Spencer R. Lacasse | Larkin Pro Inc. |
| Bristol | N/A (Lot 2) | N/A | \$500,000 | Anestis and Aristidis Kalampalikis | Sara L. Hines and Timothy J. Schneeweiss |
| Campton | 14 Dubeau Circle | Single-Family Residence | \$430,000 | 14 Dubeau LLC | Julie A. and Derek P. Holmes |
| Campton | Lower Beech Hill Road | Residential Open Land | \$65,000 | Arthur J. Broadhurst | Paul Sullivan |
| Campton | 1 Red Stone Rd. | Mobile Home | \$145,933 | Patricia A. Scray | Charles Ansaldi and Charlotte Callaghan |
| Thornton | Amory Leland Road, Lot 24 | N/A | \$83,000 | David A. Waterbury | Mark Invernizzi and Jennifer I. Norton |
| Thornton | 6 Bear Chase Rd., Unit 5 | Condominium | \$300,000 | Matthew D. Macdonald, Sr. | Elisa and Kevin L. Lacoste |
| Thornton | 18 Treeline Rd. | Single-Family Residence | \$840,000 | Juan Gomez and Daniela Campos | Todor Ialamov and Stephen Philipov |
| Warren | 1335 NH Route 25 | Single-Family Residence | \$230,000 | Jason M. and Kendra L. Newton | Andrew J. Martel |
| Wentworth | Oak Hill Road | N/A | \$60,000 | Annette J. Turcotte | Eric D. Glaude and Charnel H. Remillard |

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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

N.H. Preservation Alliance makes grants to community landmarks in partnership with 1772 Foundation

CONCORD — The New Hampshire Preservation Alliance, partnering with The 1772 Foundation, has awarded grants totaling \$125,000 to sixteen private non-profit organizations in New Hampshire to assist in preserving their historic buildings. The grants give a boost to community landmarks from Coös County to the Seacoast to the Monadnock Region and range in amount from \$4,250 to the grant maximum of \$10,000. Each grantee was required to have matching funds for their project.

These grants will support new roofs, foundation and sill work, repainting, and porch repair, and will be used by historical societies, museums, a grange, a women's club, friends groups supporting local landmarks, and an affordable housing organization.

The funding will assist in the preservation of historic buildings that range in date from 1774 to 1912, and new and continuing uses that include housing, community meeting

space, museums, and educational programming. Six of the awardees had previously been named to the Preservation Alliance's Seven to Save endangered properties list and six had received similar grants in recent years. In some cases, the grants will advance multi-phase projects, while in others the funding will help a non-profit organization get started or complete important preservation work.

Applications were reviewed by a selection committee of experts and the New Hampshire

Preservation Alliance staff.

"We are so pleased to be able to make these grants to worthy projects in many regions of the state," said Beverly Thomas, deputy director of the Preservation Alliance. "The 1772 Foundation's investment in New Hampshire is protecting and revitalizing sixteen historic buildings, positively impacting communities by bringing needed capital investment to important community landmarks."

She emphasized that

evidence of good planning was essential for success in this grant round.

Thomas noted that grant criteria included the uniqueness or significance of the resource, visibility within the community, availability of additional funding, strength of local support, imminence or severity of threat to the resource, a demonstrated understanding of the building's needs, and the proposed plan's adherence to the Secretary of the Interior's Standards for the Treatment of His-

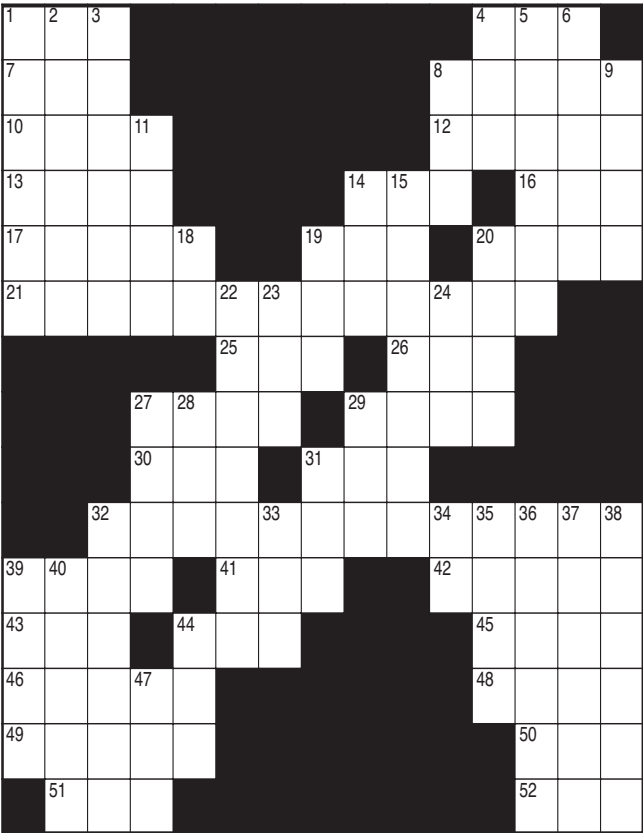
toric Properties.

Margaret Waldock, president of The 1772 Foundation, said that "With these grants, The 1772 Foundation continues its investment in preservation efforts that protect assets of community importance. While the individual grants may seem small, we have found they leverage considerable local resources and opportunities: community-provided matching dollars, support for local businesses and tradespeople, and the long-term power of incremental, small-scale capital investments in roofs, windows, and structural improvements that protect and maintain the value of assets over time."

Grant recipients include the Danbury Historical Society (Danbury), North Road Schoolhouse roof replacement: \$4,250

The New Hampshire Preservation Alliance strengthens communities and stimulates local economies by encouraging the protection and revival of historic buildings and places.

TAKE A BREAK



- ACROSS
1. Relative biological effectiveness (abbr.)

4. Chinese philosophical principle

7. Branch

8. Jewish spiritual leader

10. Slang for requests

12. "So Human An Animal" author

13. Rocker Billy

14. British Air Aces

16. Type of tree

17. "Tough Little Boys" singer Gary

19. State attorneys

20. Goddess of fertility

21. Localities

25. Beloved singer Charles

26. Clue

27. Ridge of jagged rock below sea
- surface

29. Helsinki neighborhood

30. Farm resident

31. Ocean

32. Where ballplayers work

39. Unable to hear

41. Cool!

42. Cape Verde capital

43. One point north of due east

44. Kilo yard (abbr.)

45. Middle Eastern nation

46. It yields Manila hemp

48. People operate it (abbr.)

49. Regenerate

50. Not healthy

51. Chinese sword

52. Mild expression of surprise

- DOWN
1. Unit of angle

2. Headgear to control a horse

3. Clots

4. Follows sigma

5. A woman who is the superior of a group of nuns

6. Greek units of weight

8. Radio direction finder (abbr.)

9. Systems, doctrines, theories

11. Stony waste matter

14. Bravo! Bravo! Bravo!

15. Hostile to others

18. U.S. State

19. Not wet

20. Something one thinks up

22. Where beer is made

23. Clumsy person

24. Belonging to us

27. Canadian flyers

28. Greek goddess of the dawn

29. Snake-like fish

31. Unhappy

32. Fruit

33. Not good

34. Zero degrees Celsius

35. Goo Goo Dolls' hit

36. Crawls into the head (folklore)

37. Legally responsible

38. Move in a playful way

39. Regarded with deep affection

40. Partner to flowed

44. Native American tribe

47. Head honcho

SKIN CARE INGREDIENTS WORD SEARCH

BWNUGLYCOLICHAJXOGIN
YWKXKRUCCHNEERCNSUSI
CXGHSIDNXIUAWMXNAEEA
LCOUYDDCPABWYDXNMJNC
UIJREDITPEPREPPPOCOOI
ATQODGRCDKDCOEKYHQCN
HCAPPYAOPKUECNESSMIA
DAADBTHWQOPQIOSNYAHM
DLRKPDHAJUBSILHAGITIW
WDBQDYRITRITAYBGLCED
ASTDSMCCDEANALQROUMED
TNACIRBULRBLLOWILMAIK
ELTCECDADKUGMNLCLMDY
RYOPNDHYURBOLAEYYGKG
LHOTNUHYOXWMGYNUYLBE
QDTYIKQNNWLEDMCCEKUIL
GNOLDONRORNOYAOEHYUC
AERETCNNITTSALHEHSRKEG
IEUALPHAHYDROXYEJIRE
WOWBALMDLONITERLGPNP

Find the words hidden vertically, horizontally, diagonally, and backwards.

SKIN CARE INGREDIENTS WORD SEARCH

ACIDS, ALPHA-HYDROXY, BALM, BETA HYDROXY, COLLAGEN, COPPER PEPTIDE, DIMETHICONE, ELASTIN, GLYCERIN, GLYCOLIC, HYALURONIC, HYDRATION, HYDROQUINONE, KOJIC, LACTIC, L-ASCORBIC, LOTION, LUBRICANT, NIACINAMIDE, RETINOL, SALICYLIC, SUNSCREEN, WATER

This Week's Answers

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Think

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THE STORY PAGE... building community one story at a time

MOTHERS

looking out for, the tuning in to, the carrying on with, the standing up to. Here's to those who do the bearing in a thousand more ways than one. Here's to our mothers – all of them. We thank you moms for all you do to raise us up in the world, and we thank this month's contributors for sharing their thoughts on mothers and motherhood. We hope you enjoy the featured photographs and writing, including an account of "Mother Hildreth" from late 1800s Campton. We also hope YOU will become a contributor by submitting a piece of artwork, photography or writing of 400 or so words or less to storypagenh@gmail.com by the 30th of month for the upcoming themes. Thank you as always for visiting the Story Page, where we believe that in this brief, magical life...every story counts!

Here's to women who do the raising, the cleaning, the reminding, the teaching, the working, the weeping... the holding, consoling, wrangling, and wrestling...the

A STORY PAGE SUBMISSION

We hope you enjoy them AND we hope YOU will become a contributor by submitting a piece of artwork, photography or writing of 400 or so words or less to storypagenh@gmail.com by the 30th of month for the upcoming themes. Thank you as always for visiting the Story Page, where we believe that in this brief, magical life...every story counts!

Theme:..... Due the 30th of:
FATHERSMay 2023
COMMUNITYJune 2023
STORMSJuly 2023
TRAVELSAugust 2023



(for younger woman) Shirley Alger Student Cadet Nurse 1945. Provided by her daughter Gretchen Draper

ONE WAY CONVERSATIONS

I love these one way conversations, Mom

They sometimes make your death real.

So much news it consumes my breath, boggles my mind, softens my soul

People die, babies born to mothers like you.

Your children, grandchildren, great grandchildren exist

Learning about the travel log of life, those ponderous hard earned stories.

You can be proud of their faults and those firmly planted shimmering hopes of the future.

It was hard to cry at your leaving

For I hardly knew your hidden, deeply held stories

My questions never roused your interest in opening those envelopes.

If your memories were tethered together with me in the daylight of the living

I would have cried at your passing.

tom keegan, Bristol

Mother Hildreth

Mary Hildreth was a young woman when she moved to New Hampshire, a wealthy girl of impeccable family, who had left her city home in Massachusetts to find a cure or at least relief from an asthmatic condition in the high country of West Campton. A maiden lady, strictly brought up amidst social and cultural advantages, with absolutely no childcare experience, and to her parents horrified disapproval and her own bold confidence set out to love, foster and adopt many children. She arrived in Campton with a friend, Delma Cook, whom she had met at a health resort, and they summered at a farm on the side of Bald Mt in Campton. The farm that she eventually bought and named Butternut Farm. Delma soon married and started a family, and it was then that Mary adopted her first child, who she named David. He contracted typhoid fever and lived only a short time. By this time Mary decided that her life calling was to care for unwanted children. She soon adopted a little girl from the Home for Little Wanderers in Boston, whom she named Pauline. She went on to adopt 9 more children. Merle and Beatrice, brother and sister; Dewey and his twin sisters, Joyce and Gloria, then Rachel. Next, she heard of a little boy in New York who had been picked up by a policeman from the streets and taken to a nearby hospital. When the officials told her she could not take him because policy demanded he be placed in a foster home before adoption she declared, "then I will be his foster home", and she bundled Jack off to her hotel room until the adoption could be completed. Soon after she adopted Malcolm and Daisy. Her generosity was all encompassing, however, and whenever she learned of a child that even needed a temporary home or a helping hand, she would take them in. Everyone was welcome at Mother Hildreth's as she was now locally known.

Education was important to Mary, so she ran and was elected to the local school board and when she was unable to persuade the board to purchase updated supplies for the schools, she furnished a lot of it herself. In 1939 at the age of 83 Mary died and several years later the farm burned down. But the strong, selfless woman who lived on those remote acres left her touch nevertheless.

-Provided by Campton Historical Society

Why I Know

My Mother has lost my Name
She knows my face,
my laugh, and giggle
my voice,
the way I walk,
but not my name.

She holds my face in her hands
and smiles
She gives me a hug,
kisses my nose, calls me
Little Mouse.

Sometimes I ask if she knows my name.
She frowns, looks worried,
and cries.
I do too.

One day she said she had
to go home,
she could see Pop beckoning to her.
Do you see Ma? George? Collie? Olive?
Ray? Edward?

They're all over there and I think
that's Princess and Lanny, and Tagget.
I shouldn't keep them waiting much longer.

Will you be alright because you
can't come with me
this time. But
you'll know when.
You'll see us all beckoning.

Do you remember my name?
I named you Ruth, did you forget?
And
we giggle, she kisses my nose, calls
me Little Mouse,
and
I hug my Mother Mouse.

Ruth Harlow, Bristol

Morning in May

She signed her daughter's life
away the baby, wrapped in pink,
smiled up at Mom and Dad

rode home to neighbors' congratulations
grandparents' arms.
For five years they had waited
to hold their first grandchild.

What did they know of tears
streaking the woman's cheeks
what had they seen of her grieving heart?

Nothing. The judge's chambers
held the birth mother's agony—
her guilt, her sentence for life

punctuated by her signature:
her ultimate gesture—her heart
an open wound of love.

Kate Donahue, Holderness, NH

October's Last Hydrangea

In October's last hydrangea
I see my mother's face
the blossom's true tenacity
the strength behind blue lace

Outliving family, friends - alone
losing ties that bind
yet sinew held her to the bone
love tethered her to vine

Susan B. Miller, Plymouth, NH

Unforeseen — A Covid
Lockdown Story

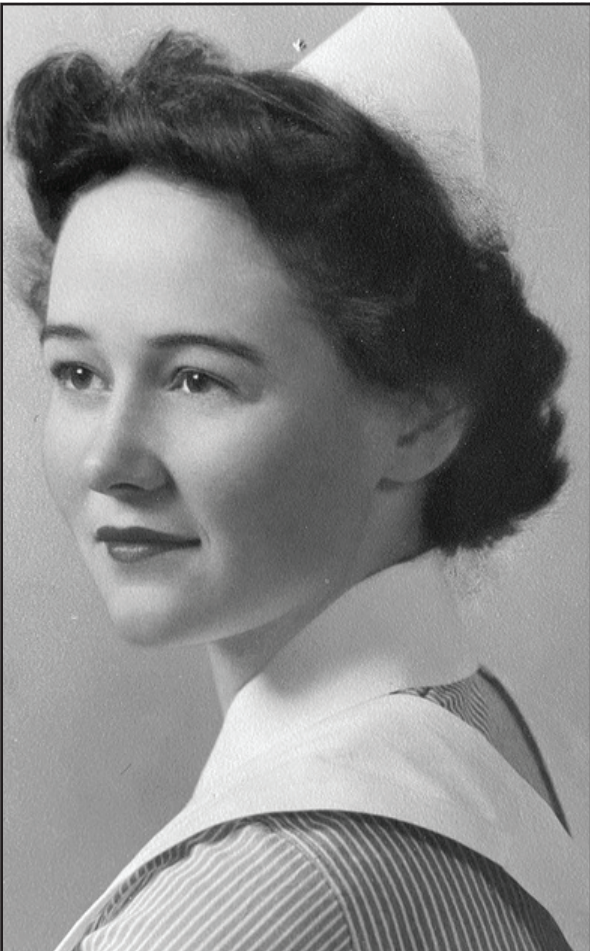
It was March 2020,
when I last squeezed your hand,
tucked the quilt about your frail body.

Yet all the while, chill winds blew
fever and fear under the doors
and into the cracks of our lives.

Thick glass walls rose up between us.
I watched your eyes meet mine,
steady with grit and shared courage.

I smiled and waved
then looked back —
one last time.

Gretchen Draper New Hampton



(for older woman) Lina K. Belden. Circa 1920. Photo provided by her granddaughter Gretchen D. Draper

Campton Congregational

Sunday, May 21
9:30 a.m. Sunday Service, Rev. Jeff Robie will lead us in Worship
10 a.m. Children's Sermon/Sunday School.
Following Worship we gather for coffee, goodies, and fellowship.

Tuesday, May 23
10:30 a.m. Bible Study
Noon BYO Lunch
1 p.m. Ladies Guild
6 p.m. Bible Study on Zoom

As we approach Memorial Day, we at Campton Congregational Church are looking forward to a tradition in our Church: our annual Memorial weekend Yard Sale (Saturday, May 27). This event is an opportunity to raise funds for the church's support and programs, and also an occasion for fun and fellowship. Members and friends come together to donate items for sale, set up, organize, and also visit with shoppers and friends. We can always use volunteers! Volunteering to work at the yard sale is a great opportunity to get involved in our church

community, meet new and old friends, and contribute to a worthy cause. We are grateful for any and all support.

All are welcome Sunday mornings, as we come together to worship and praise God. Our Church is a member of the National Association of Congregational Christian Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world.

Our Services are available on Facebook. Bible studies are available on Zoom. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223.

Please direct any questions or needs to ourccc1774@gmail.com or call 603-536-2536

Christian Science Society, Plymouth

At our semi-annual meeting on Monday, the members all had a chance to express

thanks for the amazing transformation of our rebuilt foundation, and for the complete refurbishment of the Sunday School room which has just been completed. We are grateful for all members who did so much on the project, and for the excellent workmen who brought this about.

We welcome everyone to our Sunday services, which we hold each week at10 a.m. in our Emerson Street building. The Bible lesson sermon this coming Sunday begins with these words from Psalms: "Lord, thou has been our dwelling place in all generations." This lesson, which can be studied during the week, will be read this Sunday in many languages in countries around the world. Our Sunday School, where students learn how the truths and lessons in the Bible can help with their everyday lives, is held at the same time as the church service and takes place in the beautiful new space.

We also have a Wednesday meetings at 6 p.m. each week. It begins with short readings

from the Bible and from the Christian Science textbook. Then there is time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our spiritual study and prayer. We'd love to have you join us.

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

At jsh-online.com you'll find a wealth of articles and audio offerings which are new each week, including ones for children and teens. The monthly Journal magazine has as its lead article "Right thinking, right feeling, and right acting"—a spiritual recipe"—a helpful topic for meeting life challenges.

The Reading Room in our church building is open Monday noon to 2 p.m. There is a comfortable quiet space to sit in the new downstairs area, as well a lending library. We welcome all to browse, and borrow all books and resources and to enjoy the study area.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship holds Sunday services each Sunday at 9:30 a.m. both in person at 101 Fairgrounds Road, Plymouth, and live streamed via Zoom. Nursery and childcare services are available. Religious education classes are offered every week.

Reframe: A Metaphor to Change Your Mind Rev. Linda Barnes

Our minds are constantly telling us our stories, informing us who we believe we are. These stories, even if they're on autorepeat, aren't necessarily accurate and certainly are not our whole story. In this service, we'll explore the possibility of reframing our metaphors, the stories we tell of ourselves, to better measure the worth of our experiences and possibilities for the future.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Welcoming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

For more information and Zoom link visit our Website: www.starrkingfellowship.org.

Wentworth Congregational

Here is our list of upcoming speakers:

- May21-Joy Moody
- May 28-Rev. Lynn Morrison
- June 4-W. Rumney Communion Service 9 a.m.
- June 11-Rev. Cindy Petrie
- June 18-Joy Moody
- June 25-Rev. Lynn Morrison
- Blessings to all!



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

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

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

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

BRISTOL
Bristol Baptist Church
30 Summer Street, Bristol, NH 03222
(603) 744-3885
SUNDAY
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.
• We also do "live streaming" of this service. Sermons/message of each week can be found on our website (bristolbaptistchurch.org)

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

Our Lady of Grace
(part of Holy Trinity Parish)
2 West Shore Rd Bristol, NH 03222
Mass Schedule: 9:30 AM on Sundays (this is the only Mass on Sundays year round now).
Daily Masses: Tuesdays and Thursdays at 8 AM.
Eucharistic Adoration every Thursday after Mass until 10:00 AM.
Parish office for both locations:
11 School St, Plymouth, NH 03264,
Phone: (603) 536-4700.

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

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

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

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

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

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

HEBRON
Union Congregational Church

15 Church Lane, Hebron
603-744-5883
Come help us celebrate the resurrection of our Lord, Jesus Christ, during this season of Easter. All are welcome!
Worship Service - Sunday 10am
Communion being served first Sunday of each month
Coffee Hour following service
Recorded Services on website
www.hebronchurchnh.org
Rev. Mary Jane Barber

Hill
Picturesque "1800" Hill Center Church
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Murray Hill Rd.
5 p.m. Sunday Services June-October
Rev. Carol Snow-Asher • 744-7864

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

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

NEW HAMPTON
New Hampton Community Church
• 744-8252
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10 a.m. Sunday Worship
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PLYMOUTH
Calvary Independent Baptist • 536-3024
115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service–Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

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

Church of Jesus Christ of Latter-Day Saints
354 Fairgrounds Rd., Plymouth
10:00a.m. Worship Service
11:10a.m. Sunday School
Kevin Simpson • 536-3664

Gateway Alliance Church
9 Fairgrounds Road, Plymouth • 536-3043

Sunday School and Adult Education
9:45 a.m.
Worship Service 11:00 a.m.
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Grace Baptist Church
Meeting temporarily at the Baker River Bible Church at 259 Route 25, Wentworth, NH 1:30 p.m. - Sunday School for all ages
2:30 p.m. - Sunday Worship Service
Thursday, 6:30 p.m. - Teen and Adult Bible Study
Thursday, 6:30 p.m. - Kids "Patch the Pirate" Club
(from September - May)
Fall Meetings with Morris Gleiser, October 18-22.
Sunday, 1:30 and 2:30 PM; Monday - Thursday at 7:00 PM.
Visit www.gbcnh.org for sermons and more information.

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

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

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

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

RUMNEY
Rumney Baptist Church
Rumney Baptist Church
Rev. Seth Powers, Pastor

375 Main Street • 786-9918
rumneybaptist.org
office@rumneybaptist.org
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Relevant Bible teaching
Children's ministry
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Small group Bible studies throughout the week

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

THORNTON
Thornton United Methodist
22 Church St., Thornton
Off Cross Road between Rts 3 & 175
Call 603-726-3774 for more information or to leave a message.

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

WENTWORTH
Baker River Bible Church
259 Mooslake Hwy., Wentworth
* Sunday School - 9:45 a.m.
* Morning Worship Service 11:00 a.m.
* Potluck Lunch - 12:00 noon
* Afternoon Service 1:30 p.m.
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

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

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

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

May is Arthritis Awareness Month

Pemi-Baker Hospice & Home Health encourages exercise for better balance and flexibility

By Anna Swanson
Pemi-Baker Hospice & Home Health
PLYMOUTH — May is Arthritis Awareness Month, and Pemi-Baker Hospice & Home Health is reminding the community that exercise can help those affected by arthritis. Contrary to popular belief, exercise is beneficial for people with arthritis symptoms and can improve their overall health and quality of life.
Arthritis is a common condition that affects

millions of people worldwide. The disease causes joint pain, stiffness, and inflammation, making it difficult for people to move and perform daily activities. While there is no cure for arthritis, proper exercise and physical therapy can help manage symptoms and reduce pain.
Pemi-Baker Hospice & Home Health has a team of experienced physical and occupational therapists who can help patients with arthritis come up with

a safe and effective exercise plan. Our therapists work with patients to design individualized exercise programs that can be done at home. Even if you are homebound, our therapists can still help you stay active and healthy.
Regular exercise has been shown to:
Reduce joint pain and stiffness
Improve joint flexibility and range of motion
Strengthen muscles and bones
Improve balance and

reduce falls
Boost energy and mood
Pemi-Baker Hospice & Home Health encourages all people challenged with arthritis, to talk to their doctor about incorporating exercise into their treatment plan. Our team is here to support you and help you achieve your health and wellness goals.
To learn more about our home health physical and occupational therapy services, please visit our Web site or call

us at 603-536-2232.
Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker

Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.
Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pembakerhospicehomehealth.

PSU

FROM PAGE A1
the uncertainties and shifting sands that became emblematic of the learning experience during the COVID-19 pandemic.
“You’ve become masters of change and resiliency,” PSU President Donald L. Birx, Ph.D., told ceremony participants. “The pandemic was tough, but you persevered as you will in life, constantly adapting, growing and learning. Your class is special and rare; you were the ‘screenagers’ with online classes all day, mask-wearing, testing, quarantines and travel restrictions, some which tested you, but not bested you, knocked you down, but didn’t knock you out, gave you pause but didn’t pause your giving.”
Todd Angilly, Boston Bruins national anthem singer and PSU class of 1999 alumnus, delivered the keynote address. Angilly reflected on his experience at PSU and the interesting, circuitous path his life has taken and he encouraged the audience to take chances, follow their hearts, to stay in touch with people who have been there for them along the way, and to both ask for help and to offer help to others.
“When I thought of what I was going to say, I did what any other scholarly professional would do: I quickly scoured YouTube for commencement speakers, and I watched as speaker after speaker talked about themselves and what they knew to be the right path to success,” Angilly said. “I’m not here to do that. I don’t have the answers for you. I encourage you to take time to reflect on what your future may hold. You’ve completed an enormous task. There is no questioning your ability to succeed, now what are you going to do with that ability? Understand that your path to success is not going to be straight and direct. It’s going to include setbacks, failures, detours and perhaps the realization that something different than what you first envisioned for yourself is now what your passion is.”
Angilly said he attended PSU intending to become a teacher, but has spent his career working in the criminal justice system helping people re-integrate into society, and of course – singing the national anthem at TD Garden for the Boston Bruins.
“How’s that for an indirect path?”

Angilly asked.
“Over the past four years, our class has become incredibly unified,” said Gabriela Gondolfe of Billerica, Mass., president, Class of 2023. “As we started our journey together, our freshman year, everything was new. Change was inevitable, but no one could prepare us for what was to come. We would become the first group to graduate that was affected by the COVID-19 pandemic all four years. Here we stand at the end of the road united on one stage.”
Kasey Arnold of Weare, student body vice president, Class of 2023, added, “It’s a beautiful thing to have something so special that makes it so hard to say goodbye. I think it’s important to remember why we stayed. I came here for the mountains and small-town vibes that remind me of my hometown. I stayed for the kindness, the support, the excitement, and the wild spirit of Plymouth State.”
The university awarded Peter Bauer, co-founder and CEO of Mimecast, a global internet security company, an honorary Doctor of Business degree during the undergraduate commencement ceremony.
Nearly 260 graduate students participated in a graduate commencement ceremony on the previous evening on Friday, May 12. City of Manchester Public Health Director Anna Thomas addressed masters and doctoral degree recipients at the ceremony.
Thomas was also presented with an honorary Doctor of Public Health degree for her service to the people of Manchester and to the state of New Hampshire as well as the leadership role she played through the pandemic.
“Be perfectly imperfect,” Thomas said. “Let me be the first to break it to you that you are never going to be perfect. We are not created to do so. Over time, you will find that you learn much more about yourself when you fail rather than succeed. It’s what you do with that knowledge that will set you apart from the pack.”
To learn more about Plymouth State University, visit www.plymouth.edu.

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Water dowsing seminar in Plymouth Sunday

PLYMOUTH — White Mountain Dowers present a seminar on Water Dowsing Sunday, May 21 from 1-4 p.m. at the Enterprise Center, 1 Bridge St., Plymouth. All are welcome.

Dowsing can certainly be a gratifying endeavor in the service of mankind, but water dowsing in particular is perhaps the most rewarding of all. At the same time, it is arguably the most challenging. This is why in dowsing water, a heightened focus on high accuracy is of primary and critical importance. Steve will share the amazing story of how he was led to

this avocation, and expound upon what an amazing substance water is. In his talk he will share his system of working with the land, the water, the spirits of nature, clients and drillers, offering tips to help avoid mistakes. He will also cover the dowers’ theory of live (primary) water and outline the predictable evolution of a water dowser through the seven levels.

Presenter Steve Herbert is a geologist and anthropologist, and a dowser since 1985. He began dowsing water in Africa as a Peace Corps Volunteer, served two decades on the Water for Humanity

Committee, and has trained rural farmers to dowse during several trips to Latin America. He also dowses earth energy zones and applies dowsing to agriculture. To learn more, visit waterdowser@hotmail.com.

White Mountain Dowers is a chapter of The American Society of Dowers, Inc.

For more information or to RSVP for this meeting, visit <https://www.facebook.com/profile.php?id=100057536084294> or sheila@coppertoppe.com.

Ashland

FROM PAGE A1

before any vegetation could grow up to the Cooperative's lines, it would be trimmed away by the Ashland Electric Department. The selectmen voted unanimously to prohibit the herbicide spraying.

U.S. Cellular would like to rent a 100 foot by 100 foot space at 96 Collins St., the former landfill (now transfer station) property owned by the town, to erect a cell tower. They offered to pay \$9,000 per year for the parcel. Chairman Bob Letourneau felt that the rent was too low compared to rents paid elsewhere for cell towers. He also worried that the town might need that space in the future. The proposal did not include a map, so

it was unclear to Town officials exactly where the tower was to be located. Welch pointed out that since the closed landfill is governed by state regulators, it might be necessary to get state approval for the tower. The board agreed that the Town Manager should negotiate a better deal with U.S. Cellular.

The selectmen authorized the sale by sealed bid of a 2003 Ford F-350 pickup truck, now owned by the Public Works Department. Police Chief Will Ulwick publicly commended Lt. Derek Gray for defusing a potentially serious situation involving a knife wielding person on April 29. He also commended the other police officers

who responded in the case.

The selectmen signed a labor contract they had approved at a previous meeting. They authorized Building Inspector Devon Thibeault to extend a building permit that had been issued to Thibeault for work on his own home by the previous Building Inspector. They also authorized the Town Manager to sign a bridge gate authorization for the new bridge across the Squam River at the wastewater treatment facility. They discussed speeding on Thompson Street with the Police Chief. The selectmen ended their meeting with a non-public session.

OBITUARIES

James L. Colantuoni Jr, 55

On Thursday, May 11th, James L. Colantuoni Jr, 55, of Bedford, passed away. Jamie was born September 27, 1967 in Manchester, NH to Jim and Christine (Marriott) Colantuoni. Jamie attended Campton Elementary School and graduated in 1985 from Plymouth Area High School. Following his graduation from high school, Jamie attended the University of New Hampshire and graduated with his bachelor's degree in 1990. On July 7, 1991, Jamie married the love of his life, Jennifer Lynn Perkins. They raised one son, John Aaron (Jack). Family came first for Jamie and his love for Jen and Jack was unwavering.

Other than his love for his family, cooking for others was one of Jamie's passions. This love of cooking led him down a career path in the restaurant industry. He was employed as a chef for the Homestead/Fratellos restaurants for over 20 years. Jamie was later employed in a variety of extensions in the culinary field including private catering, kitchen market chef, catering manager, and finally, chef for the Common Man Roadside Market.

On the homefront, whether it be his famous chili or "little" barbeque, everything he cooked was made with love. If he was coming to your house, his "couple" items would be enough food for an army. Fresh corn from Longview Farm was undeniably a favorite of his!

Music was another love throughout his life. Whether it be the Grateful Dead or The Allman Brothers or a new artist his son introduced him to, Jamie always said, "Music is good for my soul."

Enjoying the summer months meant swimming, floating, or just sitting shore-



side at the lake. He would reminisce about all the worms he put on fishing hooks for Jack, nephews, and nieces when they were young. Wintertime was often spent skiing with family throughout his life. For years, his greatest winter joy was turning the front yard into an ice rink for Jack. Hours were spent on the rink with Jamie padded up and Jack shooting pucks at him towards the goal. Football, wrestling, and baseball were a large part of his life growing up. As a father, Jamie's love and pride were clear as he watched his son play baseball, basketball, and run track.

Jamie is survived by his wife Jennifer, and son Jack; his mother Christine Hickey; siblings, Michael of Raleigh, NC, Gina of Palm Beach Gardens, FL., Jonathan of Amherst, NH, and Matthew of Manchester, NH; as well as many cousins, nieces, and nephews. Jamie is predeceased by his father, James L. Colantuoni, grandparents Freda and Bob Marriott and Clara and Pasquale Colantuoni.

A Celebration of Life is planned for May 23rd from 5-9 PM at Fratello's Restaurant at 155 Dow Street, Manchester, NH. Arrangements have been entrusted to the care of The Cremation Society of NH. To view Jamie's online tribute page or write in the guestbook please visit www.CSNH.com

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Newfound Nature Station explores the water cycle!

HEBRON — Join the Newfound Lake Region Association (NLRA) as we explore the water cycle in the watershed during Newfound Nature Station, a free program that connects youth and families to the natural world. This event will be held at Grey Rocks Conservation Area at 178 N. Shore Rd., Hebron, on May 17 & 20 from 10 a.m. to noon. From creating clouds in a bottle to raining on mountains, we'll look at the different steps in the water cycle and see how each one plays out in the Newfound Watershed. Participants will make DIY rain gauges to take home. This program is free and open to all. Newfound Nature Station, along with other family programs and events, is part of NLRA's year-round work to encourage residents and visitors to enjoy the natural beauty around them, learn more about the environment and how to protect it, and fall in love with the Newfound Watershed. By connecting the people of Newfound to the wonders around them, NLRA works to inspire the next generation of stewards and fulfill the mission of protecting Newfound Lake and its watershed. Along with programs like Newfound Nature Station, NLRA maintains Grey Rocks Conservation Area in all seasons as a place for people and wildlife alike. It offers walking trails, a picnic area, fishing alcoves, and a non-motorized boat launch and is frequented by wildlife like loons, turtles, and bald eagles as well as people. Learn more about NLRA including other upcoming events at NewfoundLake.org.

Dear Sam,

I thought we were in this together, but apparently I was wrong.

You've been ignoring me for a while. We don't go for walks as often as we used to. You barely eat anything green anymore. And you don't realize the daily pressure you put me under. It's just too much.

I QUIT!

Sincerely,

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JOSHUA SPAULDING

Chuck Lenahan presents a painting of Tom Underwood to Debbie Underwood, Kyle Underwood, Tommy Underwood and Tara Underwood Custer during Saturday's remembrance ceremony for the longtime Plymouth coach and educator.

Underwood

FROM PAGE A1

band, father, grandfather and coach, but I consider it to be a great honor to say Tom Underwood was my friend,” Skelley added. “I’m going to miss him.” Skelley’s assistant coach, Bill Rollins, also a veteran of more than 25 years on the sidelines, said he always considered the Bobcats to be the Evil Empire in his early years until he saw them lose in the late 1990s in the quar-

terfinals and heard Underwood talk about how you should take losing games as a coach. From that point on, the Evil Empire tag came off. “Even if you didn’t see him that often, but when you call him or see him, it was like you picked up right where you left off,” Rollins said. “I’ll always miss him.” Mike Boyle played for coach Underwood during his high school days, went on to join his coaching staff after his collegiate career and eventually succeeded his mentor as the head

coach of the Plymouth baseball team in 2015 when Underwood retired. “I can’t think of a better time and place to celebrate Tom Underwood then to play baseball on a day like this,” Boyle said after his team rallied past Kingswood. We’re all here for memories bigger than the game.” Boyle thanked coach Underwood’s wife, Debbie, and their three kids, Tommy, Tara and Kyle, for sharing their husband and father with the greater baseball community for all



JOSHUA SPAULDING

Aaron Comeau shares some memories of his time working with and playing for coach Tom Underwood during Saturday's remembrance ceremony.



JOSHUA SPAULDING

Kingswood baseball coach Chip Skelley talks with Debbie Underwood during the ceremony honoring her husband on Saturday.



DONNA RHODES

On May 3rd Bristol's Police Chief Kris Bean (left) and Fire Chief Ben LaRoche (right) stood proudly beside an architect's rendition of what their new joint facility on Lake Street will soon look like as the town held a groundbreaking ceremony that day.

Bristol

FROM PAGE A1

on the table in Bristol for approximately 20 years, but in the past five years talk of a joint Public Safety facility had taken over the conversation as the growing needs of the fire department were recognized, too. In 2021 voters said finally yes to the \$4.8 million dollar facility designed by SMP Architects of Concord that will soon serve both departments. The new building will provide adequate space for the police department along with some much needed and proper safety installations. It will also allow greater room for fire and emergency response equipment, necessary for services that are provided to not only Bristol, but the neighboring communities. A small crowd gathered together for a formal groundbreaking ceremony as the crew of Groen Construction got ready to finish clearing the lot and begin the actual construction process. Dave Groen explained that the Insulation Concrete Forms (ICF) being used in the construction, which look a bit like Legos, have major benefits including both cooling and heating energy efficiency along with noise reduction within the building. The reinforced concrete poured between the Styrofoam ICF blocks forming the exterior walls also provide for a more solid structure that will not creak or shift over the years. The exterior wall construction is hoped to be completed in the next two months, with the roof in place a month or so later. From there the concentration will shift to interior walls, electric and plumbing over the winter months as the company moves toward completion of the project. Bruce Dornier of the Public Safety

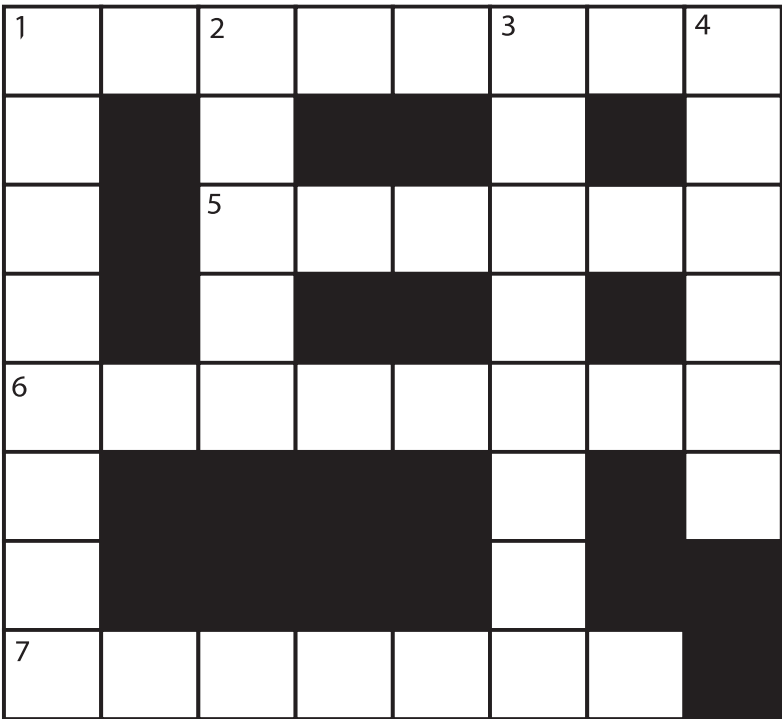
Building Committee led the ceremonies last week, praising all who have worked to make the final building proposal a reality. “Thank you, taxpayers,” Dornier began. “This is the culmination of many years.” In truth, he continued, it was also the story of two chiefs, both fire and police, who acknowledged that the police station was in a seriously challenged condition, then later revealed that the fire department, built nearly 50 years ago, was also “bursting at the seams” with larger fire engines and equipment now becoming the norm. Police Chief Kris Bean and Lt. Tim Woodward were among the many first responders on hand for the groundbreaking ceremony. Bean, like his Fire/EMS counterpart, Chief LaRoche, was happy to see the construction finally get underway. “I’ve been with the department for 17 years, and all 17 of those years we’ve been talking about a new building. Now it’s finally happening. Tim (Lt. Woodward) and I just can’t believe it,” said Bean. All members of both departments expressed their appreciation to the voters for supporting the project and look forward to moving into a beautiful building that will not only serve their needs but add to the aesthetics of the community as well. Rob Glassett is not only a member of Bristol Fire Department, but a newly elected selectman for the town who was doubly excited to see the construction of a Public Safety Building get underway. “We’ve gotten all the use we could out of the other fire station, as it was intended. It’ll be sad to leave it but we’re excited for the future,” he said. Future plans for that building have yet to be decided.

those years. “He set high expectations, which is why he was so successful as an educator and a baseball coach,” Boyle said. “I will be forever grateful for his mentorship and how he trusted me to keep his program going forward. “His footprints are all over that field and the dugout, but most importantly in that third bases coach’s box,” Boyle continued. “RIP coach, we love you, you’ll always be part of our lives, our hearts and this field.” Longtime Parks and Recreation Director Larry Gibson had plenty of memories of his friend, not all that could be shared in a public setting, but the one that had the whole place laughing involved an Amato’s bathroom, a light switch and coach Underwood’s clapping. “Sometimes we’d just drive around listening to oldies while solving the world’s problems,” Gibson said. “We all know of his accomplishments on the field, but he was also a champion of kids off the field. He wanted every kid to know that they mattered. “Tom Underwood was my best friend,” Gibson said. “You did well my friend, oh what I wouldn’t do for one more road trip with you.” Dan DiCenzo, who won two state championships as a player for coach Underwood in the late 1990s, noted that it was a perfect day to celebrate someone who meant so much to a community that always helps its own. “I don’t think this community gets any better,” DiCenzo said. “There’s nothing better than Plymouth.” Mark Fischler, who played for Underwood in the late 1980s, felt that Underwood was indeed present as he was

remembered. “I find it hard as hell to accept that you aren’t here with us,” Fischler said. “But I am confident that in some way, you are. You know coach is here. “He literally gave the kids of our community the shirt off his back, he steered them to great lives,” Fischler continued. Aaron Comeau, who worked alongside Underwood on the board for the Plymouth Thundercats youth baseball and softball program and also played for Underwood in the 1980s, remembers coming to tryouts for Babe Ruth in 1983 after hearing all the rumors about how hard Underwood was on his players. “I learned three things that day,” Comeau said. “He’s in charge. He’s in charge. And he’s in charge. “But he felt, if you practiced under pressure, you’d perform under pressure and that’s what we needed,” Comeau said, while also remembering Underwood guiding the whole team through the death of teammate Robby Paquette. “He literally held us together. “Tom Underwood descended from the baseball gods themselves,” Comeau concluded. “Right now, he’s coaching third base on the Field of Dreams, in a cornfield somewhere in Iowa.” Don Clark from the New Hampshire Babe Ruth League presented Debbie Underwood with a plaque recognizing coach Underwood’s contributions to the league over the course of his many years. Tara Custer, Tom and Debbie Underwood’s daughter, shared her memories of her father. “He was the greatest man I’ve ever known and I am lucky I got to call him daddy,” she said. “I am so glad we moved back when we did so that the last four years, I’ve been able to spend so much time with my parents. “His legacy spans farther than I ever imagined,” she added. “He touched lives more than we could ever understand.” Tommy Underwood, who played for his father’s teams in the late 1990s, offered a few thanks he feels his father would offer to those gathered to remember him. “Thanks for taking a chance son a 21-year-old kid, thanks for standing with him as he built his classroom environment and his sports programs,” Underwood said. “Thanks for the support as he did things the way he saw fit. “Thanks for the continued support of Deb in his absence, thank you for the support of his children,” he continued. “And thank you for making his dreams come true. “From the entire Underwood family to the entire community, thank you and we love you,” he concluded. Lenahan and fellow longtime Plymouth coach Tom Donahue presented the Underwood family members with copies of a picture, painted by Mary Boyle, wife of coach Mike Boyle and an art teacher at the high school, of coach Underwood molding the young minds on the baseball field. Austin and Lenahan also announced that the sign that was behind the podium under the scoreboard would be replaced by a permanent sign honoring the legacy of the longtime coach and educator. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Crossword Puzzle



ACROSS

- 1. Determines using math
- 5. Extreme fear
- 6. Act of removal
- 7. Counting symbols

DOWN

- 1. Youngsters
- 2. Shiny element
- 3. Power-producing machine
- 4. Physically powerful

THIS DAY IN...



HISTORY

- 1813: NAPOLEON BONAPARTE LEADS HIS FRENCH TROOPS INTO THE BATTLE OF BAUTZEN.
- 1927: CHARLES LINDBERGH TAKES OFF FOR PARIS FROM ROOSEVELT FIELD IN LONG ISLAND, N.Y. ABOARD THE SPIRIT OF ST. LOUIS.
- 1980: SIXTY PERCENT OF THE POPULATION REJECTS A PROPOSAL FOR QUEBEC TO BE INDEPENDENT FROM CANADA.



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ANSWER: CHILDREN AGES 0-17



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ITALIAN: Potenza

FRENCH: Force

GERMAN: Kraft



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ANSWER: CHILD IN CHEF HAT

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Solve the code to discover words related to skin care. Each number corresponds to a letter. (Hint: 23 = O)

A. 10 8 16 12

Clue: Cleanse

B. 21 23 24 16 7 1 18 24 15 22

Clue: Lubricate and soften

C. 13 18 23 7 22 19 7

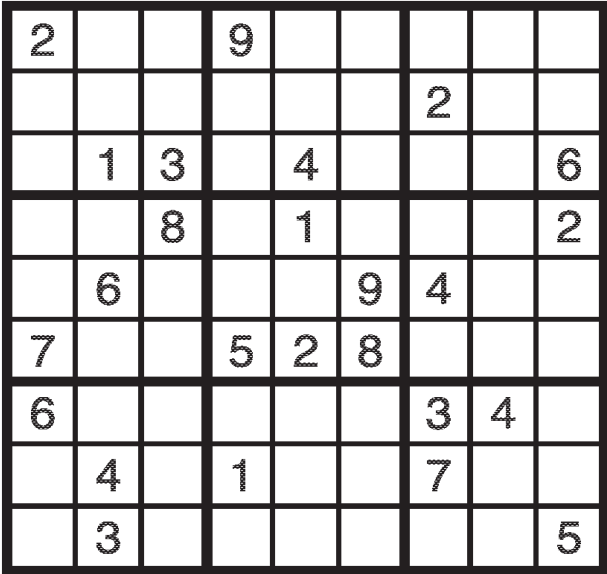
Clue: Guard

D. 2 20 23 10

Clue: Shine from within

Answers: A. wash B. moisturize C. protect D. glow

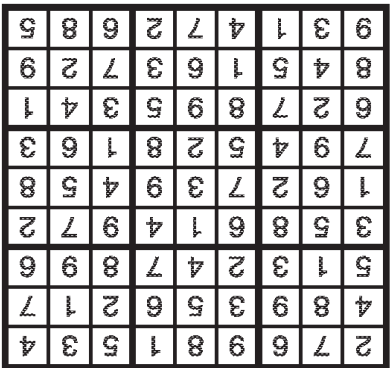
SUDOKU



Level: Intermediate

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!



ANSWER:

Fun By The Numbers

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The benefits of energy-efficient homes

Consumer efforts to be more eco-conscious are more and more noticeable. For proof of that, one need look no further than the increase in vehicle charging stations. Such stations are more accessible than ever and illustrate that consumer preference is increasingly leaning toward products that leave as small a carbon footprint as possible.

Another indicator of a growing interest in eco-friendly products is the popularity in energy-efficient homes. In fact, a recent survey from the National Association of Home Builders found that energy-efficient features are among the most sought-after “must-haves” among homebuyers. Among

those surveyed, 83 percent desired Energy Star-rated windows, 81 percent wanted Energy Star-rated appliances and 80 percent preferred energy-efficient lighting.

Though eco-conscious sensibilities compel millions of homeowners to make their homes more energy-efficient, that’s not the only reason to upgrade your home. The following are a handful of the many benefits of energy-efficient homes.

- **Save money:** Inflation was one of the biggest stories of 2022, as the cost of living rose dramatically in the wake of world events. According to data from the U.S. Bureau of Labor Statistics, inflation led to an overall 6.5 percent increase in prices. But that increase



was dwarfed by the cost of electricity, which increased by 14.3 percent in 2022. Energy-efficient appliances can help homeowners overcome that spike, as the U.S. Department of Energy indicates upgrading to such products can help homeowners reduce their energy costs by as much as 30 percent.

- **Improve resale value:** As the NAHB survey indicates, modern homebuyers want energy-efficient homes.

They’re also willing to pay more for such homes. Research from the mortgage lender Freddie Mac found that homes with energy-efficient ratings sold for nearly 3 percent more on average than homes without such ratings.

- **Live healthier:** The benefits of energy-efficient homes aren’t just economic, though health-related benefits certainly produce an

economic incentive as well. According to the American Council for an Energy-Efficient Economy, insulation and air sealing protect individuals from heat waves and other ripple effects of climate change. The ACEEE notes that

weatherization can improve indoor air quality and comfort, a notable benefit for asthma sufferers and seniors. In fact, the ACEEE estimates that integrating energy efficiency programs in homes could reduce seniors’ risk for falls in their homes, potentially saving \$2 billion in fall-related health care costs over the next decade, and improve asthma outcomes, which could reduce health care costs by as much as half a billion dollars.

Energy-efficient products and practices pay numerous dividends, making them a worthy expenditure for any homeowners looking to upgrade their homes.

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Spring HOME

How to make homes safer from fires

Over a five-year period beginning in 2015 and 2019, fire departments across the United States responded to roughly 347,000 home structure fires per year. That data, courtesy of the National Fire Protection Association, underscores the significance of home fire protection measures.



Smoke detectors are a key component of fire protection, but there's much more homeowners can do to protect themselves, their families, their belongings, and their homes from structure fires.

- Routinely inspect smoke detectors. Smoke detectors can only alert residents to a fire if they're working properly. Battery-powered smoke detectors won't work if the batteries die. Routine smoke detector check-ups can ensure the batteries still have juice and that the devices themselves are still functioning properly. Test alarms to make sure the devices are functioning and audible in nearby rooms. Install additional detectors as necessary so alarms and warnings can be heard in every room of the house.

- Hire an electrician to audit your home. Electricians can inspect a home and identify any issues that could make the home more vulnerable to fires. Ask electricians to look over every part of the house, including attics and crawl spaces. Oft-overlooked areas like attics and crawl spaces pose a potentially significant fire safety threat, as data from the Federal Emergency Management Association (FEMA) indicates that 13 percent of electrical fires begin in such spaces.

- Audit the laundry room. The laundry room is another potential source of home structure fires. NFPA data indicates around 3 percent of home structure fires begin in laundry rooms each year. Strategies to reduce the risk of laundry room fires include leaving room for laundry to tumble in washers and dryers; routinely cleaning lint screens to avoid the buildup of dust, fiber and lint, which the NFPA notes are often the first items to ignite in fires linked to dryers; and ensuring the outlets washing machines and dryers are plugged into can handle the voltage such appliances require. It's also a good idea to clean dryer exhaust vents and ducts every year.

- Look outward as well. Though the majority of home fires begin inside, the NFPA reports that 4 percent of such fires begin outside the home. Homeowners can reduce the risk of such fires by ensuring all items that utilize fire, including grills and firepits, are always used at least 10 feet away from the home. Never operate a grill beneath eaves, and do not use grills on decks. Never leave children unattended around firepits, as all it takes is a single mistake and a moment for a fire to become unwieldy.

- Sweat the small stuff. Hair dryers, hair straighteners, scented candles, clothes irons, and holiday decorations are some additional home fire safety hazards. Never leave candles burning in empty rooms and make sure beauty and grooming items like dryers, straighteners and irons are unplugged and placed in a safe place to cool down when not in use.

Fire departments respond to hundreds of thousands of home fires each year. Some simple strategies and preventive measures can greatly reduce the risk that a fire will overtake your home.



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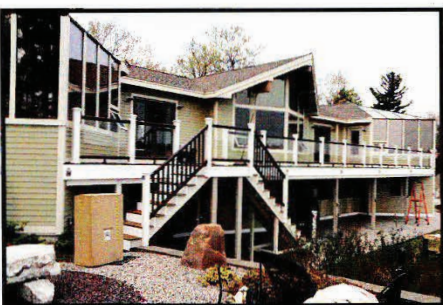
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grind. Gardens also provide ample opportunity to experiment, as individuals can produce everything from vegetables to bountiful blooms.

Recent years have witnessed a growing emphasis on eco-friendly gardening that aims to reduce reliance on chemical fertilizers and pesticides in an effort to protect the plan-

et. One way to do so is to rely on native plants.

What are native plants?

Native plants are indigenous to particular regions. The National Wildlife Federation says native plants grow in habitats without human introduction or intervention. Native plants have formed symbiotic relationships with local wildlife over thousands of years, which the NWF notes makes them the most sustainable options. Native plants help the environment and thrive with little supplemental watering or chemical nutrients.

and foliage designed to sell for their unique appearances. Wildflowers and native grasses may be the types of native plants found in abundance, which may grow up and out quickly. These other tips can help the process.

- Plan and prepare the site by removing weeds and turning over the soil. This will give seedlings an opportunity to take root without competition from weeds. Seedlings will give gardens a faster head-start than waiting around for seeds to germinate. However, gardeners can start seeds indoors and then move them outside once they are seedlings.
- Avoid planting native plants in rows, as that's not how they're likely to grow naturally. Vary the placement so the plants look like they sprouted up haphazardly.
- Gardeners can still exert some control over native gardens prone to growing a little wild. Borders and paths can better define the growing areas.
- Grow Native!, an initiative from the Missouri Prairie Foundation, suggests planting two to four species in broad sweeping masses or drifts. Mix grasses with flowering plants. The grasses produce dense, fibrous roots that can prevent weed growth.

Native plants should require minimal care. Keep an eye on them and supplement with water if conditions have been especially dry.



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On an emotional day, Bobcats rally for a big win

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — On a day where the Plymouth community turned out in force to remember and honor coach Tom Underwood, who passed away earlier this year, there was plenty of stories, memories and emotions going around the Plymouth Regional High School campus on Saturday.

There was also a baseball game to be played, and the Kingswood Knights were in town for a key Division II match-up. It was only fitting, that on the day they honored their legendary coach, the Bobcats were able to rally from a 6-3 deficit to knock off the Knights by a 10-6 score.

“For a very emotional day, the kids handled themselves incredibly well,” said Plymouth coach Mike Boyle. “They stuck to what they’ve done all year, they stuck together and really stepped up when we needed it.”

“To me, when I think back on 42 years, that’s a Kingswood-Plymouth baseball game,” said Knight coach Chip Skelley. “It’s always been that competitive game, just because the old man isn’t here, doesn’t mean it’s changed.”



JOSHUA SPAULDING
Coach Mike Boyle waves Cam Stratton home with a run during Plymouth's win over Kingswood on Saturday. Skelley and assistant 1-0 lead. Knight pitcher



JOSHUA SPAULDING
Noah Dutille gets a tag on a sliding Kingswood runner during Saturday's game.

coach Bill Rollins were among those that spoke at the ceremony remembering Underwood following the game as long-time rivals and great friends of the legendary coach.

The game started with a bang, as Kingswood's James Yarling launched a two-out homer in the top of the first inning to give the Knights the

Kolby Brown gave up a two-out walk to Owen Cahoon and a base hit to Cam Stratton but got out of trouble with a line drive to second. Will Dainais reached on an error in the top of the second, but he was eliminated on a Jonathan Hossack grounder to short and Bobcat pitcher Johnny Flaherty got a line drive to first to end the inning.



JOSHUA SPAULDING
Luke Diamond (3) and Johnny Flaherty celebrate Plymouth's win on Saturday afternoon. The Bobcats threat- The Knights tacked



JOSHUA SPAULDING
A huge crowd lined the Plymouth baseball field to honor late coach Tom Underwood on Saturday.

ened in the bottom of the second. Tyler Dekutoski reached on a dropped third strike to start the inning and moved up on a sacrifice bunt by Flaherty. He advanced to third on a passed ball, but Kingswood catcher Ben Libby caught him in a rundown and Brown worked around a walk to Jake Sanborn to get out of the inning.

on to their lead in the top of the third inning. With one out, Shaw Swinerton beat out an infield hit and Libby reached on a bunt hit. A walk to Yarling loaded the bases and one out later, Christos Zavas delivered a base hit to plate both runners for the 3-0 lead.

Brown issued walks to Noah Dutille and Cahoon in the bottom of the

inning, Hossack turned a line drive to second into a double play to end the inning. Hossack was then hit by a pitch to start the next inning and Nate Cloos had a one-out hit, but Luke Diamond turned a line drive to short into a 6-4 double play to end the inning.

Plymouth tied the game in the bottom of the fourth inning. Thomas Daigneault and Dekutoski worked walks to start the inning and Flaherty beat out a bunt hit to load the bases. Brown struck out the next two batters, but Diamond delivered a base hit that allowed all three runners to circle the bases, though he was gunned down trying to get to second base.

The Knights struck right back, with Libby leading off with a base hit, but Stratton gunned him down stealing second. Caleb Desrochers worked a walk and moved up on a wild pitch. He scored on a Zavas base hit for the 4-3 lead before Trevin Stone made a nice play in right field to end the inning. Dutille was hit by a pitch to start the bottom of the inning, but Brown got a pair of strikeouts to help him get out of the inning.

In the top of the sixth, SEE **BASEBALL** PAGE B7

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Bobcat tennis boys sweep four matches

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — It was a busy week for the defending champion Plymouth boys’ tennis team, but the Bobcats pushed through, winning all four matches to head into the final week of the regular season.

The week started with a match against Division II Kennett on Monday, May 8, with the Bobcats returning home with a 5-4 win over the Eagles.

Leo Ebner picked up the 8-6 win at number one and Chance Twomey took an 8-4 win in the second spot. Charlie Cushing dropped a 9-8 decision (7-5 in the tiebreaker) and Jack Swanson won 8-4 in the fourth spot. Spencer Inwood fell 8-5 at number five and Sami Lekkal got the 8-5 win in the sixth spot.

“They have all handled the adjustment extremely well,” said coach Tony DiNardo of his players all moving up two places in the lineup from last year. “They’re getting to the next level.”

In doubles, Ebner and Twomey lost 8-5 at number one, Cushing and Swanson won 8-3 at number two and Brennan Johnson and Max Levin dropped an 8-3 decision at number three doubles.

Gianni Ciotti and Andrew Frazeur played a solid exhibition doubles match as well.

“It was a solid team effort playing up a division,” DiNardo said.

The Bobcats traveled to Meredith to take on Inter-Lakes and emerged with a 9-0 win over the Lakers, who had just five players available.

Ebner won 8-1 at number one, Twomey got an 8-0 win at number two, Cushing won 8-3 at number three, Swanson won 8-1 at number four and Inwood got the 8-4 win at number five. The Bobcats got the default win at number six.

Lekkal and Inwood played at number one doubles and got an 8-1 win and Levin and Johnson got the 8-1 win at number two. Plymouth also got the default win in the third doubles spot.

The Bobcats traveled to Gilford on Wednesday and earned a hard-fought 8-1 win over the Golden Eagles.

Ebner got out to a 7-2 lead and then held on for an 8-6 victory in the top spot, Twomey dropped an 8-4 decision in the second spot, Cushing won 8-6 at number three, Swanson got an 8-2 win at number four, Inwood won by an 8-4 score at number five and Levin rounded out singles with an 8-1 win.

In doubles play, Ebner and Twomey came up with an 8-4 win at number one, Cushing and Swanson won 8-2 at number two and Johnson and Lekkal won 8-3 at number three with good communication and movement.

“If you can get all the guys to play well in their individual matches, that’s hard to do,” DiNardo said. “It was a pretty solid match.”

The Bobcats had a rematch with the Lakers to close out the week and got another 9-0 win, as



JOSHUA SPAULDING
Charlie Cushing returns a shot during action against Gilford last week.

the Lakers had just four players for that match.

Ebner and Twomey each won by 8-0 scores and Cushing and Swanson each won by 8-1 scores in the third and fourth spots.

Frazeur and Declan Ulricson won 8-2 in the



JOSHUA SPAULDING
Spencer Inwood fires a return shot during action last week in Gilford.

top doubles spot and Ciotti and Dash Ough won 8-3 in the second spot. Plymouth got the default wins at numbers five and six singles and at three doubles.

“We want them to be

prepared when you get an opportunity to play and they were great examples of that,” said DiNardo of his two doubles squads. “They’re great team members who work hard every day.”

The Division III tournament kicks off on Tuesday, May 23, at the home of the higher seed and continues on Thursday, May 25.

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

Bobcat track boys and girls finish third in Durham

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Plymouth track girls and boys both finished in third place in a meet hosted by Oyster River on Tuesday, May 8.

Elli Englund picked up the win in the 3,200 meters, finishing in a time of 11:47.11, one of two wins on the day for the Bobcat girls.

Sydney Valenti got the other win, leaping 32 feet, two inches in the triple jump to take top honors. Valenti was also third in the long jump at 13 feet, nine inches, Maggie Pitman was sixth at 12 feet, two inches, Courtney Sabato was eighth at 12 feet, three inches, Erica Currier placed 14th at 11 feet, two inches and Zoey Sikorovsky was 16th at nine feet, six inches.

Addison Englund ran to second place in the 800 meters in a time of 2:37.25, with Reagan Sutherland in fourth in 2:42.64, Heron Hannon in fifth in 2:48.24 and Leah Ines in sixth in 2:48.4. Addison Englund was also second in the 1,600 meters, finishing in 5:29.72, followed by Kelsey Maine in third in 5:53.32 and Anna Boyer in fourth in 5:53.42.

Anelie Flynn cleared four feet, six inches in the high jump to take second place, while Tegan Hershey finished fourth in the 300-meter hurdles with a time of 1:01.34.

Katie Campbell finished in fifth place in the shot put with a toss of 22 feet, 3.5 inches, with Elizabeth Cate in seventh at 21 feet, 1.75 inches, McKenzie Huckins in 12th at 18 feet, 11.25 inches and Natalie Payne in 17th at 16 feet, four inches.

Campbell was also fourth in the discus at 61 feet, two inches, with Cate placing ninth at 54 feet, eight inches. In the javelin, Campbell finished ninth at 60 feet, 11 inches, Payne was 16th at 43 feet, five inches and Cate was 18th at 43 feet,

two inches.

In the 100 meters, Violet Towers was eighth in 14.87 seconds, Currier was 21st in 15.95 seconds, Sabato was 22nd in 16.09 seconds and Hannon was 24th in a time of 16.11 seconds. Jennifer Watson was seventh in the 200 meters in 30.17 seconds, Towers was eighth in 30.45 seconds, Hannon was 12th in 31.91 seconds, Hershey placed 19th in 33.59 seconds and Pitman was 20th in a time of 34.05 seconds.

The Bobcat 4X400-meter relay team of Addison Englund, Boyer, Hannon and Sutherland placed second in a time of 4:48.74 and the 4X100-meter relay team of Towers, Valenti, Ella Claudio and Watson placed third in 54.91 seconds.

Gabe Kean picked up a pair of wins for the Plymouth boys. In the long jump, he cleared 18 feet, 3.5 inches to take the win, with Graeme Burtis in 10th place at 11 feet, seven inches.

Kean also won the javelin with a throw of 122 feet, eight inches, Dash Ough was fifth at 97 feet, one inch, Luis Estrella placed eighth at 92 feet, seven inches, Brian Medeiros was 10th at 88 feet, 11 inches, Jacob Benton was 14th at 72 feet, four inches, Sebastian Sargent was 15th at 69 feet, three inches and Mason Glew was 18th at 57 feet, six inches.

Cole Ahern won the 110-meter hurdles with a time of 16.3 seconds, while in the 300-meter hurdles, Brogan Dixon finished in fifth place with a time of 52.56 seconds. Ahern also placed second in the pole vault, going over the bar at 10 feet, six inches.

Tate Hayman won the 3,200 meters with a time of 11:03.87, with Cameron Ciechon taking seventh in the 1,600 meters in a time of 5:38.85 and Will Smoker in 10th in 5:53.59.

Alex Luehrs finished first in the discus with a toss of 130 feet, five inches, Ahern was fourth at 104 feet, nine inches, Kean was seventh at 98 feet, nine inches, Ough placed 10th at 88 feet, one inch, Evan Duchette was 24th at 52 feet, five inches and Medeiros was 25th at 50 feet, seven inches. Luehrs was also second in the shot put at 40 feet, 6.25 inches, with Estrella in fifth at 35 feet, four inches, Ough in eighth at 33 feet, 3.25 inches and Sargent in 23rd place at 22 feet, two inches.

Kean picked up a second place finish in the 100 meters with a time of 11.72 seconds, with Landon Fogg in 10th in 12.78 seconds, Luehrs in 13th in 13 seconds, Gavin Rheume in 19th in 13.56 seconds, Ethan Savage in 23rd in 13.89 seconds, Estrella in 29th in 14.27 seconds, Medeiros in 32nd in 14.84 seconds, Ough in 34th in 15.61 seconds, Harrison Dixon in 35th in 15.99 seconds and Burtis in 36th place in 16.44 seconds. Benton placed 12th in the 200 meters in 26.96 seconds, Estrella was 23rd in 29.36 seconds, Rheume was 24th in 29.67 seconds, Savage placed 25th in 29.91 seconds, Brogan Dixon was 27th in 30.13 seconds, Burtis was 28th in 32.06 seconds and Harrison Dixon finished 29th in 34.77 seconds.

Fogg ran to third in the 800 meters, finishing in a time of 2:09.47, with Ciechon in 11th in 2:32.75, Duchette in 16th in 2:40.98 and Smoker in 18th in 2:44.13.

The Bobcats are slated to compete at the Wilderness Championships on Saturday, May 20, at Winnisquam.

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

Bobcat girls win two out of three heading to final week

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — It was a busy week for the Plymouth tennis girls, as they took on Kennett, Inter-Lakes and Moultonborough, winning two of three.

The week started with a match against Kennett and the Bobcats fell 5-4 after splitting the six singles matches.

Jenna Benoit lost 8-2 at number one, Sophia Inwood played a long match at number two and came up short by an 8-5 score and Abey Gordon lost 8-3 at number five. Emma Smith won 8-6 in a come from behind win at number three, Rhiannon Harris won 8-6 at number four and Samantha Sanborn won by an 8-6 score in the sixth spot.

Benoit and Inwood lost 8-6 at number one, Harris and Smith got a win with an aggressive match at number two by an 8-6 score and Gordon and Kerry Tole lost in the third spot.

“Considering it was the first match the girls had played since before spring break, overall I



RC GREENWOOD
Sophia Inwood returns a shot during action last week against Kennett.

was pleased with their play,” said coach Diane DiNardo.

The team traveled to Inter-Lakes on Wednesday and got the 9-0 win over the Lakers.

Benoit fell behind at number one, but rallied to get an 8-5 win, while Inwood won 8-3 at number two, Smith won 8-0 in the third spot, Harris got an 8-1 win at number four, Gordon won by an 8-0 score at number five and Sanborn won 8-1 in



RC GREENWOOD
Jenna Benoit powers the ball back over the net in action against Kennett last week.

the sixth spot.

In doubles, Benoit and Inwood won 8-0, Smith and Harris got an 8-1 win and Tole and Hailey Gildbert came through with an 8-0 win at number three. Katie Park got in some action in an exhibition match.

On Thursday, the Bobcats hosted Moultonborough and came home with an 8-1 win over the Panthers.

Benoit lost 8-5 at number one, with Inwood winning 8-4 in the second spot, Smith winning 8-3 at number three, Harris getting an 8-1 win in a consistent battle at number four, Gordon winning 8-0 at number five and Sanborn winning 8-1 in the sixth spot.

Inwood and Benoit got an 8-3 win at number one doubles, Smith and Harris won 8-1 at number two and Gordon and Tole finished with an 8-3 win at number three.

“I can’t say enough about the effort and continuous improvement I see every day along with great enthusiasm for the game,” DiNardo stated.

A busy week for the Bobcats wraps up today, May 18, with the fourth match in four days at Gilford at 4 p.m. in the regular season finale.

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



Prospect's Wyatt Brownell tries to avoid the tag of Newfound's Hayden Dolloff in action last week.



Bruce Rawnsley goes airborne to pull in a throw as Zack Stevens slides safely into third in action last Friday.

Bears rally, but Prospeprt prevails in extra innings

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound and Prospect Mountain baseball teams showed no quit as they went back and forth on Friday, May 12.

In the end, the visiting Timber Wolves pushed across a pair of runs in the top of the eighth inning and held on to get the 9-7 victory over the host Bears.

“They (Newfound) had momen-

tum at the end, but we were able to create some good at-bats and got ourselves on base,” said Prospect coach Erick Bourdeau. “And we executed in the end.”

“I’m proud of them,” said Newfound coach Logan Belanger. “The loss stinks, but to keep coming back and keep fighting like that. If we can do that, we’ll be in a lot of games.”

Prospect got three runs in

the top of the first inning. Wyatt Brownell had a base hit and Nathan Archambault worked a walk. Nate Leavitt reached on an error to plate the first run of the game and a Spencer Therrien base hit drove in two more runs.

Prospect added a run in the second inning, when Brownell and Archambault both reached on errors to up the lead to 4-0.

Josh Blouin ripped a homer in

the bottom of the third inning to cut the lead to 4-1. In the top of the fourth, Mason Pappace-no doubled before Blouin came back with a pair of strikeouts and a fly ball to right to end the inning.

The Bears cut the lead to 4-3 in the bottom of the inning. Calvin Colby led off with a double and scored on a double by Zack Stevens, who stole third and scored on a groundout by Daniel Sherkanowski. Prospect pitcher Sam Caldwell came back and got a strikeout and after a base hit from Landon Sargent, finished the inning by getting a pop fly to left field.

Prospect came back and got those two runs back in the top of the fifth inning. Leavitt had a base hit and stole second and third. Caldwell worked a walk and stole second and one out later, Knyte Neathery doubled both runners home for the 6-3 lead.

Newfound got two of those runs back in the bottom of the inning, with Hayden Dolloff getting a double and Cody Laflamme lacing a base hit to cut the lead to 6-5. Prospect added a run in the top of the sixth inning, with Leavitt working a walk and Caldwell and Neathery followed with base hits to give Prospect a 7-5 lead.

Newfound then pulled even in the bottom of the sixth inning. James Joyce and Brayden Jenkins both reached on walks and came around to score on passed balls. Laflamme and Colby both worked walks to keep the inning going, but Bruce Rawnsley made a nice play at third base to end the inning. Stevens was able to work his way around a hit batter in the top of the sev-

enth and then Caldwell worked around a walk in the bottom of the inning, sending the game to extra innings.

Leavitt had a one-out base hit and Caldwell reached on an error. Therrien was intentionally walked to load the bases and then Neathery worked a walk to force home a run. Kenny Fontaine then worked his own walk to make it 9-7. Jenkins came on to pitch for the Bears and got a strikeout and a grounder back to the mound to end the inning.

Caldwell got the first two outs of the bottom of the eighth, before Laflamme had a base hit. Robby Gordon came on to pitch and got a strikeout to end the game, with Prospect getting the 9-7 win.

“Sam threw well, they found some holes, so we switched to Spencer in the sixth. He just didn’t really have it today,” Bourdeau said. “It was nice having Sam able to come back in and find his groove. And Robby threw well for us too.”

“I’m not upset at anybody, I played, I know that things happen,” Belanger said. “I don’t expect perfect, we as coaches certainly aren’t perfect.”

The Bears are scheduled to be at Inter-Lakes at 4:30 p.m. on Friday, May 19, and will be at Campbell on Monday, May 22, and Mascoma on Wednesday, May 24, both at 4 p.m.

The Timber Wolves will be hosting Campbell on Friday, May 19, and will host Belmont on Wednesday, May 24, both at 4 p.m.

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

Defending champs prove too much for softball Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The undefeated Division III champion Prospect Mountain softball team came charging out of the gate on Friday, May 12, taking an 8-0 lead over host Newfound and never looked back on the way to the 20-1 win.

Tori Christie started things with a bang for Prospect, tripling to lead off the game and scoring on an Alexis Wilson base hit. Mariah Gates followed with a double and Newfound’s Cora Sanschagrín made a great catch on a drive to centerfield by Ella Bernier, with Wilson tagging and scoring for the 2-0 lead. Gwen Christie walked and an error on a steal brought home the third run. Maren Rayno reached on an error to plate another run and back-to-back doubles by Olivia Noyes and Abby Fisichelli plated two more runs. Newfound pitcher Sarah Buchanan got a strikeout before Tori Christie worked a walk. Wilson’s pop fly dropped in shallow right field to allow two more runs for the 8-0 lead before Dani Walker snared a drive to left field.

Newfound answered in the bottom of the first inning, plating one run. After Bernier got a strikeout to start the inning, Adeline Dolloff had a base hit and Katie Sweeney worked a walk. Brittany Drapeau grounded into a force, but a Buchanan’s base hit drove in Newfound’s first run.

Bernier finished the inning off with a strikeout, marking her 400th career strikeout.

With one out in the top of the second, Gwen Christie tripled off the fence and came around to score when Rayno grounded out to first, pushing the lead to 9-1. Walker then worked a walk to open the bottom of the inning, but Bernier struck out the side, working around a second walk to Maddie Bush. Buchanan



Maren Rayno of Prospect Mountain takes a lead behind Newfound's Brittany Drapeau in action last Friday.



Adeline Dolloff fires a throw from her knees during action against Prospect Mountain last week.

an then kept the Timber Wolves off the board in the third, as infield hits by Eve Roberge and Tori Christie didn’t amount to any runs.

Prospect scored 11 runs in the top of the fourth to break the game opened. The inning was highlighted by homers from Fisichelli and Noyes, while Rayno contributed an RBI double before a strikeout ended the inning.

Wilson took over in the circle in the bottom of the fourth and struck out the first two batters. After Bush reached on an error, Dolloff doubled and Sweeney walked to load the bases. However, Wilson got a strikeout to end the inning.

Buchanan struck out

the side in the top of the fifth inning, working around a base hit from Wilson, who in turn struck out the side in the bottom of the inning to clinch the 20-1 win.

Newfound is scheduled to visit Mascoma on Friday, May 20, and will be hosting White Mountains on Tuesday, May 24, both at 4 p.m.

Prospect Mountain is scheduled to host St. Thomas today, May 18, will be at Hillsboro-Deering on Monday, May 22, and will be hosting Belmont on Wednesday, May 24, all with 4 p.m. starts.

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

High School Slate

| | | |
|--|--|--|
| Thursday, May 18 PLYMOUTH Boys' Tennis vs. White Mountains; 4 | Track at Wilderness Championships; TBD | ma; 4 Softball at Mascoma; |
| Friday, May 19 NEWFOUND Baseball at Inter-Lakes; 4:30 | Monday, May 22 NEWFOUND Baseball at Campbell; 4 Softball at St. Thomas; 4 | 4 PLYMOUTH Baseball at Kennett; 4 Boys' Lacrosse vs. Hopkinton; 4 Softball at Kennett; 4 |
| Saturday, May 20 NEWFOUND Baseball vs. Bow; 4 Boys' Lacrosse at Coe-Brown; 4 Girls' Lacrosse vs. Coe-Brown; 4 Softball vs. Bow; 4 | Monday, May 22 NEWFOUND Baseball at John Stark; 4 Boys' Lacrosse vs. Milford; 4 Girls' Lacrosse at Kennett; 4 Softball at John Stark; 4 | Thursday, May 25 NEWFOUND Softball at Winnisquam (Odell Park); 7:30 PLYMOUTH Girls' Lacrosse vs. Laconia; 4 |
| Saturday, May 20 NEWFOUND Track at Wilderness Championships; TBD | Wednesday, May 24 NEWFOUND Baseball at Masco- | <i>All schedules are subject to change.</i> |

Bobcat lax boys knock off Kearsarge and Gilford

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth boys' lacrosse team went 2-1 on the week, picking up a pair of wins to start the week before finishing things out with a loss to a tough Campbell team.

"All in all a pretty good week," said coach Glenn Mausolf. "We've

got a tough week ahead with three road games."

The week began with a trip to Kearsarge, where the Bobcats picked up a 14-4 win, scoring seven goals in the fourth quarter to break the game open.

"We did a good job closing out the game and finishing strong," Mausolf said.

Brendan Marcoux had a good day on the offensive side of things, putting in seven goals and one assist, while Luke Legacy had three goals, Caden Sanborn had a pair of goals and an assist, Nolan Galvin had a goal and two assists, Parker Eastman had a goal and an assist, Dylan Welch, Cooper Legacy

and Matt Cleary all added assists.

Robbie Thorne had eight saves in the Plymouth net and Logan Trusock was strong in the faceoff dot, winning seven of 11 on the afternoon.

The Bobcats took on Gilford on Wednesday and came away with a 10-7 win.

"It was a typical Plymouth-Gilford game," Mausolf said. "We always seem to battle every time we play."

Marcoux had another good day with four goals and two assists, Welch had two goals and an as-

sist, Sanborn had a goal and two assists, Luke Legacy had a goal and two assists, Eli Ibarguen had a goal, Ben Valenti scored his first varsity goal and Galvin added an assist.

Trusock and Marcoux were solid in the faceoff dot, winning 13 of 17 between the two of them, while Thorne had seven saves in the win.

The week ended with an 8-6 loss to Campbell on Friday afternoon.


"Campbell's a very talented team," Mausolf said. "It was a dogfight."

Marcoux and Luke


Legacy each had two goals and an assist, Sanborn had a goal and two assists and Ibarguen added a goal. Thorne turned away 14 saves in the Bobcat net.

The Bobcats will be on the road on Friday, May 19, at Coe-Brown, then return home to host Milford on Monday, May 22, and Hopkinton on Wednesday, May 24, all with 4 p.m. start times.


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



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|  <p>\$460,000 MLS# 4952304</p> |  <p>\$669,900 MLS# 4952366</p> |  <p>\$584,900 MLS# 4952314</p> |  <p>\$325,000 MLS# 4950625</p> |
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3BR/3BA, 2,712 sf. cape in desirable Woodgate Common. Featuring open concept living unit townhouse at Brook Hill. The unit area, large center island, deck that overlooks the beautifully landscaped yard, first-floor primary suite, and direct-entry two car garage. The lower level has a large family room and workshop.

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Bobcat boys win Bristol Lions Invitational

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Plymouth boys finished first and the girls were second in the Bristol Lions Invitational on Saturday at Newfound Regional High School.

Gabe Kean finished in second in the 100 meters in 11.76 seconds, with Landon Fogg in 13th in 12.98 seconds, Gavin Rheau-me in 21st in 13.43 seconds and Graeme Burtis in 27th in 15.06 seconds.

Kean was also second in the 200 meters in 24.49 seconds, with Fogg in fourth place in 25.3 seconds, Ethan Savage in 23rd in 29.6

seconds and Burtis in 27th in 30.99 seconds. Jacob Benton took ninth in the 400 meters in 1:01.85 and Evan Duchette finished 10th in 1:02.54.

Tate Hayman ran to second overall in the 800 meters with a time of 2:15.25 and Will Smoker was 14th in 2:47. Hayman also placed second in the 1,600 meters in 4:58.71, with Smoker in 13th in 5:47.33.

Cole Ahern won the 110-meter hurdles in a time of 16.15 seconds, while in the 300 hur-dles, Fogg was third in a time of 47.81 seconds and Brogan Dixon was sixth in 50.46 seconds. Fogg was also 10th in

the high jump at four feet, 10 inches.

Ahern was second in the pole vault at 10 feet, six inches, while Kean was seventh in the long jump at 17 feet, 6.5 inches, Ahern was eighth at 17 feet, six inches, Rheau-me was 18th at 14 feet, .5 inches and Burtis was 24th at 11 feet. Rheau-me added a 10th place in the triple jump at 31 feet, 3.5 inches.

Alex Luehrs was second in the shot put at 38 feet, 4.5 inches and Luis Estrella was 10th at 33 feet. Luehrs then won the discus at 134 feet, five inches and Duchette finished 28th at 50 feet, nine inches.

Kean took the win in the javelin with a toss of 128 feet, 3.5 inches, Brian Me-deiros threw 91 feet, six inches for ninth place, Luehrs was 10th at 90 feet, three inches and Estrella was 12th at 86 feet, five inches.

Plymouth's lone re-lay team on the day, the 4X400 squad, took sixth with a time of 4:19.63.

For the girls, Jenni-fer Watson ran to sec-ond in the 200 meters in 29.33 seconds, with Sydney Valenti in sixth in 30.25 seconds, Ella Claudio in eighth in 30.96 seconds, Courtney Sabato in 18th in 33.22 seconds and Erica Currier in

22nd in 34.84 seconds. Watson also took eighth place in the 100 meters in 15 seconds, Claudio was 12th in 15.43 seconds and Cur-rier was 14th in 15.69 seconds. Alexandra MacDonald finished in 14th in the 400 me-ters in 1:19.52.

Elli Englund ran to fourth in the 800 me-ters in 2:38.04, with Heron Hannon in eighth in 2:54.03. En-glund also won the 1,600 meters with a time of 5:30.86, with Kelsey Maine in fourth in 6:00.65 and MacDonald in 10th in 6:48.71.

Addison Englund won the 3,200 meters in a time of 11:45.92,

Anna Boyer was fifth in 13:44.79 and Leah Ines was sixth in 13:59.54.


Anelie Flynn ran to second in the 100-me-ter hurdles in 18.44 seconds, with Mag-gie Pitman in 11th in 22.71 seconds. Pitman was also sixth in the 300-meter hurdles in 1:02.44.

Flynn leaped to the win in the high jump, clearing four feet, eight inches, with Ella O'Hare in third at four feet, six inches. In the shot put, Katie Campbell was sev-enth at 21 feet, 10.75 inches and Elizabeth Cate was eighth at 21 feet, 4.5 inches. Camp-

SEE TRACK PAGE B6

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ATS Precision is hiring for the following full-time positions:

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DEBURRING/POLISHING DEPT – This entry level position involves deburring and polishing a variety of machined components. Candidates must be able to work well with air and hand tools. Experience is preferred, but we are willing to train the right person.

High school diploma or equivalent is required for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement and 401k. Email resumes or application requests to luree@atsprecision.com – no phone calls please.

ATS Precision, 87 Route 132N, New Hampton, NH

Town of Groton

The Town of Groton NH seeks a Full-Time Public Works Director to manage their Highway Department, currently composed of 1 part time laborer and 1 part time equipment operator. The Public Works Director will report directly to a 3-member Select Board. Responsibilities include but are not limited to planning, scheduling, directing, organizing and managing all activities and functions of the Highway Department, including summer and winter maintenance of streets and highways in accordance with goals set forth by the Select Board and consistent with funding allocated in the approved budget. A more detailed list of responsibilities is available by contacting the Select Board office at 603-744-9190.

Qualifications required are applicants must be 18 years or older, must possess a CDL Class B driver's license, three to five years' experience in operation and maintenance of highway department equipment. Looking for a candidate that has the ability to work well with employees and the public and create a team atmosphere. Candidates must successfully complete a background check and reference checks. Supervisory experience preferred. Benefits package offered. Please submit your application/resume to Groton Select Board at 754 North Groton Road, Groton, NH 03241. Applications/resumes must be received by noon on Thursday, May 25, 2023 to be considered. Resumes will not be accepted by fax or e-mail. Serious inquiries only. Position open until filled.

TOWN OF PLYMOUTH, NEW HAMPSHIRE OFFICE of the TOWN CLERK Assistant Clerk

The Town of Plymouth has an immediate opening for a part-time (34 hours/week) Assistant Clerk in the Town Clerk's Office. Under the general direction and supervision of the Interim Town Clerk, the Assistant Clerk is responsible for processing motor vehicle and boat registrations, issuing dog licenses and certified vital records including marriage licenses, and assisting in the administration of local, state, and federal elections.

Applicants must have a strong clerical background and possess interpersonal skills with an emphasis on customer service, an ability to multitask, and other basic computer knowledge in Microsoft Office, professional correspondence, and data entry. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment and must be able to work additional hours per the request of the Town Clerk.

This position, shall be considered a part time temporary position through the Annual March 2024 Town Meeting Elections in which a new Town Clerk will be elected.

Pay range is \$18.22 to \$25.51/hour, depending upon qualifications, experience, and a successful background check.

To apply, please submit a resume and cover letter with 3 references included to Town Manager Scott Weden at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.

The position will remain open until filled; however, priority will be given to resumes received on or prior to May 26, 2023.

The Town of Plymouth is an equal opportunity employer, who does not discriminate on the basis of race, color, national origin, sex, disability, age or creed.

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| RN – OR | Certified Surgical Technician |
| RN – Med/Surg Charge Nights | Multi-Modality Radiologic Tech |
| RN Nurse Manager – ED/Med-Surg | Medical Assistant |
| Endoscopy Technician | Medical Technologist |
| Physical Therapist | |

APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Track
FROM PAGE B9

bell finished fifth in the discus at 67 feet, four inches and Cate was 11th at 48 feet,

seven inches. Campbell placed eighth in the javelin at 57 feet, nine inches and Cate was 17th at 43 feet, six inches. Valenti placed third

in the long jump at 14 feet, 11.25 inches, Pitman was eighth at 13 feet, five inches, Sabato placed 10th at 12 feet, 11.5 inches and Currier was 17th at 10

feet, 11 inches. Valenti also placed second in the triple jump at 31 feet, eight inches. The Bobcat 4X100-meter girls were fifth in 57.65 seconds, while the 4X400-meter relay team was fourth in 4:47.65. The Bobcats will


take part in the Wilderness Championships on Saturday, May 20, at Winnisquam. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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**SHAKER REGIONAL
SCHOOL DISTRICT
SUBSTITUTE NURSE
POSITION**

Shaker Regional School District is seeking qualified individuals for Substitute School Nurse assignments, covering school nurse absences, on an on-call basis. Substitute nurses receive \$150.00 per day/ \$75.00 per half-day. Substitute nurses must be a Registered Nurse in the State of NH, and complete a post-offer, pre-employment physical and criminal background check, including fingerprinting.

Applications can be obtained through the District website at https://www.sau80.org/departments/human_resources, by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.

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**SHAKER REGIONAL
SCHOOL DISTRICT
COACHING VACANCIES**

Shaker Regional School District is seeking coaches for the 2023-2024 season for following athletic teams:

Varsity Coed Golf
JV Girls Soccer

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

**SHAKER REGIONAL
SCHOOL DISTRICT
EMPLOYMENT OPPORTUNITIES**

Belmont Elementary School:
1-1 Behavioral Assistant
Classroom Assistant
General Sepcial Education Assistant
Special Education Teacher - SLD
Title I Tutor

Belmont High School:
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1-1 Special Education Assistant
Math Teacher
School Secretary

Belmont Middle School:
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

Canterbury Elementary School
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

District Wide
Director of Information Technology
Elementary Computer Integration Teacher
Elementary School Psychologist
Middle/High School Psychologist
Speech & Language Assistant, Certified

For complete details for any of the above positions please visit the Human Resources pages of the District website, www.sau80.org, or contact Debbie Thompson, Business Administrator at 603-267-9223 ext 5303 or dthompson@sau80.org.

**SHAKER REGIONAL
SCHOOL DISTRICT
FULL-TIME
YEAR-ROUND
CUSTODIANS**

Shaker Regional School District has immediate openings for two (2) full-time, year-round, custodians at Belmont Middle School and one (1) full-time, year-round custodian at Belmont High School to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Starting pay is \$14.37/hour through June 20, 2023, then \$15.87/hour effective July 1, 1023. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.

Bobcat lax girls stopped by strong Golden Eagle squad

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' lacrosse team got off to a hot start against a young Plymouth squad and rolled to a 20-2 win on Wednesday, May 10, at the Meadows.

Gilford got an early chance from Abigail Watson, but it was Olivia Keenan who got the Golden Eagles on the board just 51 seconds in for the 1-0 lead out of the gate. Keenan and Lauren Gallant teamed up on a chance and Emily Watson had a shot stopped by Plymouth keeper Izzy Rossner. Lexi Shute sent a shot off the post and Emily Watson had a free position shot go over the net. Shute had another bid denied by Rossner.

The Golden Eagles doubled the lead with just more than five minutes gone in the game, as Watson sent the ball to Shute, who fired it in the net for the 2-0 lead. Just 46 seconds later, it



Gilford's Lauren Gallant looks to pass the ball as Plymouth's Brooke Austin defends in action last week.

was Keenan firing the ball in the net on an assist from Aly Pichette for the 3-0 lead. Shute had a bid denied by Rossner and Watson made a good move through the crease. Gallant had a bid go over the net and Abigail Watson sent a shot on net that missed the mark.

With 17:07 to go in the first half, Abigail Watson made a nice feed to Emily Watson, who fired the ball home for the 4-0 lead. Plymouth came back with a shot from Delaney Comtois that

went wide of the net. Keenan then sent a pass to Emily Watson, who fired the ball home and Gilford had the 5-0 lead with 15:50 to go.

Brooke Austin made a good run into the zone for the Bobcats, but the Gilford defense was able to turn her away. Ellie Means came through with the first Plymouth goal with 13:35 to go, cutting the lead to 5-1. Keenan answered less than 20 seconds later for the Golden Eagles, pushing the lead back to five. Maggie Roper had a cou-



Kenzie Huckins battles for the ball during action against Gilford last week.

ple of bids for the Bobcats, with the defense stopping one and goalie Lilly Winward stopping the other one.

Gallant scored Gilford's seventh goal on a feed from Leah Davignon with 10:19 to go and after a solid defensive play from Kenzie Huckins on Shute, Shute scored on a free position shot for the 8-1 lead with 9:28 to go.

Avery Hennig scored with 8:45 to go for the 9-1 lead and after Pichette and Keenan had bids go over the top, Davignon netted Gilford's 10th goal of the game. Pichette then scored on a feed from Emily Watson with 5:41 to go to push the lead to 11-1 and Means came back with a bid for Plymouth that went wide.

Hennig had another bid denied by Rossner and Abigail Watson sent a free position shot wide of the net. Comtois had a bid at the other end for Plymouth and Rossner made a save on a chance from Pichette and Keenan.

Shute capped off the first half with her 100th career goal and Gilford took the 12-1 lead to the halftime break.

Keenan then scored just 42 seconds into the second half to push the lead to 13-1 and then Abigail Watson scored on a free position shot with 22:31 to go. Gallant and Emily Watson teamed up on a bid that Watson scored on for the 15-1 lead and then Pichette put one home just more than a minute later.

Keenan then reached her own milestone, scoring her 125th goal with 19:02 to go and Gilford had the 17-1 lead. Roper then got the Bobcats on the board again with a free position shot with 16:55 to go.

Shute fired the ball home with 16 minutes to go for the 18-2 lead and then Keenan and Emily Watson had bids denied by Plymouth goalie Avery Noyes. Lily Jenkinson had a chance for Plymouth that Winward stopped. Keenan scored on a free position shot

with 9:57 to go and then Calia Blackey finished out the scoring with 3:39 to go. Plymouth had some late chances from Chloe Bouchard, Means and Jenkinson, but Winward made the saves, giving Gilford the 20-2 win.

The Bobcats will be back at it on Friday, May 19, at home against Coe-Brown and are at Kennett on Monday, May 22, both with 4 p.m. game.

The Golden Eagles return to action today, May 18, at home against Inter-Lakes/Moultonborough at 4 p.m., will be at Kearsarge on Monday, May 22, at 6 p.m. and will be at Milford on Wednesday, May 24, at 4 p.m.

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



COURTESY PHOTO

Bobcats honored

The annual Joe Yukica NH Chapter National Football Foundation and College Football Hall of Fame Scholar Athletes Awards dinner was held last Tuesday and Bobcats Caden Sanborn (left) and Matt Cleary were recognized for their achievements on the field and in the classroom. They are pictured here with Athletics Director Todd Austin.

Baseball

FROM PAGE B1

Calvin Sanft had a one-out double and Cloos followed with a base hit. A two-out hit from Libby delivered Kingswood's sixth goal of the game. Yarling had a base hit to keep the inning moving along, but a strikeout ended the frame.

Sanft took over on the hill in the bottom of the sixth and Dekutoski led off with a base hit and Cillian Kenneally took over on the bases. Flaherty grounded into a force play, but Sanborn followed with a fielder's choice. Stone worked a walk and a Diamond base hit plated one run. Dutille followed with a sacrifice fly to left that plated another run and after Cahoon was hit by a pitch, Stratton delivered two runs with a base hit, giving Plymouth the lead. Yarling took over on the hill and was greeted by a double by Daigneault to drive in two more runs and then a wild pitch made it 10-6 before a strikeout ended the inning.

Stratton took over on the mound in the top of the seventh and Zavos worked a walk to start the inning and Ethan Mosher took over on the bases. However, a 4-6-3 double play got a pair of outs for the Bobcats. Hossack was hit by a pitch, but a fly ball to left closed out the game and Plymouth had the emo-

tional 10-7 win.

"It was a real honor to play Kingswood on a day like today, it's always close and it always comes down to the end," Boyle said. "There's always fight on both sides. We have a lot of respect for coach Skelley and everything they do.

"I can't say enough about how this group has pulled for each other," the Bobcat coach continued. "Credit to the kids, they really stick with it."

"I think it was a good learning thing for Kolby, having to put stuff aside," Skelley said. "You can't control the umpires, but he can control his throwing and he felt he was locating where he wanted to be.

"But like everything we do, this is something we need to learn from," the Knight coach continued. "Hopefully we'll learn from it and make better decisions and move on from them."

The Bobcats are scheduled to be hosting Bow on Friday, May 19, then visit John Stark on Monday, May 22, and Kennett on Wednesday, May 24, all at 4 p.m.

The Knights will be hosting Sanborn on Monday, May 22, and St. Thomas on Wednesday, May 24, both at 4 p.m.

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

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TOWN OF PLYMOUTH PUBLIC NOTICE

All Town Hall offices will be closed on Monday, May 29, 2023 for the Memorial Day Holiday. The parade will begin at 10:30AM. Line-up is at 10:00AM at the Armory. A ceremony will follow in front of the Town Hall once all parade participants have arrived.

Office of the Select Board

ADVERTISEMENT FOR BIDS GRAVEL ROADWAY IMPROVEMENTS CAMPTON, NH

Sealed Bids for the construction of the **Gravel Roadway Improvements**, located on in Campton, NH will be received by the Town of Campton, at Campton Town Hall (12 Gearty Way, Campton, NH 03223), until **2:00 p.m.** local time on **Wednesday, May 31, 2023**, at which time the Bids received will be publicly opened and read. The Project generally consists of:

Gravel Roadway Reconstruction: The project includes reconstruction of approximately 1,100 linear feet of gravel roadway along Eastern Corner Road including new gravels and drainage improvements. The project also includes reconstruction of approximately 2,700 linear feet of Perch Pond Road including new gravels and drainage improvements.

Gravel Roadway Maintenance Improvements: The project includes sourcing, purchasing, hauling and drop/truck spreading crushed gravels on Lower Beech Hill Road, Windmill Road, Turnpike Road, Upper Beech Hill Road, and Bog Road to assist the Town with maintenance improvements on these roadways.

Bidding Documents may be obtained from the Town of Campton in electronic format (.pdf only) at no cost by calling (603) 726-3223. Prospective Bidders may examine the Bidding Documents at the Town of Campton (call ahead) and on www.constructionsummary.com. To be considered a responsive Bidder, the Contractor shall have obtained the Bidding Documents from the Town of Campton.

The Owner reserves the right to reject any and all Bids, to waive any and all informalities not involving price, time or changes in the Work, and to negotiate contract terms with the Successful Bidder, and the right to disregard all non-conforming, non-responsive, unbalanced or conditional Bids. Also, Owner reserves the right to reject the Bid of any Bidder if Owner believes that it would not be in the best interest of the Project to make an award to that Bidder, whether because the Bid package is non-responsive, or the Bidder is unequalled or of doubtful financial ability, or fails to meet any other pertinent standard or criteria established by Owner. If the Contract is awarded the Owner may award the Successful Bidder for any combination of its Bid Items for which Owner determines funds will be available at the time of award.

LEGAL PROBATE NOTICE

THE STATE OF NEW HAMPSHIRE
2nd Circuit - Probate Division - Haverhill
4/28/2023 thru 5/11/2023

APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Figueiras, Esther, late of Lake Worth, FL. Mayte Casella, 1248 Habersham Way, Franklin, TN 37067, Willis B. Sloat, ESQ, Resident Agent, Bailin Sloat Law PLLC, 835 Hanover St Ste 302, Manchester, NH 03104. #315-2023-ET-00170

Greenwood, Carroll E., late of North Woodstock, NH. Leighton C. Greenwood, PO Box 292, North Woodstock, NH 03262. #315-2023-ET-00196

Hart, Monica A., late of Bristol, NH. Patricia Hart Kelly, 23 Emerson Road, Medfield, MA 02052. Richard N Hart, III, 8 Lamancha Way, Andover, MA 01810. John B. Latham, Resident Agent, 175 Karlin Road, Fremont, NH 03044. #315-2023-ET-00123

Iaccaci, Hope, late of Plymouth, NH. Nick Wesson Craw, 384 Welton Falls Rd., Alexandria, NH 03222. #315-2023-ET-00182

Leimdorfer, Martin, late of Captiva, FL. Louise Reck, 18 Reservoir Road, Weyland, MA 01778. Peter Leimdorfer, Lill-Jans Plan 6, 11425, Stockholm Sweden. Kerri S. Tasker, ESQ, Resident Agent, Laboe & Tasker PLLC, 6 Loudon Road, Suite 502, Concord, NH 03301. #315-2023-ET-00164

Mellet, William Robert, late of Woodstock, NH. Jacquelyn M Mellett, 826 Eastside Road, No. Woodstock, NH 03262. Jennifer Mellett, 422 Mill Road, No. Yarmouth, ME 04097. #315-2023-ET-00055
Dated 05/12/2023



Pickleball for a cause

A pickleball tournament was held on Saturday, May 6, at the new Plymouth Regional High School courts. With 15 teams playing, more than \$500 was raised for the GotLunch-Plymouth program, which provides free lunch for students in need during the summer months. In the Plymouth area, more than 40 percent of students qualify for this help, so the money raised by this event will reach many. Congratulations go to Aaron Shepard and Brooke Wakefield for winning one bracket, and Ben Borque and Melissa Spangler for winning the second bracket. Thanks goes to Gloria Rainwater, Jay Fogarty and Jim Hogan for their help with the tournament. If you would like to donate to the GotLunch program, visit their website at gotlunchplymouth.com.



COURTESY PHOTOS

Bobcat baseball blasts by Sachems, edges Raiders

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth baseball team went on the road to start last week and rolled past host Laconia on Monday, May 8.

The Bobcats came out and scored two runs in the top of the first inning and then added five in the top of the second, one in the top of the third, seven in the top of the fourth and three in the top of the fifth to cruise to the 18-0 win.

Logan Finkle went three innings on the hill for the Bobcats, giving up two hits and one walk while striking out five and Luke Diamond finished things out with two innings of work, giving up one hit and striking out four.

Offensively, Diamond had three hits, scored three runs and drove in a run while Noah Dutille had three hits and scored three runs and Owen Cahoon had three hits, scored four runs and drove in four runs. Cam Stratton had two hits, drove in four runs and scored twice, Tyler Dekutoski had two hits and drove in two runs and Thomas Daigneault had a pair of doubles, drove in two runs and scored one.

The following day, the Bobcats hit the road to Lebanon and dispatched the Raiders by a 9-6 score.

After a Plymouth error helped the hosts score a run in the bottom of the first inning, Plymouth got on the board with seven runs in the third inning, keyed by a double from Stratton and a single from Jake Sanborn. Lebanon scored another in the bottom of the third before the Bobcats added a run in the top of the fourth for an 8-2 lead. The Raiders cut the lead to 8-5 in the bottom of the fourth inning, plating three runs before Plymouth scored its final run in the top of the sixth and Lebanon added its final run in the seventh inning.

Johnny Flaherty took the mound for the Bobcats and pitched into the seventh inning, giving up seven hits and three earned runs while striking out 11 and walking three. Stratton came on to get the final out of the game.

Stratton had three doubles on the day, scoring one run and driving in another run. Trevin Stone had two hits, drove in two runs and scored a run, Dekutoski had a double, drove in one run and scored two runs, Dutille had a hit and scored two runs, Diamond had a hit and scored a run and Sanborn. Sanborn had a hit and drove in a run, while Daigneault, Cillian Kenneally and Luke Bassingthwaite each drove in a run.

The Bobcats dropped a close one on the road at Pembroke on Friday, May 12, falling 9-8 after the Spartans scored twice in the bottom of the sixth inning.

Both teams scored twice in the first inning, with Plymouth adding two more in the top of the second. Pembroke scored three times in the third for the 5-4 lead, but Plymouth scored three times in the top of the fifth to take a 7-5 lead before Pembroke tied it in the bottom of the fifth. The Bobcats took the 8-7 lead in the top of the sixth, but the Spartans took the lead back in the bottom of the inning and held on for the 9-8 win.

Diamond had two hits and scored two runs, Stratton had two hits, scored a run and drove in three runs, Sanborn had two hits, scored a run and drove in a run, Dutille had a hit and scored two runs, Cahoon had a hit, scored a run and drove in two runs and Daigneault had a hit and scored a run.

Finkle pitched into the fifth inning, giving up two earned runs and five hits while striking out three and Diamond gave up two earned runs and three hits while striking out one in relief.

The Bobcats will be in action on Friday, May 19, at home against Bow, will visit John Stark on Monday, May 22, and will be at Kennett on Wednesday, May 24, all with 4 p.m. start times.

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



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