

Newfound Landing

THURSDAY, AUGUST 4, 2022

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

COMPLIMENTARY

NLRA takes a look at trees

HEBRON — Join the Newfound Lake Region Association (NLRA) as we take a closer look at trees 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 Aug. 17 and 20 from 10 a.m.

to noon. Participants will go on a quest to find different tree species at Grey Rocks, get an introduction to tree rings, and make some tree art to take home. (Note that the art activity involves ink and can get messy, so participants should dress accordingly.) This program is free and open to all.

Newfound Nature

Station, along with other family programs and events, is part of NLRA's initiative 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

SEE TREES, PAGE A8

Bristol Historical Society hosting program on Bees and Beekpeeing

BRISTOL — On Tuesday, Aug. 9 at 7 p.m. in the Bristol Historic Town Hall on Summer Street, the Bristol Historical Society is pleased to welcome you to a presentation, Bees and Beekeeping, presented by Carolyn Fluehr-Lobban.

Fluehr-Lobban has been a beekeeper for 16 years and an educator about Bees and Beekeeping in many educational and community settings. She will describe the remarkable natural history of honeybees and their critical role in pollination of crops; the local and national role of beekeepers and the public in their protection (No Bees, No Food), and present challenges from pesticides. She will highlight the unique history of beekeeping in the Shaker community at Canterbury.

All are welcome. For more information, call 603-744-275.



DONNA RHODES

Music for a summer evening

Besides the Thursday night free concerts in Kelley Park, each Saturday evening throughout the summer, the Lemieux family of the Purple Pit has been bringing local musicians to Bristol's Central Square. Last Saturday, the band Rumboat Chili drew a large crowd of all ages as they played classic rock hits, including Billy Joel's late '70's hit "Movin' Out (Anthony's Song)," "Lights" by Journey and "Whole Lotta Love" by Led Zeppelin. Next week, the Lemieuxs themselves will head out onto the common to present an evening of fabulous jazz music.

Car show scheduled!

FRANKLIN — After cancelling this fun event for two years due to the pandemic, Twin Rivers Food Pantry is scheduling the Third Annual "Wheels for Meals" Car Show Fundraiser for Saturday, Aug. 20, 10 a.m.-2 p.m., at the Franklin Shopping Center, 880 Central St. in Franklin. Car parking at the event starts at 9 a.m. Come and enjoy this awesome event!

The event is free and open to the pub-

lic. Entrance fee for show cars is \$10. At the event, a raffle of prizes from generous area businesses, a 50/50 raffle, and food sales provides vital funding for the Pantry's mission to provide healthy food and nutrition resources to neighbors in need. We are grateful to our show sponsors – Aubuchon Hardware, Benson Auto, Hannaford, Watts Water Technologies, Service Credit Union, Citizens Bank, and Franklin Savings



Mid-State's Little Antlers Learning Center opens its doors

BY DONNA RHODES
Contributing Writer

PLYMOUTH — Thursday, July 28, was a happy day for the Pemi-Baker Community when Mid-State Health Center cut the ribbon for Little Antlers Learning Center, bringing much needed child care and early education opportunities to pre-school children of the region. Mid-State Health's CEO Dr. Robert MacLeod began the celebration by saying the concept for such a center was presented to him more than two years ago when the Board of Directors asked if he could make a childcare/early education center for the community happen.

His reply was simply and sincerely, "I'd be very happy to do so."

Teaming up with architects like Christopher Salomon of Samyn-D'Elia Architects, P.A.,



DONNA RHODES

Four-year-old Isabelle and two-and-a-half-year-old Delaney helped Alison Murphy cut the ribbon last Thursday at Little Antlers Learning Center on Tenney Mountain Highway in Plymouth. Isabelle and Delaney will be two of the more than 60 students who will now be joining Director Murphy and her staff at the new childcare and early education facility.

the team of A.W. Rose Construction Management, Field Supervisor Frank Eaton, Clerk of Works Josh Furbish

and a wonderful support staff, that goal was achieved just two years after it was first presented to MacLeod.

Audrey Goudie, Director of Philanthropy for Mid-State Health, was next at the podium to thank the many busi-

nesses, organizations and local residents who took part in raising \$3.5 million to build the 8,400 square foot learning center. So far funding for the project has been received from the Community Development Finance Authority (CDFA) through a CDBG Economic Development grant as well as a Public Facilities grant. They also received many CDFA Tax Credits, a Northern Border Regional Commission grant and a congressionally directed spending award through Sen. Jeanne Shaheen.

At the ribbon cutting ceremony last week, Shaheen and Congresswoman Annie Kuster sent their congratulations to Mid-State Health and Little Antlers Learning Center as it prepared to open their doors. Shaheen said she is pleased the facility

SEE ANTLEERS, PAGE A10

Bank!

The Pantry provides nonperishable food items, fresh produce, frozen meat, dairy items, baked goods, and personal hygiene items to residents in need in Franklin, Tilton, Northfield and a number of other surrounding communities. We currently serve an average of 100 households each week. Service hours are 9-11 a.m. on Tuesdays and Thursdays and 5-7 p.m. on Wednesdays. The Pantry is located in the lower level of 2 Central St. in Franklin. The entrance is off the parking lot behind the building.

Always appreciated (and always needed!) are Volunteers, plastic or paper grocery bags, fresh garden produce, eggs, and non-perishable food items. Call (603) 934-2662 or email info.twinrivers@gmail.com for more information.

State Police arrest reckless driver

BY TARA GILES
tara@salmonpress.news

REGION — State Police out of Troop F made national news after arresting a reckless driver on Sunday, July 31 at roughly 11:15 a.m.

While patrolling I-93 northbound in Ashland, Trooper Shawn Slaney

spotted an orange sports car fly by him.

Slaney clocked the car going 161 mph, far exceeding the speed limit of 70 mph. Causing a danger to himself and others, Slaney would not be able to chase the car, and dispatched a be on the lookout for the vehicle.

Just moments later, several reports of other sports cars, including the orange one, came in with concerns the vehicles were traveling at a high rate of speed, erratic, and almost causing severe crashes.

Police out of Woodstock heard the dispatch

and had time to position themselves on the highway. They clocked the vehicle going 130 mph. The 2021 Chevrolet Corvette was stopped in traffic at Exit 32 where the driver was detained. Slaney arrived on scene and arrested Alejandro Zapata-Rebello, 30 of Danbury,



Alejandro Zapata-Rebello was arrested for driving 161 mph on the highway.



This was the vehicle driven by Alejandro Zapata-Rebello, clocked going 161 mph on the highway on Sunday morning. Zapata-Rebello was arrested for reckless driving.

Conn. Zapata-Rebello was charged with two charges of Reckless Driving, and one charge of Disobeying an Officer. Woodstock Police Department also charged the driver with Reckless Driving. Zapata-Rebello was released on a summons to appear on Sept. 22 at the Plymouth Court.

Trained Nascar drivers, which Zapata-Rebello is not, operate in a fixed environment with several safety measures in place, averaging about 200 mph, while other racing series such as Indycar have drivers reaching 236 mph.

Experts say that if you drove your car off of the roof of a 12 story building, it would be the same force of impact hitting the ground, as it would be if you crashed going just 65 mph. This analogy is used to instill a respect for speed, and the rules of the road.

Even driving just 25 mph and crashing into something will cause

damage to a vehicle. Drive just ten more mph, and the impact would be twice as bad. The force of a collision increases greatly with speed. Driving 50 mph, the force is four times as bad, and nine times stronger than driving just 25 mph. For every one percent increase in speed, a driver's chance of a collision increases by two percent, the chance of serious injury increases by three percent and the chance of a fatality increases by four percent. In short, Zapata-Rebello is lucky to be alive as are the drivers he was in close proximity to.

Driving faster than the cars around you can increase your chance of an accident by 31 percent, with injury reaching 49 percent and fatality by 71 percent. Fortunately, no accidents resulted in this case, however it is a reminder to drive cautiously and respect speed limits and the rules of the road to keep everyone safe.

2022 SEASON

CONCERTS in the CLOUDS

7-16 1964: The Tribute

7-23 The ELO Experience

8-6 Classic Albums Live: Fleetwood Mac - Rumours

8-17 Great Waters Gala! Featuring Aaron Lazar

8-20 Michael Cavanaugh & Band

8-27 One Night of Queen: Gary Mullen & The Works

CONCERTS in TOWN

7-27 Cabaret Concert: Georgia Stitt & Jason Robert Brown

9-25 International String Trio

Buy tickets at **GreatWaters.org**
call (603) 569-7710

or scan!

Follow us! @GreatWatersNH

Gala!

WEDNESDAY
AUG. 17TH

Under the Great Waters Tent at Castle in the Clouds

TENT OPENS AT 6 P.M.
FOR COCKTAILS,
FOLLOWED BY DINNER
AND A PERFORMANCE

Featuring the wildly talented **Aaron Lazar**, who tops the charts with exciting and entertaining shows.

Exquisite raffle items, live auction, and raise the paddle to support Great Waters.

Scan for tickets

GreatWaters.org

Invest in a New Air Conditioner to

BEAT THE HEAT!

LaValleys.com

400 SUMMER ST., BRISTOL, NH ♦ 115 MAIN STREET, MEREDITH, NH

“What do I do with household hazardous waste?”

REGION — Safely rid your home of hazardous products such as oil-based paint and stain, lawn and garden chemicals, kitchen and bathroom cleaners, old gas, and automotive products. Because these products can have severe impacts on the environment, contaminating our water, soil, air, ecosystems, and bodies, it is important to dispose of these items properly. It does not take much to contaminate these precious resources: one quart of oil can pollute 250,000 gallons of water.

Residents and residential taxpayers in the Lakes Region Planning Commission’s 24 participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the eight collection sites in the Lakes Region on either one of



The Ground Beneath Our Feet exhibit coming to Squam Lakes Science center

HOLDERNESS — The Ground Beneath Our Feet Soil Tent is coming to Squam Lakes Natural Science Center on Thursday, Aug. 18. This traveling educational exhibit evokes the striking visual experience of entering the earth with its layers and creatures on display. Each ten-by-ten-foot interior face of the Tent represents one of three different ecosystems: forest, meadow, and wetlands. Along with the Tent, a series of hands-on science activities offer students the opportunity to deepen their curiosity about and understanding of the soil, and to emerge with new tools for observing their soil environment, wherever they may find themselves.

The Ground Beneath

Our Feet is a partnership between the U.S. Forest Service, the Global Learning and Observations to Benefit the Environment (GLOBE) Program, the Arts Alliance of Northern New Hampshire, and the White Mountain National Forest.

The project was initially prototyped in 2016 through a series of interdisciplinary STEAM residencies in New Hampshire public school fourth grade. The residencies combined Elementary GLOBE soil curriculum materials; hands-on soil science observation with White Mountain National Forest Soil Scientist Andy Colter; and production of large-scale soil murals in collaboration with Artist in Residence Julie Püttgen.

The Soil Tent is configured to elicit the striking sensory experience of entering the earth, with its layers and creatures on display. With art created by Julie Püttgen, in collaboration with artists from the Soil Mural schools, each ten-by-ten foot interior face of the Tent represents one of three different ecosystems: wetlands, forest, and meadow. Within the Tent space, a series of hands-on science stations developed by the NH GLOBE Partnership offer students opportunities to deepen their curiosity about and understanding of the soil, and to emerge with new tools for observing their soil environment, wherever they may find themselves.

The Ground Beneath Our Feet is part of regular trail admission on Thursday, Aug. 18 from 10 a.m. to 4:30 p.m. (\$22 for adults; \$20 for seniors age 65 and older; \$16 for youth ages three to 15; free for children two and under; free for members).

To register for this event, and learn about upcoming programs and membership, go to www.nhnature.org.

the next two Saturdays: On July 30, bring your hazardous waste to the Belmont Fire Station or Public Works Garages in Franklin, Gilford, & Meredith. On Aug. 6, HHW will be collected at the Newfound Regional High School in Bristol (enter off River Road), the Public Works Garage in Laco- nia on Bisson Avenue, and the Town Highway Garages in Center Os- sipee and Moultonbor- ough. All 8 collections will run from 8:30 a.m. to noon.

As a reminder: La-

tex/Acrylic paint and alkaline batteries are not considered HHW and will not be accept- ed. These products can go in with the house- hold trash (dry out the paint before disposal).

To get maps to the collection sites, learn more information about wastes, or make a donation to the pro- gram, visit the Lakes Region HHW Web site at <http://www.lakes- rpc.org/serviceshhw. asp>, find us on Facebook (under Lakes Region Planning), 279-8171 or 279-5341.

Lax Panthers honored by IWLCA for academic achievement

PLYMOUTH — The Plymouth State Uni- versity women’s lacrosse team and six individual student-athletes were honored by the Intercol- legiate Women’s Lacrosse Coaches Association (IWLCA) on Wednesday when the organization announced its Division III Academic Honor Roll and Academic Honor Squads.

Plymouth State has earned IWLCA Acad- emic Squad recognition for nine of the last 10 years. The organization did not select winners during the 2019-20 academic year after the pandemic can- celed the majority of the lacrosse season. To qual- ify for the award a team must post a 3.20 or higher team GPA for the acad- emic year.

Plymouth State was one of four Little East Conference (LEC) schools to earn the honor, joined by Eastern Con- necticut State Uni- versity, Western Connecticut State University, and the University of Southern Maine. The Panthers al- ready claimed the LEC Team Academic Award after posting the highest cumulative GPA among all conference women’s lacrosse programs, fin-

ishing the year with a 3.51 combined GPA.

Additionally, six in- dividual team mem- bers were named to the IWLCA Division III Aca- demic Honor Roll; seniors Devon Mello (Laco- nia) and Kaylee St. Laurent (Alfred, Maine) and ju- niors Jalen Cook (Mon- kton, Vt.), Autumn Nelson (Weare), Sarah Schar- tner (Plymouth) and Amelia Thomas (Hopkinton).

To be eligible for Aca- demic Honor Roll recog- nition, student-athletes must be at least a junior academically and have earned a cumulative GPA of 3.50 or higher. Mello and St. Laurent are both two-time hon- orees. Plymouth State’s six selections was tied with Eastern Connecticut for the second most among LEC schools, trailing just WestConn.

Plymouth State went

13-5 and 6-1 in the LEC to earn the second seed for the LEC Tournament. The Panthers topped Keene State in the semi- finals to make an appear- ance in the champion- ship game for the ninth straight year but fell to top seeded WestConn. At the conclusion of the season head coach Sandy Bridgeman announced her retirement from coaching. Becky Dale, a four-year player and for- mer assistant with the program, was named as her successor last week.



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

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

Science Center to host Annual Meeting Aug. 13

HOLDERNESS — Squam Lakes Natural Science Center will hold their annual meet- ing for members on Sat- urday, Aug. 13 from 8:30 to 10 a.m. in the Science Center’s outdoor picnic pavilion.

Members will enjoy a complimentary con- tinental breakfast before the business meeting starting at 9 a.m. The agenda includes a wel- come by Chair of the Board of Trustees, Jus- tin Van Etten followed by approval of the 2021 annual meeting min- utes. Treasurer Anne R. Lovett will present the 2021 financial report. The meeting will honor retiring trustees Laurie Burke, Laurie Beeson, Ken Evans, Emily Pres- ton, and Dick Starbuck. Voting will take place for trustees nominated for re-election in- cluding Sarah Brown, Anne Lovett, and Kevin Bar- rett. Trustees nominat- ed as officers to serve a

one-year term include Sarah Brown, Chair; Justin Van Etten, Vice Chair; Anne R. Lovett, Treasurer; Susan Lynch, Secretary. Nom- inated as new trustees are Lisa Doner, Cris Salomon, and Frank Stevens. Biographies of new trustees are available at nhnature.org/programs/annual_

meeting.php. Executive Director Iain MacLeod will hon- or staff employment milestones and present the Horizon Award.

There is no charge to attend the Annual Meeting for Members but reservations are re- quired. Please RSVP to Mary.Noyes@nhnature.org.



Comfort Keepers
Elevating the Human Spirit™



A daily dose of joy
Uplifting in-home senior care

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer’s care
- Respite care
- Private duty nursing
- *SafetyChoice*®

(603) 536-6060
NHComfortKeepers.com
© 2022 CK Franchising, Inc. An international network, where most offices are independently owned and operated. 0222

CASS INSURANCE INC.

‘Nanc’ & Michelle
PO Box 406 • Newport, Vermont 05855
**PERSONAL AUTOS, WORKMAN’S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS**

802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net





SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS



*Advising clients about
Wills and Trusts since 1985.*

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET

CADY Corner

Dramatic increase in deaths involving alcohol during the pandemic

BY DEB NARO
Contributor

Recently, researchers at the National Institute on Alcohol Abuse and Alcoholism (NIAAA) used the national death certificate database to assess changes in alcohol-related deaths during the first year of the pandemic. The results, published in the Journal of American Medicine Association (JAMA), show that after increasing around 2.2 percent per year over the previous two decades, deaths involving alcohol jumped 25.5 percent between 2019 to 2020, totaling 99,107 deaths.

The study showed that alcohol-associated liver disease deaths increased 22.4 percent (from 24,110 to 29,509) with the largest change occurring among people ages 25 to 44. The number of deaths involving a combination of alcohol and opioids increased by 40.8 percent (from 8,503 to 11,969), with deaths involving alcohol and synthetic opioids (e.g., fentanyl) increasing by 59.2 percent (from 6,302 to 10,032).

Reasons for the unprecedented increase in alcohol-related deaths during the first year of the pandemic are still being explored. In 2020, the first year of the pandemic, sales of alcohol increased by 2.9 percent, the largest annual increase in over 50 years. For those who were drinking more during the pandemic, research suggests that stress, anxiety, and previous alcohol misuse are contributing factors.

The increase in alcohol-related deaths appears to reflect a widespread increase in alcohol consumption and related harms. For example, research suggests that increased alcohol consumption during the pandemic has been associated with negative health outcomes such as increases in transplants for alcohol-associated liver disease, emergency department visits for alcohol withdrawal, and the percentage of emergency

department visits that involved acute alcohol consumption. Additionally, the National Highway Traffic Safety Administration reported a 14% increase in alcohol-related traffic fatalities in 2020 after decades of general decline.

Anyone who consumes too much alcohol too quickly may be in danger of an alcohol overdose. An alcohol overdose occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions—such as breathing, heart rate, and temperature control—begin to shut down. Symptoms of alcohol overdose include mental confusion, difficulty remaining conscious, vomiting, seizure, trouble breathing, slow heart rate, clammy skin, dulled responses such as no gag reflex (which prevents choking), and extremely low body temperature. Alcohol overdose can lead to permanent brain damage or death. Know the danger signals and, if you suspect that someone has an alcohol overdose, call 911 for help immediately. Do not wait for the person to have all the symptoms.

Deaths involving alcohol reflect hidden tolls of the pandemic. Increased drinking to cope with pandemic-related stressors, shifting alcohol policies, and disrupted treatment access are all possible contributing factors. Whether alcohol-related deaths will decline as the pandemic wanes, and whether policy changes could help reduce such deaths, warrants consideration.

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.



New Hampshire's turtles. This adult lecture program is an in-person program held in the Science Center's covered, outdoor classroom. Dress for the weather and bring bug spray. There is no charge to attend this event but advance registration is required. To register for this event, and learn about upcoming programs and membership, go to www.nhnature.org.

Science Center hosting lecture about Eastern box turtles

Squam Lakes Natural Science Center holds a lecture program about Eastern box turtles. New Hampshire Fish and Game's Josh Megyesy will discuss monitoring and conservation efforts for state-endangered Eastern box turtles (*Terrapene carolina carolina*). The program will cover habitats, biology/ecology, and threats to the species. Josh will also talk about other ongoing work for at-risk turtle species, such as Blanding's, Wood, and Spotted Turtles, and how landowners can help protect

Changing the Conversation

Substance misuse & genetics

BY TARA GRAHAM

Central NH Community Opioid Response Program

Is substance misuse hereditary? If you think about how we've established that addiction is indeed a disease, then the answer to this becomes easier to see. Many diseases have genetic links – or links that are passed down through families. Diseases such as Sickle Cell Disease, Cystic Fibrosis and Hemophilia are among some of the most common hereditary diseases, according to Johns Hopkins. In addition, scientists continue to find genetic connections between disorders such as asthma, depression, certain types of cancer, and many more.

Substance misuse is no different and examining it at the genetic level can help us answer a lot of questions, including why do some people be-

come addicted to certain substances, while others do not? Genetics is, quite simply, the study of genes. "Genes are functional units of DNA that make up the human genome. They provide the information that directs a body's basic cellular activities. Research on the human genome has shown that, on average, the DNA sequences of any two people are 99.9 percent the same. However, that 0.1 percent variation is profoundly important—it accounts for three million differences in the nearly three billion base pairs of DNA sequence. These differences contribute to visible variations, like height and hair color, and invisible traits, such as increased risk for or protection from certain diseases" (NIDA).

According to the National Institute on Drug Abuse (NIDA), "fami-

ly studies that include identical twins, fraternal twins, adoptees, and siblings suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol, or other drugs depends on his or her genetic make-up. Finding the biological basis for this risk is an important avenue of research for scientists trying to solve the problem of drug addiction." It is an extremely important area of study, because if we know someone may have a predisposition to developing a substance use disorder, then preventative measures can be put into place, such as early intervention and education, to attempt to avoid the addiction before it even begins.

While about half of the risk may come from genetics, other influences are equally as important. There is no one reason

that a person may develop a substance use disorder. The environment they grow up in or live in also has a significant impact. This impact is compounded when it occurs in tandem with genetic risk factors. The term for this is epigenetics, defined by NIDA as "the study of functional, and sometimes inherited, changes in the regulation of gene activity and expression that are not dependent on gene sequence. "Epi" itself means "above" or "in addition to." Environmental exposures or choices people make can actually "mark"—or remodel—the structure of DNA at the cell level or even at the level of the whole organism. So, although each cell type in the human body effectively contains the same genetic information, epigenetic regu-

SEE CONVERSATION, PAGE A8

Letters to the Editor

Get rid of the RINOs

To the Editor:

RINO's (Republicans In Name Only) and the opposition are trying to divide us. I have seen a couple stories come out the past few weeks and it showed me how desperate the other side is getting. We need to band together to win. This means working with the Libertarians, Free Staters, Republicans, Undeclared and any Democrat who loves liberty, freedom, and the Constitution (both New Hampshire and US). Together we win, maybe 80 percent of the time or better.

The Belknap GOP and Gunstock Delegation/Commissioners are getting hammered over who is best for Belknap County and Gunstock. It seems the opposition, RINOs and the people behind the movement "Citizens for Belknap," do not trust the voters who elected the current delegation. They think you did not know what you were doing, and now want a new Republican Delegation for Belknap. So, let's not bite at their bait and end up fighting and divided. Grafton County could

be next. Yes, get rid of the RINOs and keep the good guys.

If you are not aware of the group RESOLVE, go to their Web site, wethepeople.nh.org/the-resolve/, and sign up for what may be the biggest voting campaign to organize the voters by suggesting who we the people should vote for by the vetting they do. The battle is to get rid of RINOs and keep New Hampshire a place where people want to come, have fun, and maybe move and work here.

The primary is Sept. 13, and then the general election is Nov. 8.

Remember, to say nothing, is to say something, to do nothing, is to do something. Every action has a reaction even if that action is saying and doing nothing, so take a stand and get into the battle and let's have hope for New Hampshire and win!

John Sellers
Bristol

Why are political sign laws not being enforced?

To the Editor:

NH RSA 664:17 states that no political advertising shall be placed on or affixed to any public property, including highway rights of way.

And, private property requires owner's consent, and no political advertising is allowed on utility poles and highway signs.

I would like to see this law enforced by the state, city, town maintenance and law enforcement as required by the law.

This law was written and passed by our state, and should be enforced as all other laws are. I am

appalled by the fact that some campaigns appear to be either unaware of the law or willfully ignoring it.

Look around you as you drive along our roads and stop at our stop lights and stop signs and take note of where signs are placed, and ask yourself, why are they there?

If a candidate is running on a platform of enforcing the law, well, maybe they should look at their own campaign. I would like to see someone in authority enforcing this law!

Lucille Keegan
Bristol

A note on the Gallup Poll

To the Editor:

Political polling began in 1937 by George Gallup. Since then, the Gallup Poll has been widely accepted as the standard for judging the public's approval ratings of our Presidents. It is interesting to revisit those ratings since the first one — for FDR in 1937.

Wikipedia lists all the lowest rating for all presidents polled. Biden's current rating is 40 percent, but he is still quite high in approval compared to Trump (34 percent), Obama (38 percent), G.W. Bush (25 percent), Clinton (37 percent), George H.R. Bush (29 percent), Reagan (35 percent), Carter (28 percent), Ford (36 percent), Nixon (24 percent), Johnson

(34 percent), and Truman (the lowest at 22 percent).

The only three presidents who polled higher than Biden's 40 percent are Kennedy (56 percent), Eisenhower (47 percent), and Roosevelt (48 percent).

When the media mentions that Biden's rating is historically low, they refer to that historic period between the start of his term in January 2021 and now. That is hardly enough to call it historic. He is actually, right now, the fourth most popular president since 1937, next in line after Eisenhower.

Rep. Joyce Weston
Plymouth

Newfound Landing

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

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 677-9085
kerri@salmonpress.news

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

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

Newfound Landing is published every
THURSDAY by Salmon Press, P.O. Box 729,
5 Water St., Meredith, NH 03253.

NEWFOUND LANDING
PUBLISHED BY
SALMON PRESS
PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news
BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DI NICOLA
(508) 764-4325
DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516
MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news
PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A dicky-bird in hand, a skidder in the bush

Ah, for the coolness of the hardwoods, where at least you're in the shade. Add a ridge or two, where the air's moving up or down anyway, and you've got the perfect place to be on a hot summer day.

Perfect if you just want a break from the heat, but not so if you're a logger; a hot and sweaty job--especially if you're getting off a skidder to hook up choker-chains, and climbing back on again. Add the swamping and limbing, and the deer flies, which are omnipresent this time of year, and you've got a glimmer of a logger's job.

In reflection of the above, and in sympathetic brotherhood with loggers, I think the hardest part of haying (which I do not miss), or with any job for that matter, was getting on and off the tractors. I had three, all now gone on to people who will use them, as tractors are meant to be.

+++++

On further reflection on all of the above, it dawns on me that "choker-chains" and the like might leave some readers clueless.

Loggers of yore used choker-chains to hook onto felled trees, and still do in single-logger operations all over the state.

In days of many a yore ago, when labor was cheap, swamper brushed out around a tree and prepared a bed for it to land on so it wouldn't break. This was especially important with the huge



JOHN HARRIGAN

The woods are leafy, dark and cool, shade enough for any fool, even one with mind bereft of those who might be scarcer blessed.

piners and spruce the choppers and cross-cut crews hauled out between the Civil War and the turn of the last century.

A limber, i.e. one whose specialty was cutting the limbs from the trunk, "walked the tree" in the loggers' old parlance, knocking the limbs off as he went. Needless to say, he had to have nimble feet. "Otherwise he'd be slab-footed," the old-timers joked.

This is now the logger's chore, as is everything else, labor no longer being cheap, and this includes attaching several choker-chains before getting back up onto the skidder; a monstrous articulated all-wheel-drive machine with a pusher-blade on its front.

+++++

It doesn't take a risk-control manager to see why so few logging jobs today feature anyone at all actually on the ground. Managers want everyone in steel-protect-

ed seats, even the logger himself.

To make this possible, the industry developed caterpillar-mounted tree harvesters, which feature boom-mounted clamps and a saw. These feller-bunchers, as they're commonly called, can walk up to a tree, clamp it tightly while a saw cuts it, and walk up to another one while holding the first, and so on, until it has a bunch, whereupon it can lay it flat. Later on, a skidder with pinchers on the rear can haul the bunches to a yarding area, where the lopped trunks are loaded onto a truck.

+++++

My notes about songbird populations being down 30 percent from 1970 prompted more than a few letters.

In fact, I heard from readers all over the state on this topic, many of them unaware of just how much woodland and former farmland New



JOHN HARRIGAN

This is a feller-buncher, the tank-like treaded rig that has almost, but not quite, replaced the logger. Thanks to the region's steep terrain, smaller land parcels, and rugged individualists who feel safer working alone, there are still a few cable-skidder loggers around the state.

Hampshire is losing.

New Hampshire is still the second most heavily forested state in the Lower 48, behind Maine, but much of its open land in southern areas is being converted to housing, which is hard for anyone to oppose. Who in this nation wants to talk about over-population? And when it comes to ever-more highways, interchanges, and mini-malls, who wants to argue against convenience?

+++++

"Your column last week about the dwindling bird populations really resonated with me," said a Lakes Region reader: "This growing hush is so sad."

He remembered enjoying summer camp in the '50s in New Hampton, the thrushes singing as

everyone gathered under the hemlocks for Sunday services. And he wondered, like other readers, if we could do with fewer pesticides.

"During the day the fields are quieter," he wrote. "No buzzing background. This year, I've seen only four tiger swallowtail butterflies--four! Remembering what it used to be like is painful."

+++++

Another reader had squirrels on her mind. "Just a note," said her card. "I read your column in the Granite State News. A few weeks ago you wrote about red squirrels."

Squirrels---whether red or gray---are the bane of every bird-feeder; human or not. "I thought you might like to see what this guy does to my



bird-feeder," she said. "He not only knocks the top off, but he sits in it till all the sunflower seeds are gone."

Cute but not so cute, she concluded, enclosing a picture of a satisfied-looking squirrel inside her feeder.

+++++

The following, addressed simply "The Sentinel, Mr. John Harrigan, Colebrook, NH," reached me promptly (thanks, as always, to the postal crew).

"Your Mother's Day remembrance of cowslips headlined the Editorial page of the Sunday Union Leader today, along with another Harrigan editorial. Thank you.

"Until the shades of green return in June--remembering--A faithful reader."

I searched out her telephone number, and tried to honor my long-ago promise to reply to all mail, but to no great surprise she was having none of it, and didn't answer.

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

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Until further notice, the Town Clerk/Tax Collector's office hours on Wednesdays will be from noon - 7 p.m., beginning July 27.

The Newfound Lakes Region Association will hold its Annual Meeting and Gathering at Gray Rocks on Aug. 6 at 9 a.m. Registration is required at www.newfoundlake.org.

The Club Soda Band will be the Bristol Summer Concert on Thursday, Aug. 4 from 6:30-8:30 p.m. at Kelley Park.

On Tuesday, Aug. 9 at 7 p.m. in the Bristol Historic Town Hall, the Bristol Historical Society is pleased to welcome you to a presentation, 'Bees and Beekeeping' presented by Carolyn Fluehr-Lobban. Carolyn has been a beekeeper for 16 years and an educator about Bees and Beekeeping in many educational and community settings. She will describe the remarkable natural history of honey bees and their critical role in pollination of crops; the

local and national role of beekeepers and the public in their protection (No bees, No Food) and present challenges from pesticides. She will highlight the unique history of beekeeping in the Shaker community at Canterbury. All are welcome. For more information, call 603-744-2751.

The Minot-Sleeper Library will be closed on Friday, Aug. 5 due to staffing issues. Re-occurring events at the Minot-Sleeper Library include: Knot Only Knitters on Mondays from 2:30 - 4:30 p.m., Mah Jongg on Wednesdays from 1-3 p.m., Storytime on Fridays at 11 a.m., Tech Help Appointments on Thursdays from 2 - 5 p.m., and Paint Your Own Shark Art Gallery for all ages (Sharks are free and can be picked up at the MSL and then put on display until Aug. 19, when there will be a gallery opening.)

A Pre-teen and Teen Program will be held on Aug. 6 for ages seven and up; A Book Pack Hike to Inspiration Point sponsored by the MSL and the Slim Baker Foundation. Participants are asked

to register at the MSL. A pre-teen program for ages seven to 13 will be held on Monday, Aug. 8 at 11:30 a.m. called 'A minute to win it water games!' Participants will be involved in a series of 60-second challenges. All of these challenges have a special ocean theme.

The Friends of the Minot-Sleeper Library will hold their Annual Summer Book Sale on Saturday, Aug. 6 from 9 a.m. to 1 p.m. It will be located at the lower level, behind the library.

Find a treasure trove of books in your favorite genre or that one volume that peaks your interest. All books will be sold for \$5 a plastic bag full (unless otherwise noted). DVDs, CDs, puzzles and games will be \$1 each.

All proceeds support the programs and events

of the Minot-Sleeper Library. The Friends is a non-profit charitable organization. If you're thinking of joining, members will be at the sale to answer any questions you may have regarding the organization. More information can be found at: the MSL or at friendsofminotsleeper@gmail.com.

The Bristol Rotary Club Annual Penny Sale will be held at NRHS at 6:30 p.m. on Aug. 11. Proceeds will benefit the Bristol Rotary Club Scholarship Fund.

Remember that the Farmers Market is now open on Saturdays at the Mill Stream Park from 10 a.m. until 2 p.m.

Cruise Nights at the Village Pizza are held every Friday night through September from 5:30 - 8 p.m. All vehicles wel-

come with no entry fee!

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

The Tapply-Thompson Community Center's Annual Lobster and Chicken Supper will be held at Kelley Park in Bristol on Saturday, Aug. 27 from 5 - 6:30 p.m. Don't miss this delicious summer tradition! Tickets are available at the TTCC or at the door while that last. The cost is \$18 for Chicken, \$25 for Lobster and \$28 for a combo of a lobster and quarter chicken. Hot dog plates are available for kids for \$6. The meal includes salad, Walker's Farm corn on the cob, baked potato, cole slaw, fresh rolls, dessert and drinks. Dinner entertainment

will be provided by 'Solitary Man.' In the event of rain, the dinner will be held at the TTCC. For more information, call 603-744-2713.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Community Breakfast

Union Congregational Church Saturday, Aug. 6, 7:30-8:45 a.m. \$5 per person. All you can eat!

Hebron Gazebo Program

Saturday August 6th 6pm. No Limitz Band. BBQ by Hebron Store. Menu consists of Pulled pork, hot dogs, water and salad. Free popcorn! Hope to see you there!

Serving all of New Hampshire for 50 years.

PORTER
ASPHALT PAVING, INC.

286-8182
www.porterpaving.com

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

Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement

Edward Jones: Financial Focus

529 plans: Underused but valuable

In just a few weeks, students will be heading off to college -- and parents will be getting out their checkbooks. Without a college-bound student in your home right now, you might not be thinking much about tuition and other higher education expenses, but if you have young children, these costs may eventually be of concern -- so how should you prepare for them? It's never too soon to start saving and investing. Unfortunately, many people think that they have a lot of "catching up" to do. In fact, nearly half of Americans say they don't feel like they're saving enough to cover future education expenses, according to a 2022 survey conducted by financial services firm Edward Jones with Morning Consult, a global research company.

Of course, it's not always easy to set aside money for college when you're already dealing with the high cost of living, and, at the same time, trying to save and invest for retirement. Still, even if you can only devote relatively modest amounts for your children's education, these contributions can add up over time. But where should you put your money? Personal savings accounts are the top vehicle Americans are using for their education funding strategies, according to the Edward Jones/Morning Consult survey. But there are other options, one of which is a 529 plan, which may offer more attractive features, including the following:

- **Possible tax benefits** -- If you invest in a 529 education savings plan, your earnings can grow federally income tax-free, provided the money is used for qualified education expenses. (Withdrawals not used for these expenses will generally incur taxes and penalties on investment earnings.) If you invest in your own state's 529 plan, you may receive state tax benefits, too, depending on the state.
- **Flexibility in naming the beneficiary** -- As the owner of the 529 plan, you can name anyone you want as the beneficiary. You can also change the beneficiary. If your eldest child foregoes college, you can name a younger sibling or another eligible relative.
- **Support for non-college programs** -- Even if your children don't want to go to college, it doesn't mean they're uninterested in any type of postsecondary education or training. And a 529 plan can pay for qualified expenses at trade or vocational schools, including apprenticeship programs registered with the U.S. Department of Labor.
- **Payment of student loans** -- A 529 plan can help pay off federal or private student loans, within limits.

Keep in mind that state-by-state tax treatment varies for different uses of 529 plans, so you'll want to consult with your tax professional before putting a plan in place. Despite these and other benefits, 529 plans are greatly under-utilized. Only about 40% of Americans even recognize the 529 plan as an education savings tool, and only 13% are actually using it, again according to the Edward Jones/Morning Consult study. But as the cost of college and other postsecondary programs continues to rise, it will become even more important for parents to find effective ways to save for their children's future education expenses. So, consider how a 529 plan can help you and your family. And the sooner you get started, the better.

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

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

A night with the stars

Editor's note: The following article is edited from Dan Reidy's 2020 article for SLCS.

HOLDERNESS — Looking up at the night sky from Squam Lake is always a treat, and on the night of Aug. 15, 2022, from 9-10 p.m., the viewing will be even better during the annual Night With The Stars event. Imagine looking up at the Milky Way Galaxy while listening to the call of loons. Then imagine doing it together with family and neighbors. Co-sponsored by three partner organizations, Squam Lakes Conservation Society, Squam Lakes Association, and Squam Lakes Natural Science Center, the goal of Night With The Stars is to celebrate the beauty and conservation of Squam while being “in community.” Before joining in the “Lights Out” event on the night of Aug. 15, try to

get a sense of the amount of light that exists in the Lakes Region beforehand. If you have the ability, try taking photos of bright spots on the horizon from where you are, before and during the event to observe the difference. Spread the word to neighbors, family, and businesses in the area about this event. The greater the participation, the better the results will be. If the skies are clear enough to do some star (and planet) gazing, below, are some objects of interest to be on the lookout for, and links to resources where you can find out more information:

- Jupiter and Saturn will be in the southeast sky about 10 p.m. Jupiter will be easy to spot since it will be the brightest object in the sky at that time of night. Saturn will be just to its left, a dimmer, golden-hued object, that is still brighter than most

objects around it. A pair of modest binoculars will show the four large Galilean Moons of Jupiter (Io, Europa, Callisto and Ganymede) as bright dots strung out in a straight line on either side of the planet. A low power telescope will give you a better view of the moons and will show you stripes in Jupiter's atmosphere.

- The Perseids Meteor Shower will still be on, though peak is the 11th & 12th.
- You can download an app called Stellarium on your phone and it will tell you what you are looking at in the sky based on your location.

Visit the links below for more details:

- Sky and Telescope Magazine's “Sky At A Glance” <https://sky-andtelescope.org/observing/sky-at-a-glance/>
- Sky and Telescope Magazine's “Sky Tour” astronomy podcast <https://skyandtelescope.org>

let that can show you, in real time, what satellites will be travelling overhead.

If you are interested in learning more about astronomy and connecting with a community of amateur astronomers, check out the New Hampshire Astronomical Society's (NHAS) website at <http://www.nhastro.com/>, where, among other things, you can learn about which public libraries around the state, nation and world you can check out an easy-to-use telescope to observe the skies with!

Be sure to participate in turning out your lights at 9 p.m. on Monday, Aug. 15, and taking the time to view the wonders of the night sky with friends and family. Getting outside to look up at the wonders of the heavens is never a wasted opportunity. Take a moment to reflect on the issue of

light pollution and visit the International Dark-Sky Association Web site at darksky.org to see what we, as individuals and as members of our society, can do to reduce light pollution. Cutting back on light pollution will not only save money and reduce the amount of greenhouse gases being pumped into our atmosphere, it will benefit the health and well-being of plants and animals and it will enable more people to see the wonders of the night sky. If you are feeling adventurous that evening, you can join SLCS and astronomer Dan Reidy at Doublehead picnic area for an astronomy lesson (weather permitting). We will have telescopes on hand, or you can bring your own. Space is limited, so register early by emailing denise@foreversquam.org. Visit [www.foreversquam.org](http://www.foreversquam.org/events) for details.



PEOPLE FACT:

THIS TYPE OF SCHOOLING REFERS TO OPTIONS FOR CHILDREN AS YOUNG AS 3.

ANSWER: PRESCHOOL/PREKINDERGARTEN

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

		1	3
7	4		14
9		5	20
18	10	9	

Solution

5	9	6
3	4	7
1	0	2

THIS DAY IN... HISTORY

AUG 5

- **1862:** THE BATTLE OF BATON ROUGE TAKES PLACE DURING THE AMERICAN CIVIL WAR.
- **1882:** STANDARD OIL COMPANY OF NEW JERSEY, TODAY KNOWN AS EXXONMOBIL, IS ESTABLISHED.
- **1973:** MARS 6 IS LAUNCHED FROM THE USSR.

How they SAY that in...

ENGLISH: Desk

SPANISH: Pupitre

ITALIAN: Banco

FRENCH: Pupitre

GERMAN: Platz

Did you know?

THE AVERAGE FAMILY SPENDS \$700 ON SCHOOL SUPPLIES EACH YEAR. THIS CAN INCLUDE BACKPACKS, TECHNOLOGY, CLOTHING, AND BOOKS.

ANSWER: SCHOOL BUS

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SCHOOL BUS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to kindergarten. Each number corresponds to a letter. (Hint: 1 = O)

A. 25 23 4 16 16 17 1 1 10
Clue: Space for learning

B. 15 18 19 7
Clue: Age for first schooling

C. 21 7 4 25 6 7 17
Clue: One who educates

D. 16 25 6 1 1 23
Clue: Education building

Answers: A. classroom B. five C. teacher D. school

SUDOKU

Fun By The Numbers

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

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

ANSWER:

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

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

<i>Town</i>	<i>Address</i>	<i>Type</i>	<i>Price</i>	<i>Seller</i>	<i>Buyer</i>
Alexandria	58 Braley Hill Rd.	Single-Family Residence	\$190,000	Carole R. Leavitt	Joseph D. Putnam
Bridgewater	Hemlock Brook Road, Lot 69	N/A	\$665,000	D&S Land Management LLC	Bristol Peak Holdings LLC
Bridgewater	Hemlock Brook Road, Lot 70	N/A	\$665,000	D&S Land Management LLC	Bristol Peak Holdings LLC
Bridgewater	Mountain View Road	N/A	\$33,000	Jacob R. Reed	Trisha S. and Christopher M. Dyer
Bristol	10 High St.	Multi-Family Residence	\$255,000	Marion B. and Steven F. Smith	CRH Realty LLC
Bristol	194 Pleasant St.	Single-Family Residence	\$250,000	Elizabeth M. Houdyshel	Dakota Coburn and Robert J. Rubino
Bristol	Prospect Street, Lot 2	N/A	\$360,000	Elaine M. Putnam	Legacy Lane LLC
Bristol	60 Tower St.	Single-Family Residence	\$130,000	Suzanne Venezia	Paul and Tami Zareas
Bristol	W. Shore Road, Unit 430	Condominium	\$349,000	Richard L. and Kathy I. Morrill	Patricia M. Farrell
Campton	Ellen Road, Lot 8	N/A	\$115,000	Katherine Hamblet and Peter Vancor-Hosmer	Karol and Christiane Krajewski
Campton	Isaax Fox Drive	N/A	\$19,000	Richard and Michelle Dowling	Cutter LT and James W. Cutter
Campton	116 Lower Beech Hill Rd.	Single-Family Residence	\$365,000	Bruce McKenzie	Robert J. Perras
Campton	41 Merrill Rd.	Single-Family Residence	\$725,000	Kelly S. Burrage-Brammer and Jordan R. Brammer	Thomas E. and Andrea A. O'Reilly
Campton	Pleasant Drive	N/A	\$330,000	Amsal Alic and Lauren A. Taylor	Carly R. Warland
Campton	N/A	N/A	\$35,000	NST Enterprises LLC	Hammond Wheeler Realty LLC
Holderness	97 Lane Rd.	Single-Family Residence	\$420,000	Carol Angell	Wayne and Cheryl Sabato
Holderness	Mount Prospect Road, Unit 25	Condominium	\$285,000	R.M. & P.A. Angell, Jr. Trust	Nicolle and Paul Rizzo
Holderness	Route 3	N/A	\$546,400	Eric S. Werner, Jr. 2004 RET	Augustus P. and Elizabeth O. Gardner
Holderness	N/A (Lot 13-1)	N/A	\$50,000	Judith M. January 1992 RET and Joseph L. Mastro	Jared P. and Kristin M. McLaughlin
Holderness	N/A	N/A	\$69,933	Lee R. Huckins	High Orchard LLC
Plymouth	Route 3A	N/A	\$60,000	H.O. Lenetine, Jr. Trust and Halston O. Lenentine, Jr.	David B. Farnham
Plymouth	793 Texas Hill Rd.	Single-Family Residence	\$85,000	Noreen Howe	Mountain Stream Properties LLC
Plymouth	Thurlow Street, Lot 16	N/A	\$71,533	Benmont Ventures LLC	Joseph D. Hurd Trust
Rumney	41 Bald Mountain Rd.	Single-Family Residence	\$356,000	Corbett M. and Allison E. Tulip	Stephen and Naomi Frateschi
Rumney	Quincy Road	N/A	\$120,000	Margaret A. Knowlton	Leo F. and Joyce B. Charrette
Thornton	63 Waterthorn Rd.	Single-Family Residence	\$230,000	Anthony W. Schmidt	Sarah H. and Christopher Weeks
Thornton	N/A	N/A	\$298,000	Wayne D. and Zachary D. King	Amey S. Tilley
Warren	792 NH Route 118	Single-Family Residence	\$275,000	David J. and Laura J. Illg	Jessica S. O'Leary
Waterville Valley	22 Bobcat Way, Unit 4	Condominium	\$382,000	Martha W. Sears and Gary A. Baker	Diane F. Yarrow
Waterville Valley	9 Fletchers Way, Unit 2	Condominium	\$302,533	Vasquez 1 Fiscal Trust and Marcelo Vasquez	Ethan J. and Lisa Ceplikas
Waterville Valley	Forest Rim Condo Unit N2	Condominium	\$399,000	John T. and Maureen Haller	Trevor Turnbull
Waterville Valley	28 Packard Rd., Unit 507	Condominium	\$169,000	Jay M. and Kiley Medeiros	Matteo Zennaro
Wentworth	41 Dufour Rd.	Single-Family Residence	\$355,000	Barbara A. Russin	Ward Smith and Paula King
Wentworth	E. Side Road	N/A	\$80,000	Jeanne Proulx RET 2021	Mien T. Chu and Donald L. Adams
Wentworth	8 Mica Mine Rd.	Single-Family Residence	\$155,400	Christopher S. Ball and Wells Fargo Bank NA	Aegis Lending Corp.
Wentworth	Route 25A	N/A	\$185,000	Joan L. Ecklein RET and Michael J. Betcher	Eric Tardif and Gina K. Choi
Wentworth	116 Thayer Mountain Rd.	N/A	\$155,400	Christopher S. Ball and Wells Fargo Bank NA	Aegis Lending Corp.

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional par-

ties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Flag football league adds girls only division

REGION — The Lakes Region Flag Football League has expanded this fall to include a "girls only" division.

While the league will still be offering its traditional 6U, 8U, 10U and 13U coed divisions, the girls only division will be for girls ages 5-13 and will be played in conjunction with the coed games. This division will be open to all girls in the state of New Hampshire, and will consist of two

age divisions: Junior (ages 5-8) and senior (ages 9-13). Player's age is as of Sept. 1.

The league still wants its veteran female players and any rookie girls to play against and with the boys, but they are offering the girls a chance to also show off their skills in an all-girls division. Not only is this being done in an effort to grow female participation in flag football, it is being done to help girls meet

and compete with other girls around the state.

The player fee for the Fall 2022 girls only division is \$90, with discounts for siblings. The fee for girls that play in both the coed division and girls division will be \$135. Each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Girls that play in both coed and girls will receive a second NFL Flag jersey. Register

online at lrffl.com. Credit card payments are accepted online, Venmo payments at lakesregionflagftl.com, and checks are also accepted.

The tentative Fall 2022 Season Schedule is posted at lrffl.com.

Like the league on Facebook at lakesregionflagfootball.com.

If you are interested in playing or coaching,

or for more information about this unique program, e-mail lrffl@metrocast.net.

HEBRON HISTORIC DISTRICT COMMISSION Notice of Hearing

You are hereby notified that the following Application for Certificate of Approval for The Thompson Family, 23 Braley Road, will be heard at a Public Hearing to be held on Monday, **August 8, 2022** at 7PM at the Town Offices, 7 School Street, Hebron, NH 03241 Second Floor Conference Room. **Masks and social distancing must be followed.**

Replace mud room at the front of the house with a farmers porch, 24'x8'.

Hebron Historic District Commission
Chair: John Dunklee

HEBRON ZONING BOARD OF ADJUSTMENT MEETING AND HEARING AGENDA AUGUST 16, 2022 6:00 PM

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet at 6:00 pm on Tuesday, August 16, 2022 at the Hebron Town Office, second floor meeting room, 7 School Street, Hebron, NH to address the following:

1. Discuss and approve minutes of previous meetings and other administrative matters.
2. Hear the application for a VARIANCE under Article IV, Section H.1 of the Hebron Zoning Ordinance by Onaway Camp Trust for the construction of a replacement Off-Away cabin on the property located on 27 Camp Onaway Drive (Tax Map 6, Lot 15). (Case No. 291).
3. Hear the application for a VARIANCE under Article IV, Section H.1 of the Hebron Zoning Ordinance by 2 Goats LLC for the construction of an addition to the existing motel building and the construction of a new owner's unit/multi-function building on the property located at 435 South Mayhew Turnpike (Tax Map 5, Lot 2). (Case No. 292).
4. Any other business that may come before the Board.

ZONING BOARD OF ADJUSTMENT DOUGLAS S. MCQUILKIN – CHAIRMAN

Please join Town of Hebron ZBA from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/381533213>

By Phone: 1 (571) 317-3122
Access Code: 381-533-213

HEBRON ZONING BOARD OF ADJUSTMENT MEETING AND HEARING AGENDA AUGUST 9, 2022 6:00 PM

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet at 6:00 pm on Tuesday, August 9, 2022 at the Hebron Town Office, second floor meeting room, 7 School Street, Hebron, NH to address the following:

1. Discuss and approve minutes of previous meetings and other administrative matters.
2. Under the terms of NH RSA 676.5, continue to hear the APPEAL by Newfound Serenity LLC to the denial of a Site Plan for the construction of a seasonal recreational vehicle park on Matthews Lane (Tax Map 24, Lot 25-1) by the Hebron Planning Board on April 6, 2022. (Case No. 290)
3. Any other business that may come before the Board.

Hebron Zoning Board of Adjustment Douglas S. McQuilkin – Chairman

Please join Town of Hebron ZBA from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/381533213>

By Phone: 1 (571) 317-3122
Access Code: 381-533-21

Nearly \$130,000 raised for non-profits during NASCAR weekend at NHMS

LOUDON — NASCAR weekend at “The Magic Mile” proved to be successful for local non-profits with the dedication of both the New Hampshire Chapter of Speedway Children’s Charities (SCCNH), the official charity of New Hampshire Motor Speedway (NHMS), and the many volunteer groups who helped fundraise nearly \$130,000 during the July 15-17 NASCAR event weekend.

SCCNH hosted seven events over the course of race week, including traditional favorites Laps for Charity, Sign the Track Wall Banner, 50/50 Raffle Presented by PPG, Track Walk Presented by PPG and Wicked Good Live Auc-



NASCAR Cup Series driver Austin Cindric (white polo in center) joined New England race fans for Track Walk Presented by PPG, one of seven events hosted at New Hampshire Motor Speedway between July 14-17 to benefit the New Hampshire Chapter of Speedway Children’s Charities.

tion, plus two new opportunities: Cornhole Tournament Presented by NBT Bank and Hot Laps. These events helped SCCNH raise more than \$98,000 for local children’s charities and groups.

“Once again, New England race fans stepped up in a big way for children in need throughout the region,” said Danielle Cyr, director of the New Hampshire Chapter of Speedway Children’s Charities and marketing

for New Hampshire Motor Speedway. “We are beyond grateful for the generosity displayed by our fans, sponsors and volunteers. I can’t wait to see the magic that happens when we hand out this year’s grants to local non-profits in December.”

Each December, SCCNH distributes grants to local non-prof-

it organizations in the region. In 2021, 23 grants were distributed totaling \$136,500. Since its inception in 2009, SCCNH have distributed more than \$1.9 million supporting more than 882,000 children across New England.

In addition to funds being raised for SCCNH, teams of motivated fundraising groups, many

of which are from New Hampshire, also help NHMS over the course of NASCAR weekend to benefit various New England non-profits. From grandstand cleaning to landscaping to parking and concession stands, these volunteers help make the speedway look its best from green flag to checkered flag. In return, these groups are paid as a way to fundraise toward the non-profit organization they represent. This year, 29 volunteer groups raised nearly \$32,000 during NASCAR weekend to help their chosen non-profits.

SCCNH will host its next fundraising event, Laps for Charity, on Friday, Aug. 19, from 5 to 7:30 p.m.

For more information, please contact New Hampshire Chapter Director Danielle Cyr at DCyr@NHMS.com.

PSU programs honored by United Soccer Coaches

PLYMOUTH — Plymouth State University was the lone Little East Conference (LEC) institution to have both its men’s and women’s soccer teams earn the United Soccer Coaches (USC) Team Academic Award, awarding their exemplary performance in the classroom during the 2021-22 season.

A total of 756 soccer programs (283 men, 473

women) were honored across all three NCAA divisions after posting team grade point averages of 3.00 or higher during the 2021-22 academic year.

Plymouth State was the lone LEC member, and one of just 133 nationally, to have both programs earn the recognition.

The men’s team, under the direction of longtime head coach Rob Wright,

combined for a 3.54 GPA and has now earned the honor for eight straight seasons. That mark was the highest among all LEC men’s soccer programs for the academic year.

Head coach Ryan Joy has led the women’s program, which posted a 3.51 GPA and has been recognized in six of the last seven years.

Trees

FROM PAGE A1

fulfill the mission of protecting Newfound Lake and its watershed. Along with programs like Newfound

Nature Station, NLRA maintains Grey Rocks Conservation Area 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.



REAL ESTATE

Monday • August 15th @ 11 AM

Rumney Single Family + Large Garage

PUBLIC AUCTION

To be held on the Premises at 70 Glory Avenue

70 Glory Avenue

Lot #13-009 .23 acre, set in the tall pines, assessed for \$104,000.

House and garage have been vacant. The 18x26 garage with an unfinished loft w/bath and a 10x26 Screenhouse. Property subject to the rules of the New England Fellowship Community. The premises will be sold “as is, where is”. Other terms may be announced at sale. Grafton County Registry book 4348 Page 458

TERMS of SALE: A deposit of \$5000 in cash or certified check will be required to bid. The successful bidder over the reserve will be required to execute a Purchase and Sale agreement upon the conclusion of bidding and close within 45 days of the auction. Other terms may be announced at the sale. Bidders are responsible for determining the status of the property being offered. The property shall be sold “as is, where is.” The auctioneer does not warrant the condition of any feature described above. Additional terms and info can be found on the website:

WWW.MCGAUCTIONS.COM

Real Estate Auctioneers
TOM MCGLAUFLIN, LIC. #2928
info@mcgauctions.com

99 Fairgrounds Road, Plymouth, NH 03264





Feeling a little Crowded?

Look for that new home in our real estate section.

Conversation

FROM PAGE A4

latory systems enable the development of different cell types in response to the environment. These epigenetic marks can affect health and even the expression of the traits passed to children.”

Additionally, exposure to Adverse Childhood Events (ACEs), such as trauma, abuse and ne-

glect have been proven to predispose those children to substance misuse issues. Other environmental factors, such as living in an area with high crime rates, having low socioeconomic status, having easy access to substances, starting to use substances at an early age, seeing community norms regarding substance misuse, or being unemployed can also increase an individual’s risk of substance misuse. Learned behaviors like these combined with the reinforcing effects of the substance and its brain rewiring properties can cause people to develop a substance misuse disorder. Co-occurring psychiatric disorders – many of which also have genetic or hereditary components also play a major role in substance misuse.

There are still many ongoing research studies about this topic, includ-

ing at Boston University’s Biomedical Genetics division, which is attempting to address a variety of research questions and use multiple approaches while conducting a study to identify rare variants contributing to risks of opioid dependence. The contribution to substance use disorder risk from interaction of genes with co-morbid psychiatric disorders, traumatic life events, early exposure to addictive substances, and components of personality is being evaluated. There will be continued progress and promising prevention, treatment and recovery options that will come out of these studies.

Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on a path to wellness. You can visit FindWellnh.org any time or speak with someone directly during regular business hours by calling 603-236-1873. Please reach out for more information and to explore the many options available right here in our own community.

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



Serving the entire Lakes Region

Amy Elfline
Agent

Melissa Cribbie
Agent

Bronwen Donnelly
Broker/Owner



(603) 677-7007 • MeredithLanding.com
285 DWH, (Rt. 3) Meredith
Independently Owned & Operated

FOR SALE

2020 GMC DENALI LTD

½ TON 4X4
CREW CAB
LIKE NEW
ONLY 10,000 MILES

2003 HARLEY DAVIDSON

100TH ANNIVERSARY
ROAD KING
CLASSIC LOADED,
CUSTOM EXTRAS
CAN SEND PICS UPON REQUEST

HRLEVILL@GMAIL.COM

LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available.
Military discounts.

Sign up on line
www.rozziemay.org
or call 603-447-1373

HELP WANTED

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



HELP WANTED
GOLF COURSE MAINTENANCE
Full and part time

Call Joe Langley 726-1093

salmonpress.com



Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE

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

We are looking for
motivated and dependable
individuals to join our

**Dining Services
Team**

Full-Time Positions available
Visit our website for staff opportunities
www.newhampton.org/about/careers





Precision Lumber Inc.

IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

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

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

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

VACANCIES

*Newfound Area School District is looking
to fill the following:*

- **Newfound Regional High School**
Special Education Case Manager
- **Newfound Memorial Middle School**
World Language Teacher
- **District Wide Paraprofessionals**
1:1 and Classroom Support, Part-Time and Full-Time
- **All Elementary Schools**
School Psychologist
- **Danbury Elementary School**
Guidance Counselor
- **District Wide Substitutes**
Teachers \$95/day
Nurses \$125.00/day

The District offers a competitive benefits plan and
provides professional development opportunities for
all staff. The District uses School Spring, an online
application program. All candidates can view and
apply for vacancies safely and securely by using this
tool. Interested candidate should include a letter of
interest, resume, transcripts, certification, job application,
and letters of recommendation.

*Job application is available on the district website's
human resources page*



A division of Belletetes, Inc.
Hardware Sales

We are looking for a full-time hardware sales person who enjoys people
and has good customer service skills. Knowledge of paint, plumbing and
electrical as well as a basic understanding and knowledge of hardware
preferred but not required. Weekend hours required on a rotating basis.

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

Rick Ash, Hardware Manager
20 West Street, Ashland, NH 03217
or you may email to rash@belletetes.com.

▶Competitive Wages	▶Paid Vacation	▶Paid Holidays	▶Paid Time Off
▶Health Insurance	▶Profit Sharing	▶Store Discounts	▶Much More!



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates
Benefits include Health & Dental Insurance, Vision, Short Term Disability,
Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time,
paid sick time, and many other incentives!

Assemblers – 2nd and 3rd Shift - Starting Pay \$17.00
Machine Operators – 2nd and 3rd Shift Starting Pay \$17.00
Sanders – 1st Shifts - Starting Pay \$17.00
Spray Painters –1st and 2nd Shift- Starting Pay \$19.00
Mold Setter/Mechanic – 2nd – Starting Pay \$20.00
Process Tech – 2nd and 3rd Shifts – Starting Pay \$22.00
**Production Lead 3rd shift – Starting Pay \$20.00 and up
depending on experience.**

\$1.00 per hour shift differential on 2nd shift.
\$2.00 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS**
****SUBJECT TO TERMS AND CONDITIONS****

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to
complete an application or visit our website for more information at www.psimp.com.
You can also email your resume directly to donna.doyle@psimp.com,
please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.
ISO 9001:2015 Registered.



SMART • FRIENDLY • SERVICE
SINCE 1898

BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

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

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

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

▶Competitive Wages	▶Paid Vacation	▶Paid Holidays	▶Paid Time Off
▶Health Insurance	▶Profit Sharing	▶Store Discounts	▶401k

**Town of Plymouth
Highway Department**

Seeking a qualified individual, starting hourly rate at \$21, with an attractive benefit package, to perform all aspects of highway construction, maintenance and snow removal, will require you to work during adverse weather conditions, weather events including snow and ice storms. The final candidate will have a minimum CDL-B with air brake endorsement (or the ability to attain one in a short period of time) and will be required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

Applications are available on the Town of Plymouth's website, Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am-2:30pm. Please ask for Joe.

SMART • FRIENDLY • SERVICE
SINCE 1898

BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

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

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

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

▶Competitive Wages	▶Paid Vacation	▶Paid Holidays	▶Paid Time Off
▶Health Insurance	▶Profit Sharing	▶Store Discounts	▶401k

Antlers

FROM PAGE A1

will aid parents in balancing personal and professional life, knowing their children are in good hands. Kuster wrote that quality childcare also goes hand in hand with economic opportunities in the region, and like

Shaheen, wished the center much success in the future.

On hand for the celebration was Executive Councilor Joe Kenney, who assured the crowd assembled in front of the center that the state understands the need to expand accessibility to facilities offering quality



DONNA RHODES

(Left) Little Antlers Learning Center Director Alison Murphy joined eight-month-old Rose and her mom Colleen Schoenbrun as Rose tested the rug in the infants room during a ribbon cutting and open house last Thursday.

childcare. He said was pleased to act as a “cheerleader” for the project while he also worked to assist them in obtaining the much needed grants for its construction.

One other guest speaker was Fred Kocher, host and producer of the WMUR Sunday morning “N.H. Business” program who was impressed with Little Antlers and the community support that helped build it.

“Little Antlers Learning Center, in my opinion, can be a model for other centers in the state,” Kocher said.

As a gardener himself, Kocher added that he looked forward to next spring when the children will be able to learn how to grow food in a garden behind the center.

Finally, Alison Murphy, who will head up the operations at Little Antlers, said that on behalf of herself and her staff she wanted to thank all who had a part in developing the center.

“This is so amazing! I’m so excited to move into this space and provide more care for the children in our community,” she said.

Isabelle and Delaney, two of the new Little Antlers students, then joined Murphy to officially cut the ribbon on their new facility. Once that was completed, the public was invited to join the girls and Murphy for a tour of the building.

Colleen Schoenbrun was happy to see Little Antlers preparing for an opening in the upcoming week. With an 8-month-old to care for, she said childcare in the area is very difficult to

find and she is grateful to know her daughter Rose will now be in good hands.

“I probably wouldn’t be able to be working if it wasn’t for this,” she said.

Other moms agreed and also looked forward to opening day. That date was scheduled for Aug. 3 if all went well in the final set-up phase for the childcare rooms and play area.

“We’ve had a few delays due to supply availability but it’s looking good now,” MacLeod said.

Little Antlers is starting with an enrollment of 60 children, with 51-percent of those openings designated for low- to moderate-income families. Director Murphy said the center is actually approved for approximately 40 more children however, and with a waiting list already in place, they hope to see that number grow in the very near future.

“What we need is to hire four more teachers before we can increase our enrollment though,” she explained.

Those interested in joining her staff, either full- or part-time, are asked to contact her at 603-536-3898 or by email at careers@midstate-health.org.

As they thanked all donors to the project last week, Mid-State Health also announced they still have a capital campaign underway to raise a final \$550,000 for the learning center. Those who are able to contribute through a donation of any size should reach out to Audrey Goudie at 603-254-8654 or agoudie@midstate-health.org.

“This project has truly taken a village and I thank you all for your generosity and support in making Little Antlers Learning Center a reality,” Goudie said.

Introducing Dr. James Alex

Non-Surgical Orthopaedics & Sports Medicine

Now accepting patient referrals!

The Alpine Clinic’s sub-specialty approach to care guarantees our patients receive the highly specialized orthopaedic care they need. Dr. Alex’s clinical areas of expertise include:

- Sports Medicine
- Non-Operative Orthopaedics
- Regenerative Medicine
- Joint Injections
- Complex Sports Concussions
- Arthritis Care

Dr. James Alex
Non-Surgical Orthopaedics & Sports Medicine

seeing patients at the following locations:

Mid-State Health Center
101 Boulder Point Drive, Suite 1
Plymouth, NH 03264
(603) 823-8600

The Alpine Clinic - North Conway
2936 White Mountain Highway
North Conway, NH 03860
TheAlpineClinic.com



The Alpine Clinic is an affiliate of
LITTLETON REGIONAL HEALTHCARE
600 St. Johnsbury Road • Littleton, NH 03561
(603) 444-9000 • littletonhealthcare.org

Where good health begins.



SPECIALIZED MEMORY CARE FOR SENIORS



“You may be surprised at how fast Mom will feel right at home”

Limited Availability

Featured Amenities

- Herb Garden
- Art Classes
- On-Site Salon
- Cooking Classes

At ForestView Manor this is where smiles happen, new friends are made, and safety and good care are paramount. We are small enough that no one ever gets lost and we know everyone’s name... but big enough to have just the right suite for your loved one. And all of our leadership staff are Certified Dementia Care Practitioner trained.

Call Christy Roy Today at
603-279-3121



MEMORY CARE ASSISTED LIVING
153 Parade Road, Meredith, NH
forestviewmanor.com

Advertise Here



Driveways • Roads • Parking Lots
Walkways • Grading

279-1499

www.BRYANTPAVING.com



NOW HIRING
Class A Drivers

Benefits

- Startup Bonus
- 401K
- Seasonal Bonus
- Boot Allowance
- Dental
- Health Insurance
- Paid Holidays
- Aflac
- Minimal Weekends
- Team Environment & Respect!

Call 279-1499 or
email admin@bryantpaving.com TODAY!
ALL ARE ENCOURAGED TO APPLY