

Bridgewater teen excels on pageant circuit

BY DONNA RHODES
Contributing Writer

BRIDGEWATER — Nineteen-year-old Mackenzie Jollie of Bridgewater recently brought the title of Miss New Hampshire Petite home to the Newfound Region with her platform on Sexual Assault Awareness, supporting women on college campuses in crisis.

“Women need to be helping each other,” she said. “Why are we not worried about this? It’s been a problem throughout the years. The experience is hard enough, finding help shouldn’t be.”

And therefore, holding the title of Miss New Hampshire Petite for the next year, she will be hard at work raising funds and supplies for

women’s support groups and shelters providing the assistance they need.

The Miss New Hampshire Petite competition began in 2009 where women, like Jollie, who are five-feet-six inches or shorter, were invited to compete for the title. Jollie said it’s not a beauty competition, but an opportunity for young women to bring their personal platforms forward.

“In most pageants, height matters, but how you look or how tall you are doesn’t matter in this pageant. It’s how you carry yourself and what you stand for,” said Jollie.

Growing up, one of her dreams was to one day walk in the annual New York Fashion Week but she learned that women who go to the

event are often turned down because they’re too short. Falling into the five feet, six inches or shorter category herself, she was dismayed to know she wouldn’t have much of a chance to make her dream come true, but that still didn’t make her give up.

In early 2022, she and a friend came across an announcement for the Miss Teen N.H. USA pageant. Her friend encouraged her to sign up and she decided to give it a try.

At the end of that first venture into the world of pageant competitions, Jollie walked away as not only First Runner Up, but also took home the titles of Miss Photogenic and Miss Congeniality.

“I went into it thinking this would be a fun



COURTESY
Over the past year, 19-year-old Bridgewater resident Mackenzie Jollie has been outstanding in several local pageant competitions, and is shown here in both her headshot and the moment she was crowned Miss New Hampshire Petite at the Audi Auditorium in Concord on March 12.

one-time thing,” she said, “but after it was over and I did that well I thought ‘Wow — I can’t stop now!’”

It was an adrenaline thing, she added, but the meaningful platforms presented by her fellow competitors also spurred her on to seek out another pageant.

“I discovered that they’re just a great group of women and I wanted to be part of it,” said Jollie.

Her next entry was in the Miss Hampton Beach contest in July of 2022, where she was named First Runner Up, won the interview portion of the evening and realized she was a true contestant.

Then, after 15 hours a week spent practicing

SEE JOLLIE PAGE A16

Public invited to take part in Plymouth housing study

PLYMOUTH — The town of Plymouth Planning and Development Department, Planning Board, and Housing Committee invite you to a community meeting on Thursday, April 6 at 6:30 p.m. at the Plymouth Elementary School cafeteria (43 Old Ward Bridge Rd.).

This community meeting will launch the public participation process of a comprehensive housing study for the Town of Plymouth. The project consists of a needs analysis, a review of the town’s zoning and other land use regulations, and recommended regulatory changes consistent with the study’s findings. Each of these three phases will include substantial public involvement to ensure that the plan’s final recommendations reflect the needs and values of the community. Together we will work to improve our understanding of housing in Plymouth, determine what we need for housing, and assess how our land use regulations might better address housing issues. Specifically, the project involves the following:

- Phase I: Needs Assessment
- Gather current data about housing (number of units, cost, location and land area, condition, etc.), demographic information (population, age, household income, etc.), economic trends, and employment in Plymouth and develop a report that addresses our current housing situation and future needs.
- Engage with the public to understand needs and perceptions about housing as well as understand the community’s values and attitudes as they pertain to housing.

- Phase II: Regulatory Audit
- Conduct an audit of our current land use regulations that impact housing including density, location issues, available infrastructure, and cost of development of different types of housing. Identify and report about barriers to housing development presented by the Zoning Ordinance, Subdivision Regulations, and other local rules and regulations.
- Phase III: Regulatory Development
- Draft amendments to land use regulations which are consistent with the values and needs of the community, and with the identified deficiencies in the current regulatory structure.

During this first community meeting on April 6, project consultant Barrett Planning Group will provide an overview of initial findings and invite attendees to participate in group discussions about Plymouth’s housing opportunities, needs, and chal-

SEE STUDY PAGE A15

NHEC names VP of Operations & Engineering

Photo

PLYMOUTH — New Hampshire Electric Co-operative (NHEC) President/CEO Alyssa Clemensen Roberts is pleased to announce the promotion of Michael Jennings to Vice President of Operations & Engineering.

Jennings joined NHEC in 2019 as Director of Engineering. Since then, he has taken on additional responsibilities in NHEC Operations, including a key role in the engineering

SEE JENNINGS PAGE A15



Michael Jennings

Kauf, McDonald double up at Waterville Valley

Resorts plays hosts to U.S. Freestyle Championships

BY LARA CARLTON
US Ski and Snowboard

WATERVILLE VALLEY — Despite Mother Nature’s best efforts, the

Toyota U.S. Freestyle Championships kicked off Saturday at Waterville Valley with individual moguls. U.S. Free-

style Ski Team athletes Jaelin Kauf and Cole McDonald were crowned the 2023 U.S. National Champions, skiing a

challenging course made especially firm from rain earlier in the week. This marks Kauf’s fourth U.S. Championship title and McDonald’s first.

U.S. Nationals brings the whole American mogul skiing community together, with national team members competing alongside regional clubs.

“Nationals is such a fun event, especially skiing with these younger athletes,” said Kauf. “The course was really firm and challenging today. But it was fun for our team going back and forth with those top spots all day.”

Kauf was joined on the podium by teammates Olivia Giaccio and Hannah Soar, who

SEE CHAMPIONSHIPS PAGE A15



MALORE IRVIN – COURTESY PHOTO

Jaelin Kauf and Cole McDonald were crowned the 2023 U.S. Moguls National Champions at Waterville Valley. Olivia Giaccio took second and Hannah Soar third. On the men’s side Dylan Marcellini took second and Landon Wendler took third.

Mid-State Health Center’s nutrition services promoting health and wellness

P L Y M O U T H — March is National Nutrition Month and Mid-State Health Center’s Registered Dietitian, Denise Normandin, founder of Enlighten Nutrition & Wellness, is ready to serve the nutrition and wellbeing needs of our community. Choosing a

healthy lifestyle is key to promoting, maintaining and/or regaining health and wellbeing. Therefore, it is important to consider if your lifestyle habits are programming your body for health vs. chronic disease.

Creating healthy hab-

its and routines can be overwhelming for individuals and the family members that care for them. We all live busy lives that often make it difficult to prioritize healthy eating and physical activity. Denise provides practical solutions combined with her expert knowledge in a caring and compassionate way.

Everyone, no matter their health status, can benefit from eating well and being active to optimize wellbeing. Here are a few tips to get you started:

1. Spring is a great

time to clean your pantry and refrigerators of unhealthy food and restock with healthier choices to support better eating patterns.

2. Collect new recipes and designate a specific day or time frame during the week for meal prepping.

3. Consider limiting foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

4. Make a date with a friend to do physical activities that you enjoy.

5. Just START. Take one step and create small goals that you can build on. Walking is a fantastic way to get started.



Denise Normandin

seeds, and soy products

- Oils, in limited amounts, including olive, walnut and avocado oils or in food, such as seafood and nuts

Normandin is accepting new patients and is a preferred provider of Medical Nutrition Therapy (MNT), nutrition consulting and Annual Wellness Visits (AWN) and is available to meet one-on-one to create a healthy lifestyle plan that works for you. She has more than 20 years’ experience as a Registered, licensed Dietitian and is a board-certified Lifestyle Medicine Practitioner.

“My passion is to inspire sustainable, healthy living practices to improve wellbeing and transform lives,” said Normandin.

Private insurance and Medicare accepted. Appointments can be made by calling Mid-State Health Center in Plymouth or Bristol at 603-536-4000.

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.

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Town of Woodstock’s ANNUAL

Rabies Vaccination Clinic

Sponsored in collaboration with Dr. Ben Yanofsky and the NH Humane Society

1– year & 3-year Rabies Vaccines available for \$10

**Pet owners seeking a 3-year vaccine must bring proof of current vaccination status **

WOODSTOCK TOWN OFFICE
165 Lost River Road – Woodstock, NH 03262
SATURDAY – APRIL 15, 2023
10AM – 2PM

During the Rabies Clinic the Town Clerk will be available in the Town Office to license Woodstock residents’ dogs.

You do NOT need to be a Woodstock resident.

Please make sure that all cats are in carriers and all dogs are on leashes.

For questions, please call 603-745-8700. If your pet has special needs, please make arrangements with staff before removing the pet from your vehicle.

State law (RSA 436:100) every dog, cat, and ferret 3 months of age and older shall be vaccinated against rabies. Young dogs, cats, and ferrets shall be vaccinated within 30 days after they have reached 3 months of age.

ALL PROCEEDS BENEFIT THE NH HUMANE SOCIETY!!
HOSTED BY: THE WOODSTOCK POLICE DEPARTMENT

Waterville Valley Easter Egg Hunt is April 8

WATERVILLE VALLEY — The Town of Waterville Valley’s Recreation Department is pleased to announce the annual Easter Egg Hunt! This year, the Hunt will take place on Packards Field on Saturday, April 8. There will be more than 1,000 filled eggs with a chance of finding a golden egg!

Come welcome Spring with us and enjoy Prizes & pictures with the Easter Bunny. The hunt will begin promptly at 9:30am for ages 5 & under and 10am for ages six to 11. There is a \$5 fee for WVRD members and \$15 for guests. Please bring your favorite basket or bag to collect eggs. Advanced online registration is required at wvrdr.com or by calling us at (603) 236-4695. For program updates please visit us on facebook.com/WVRecreation and at our Web site at https://www.watervillevalley.org/recreation. Contact Recreation Director, Brooke Wakefield at (603) 236-4695 with any questions.

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OR VISIT **COVID19.NH.GOV**

Holderness offering tennis programs this summer

BETHLEHEM — The Holderness Recreation Department will be offering tennis with Bill Aronson this summer.

Children's clinic for ages four through seven introduces tennis using the USTA quick start method and focuses on improved racquet skills, hand-eye coordination, balance and movement. Participants will play games to develop skills, modified scoring and rally play. The goal is to provide a fun and enjoy-

able experience while teaching how to play tennis using the correct equipment and courts. These clinics take place Wednesdays from 3:30 to 4:30 p.m. and Saturdays from 2 to 3 p.m.

Youth beginner tennis for ages eight through 16 is for youth seeking to improve and have fun. This is open to total beginners or those getting back into the game. Classes take place Wednesdays from 4:30 to 5:30 p.m. and Saturdays

from 3 to 4 p.m.

Adult beginner tennis for ages 17 and up is for the beginner to advanced beginner level adult wanting to learn the fundamentals of the game. The class will cover racquet positioning, stroke production, court positioning, shot placement and games. Classes take place on Wednesdays from 5:30 to 6:30 p.m. and Saturdays from 4 to 5 p.m.

Adult intermediate and advanced tennis is

for intermediate and advanced players that are looking for a more competitive approach to improving their game. Players should expect to receive high quality instruction geared toward improving performance. These classes take place Wednesdays from 6:30 to 7:30 p.m. and Saturdays from 5 to 6 p.m.

Adaptive tennis is also available for those with special needs and private lessons are also available by e-mailing

wraronson@earthlink.net to work out an agreeable time.

Classes are located at the Holderness Central School and the registration deadline is one week prior to the start of a class. Scholarships may be available for the program.

Aronson is a tennis professional for the city of Coral Gables/Biltmore in Florida and an adjunct professor at both Florida International University and St.

Thomas University. He is also the director of racquet sports at the Profile Club in Franconia and the tennis professional for the town of Bethlehem. He is a USPTA and PTR certified tennis professional and certified by USTA in high performance and quick start.

Visit Holderness-nh.gov or e-mail recreation@holderness-nh.gov for registration details or more information.

Heartfelt Quilters' Guild welcomes fellow quilter and presenter Helen Godden to March meeting

RUMNEY — After being unable to meet in person since December, 2022, due to unanticipated weather conditions, Heartfelt Quilters joined together once again for their March meeting. At this meeting they welcomed speaker, Helen Godden.

Godden is from Canberra, Australia, and gave her presentation by zoom while members enjoyed a "cuppa" tea and cookies in her honor. Helen is an Extreme Free-Motion Machine Quilter. She's been an artist all her life, and came into quilting at the age of 38. She had received awards many times for her innovative quilts, both nationally and internationally.

Godden has been fortunate to travel and teach and share her love of quilting far and wide. Her goal is to "Educate and Inspire" all quilters as they launch into the world of possibilities that is Art Quilting. Some of Helen's work can be seen on her website at helengodden.com.

The Guild continues

to meet on the second Thursday of each month at 5:30PM at the Rumney Baptist Church in

Rumney. Some presenters/speakers lined up for future meetings are Debby Brown who will

hold a trunk show, Doug Leko - Tabletastic - AntlerQuiltDesign.com, Ron Appell - Man Sewing,

Emily Taylor - Collage Quilting and Leah Day. In May the guild will be showing a Slide Show of past MQX (Machine Quilting Expo) quilts. In June the Guild will host Emily Taylor Collage Quilts by zoom. We hope to host Michelle Plourde

in the fall to do her presentation, "Collaboration Through Time." Plourde's quilt won Best in show at Road to California.

The Guild welcomes new members, so come join us.




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Waterville Valley Elementary School hosting Film Night

WATERVILLE VALLEY — The WVES Film Night will take place on April 18 from 6-7 p.m. All ages are invited to view a series of educational films produced and directed by students in grades six through eight. Tickets are available for purchase at the door at the time of the event. All proceeds will go to fund the annual class trip.

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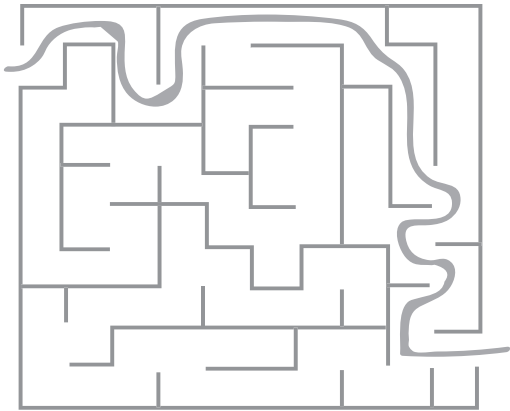
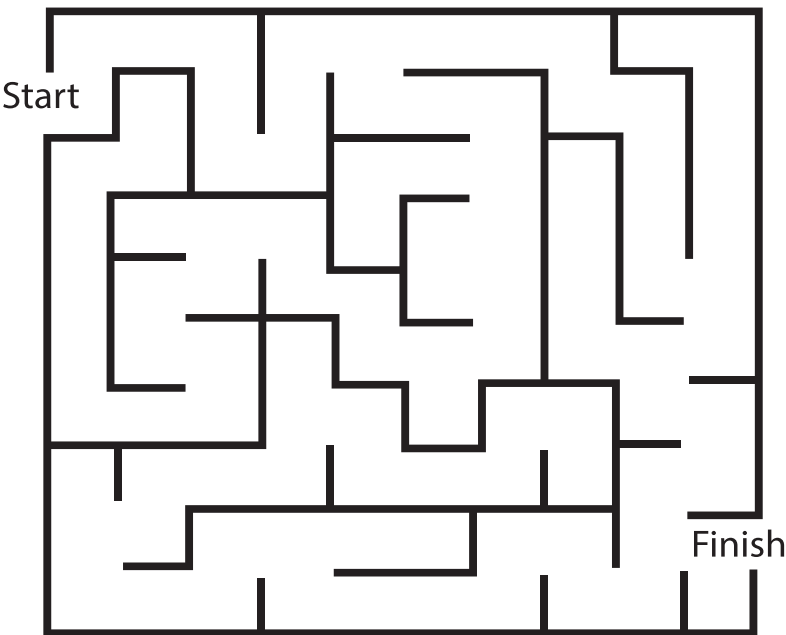


THIS MONTH IS WHEN
THE SPRING EQUINOX
OCCURS IN THE
SOUTHERN HEMISPHERE.

ANSWER: SEPTEMBER

Maze Craze

Can you find your way through the maze?



THIS DAY IN...



HISTORY

- **1871:** THE FIRST INTERNATIONAL RUGBY MATCH TAKES PLACE BETWEEN SCOTLAND AND ENGLAND IN EDINBURGH.
- **1976:** THE FIRST SECTION OF THE WASHINGTON METRO OPENS TO THE PUBLIC.
- **2020:** NORTH MACEDONIA BECOMES THE 30TH MEMBER OF NATO.



BULB

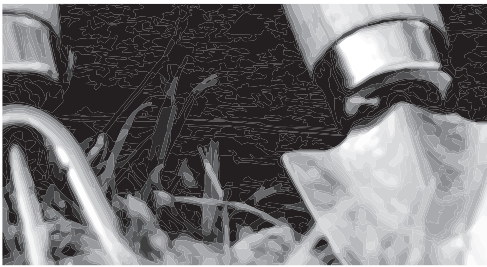
a food storage organ
that produces a new
flowering plant

How they
SAY that in...

- ENGLISH:** Warm
- SPANISH:** Tibio
- ITALIAN:** Caldo
- FRENCH:** Chaud
- GERMAN:** Warm



THE FIRST SPRING FLOWERS ARE
LILACS, IRISES, LILIES, TULIPS,
DAFFODILS, AND DANDELIONS.



Can you guess what
the bigger picture is?

ANSWER: GARDEN TOOLS

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to spring.
Each number corresponds to a letter.
(Hint: 9 = O)

A. 23 8 9 9 4 14

Clue: Flowers

B. 24 8 9 1 25 5

Clue: Petaled part of plant

C. 1 2 5 4

Clue: Pleasant temperature

D. 5 2 21 13

Clue: Precipitation

Answers: A. blooms B. flower C. warm D. rain

SUDOKU

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

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!

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

ANSWER:

Learn about New Hampton’s ‘Founding Father’

NEW HAMPTON — The Historical Society will host a program on “New Hampton’s Founding Father, Jonathan Moulton” Tuesday, April 11, at 7 p.m. at the Gordon-Nash Library, 69 Main St., New Hampton.

Learn about the man who is said to have purchased the town of New Hampton in exchange for an ox! Every New Hampton resident should know about the men who were granted their town and those who built it.

General Jonathan Moulton was an indentured servant who became the richest man in his home town of Hampton. Legends surround Moulton involving the Indian Wars, a shipwreck, his second wife, a pact with the devil, fires, and the location of his dead body. From Captain in the New Hampshire Militia to British loyalist to Revolutionary General and public servant, who was the real Jonathan Moulton? Why did some people seem to hate him? Why did his barns burn down four times? Was this controversial person a scoundrel or a hero?

Our presenter, Bob Smith, Weirs Times Contributing Writer, NHHS long time member and currently Director At Large, will examine Moulton’s life from his birth to his death(1726-1787).

Our programs are free and open to the public. Light refreshments will be served.

Newfound seeking Hall of Fame nominations

BRISTOL — The Newfound Hall of Fame Selection Committee will be meeting later this spring. Nominations for people/teams deserving of recognition are still being accepted until April 28. The nomination forms can be found on the NRHS Athletics web site by clicking on the “Hall of Fame” tab at the top of the page.

The Newfound Regional High School Athletics Hall of Fame provides a means by which to recognize the significant contributions of athletes, coaches, teams and contributors to Bristol High School, Newfound Memorial High School and Newfound Regional High School while reinforcing a sense of history and tradition. This event is annually held during Homecoming Weekend.

The number of inductees each year will be at the discretion of the Hall of Fame Selection Committee. Deceased athletes, coaches or contributors are eligible to be inducted.

All questions can be directed to Jacob Tivey, Athletic Director at Newfound Regional High School at jtivey@sau4.org or 603-744-6006, ext. 1507.

Local swimmers compete in New England Championships

WORCESTER, Mass. — Upper Valley Aquatic Club Swim Team sent four athletes to compete in the New England 15-18 Championship Swim Meet held at Worchester Polytechnic Institute in Worchester, Mass. the weekend of March 10-12. This meet was a prelim/final format and required qualifying times to attend.

Qualifying athletes in attendance included Hugh Hawkins of Littleton and Iris Freeman of Campton.

Freeman placed in the top 20 to score in the 1,000 yard-Freestyle and the 1,650-yard Freestyle. Hawkins competed in six events over the weekend and placed well in all of them.

How to prevent Lyme disease in dogs

Lyme disease is a bacterial illness often spread through the bite of the black-legged tick. A bacterium known as borrelia burgdorferi is carried inside a tick and can be transmitted from the tick’s saliva into the bloodstream of an animal host, whether that host be a person, pet or wild animal.

Though it is often transmitted to humans, Lyme disease is less common in dogs, even after they’ve been bitten by an infected tick. A report published in the Journal of Veterinary Medicine found Lyme disease causes clinical symptoms in only 5 percent of dogs who are affected with the disease. Lameness, joint swelling, arthritis, depression, weight loss, and other appetite issues are noted as the most common symptoms.

No matter how large or small the risk for dogs acquiring Lyme disease may be, pet owners can employ various measures to prevent the illness from affecting their companion animals.

- Use a tick preventative. The Centers for Disease Control and Prevention say that pet owners should speak with their veterinarians about the best tick prevention products for their dogs. Most are broken down into two classes: topical and oral. Topical tick preventatives are liquids placed on the skin or chemicals embedded in special collars. Oral medications are consumed and absorbed by the pet. There are pros and cons to both types, which warrants an honest discussion with a pet professional.
- Stick to trails. When walking dogs, keep to clearly identified and cleared trails and try to avoid tick-infested spots. Ticks are found in sandy, wooded and grassy areas. They find their way onto animals by detecting approaching motion and then crawling or dropping on to people or animals. Also, keep home yards mowed to cut down on tall grasses where ticks can hide.
- Physically remove ticks. Inspect dogs when they come inside from the yard or after walks in parks and elsewhere. Remove any ticks that you can find. Some may be quite small and hard to detect. Carefully remove embedded ticks to keep the tick’s mouth parts intact.
- Vaccinate against Lyme disease. Veterinarians offer Lyme disease vaccinations for dogs that are administered yearly. Should an infected tick bite the dog, a vaccinated animal will be less likely to contract Lyme disease. VCA Animal Hospitals says vaccination is recommended for pets who live in endemic areas or travel to areas where Lyme disease is



prevalent.

- Schedule wellness visits that include Lyme testing. Annual vaccines are necessary to maintain immunity to Lyme disease. Vets often will conduct blood tests to check for the presence of Lyme disease and other tick-borne illnesses during wellness visits. Should Lyme disease be present, an antibiotic, typically doxycycline, will be prescribed.

Lyme disease affects all types of animals. To keep dogs safe, pet owners can embrace a mix of preventative measures, including physical inspection, lifestyle changes and vaccination.

Take a full moon hike with NLRA!

HEBRON — Join Newfound Lake Region Association Conservation Program Manager Paul Pellissier for a moonlit hike in Bridgewater on Thursday, April 6 at 7 p.m.

With the full moon on the 6th, there’s the chance to get outside at night with natural light! You’ll explore the outdoors using your eyes and ears and notice things that you may miss during the day. This hike will give you great views of the watershed, introduce you to hiking under moonlight, and provide an opportunity to think about other sources of light at night. Register online at NewfoundLake.org/events or call 603-744-8689.

The Newfound Lake Region Association is committed to protecting Newfound Lake and its watershed through education, programs, and collaboration that promote conservation and preservation of the region’s natural, social, and economic resources. Through water quality and invasive species monitoring, educational events such as guided hikes and nature activities, and land conservation efforts that protect open spaces and help manage stormwater pollution, NLRA approaches conservation at the watershed level. You can learn more about NLRA’s initiatives at NewfoundLake.org.

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TOWN OF GROTON

PUBLIC NOTICE

The Select Board has scheduled a public hearing for Tuesday, April 4, 2023 at 7:00pm, regarding RSA 74:10, for the public to provide comments on one’s liability to be taxed. This meeting will be held at the Town House at 754 North Groton Road.

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Edward Jones: Financial Focus

What goes into a retirement ‘paycheck’?

During your working years, you generally know how much money you’re bringing in, so you can budget accordingly. But once you’re retired, it’s a different story. However, with some diligence, you can put together a “paycheck” that can help you meet your income needs.

Where will this paycheck come from? Social Security benefits should replace about 40% of one’s pre-retirement earnings, according to the Social Security Administration, but this figure varies widely based on an individual’s circumstances. Typically, the higher your income before you retire, the lower the percentage will be replaced by Social Security. Private pensions have become much rarer in recent decades, though you might receive one if you worked for a government agency or a large company. But in any case, to fill out your retirement paycheck, you may

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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to your retirement income. In the years immediately preceding their retirement, some investors increase the presence of these interest-paying investments in their portfolio. (But even during retirement, you’ll need some growth potential in your investments to help keep you ahead of inflation.)

- Dividends – When you were working, and you didn’t have to depend on your portfolio for income to the extent you will when you’re retired, you may have reinvested the dividends you received from stocks and stock-based mutual funds, increasing the number of shares you own in these investments. And that was a good move, because increased share ownership is a great way to help build wealth. But once you’re retired, you may need to start accepting the dividends to boost your cash flow.
- Interest payments – The interest payments from bonds and other fixed-income investments, such as certificates of deposit (CDs), can also add


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CADY Corner

Parents: The anti-drug

BY DEB NARO
Contributor

The relationship between children and their parents or caregivers (such as guardians, aunts and uncles, or grandparents) is one of the most important relationships in a child's life, often lasting well into adulthood. In adolescence, this relationship changes dramatically as youth seek increased independence from their families and begin to make their own decisions. With increased independence comes the possibility of increased risk, both positive and negative, and teens need parents or caregivers to help them navigate the challenges that adolescence presents. Though some amount of conflict between adolescents and their parents is normal, adolescents still rely on parents or caregivers to provide emotional support and set limits, both of which are linked to positive adolescent development.

Just as close parent-child relationships are linked to the healthy development of adolescents, positive parenting behaviors are linked to increased parent-child closeness. There are many positive parenting techniques for parents who want to build stronger parent-child relationships. These tips also can be used by siblings, other family members, and other caring adults who are influential figures in the lives of children and youth.

Parenting an adolescent is different than parenting a younger child. Peers become increasingly important in the lives of adolescents and influence their appearance (e.g., clothing), certain behaviors (e.g., language use and taste in music), and social life (e.g., dating). However, parents still play a large and extremely vital role; they help shape their children's educational plans, moral and social values, and their broader world view.

As children grow, parenting shifts from making decisions for the younger child to helping older children and adolescents make decisions on their own, while minimizing the chance of engagement in high-risk behaviors. Parents can provide needed support and love and help their child understand how their choices can affect their health and well-being. In fact, research shows that parents continue to have more influence than peers on many important outcomes, including whether adolescents smoke, use alcohol or other drugs, or have sex.

Developing and maintaining a positive and strong parent-adolescent relationship has real consequences. Positive parent-child relationships are associated with higher levels of adolescent self-esteem, happiness, and life satisfaction, and lower levels of emotional and physical distress. Close parent-child relationships also have been linked to abstinence and safer sex behaviors among adolescents and prevention of alcohol, tobacco, and marijuana.

If you would like a free copy of "The Parent Handbook" for Middle and High School Students featuring outstanding information on Dating; Bullying; Social Media; Vaping; Anxiety; Marijuana; and Screen Time, please contact Emily Shanahan at eshanahan@cadyinc.org or for more information about positive parenting, visit our website at cady-inc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. Local prevention, treatment and recovery resources are also available at findwellnh.org. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of March 24 are seventh grade students Leo Connell and Jed MacDowell and PE Teacher Mrs Williams. 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!

Changing the Conversation

What is Xylazine?

BY TARA GRAHAM
Central NH Community Opioid Response Program

Last month, we talked about counterfeit pills containing fentanyl and methamphetamines. These pills, that may look like pain pills or other prescription medications, are not what they seem to be. There is yet another extremely concerning trend being seen among the substance use landscape, xylazine, an animal tranquilizer, is now being infused into the opioid drug supply.

According to the National Institute on Drug Abuse, xylazine (also known as "tranq"), "is a central nervous system depressant that can cause drowsiness and amnesia and slow breathing, heart rate, and blood pressure to dangerously low levels. Taking opioids in combination with xylazine and other central nervous system depressants—like alcohol or benzodiazepines, increases the risk of life-threatening overdose."

Xylazine is mainly used in veterinary medicine as a sedative for surgical procedures on livestock. It is used in conjunction with a reversal antidote called Tolazoline, which is used to bring the animals out of sedation after their procedure.

However, there is no approved antidote for human use. According to a recent brief from the Center on Rural Addiction at the University of Vermont, "xylazine has been studied in humans for its potential use as an analgesic, hypnotic, and anesthetic, but these clinical trials were terminated due to its severe hypotension (dangerously low blood pressure) and central nervous system depressant effects."

The Center on Rural Addiction shared opioid overdose statistics from January to September of 2022 that showed an average of 32 percent with the presence of Xylazine. Some months, this percentage came in as high as 50 percent. It is not just happening in the cities, it is here, right in the rural communities of Central New Hampshire.

The Center on Rural Addiction states that "in the event of a suspected xylazine overdose, experts recommend giving the opioid overdose reversal medication naloxone because xylazine is frequently combined with opioids. However, because xylazine is not an opioid, naloxone does not address the impact of xylazine on breathing. Assistance with breathing can be useful when responding to an overdose involving xylazine." Simply put,

naloxone should help with the opioid effects of an overdose, but will not help with a xylazine overdose, as xylazine is not an opioid.

Along with causing low blood pressure, central nervous system depression, slowing respiratory rates and causing heart rates to decrease, xylazine often causes ulcers and skin deterioration around the injection site. The effects of this can be detrimental, including loss of limbs and life-threatening infections. These wounds need professional treatment as early as possible to attempt to curb these side effects, but much research is still being done on the longer-term impact of use.

A brief from the Drug Enforcement Agency explained that, "users may develop a physical dependence to xylazine itself, with some users reporting the withdrawal symptoms from xylazine as, or more, severe than from heroin or methadone; symptoms include sharp chest pains and seizures. When combined with fentanyl or other synthetic opioids, xylazine can increase the potential for fatal overdoses, as the similarity in pharmacological effects can further reduce the already decreased respiratory function. Overdoses associated with xylazine

may be more difficult to identify in clinical settings, as they often appear similar to opioid overdoses and may not be included in routine drug screening tests."

Given the current state of the illicit drug supply, there is no safe experience. Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on the path to wellness. You can visit FindWell-nh.org any time to learn more about prevention, treatment, and recovery services in the Central NH region or to 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 (PARC), is available to provide in-person support and answer questions about treatment and recovery. You can reach PARC at info@parcnh.org or by phone at 603-238-3555. In addition, the Whole Village Family Resource Center has many family-centered resources available, they can be reached at 603-536-3720.

Comfort Keepers

Healthy eye care and nutrition

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommenda-

tions on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide

vitamins and nutrients that help with eye health – kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood

circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma – Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eye-SEE COMFORT PAGE A15



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

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	27 Karl Gordon Rd.	Single-Family Residence	\$250,000	Alyson G. and Brian Gammons	James V. and Kevin P. Akey
Alexandria	N/A (Lot 1)	N/A	\$29,000	Tara and Omar Alcantara	Jeffrey and Jennifer MacDonald
Alexandria	N/A (Lot 11)	N/A	\$47,533	Huber RT and L.M. Trachtenberg-Huber	D.W. & Janna M. Pitman JRET
Plymouth	Clay Brook Drive	Woodland	\$200,000	Carl D. Ciasson 2001 Trust and Helen B. Chiasson	Stone Bluff Property Holdings LLC
Thornton	Amory Leland Road, Lot 20 N/A		\$81,000	John Deangelis	Clover Investments LLC
Thornton	Amory Leland Road, Lot 20 N/A		\$81,000	John Deangelis	Clover Investments LLC
Thornton	60 Old Sawmill Rd., Unit 2	Condominium	\$320,000	Shirley D. and Jerel A. Benton	Martin J. Forde
Warren	Studio Road	Residential Open Land	\$16,000	Kelly A. Jones	Lesa A. Romano

ABOUT THE REAL REPORT

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

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

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

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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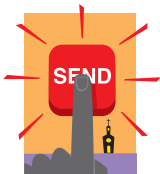
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PETS OF THE WEEK



Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Colt

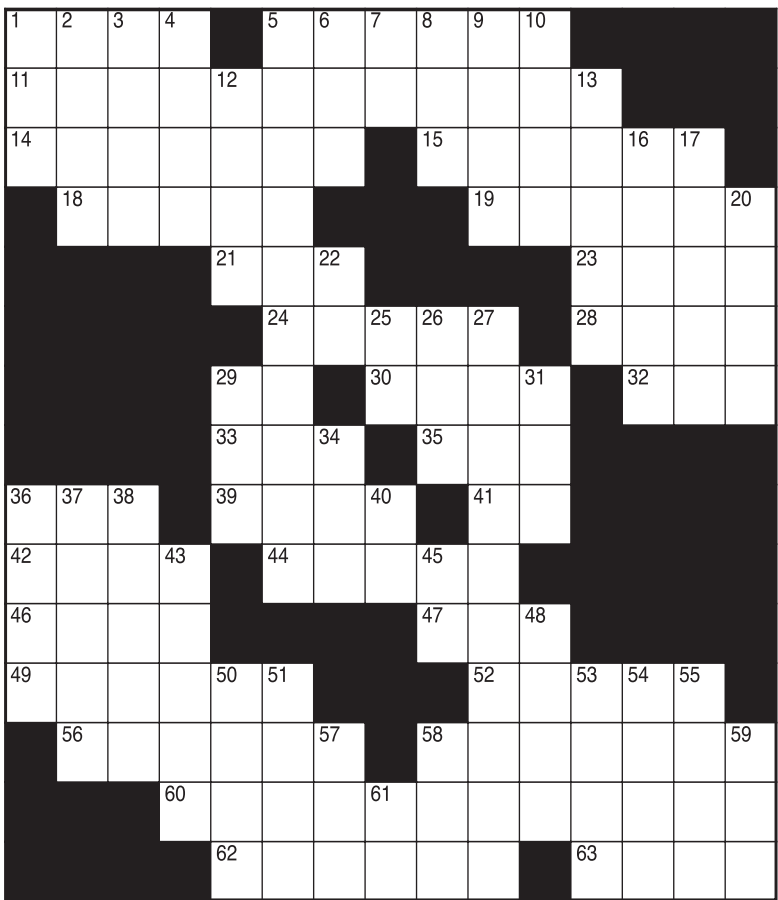
Meet Colt! This pup is beyond smart and would be an amazing companion. He knows so many tricks and commands... especially "treat?". He enjoys nothing more than getting to go for long walks outside, need a hiking buddy this spring? After a long day outdoors, Colt will be ready for snuggles and watching your favorite movies. He would be a candidate for a home without other animal friends.



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TAKE A BREAK



ACROSS

1. Millisecond
5. Narcotic drug
11. Accident
14. Formal submissions
15. Popular 70s rock band
18. Discourage from doing
19. More socially elite
21. Arid
23. A way to look
24. Heroes
28. A surfer rides it
29. Potato state
30. Insect repellent
32. Cool!
33. Have already done

35. Collegiate women's fraternity
36. To the ___ degree
39. Gasteyer and de Armas are two
41. Blood type
42. Looked over
44. Language of Cameroon and Chad
46. Species of armadillo
47. Touch softly
49. Part of your upper body
52. Large, stocky lizards
56. Lack of social or ethical standards
58. Congressman
60. Unofficial force
62. As a result of this utterance
63. A main branch of Islam

DOWN

1. Woman (French)
2. Province of Pakistan
3. This (Spanish)
4. Transportation device
5. Greater in importance or priority
6. The human foot
7. Within
8. Consumed
9. Respectful Malaysian term
10. Therefore
12. Ceased to exist
13. Type of macaroni
16. English composer
17. Wooded tract
20. Tall, slender-leaved plant
22. 36 inches
25. Take too much (abbr.)
26. Allow
27. Individually
29. Journalist Tarbell
31. Bar bill
34. Hong Kong food stall: ___ pai dong
36. Not messy
37. Species that includes reed mace
38. Former MLB catcher Ed
40. Northern U.S. state
43. Wilt
45. Commercial
48. Bolivian river
50. Nursemaid
51. A car needs four
53. Guns (slang)
54. American state
55. Clusters of fern fronds
57. Body part
58. A person's brother or sister
59. Breed of sheep native to Sweden
61. Of I

SPRING BREAK WORD SEARCH

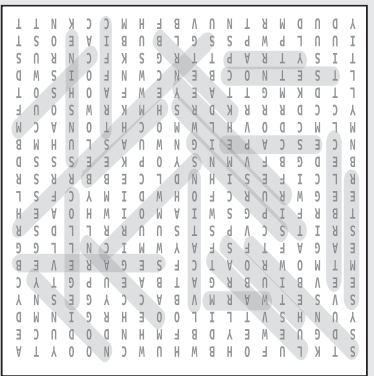
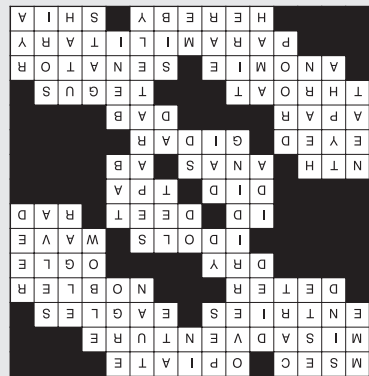
S T K L U F O H B W H U W C N O O Y T A
S D G U E W E Y D B F M H N D O D U C E
Y U N H S V T L I L O O E H R G I N M D
S V S E T W A R M V B A C Y G E S N Y
E E V B I U B R G A T B A E U P G T Y C
M T M O W R O A T C F S E G A R E V E B
E A G A F T F S F A Y W M I C N L L G G
S R I T S C V P S T S U O R R L O D S R
T B R F I P G S W I A M O I W H O A E H
E E G W R U R C F O H W D I M Y C F S L
R L C I F E S I H N D L C E B B R R S R
B E D G B F V M N S Y O P K E E S S S D
N C E S C A P E I G N W U A S L U H M B
M L M C D O V H L W M O C H T O N A C M
Y C C D R R R K D R S H M K R W S O U F
L T D K M G T T A E Y E W F A O H S O T
L T S E T N O C B E N C W N F O I S W D
T I S Y T R A P T T R G S K F C N R U S
I U U L P W P S S G L B U B I A E O S T
Y D U D M R T N U V B F H M C C K N T T

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

SPRING BREAK WORD SEARCH

BEACH, BEVERAGES, BREAK, CELEBRATE, COLLEGE, CONTEST, CROWDS, ESCAPE, FRIENDS, MUSIC, NOISY, OCEAN, PARTY, REFRESHMENTS, REVELRY, SEMESTER, SOUTH, SPRING, SUNSHINE, SWIMSUIT, TRAFFIC, TRAVEL, VACATION, WARM

This Week's Answers





Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

Happy last week of March! I'll admit it, I am anxious to see the snow gone and green things sprouting once again.

Town Board of Selectmen meeting Tuesday, April 4 at 6 p.m. in the Municipal Building.

Alexandria UMC Community Dinner Saturday, April 1 at 5 p.m. in the Vestry. On the menu is baked chicken, stuffing, mashed potatoes, gravy, green beans and cranberry sauce. Pineapple Upside Down Cake for dessert and beverages will be coffee, tea and lemonade. My oh my, what a feast that will be! Come on over and join us for a fine meal, great conversation and much laughter! Donations are accepted.

Sunday, April 2, services begin at 9 a.m. and Communion will be served at an open table. Sunday School will begin at 10:15 a.m. All are welcome.

Have a wonderful week ahead and may the mud in your area be dried up soon!

Ashland

David Ruell 968-7716
davidruell@gmail.com

Easter Eve supper The American Legion Post will serve an Easter Eve Ham and Beans Supper from 5 to 7 p.m. on Saturday, April 8, in the Legion Hall. The beans and bread will be homemade. The dessert will be carrot cake. The cost is \$12 per person.

Library Storytime The Ashland Town Library will hold a Storytime at 3 p.m. on Monday, April 10, with stories, crafts, activities and a snack. Bring your children.

Fourth of July Parade Looking out the window, it may not seem that the Fourth of July is coming soon. But, New Hampshire is a true four-season state.

Whatever the season may be on any day, it will be a different one three months later, and Independence Day is now just three months away. The Fourth of July Committee is looking for parade participants- floats, groups and individuals. So start planning to take part in Ashland's big parade on Tuesday, July 4.

Student Art at PSU Student art from eight elementary schools in the area has been on display in the Silver Art Center at Plymouth State University during March, which is Youth Art Month. Ashland students from Grades 1 to 4 contributed 23 artworks.

Bristol

Al Blakeley
Adblakeley0@gmail.com

All dogs need to be registered by April 30 at the Bristol Town Clerk's office. Fines will be posted after that. Please make sure you have a current rabies certificate at registration.

Recurring events at the Minot-Sleeper Library include: Knot Only Knitters on Mondays from 2:30-4:30 p.m., Storytime on Wednesdays at 10:30 a.m., Mah Jongg on Wednesdays from 1-3 p.m., Scrabble with Jenna on Thursdays from 10:30 - 11:30 a.m., Lego Club on Fridays at 2:30 p.m. and Quilt Club on Fridays at 1 p.m. The library hosts Poetry Night on the first Tuesday of every month at 6:30 p.m.

'Don't be a Victim of Fraud' will be presented by TD Bank on Thursday, March 30, from 3 - 4 p.m. at the Minot-Sleeper Library. Learn about typical fraud schemes, avoiding financial exploitation and protecting your identity with TD Bank. This event is free and open to the public.

Join NLRA Conservation Program Manager Paul Pellissier for a Moonlit Hike in Bridgewater on Thursday, April 6 at 7 p.m. This hike will give one great views (full moon) of the watershed, introduce you to hiking under moonlight, and provide an opportunity to think about other sources of light at night.

Register online at NewfoundLake.org/events or call 744-8689.

An Easter egg hunt for all ages will be held on Saturday, April 8 at 1 p.m. at the TTCC at 30 Main St., Bristol. No registration is required, donations accepted at the door. Lots of prizes, candy, and lots of fun will be had including pictures with the 'Easter Bunny', face painting, balloon twisting, a coloring contest and more.

The Bristol United Church invites friends and neighbors in the Newfound Area to come celebrate the good news of the Easter event on Sunday, April 9. The BCC welcome, respect and try to honor people from diverse backgrounds and experiences of faith. Come sing, pray, and hear a positive word. Then, stay for breakfast if you are comfortable in doing so.

Gather on the lawn in front for 6:30 a.m., and breakfast will be served by 7:30 a.m.

On Sunday, April 9, Bristol Baptist Church will be holding a Sunrise Service at Bristol Town Square at 6 a.m., followed by a Resurrection Sunday Service in the church at 10 a.m.

Registration is now open for TTCC Baseball, Softball and T-Ball. For details, see the TTCC Baseball/Softball/T-ball page on the TTCC Web site. The TTCC offers programs from T-Ball to Babe Ruth baseball and softball. T-Ball - ages 4, 5 & 6; Rookie Baseball & 8U Softball - ages 7 & 8; Minor Baseball and 10U Softball - ages 9 & 10; Major Baseball & 12U Softball - ages 11 & 12; Babe Ruth Baseball and Softball - ages 13 - 16. Age determination: Softball - Jan. 1, 2023, Baseball - May 1, 2023. The program runs primarily through volunteer efforts. Please consider helping out as a board member, coach, help with concessions, press box, field maintenance and more.

The Bristol Events Committee is getting ready to publish its 2023 Spring & Summer Activity brochure. If you are a non-profit organization holding an event in the Newfound Region between Memorial Day and Labor Day in 2023 you could be included in the next brochure printed and distributed by the Committee. A total of 5,000 brochures were distributed in 2022!

Preference will be given to Bristol events, and non-Bristol events oc-

curing in the Newfound Region will be added on a space-available basis. Events must be open to everyone, and either organized by or benefitting a not-for-profit organization. Free events open to the community by a for-profit business may be considered as space allows. Space in the brochure is limited, and all events submitted may not be listed. The Bristol Community Events Committee reserves the right to refuse inclusion in the brochure to any and all submissions.

Please send all event details including: event date, time, place, event name, type of event, target audience, and any fees charged. Be sure to include your contact info - organization name, contact person name, mailing address, phone and email address. Submissions can be sent to: bristolevents@bristol-nh.gov or ldion@ttccrec.org. Deadline for submission is April 12.

The Mud Season Mixer with the Club Soda Band will take place on Saturday, April 1 in Bristol at the Historical Town Hall from 7 -10 p.m., and is open to all adults. There will be a cash bar provided by the Homestead Restaurant offering both non-alcoholic and alcoholic drinks. Snacks will be provided and admission to the dance is free, however donations will be accepted at the door to go towards future Events Committee projects. For more information on this and other events hosted by the Bristol Community Events Committee, you can contact the Town of Bristol at 744-3354, ext. 136. Up to date event info is posted on the Town of Bristol Web site at www.townofbristolnh.org and on the TTCC Web site at www.ttcrc.org.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

Spring is officially here! My pair of Embden geese have stopped swimming in the cow's water and have found a tiny opening in our pond. The sheep will be sheared on Thursday, forecasted to be a cool and blustery day. They will not be happy with me! My granddaughters and I are starting a Colonial herb garden this spring. One of the seeds we have started is Woad. Woad was used to dye wool blue. We are looking forward to doing that this summer. My husband will be boiling

on Saturday. He thinks this may be that last time. Feel free to stop by and sample some warm syrup!

Spring Craft Fair & Bake Sale

Come join us on April 1 from 9 a.m. to p.m. at the Campton Baptist Church at 1345 Main St. in Campton. Enjoy your day with our crafters and their unique creations and products. Soup n Sandwiches are available for purchase; \$7.00 per serving which includes soup, sandwich and drink. There will be a door prize and a raffle. free admission and parking. All are welcome!

For more information or if you would like to be a vendor, please contact Bette Ann Coy at 603-346-0332.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The time has arrived for the NH Humanities' "Humanities to Go" program. It's Friday the 31st at 6 p.m. at the church. New Hampshire archaeologist Robert Goodby will give an illustrated presentation of "Digging into New Hampshire Native History," with a special focus about the Abenaki,

Rev. Gray Fitzgerald will lead Palm Sunday worship and Communion on Sunday, April 2, at 11 a.m. Their traditional Tenebrae/Maundy Thursday candlelight service will be on Thursday evening, April 6, at 7 p.m. Everyone is invited, and welcome.

Keep in mind that if you need a ride, they are happy to help. Visit them on Facebook- "Friends of the South Danbury Christian Church," call/text 603 491-3196, or email southdanburychurch@gmail.com.

Danbury Winter Market

Drop by the grange hall on Saturday April 1st for the winter market. Listen to live music on the stage, and bring some seeds to swap or just see what they have. The vendors offers a variety of items- all handmade, home baked and made in our neighborhoods. Two floors of crafts and farms, plus lunch and breakfast.

The DCC Also happening on April 1 will be the Danbury Community Center's Easter egg hunt and breakfast. Starting at 8:30 a.m., the Easter bunny will be there. Save the date...The DCC has announced that the town wide yard sale will be held Aug. 5.

Holderness

Fran Taylor 968-3846

Spring catalog of activities for Holderness Recreation is out this week. For those thinking

of sending youngsters to summer day camp, the SummerEscape is described. This year's program will include group and individual activities, swimming, field trips, Yoga, special guests and activities for ages five to 12 years. Registration opens on March 16. There's a program of Counselor In Training for ages 13-15.

If you have, or know of a child, who will be five years old by Sept. 30, please call the Central School to register for Kindergarten at 603-536-2538. Kindergarten screenings will take place in May.

Rise and shine Flow Yoga with Abby Erler continues on Tuesday mornings at the Town Hall on Tuesdays from 8-9 a.m. Register at Holderness Rec. There's also Tai chi on Wednesdays 5:30 to 6:30 p.m.

Be sure to check out other activities when you receive your schedule in the mail. You might be interested in the Writing Workshop with Peggy Rosen and Cooking Classes with Wendy Hills.

Hope some of you saw the Northern Lights last week. Spectacular photos taken from the roof of Boyd Hall on the PSU Campus can be seen on Facebook.

Our Road Agent Kevin Coburn has posted town roads for a maximum weight of 12,000 pounds.

Register early for the Children's Annual Easter Trail Hunt on the Recreation website. Reason for registration is that there's limited parking in the location of the trail so, by scheduling entries, parking problems are mitigated.

Some residents will remember Herb Waters who taught art at the Holderness School. Herb's prints from his woodcuts are treasured by many in the area. Plymouth Congregational Church will be exhibiting some of his works in the Sanctuary through the month of April. Visitors are welcome from 9 a.m.-1 p.m. Tuesday to Friday. Use the rear entrance.

Rumney

Elise Saad (508) 981-4184
elise@infonetics-usa.com

Byron G. Merrill Library

How delighted we are to welcome the month of April... The warming days of spring, longer sunshine in the afternoons, our lawns and gardens waiting for attention. The ladies at Byron G. Merrill Library are ready and able to

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Barry Douglas Tanner, 52

Barry Douglas Tanner, age 52, of Thornton, NH, passed away on March 23, 2023 at Catholic Medical Center in Manchester, NH due to complications after a medical incident. He was surrounded by his family and close friends. The entire community is deeply saddened by his sudden death.

Barry is survived by his wife Paula (Morel) of 24 years, daughter Mackenzie, and son Brock, who all cherished and loved him dearly. He is also survived by his loving mother Barbara Tanner and his brother David Tanner.

Barry was born on February 7, 1971, in Boston, Massachusetts. He graduated in 1989 from Middleborough High School. During his time at Middleborough High, Barry built several lifelong relationships with friends who still affectionately call him “BF” and developed a love for the game of football as a player for the Sachems. After high school, he attended Plymouth State College where he continued his football career as a proud Plymouth State Panther. Barry also played semi-pro football for the Middleborough Cobras, and dabbled in amateur wrestling where he would be known as Lumberjack



Jack Tanner.

While at Plymouth, Barry had an opportunity to become a part time police officer with the Plymouth Police Department in 1993. This naturally progressed to attending the police academy with New Hampshire Police Standards and Training, where he was proud to be a member of the 102nd graduating class, alongside his dear friend Steve Lefebvre. He was hired by the community of Haverhill, NH, as a patrolman with the Haverhill Police Department from 1994-1995. In 1995, he had the privilege to serve the community he loved as a full time officer with the Plymouth, NH, Police Department. He started as a patrolman and was promoted to the rank of Detective Sergeant. In 2005, he continued his career with the Holderness Police Department as Lieutenant until 2017, when he retired after 24 years

of dedicated service. In retirement, Barry joined the Bristol, NH, Police Department in 2017 as a part time Detective Sergeant until his passing.

Barry’s passion for serving his community didn’t stop with police work. His love for athletics, along with community service, brought many opportunities to coach youth sports. In 2008, he joined with Seth Cooper and the Thundercats Softball Program, coaching Mackenzie along the way. In 2010, he joined the Board for the Plymouth Huskies Football Team as their equipment manager and coached his son Brock on the third grade team which continued for seven years alongside his closest friends - Coach Crane, Coach Comeau, and Coach Tryder. From 2011-2014, he served as president of the Plymouth Huskies organization, growing the organization, along with his wife Paula, and a dedicated group of parents and athletes who contributed to PRHS winning several state football championships. That group of players still proudly call Barry “Coach.” From 2015-2017, Barry moved on to coach middle school football at Plymouth Elementary School.

Barry’s greatest joys in life were his chil-

dren and his extended family. He was lovingly known as Uncle Barry to his nieces, nephews, and in-laws. He loved all genres of music, largely due to his mother’s influence. On any given occasion, Barry and his Mom would often break out into singing together. Barry had a special love for his daughter Mackenzie, and so hearing about her countless outings with her close friends only encouraged him more to remind her to live life to the fullest. He also taught her everything about the NFL and the game of football, which she excitedly loved to watch with him every Sunday. Barry loved nothing more than watching his son Brock and the boys play football and hockey, always sitting with his dear friend Rob for each and every game. Barry was so incredibly proud of Brock’s endeavor to attend college at Coastal Carolina University. He was so proud that he hung the Chanticleer flag from the flagpole on their front lawn and would excitedly follow CCU Football and Baseball.

Some of Barry’s favorite memories were at Coop’s Camp in Pittsburg, NH. He was so happy when he could spend a couple days at

camp with his closest friends and brothers in law enforcement. In his final years of service in law enforcement with the Bristol Police Department, Barry also established an incredible friendship with his fellow officer, Chief Kris Bean, who he loved dearly.

Barry has always been described as larger than life. He was a presence no matter where he went. As a friend of Barry’s, you could always count on his friendship and unwavering loyalty. It was one of Barry’s most admirable attributes - he would do anything for the people he loved. It brings happiness for his family to know that his Uncle Lou and Mem Daly are now holding him close in heaven.

Paula, Mackenzie, and Brock would like to thank all of the incredible doctors and nursing staff at Speare Memorial Hospital and Catholic Medical Center for the incredible care, patience, and tenderness they showed Barry. The family would also like to extend their heartfelt love and gratitude to their extended law enforcement family for their unwavering support during this very difficult time for their family. Lastly, the Tanner

family expresses their gratitude to the Mayhew Funeral Home, Peter Mayhew and Mark McGlone, for their kindness and support.

A celebration of life will take place on Thursday, March 30, 2023, from 3pm-7pm at The Owl’s Nest Resort at 40 Clubhouse Lane in Thornton, NH. There will be a law enforcement procession that will take place prior to the celebration of life. Close friends and family are welcome to join the procession. Staging will be at the New Hampton Police Department, 24 Intervale Rd, New Hampton, NH at 1:30pm. The procession will leave promptly at 2:00pm.

Flowers may be sent to The Owl’s Nest Resort, or in lieu of flowers, where Barry was so passionate regarding youth sports, donations may be made to the Plymouth Huskies Organization, PO Box 20, Plymouth, NH 03264 or the Plymouth Athletic Club, Attn: Mike Boyle, 2 Langdon Park Rd, Plymouth, NH 03264.

The Mayhew Funeral Home and Crematorium, in Plymouth and Meredith, are honored to assist the Tanner Family. To leave a condolence and share a story, please go to; www.mayhewfuneralhomes.com

Send all obituary notices to
Salmon Press, by e-mail to
obituaries@salmonpress.news
Deadline is Monday at noon



Towns

FROM PAGE A8

help you make the most of this month. Our Seed Catalog is up and going, Earth Day is just around the corner, Family Fun Days continue, and did I say books? We have many new reads waiting for you.

Our new “Seed Catalog”

We have converted our card catalog into a “Seed Catalog”. We have been collecting hundreds of packages of seeds to help you get your garden started. Just stop by and make your selection... it is all free! And in a few months, you will be harvesting the best fruits and vegetables ever!

Earth Day Should Be Every Day!

April 22 promises to be a very special day when we again celebrate Earth Day. What is Earth Day? It is a day when people around the world hold events to honor our home planet... and to remind everyone about the importance of our ecosystem. This year, at the library, we plan to celebrate this day all thirty days of April and we hope you will join us. We will make everyday Earth Day.

Founded in 1970 by Gaylord Nelson, a former US senator from Wisconsin, Earth Day has grown into a global event. In 1970, 20 million Americans demonstrated in streets, parks and

auditoriums for a healthier, cleaner environment. This year, hundreds of millions of people in more than 180 countries are expected to participate in Earth Day activities around the world.

You don’t have to look far to find a host of Earth Day activities and projects. Check the newspaper and your phone, look for posters, and, of course, stop by the Byron G Merrill Public Library in Rumney and check out our Web site at rumneylibrary.org. We are busily putting together displays and planning activities for our patrons of all ages. And, we welcome your ideas to make our environment healthier as well.

Family Fun Time

Our Monday morning family time downstairs in Merrill Hall will continue this month each Monday morning from 10 a.m. until noon. Jane will be reading a story, introducing a fun craft, and leading the gang in yoga. There will also be time for play inside and out as the temperatures warm up and the mud disappears. We hope that you will join us.

New Books

And here are a few of our new fiction books by your favorite authors that are ready for you... Check the website for a longer list!

Benedict, Marie – “The Personal Librarian” – Here we have the remarkable story of J. P. Morgan’s personal li-

brarian who was forced to hide her identity and pass for white. Famous for her intellect, style, and wit, Bella da Costa Greene, was one of the most powerful people in the art and book world.... A good read!

Box, C. J. – “Storm Watch” – Yes, a brand-new Joe Pickett mystery... Wyoming Game Warden, Joe Pickett, investigates a mysterious death at a secret remote high-tech facility.

Child, Lee – “No Plan B” – Jack Reacher returns and for Jack, there is never a plan B! A woman dies under the wheels of a moving bus... a Suicide? Or something much bigger???

Doiron, Paul – “The Poacher’s Son” – This is the very first novel in the series featuring Maine Game Warden Mike Bowditch. So many of

you have been enjoying these books that we decided to acquire the rest of the series one book at a time... #2 is on order!

Grisham, John – “The Boys from Biloxi” – Rich with history and with a large cast of unforgettable characters, this novel is a sweeping saga of two sons from immigrant families who grow up as friends, but ultimately find themselves on opposite sides of the law.

We Wish You a Wonderful April!

Susan and the Library Ladies

Byron G Merrill Library is located at 10 Buffalo Rd. in Rumney Village.

We are open Mondays 10 a.m. – 1 p.m., Wednesdays 1 – 5 p.m., and Saturdays 10 a.m. – 1 p.m.

Find us at rumneylibrary.org

Warren/
Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you are all having a good week. So happy that Spring is finally here.

WARREN NEWS—Moosehillock Lodge of Masons will offer their Sunday

morning breakfasts starting Sunday, April 2, from 7 to 9:30 p.m., the first Sunday of each month until December. Come out and support them!

Warren Old Home Days will be celebrated on July 14, 15, 16. The theme for this year is “Life on the Farm.” More information as

time gets closer.

WENTWORTH NEWS—Webster Memorial Library announces the title of the next Book Club read... “Horse” by Geraldine Brooks. The group will meet on April 10 at 6 p.m. Copies of the books are available at the library.

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. E-mail Renee at wentworthfarmmarket@gmail.com

to register, or for more information.

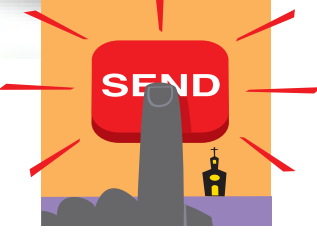
Have a good week, and always remember to count your blessings!

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Possible signs of animal cruelty

Animal cruelty can affect any animal in any location. Some of the signs of animal abuse are readily apparent, but much of the time they can be so subtle that they're very difficult to spot. Furthermore, animal cruelty may be intentional, or some people may not be aware of the harm they are inflicting.

Animal abusers are unlikely to turn themselves in, and animals cannot advocate for themselves. So it is up to observant individuals to report situations in which animal abuse may be occurring. The following are some warning signs of animal abuse.

- Scars or wounds, particularly around the ears: Dogs who are being used in fighting scenarios may have tears or holes in their ears. Some have docked ears, though this is not necessarily a sign of abuse or fighting. Other bite marks or scars on the body may indicate frequent fighting.
- Strong aromas of waste: If the smell of feces or ammonia is strong, it may indicate neglect of animals due to a lack of sanitary conditions. Sometimes an overwhelming smell of animal waste is a sign of a hoarding situation.

- Behavioral clues from the animal: If the pet seems unusually submissive, shies away from human touch or flinches, it could be that the animal is being struck or otherwise abused. Some animals who are abused will act out with unusual aggression, attempting to bite or scratch when petted.
- Poor appearance: Many times a case of abuse or neglect is discovered when someone sees an animal who looks to be in a bad way. This may be a very skinny, malnourished appearance or obvious wounds or injuries that go untreated. Additional signs include lack of grooming, matted fur, long nails, and symptoms of flea infestation.

- Lack of food or water: Another sign observers may notice is animals being confined or tied up without ready access to food or water.
- Signs of overcrowding: Some people think they are doing the right thing by opening their homes to numerous pets, only to discover they don't have the room nor the means to care for so many animals. Hoarding situations can get out of control. Sometimes overcrowding occurs among unscrupulous breeders looking to make money.

Anyone can report a suspected case of animal cruelty to a local law enforcement agency, humane society or animal control organization. It is better to be wrong than to let an animal continue to suffer abuse.

How to report animal cruelty

Animal cruelty occurs in various scenarios, some of which are unintentional. In the case of dog-fighting rings or overbreeding of animals, abuse is intentional. However, sometimes when people hoard animals, they may do so with good intentions, even if overcrowding and unhygienic situations can escalate quickly.

Animals cannot speak for themselves. That means they must rely on others to act as their advocates. In doing so, people can get animals the help they need and deserve.

If one suspects a case of animal cruelty, the ASPCA suggests first trying to gather as much evidence as possible. Consider taking video or photographs in public areas (if a dog is chained up outside all the time, for example). Individuals may be able to use non-emergency police or services hotlines (such as 311 in New York City) to get help and report abuse. Individuals also can reach out to a local organization responsible for enforcing animal anti-cruelty codes. This may differ depending on where one lives. For instance, the organization could be a local humane organization, animal control agency, taxpayer-funded animal shelter, or a police precinct. Individuals unsure of where to turn can speak to a local veterinarian for advice. Veterinarians also may be willing to join in the process.

If a crime is in process, call emergency services immediately and police will respond to the scene.

Reporting animal cruelty can help save the lives of helpless victims.

TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

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Century 21 Country Lakes Realty: www.countrylakesrealty.com

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Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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4BR/4BA, 2,410 sf. townhouse in the private gated community of Grouse Point. Enjoy views of the pond from every room. Featuring granite countertops, custom tiled bathrooms, SS appliances, & fire place. Amenities include indoor pool, clubhouse, beaches, & more!

3BR/2BA, 2,851 sf. energy star certified cape in Highland Ridge built in 2019. Featuring a 2-car direct entry garage, cathedral ceilings, 1st floor laundry, and mountains views. Sit on the covered front porch and enjoy the view. Close to I-93 for an easy commute.

4BR/2BA, 2,117 sf. home located approx. 150 yards from the shared beach on Lake Kanasketka. The first floor has a well-appointed kitchen with a breakfast bar open to the dining area. Amenities include a beach, canoe/kayak storage, and boat slip area.

3BR/2BA, 2,081 sf. third floor unit is served by a private access elevator and has many luxury custom finishes. The waterside deck overlooks the association beach with fantastic views down the length of Pausus Bay while still affording high privacy.

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Ashland United Methodist Church

We have completed our teaching on the Apostle's Creed, which we consider the foundational statement of the Christian faith. The Creed ends where Easter begins – with the Resurrection of Jesus and the promise of life everlasting. This part of the Creed we will cover on Easter, actually Resurrection Sunday. We will also celebrate Communion on that day. Please join us. Our church is at 18 Washington St.

This Sunday, April 2, is Palm Sunday. A remembrance of when Jesus prepared for His final days before His crucifixion.

Campton Congregational

Sunday, April 2
9:30 a.m. Palm Sunday, Rev. Jeff Robie will lead us in Worship
10 a.m. Children's Sermon/Sunday School.

Following Worship we gather for coffee and fellowship.

Tuesday, April 4
10:30 a.m. Bible Study
Noon BYO Lunch
1 p.m. Ladies Guild
6 p.m. Bible Study on Zoom

Palm Sunday is a significant day in the Christian calendar, as it marks the beginning of Holy Week, which culminates in Easter Sunday. The day commemorates Jesus' triumphant entry into Jerusalem, where he was greeted by a crowd of people who laid palm branches and cloaks on the ground as a sign of honor and respect. This event is an important symbol of Jesus' mission on earth, which he came to fulfill as the Messiah, the Savior of humankind. The palm branches represent victory and were a sign of celebration in ancient times. Palm Sunday also reminds Christians of Jesus' humility, as he rode into the city on a humble donkey. The message is hope and salvation.

Please join us Sunday morning, as we come together to Worship God and celebrate Palm Sunday. 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

With everything back in the Sunday School downstairs renovations are in the home stretch! It's very exciting and members are working hard on the final touches.

We welcome all to our Sunday church services at 10 a.m. in our Emerson Street building. The Bible lesson sermon this coming Sunday includes these the word from I John: "...test the spirits whether they are of God." This lesson, which can be studied during the week, will be read next Sunday in more than seventy countries around the world.

Our Sunday school, which takes place during the church service welcomes children and young people. Here they learn Bible-based lessons which help them in all areas of their lives – at school, with friends, and at home and in community.

At our Wednesday meeting there are short readings from the Bible and from the Christian Science textbook. There's also 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 Web site 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. This week's podcast and interview is a thought-provoking one on the topic "How can evil exist?"

The Reading Room in our church building is open Monday noon to 2 p.m., where you can read helpful articles from the weekly and monthly periodicals. The weekly Bible lesson is there for you to read. You can browse, and borrow all books and resources, and there are free magazines to take home.

Wentworth Congregational

Please join us each Sunday at 10 a.m. for worship. We are currently worshipping downstairs, to save on the fuel upstairs.

At this time we are hosting a rotation of speakers each Sunday. Here is our list of speakers:

April 2—Palm Sunday W. Rumney Communion 9 a.m.
We will join W. Rumney for a joint Maundy Thursday and Good Friday Service on Thursday, April 6 at 7 p.m.

April 9—Easter Joy Moody
April 16—Cindy Petrie
April 23—Lynn Morrison
April 30—Rebecca Larson

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
11 a.m. Tue. Bible Study for Youth & Adults
Rev. Russell Petrie • 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 join us for the season of Lent, a time for spiritual preparation for the celebration of the resurrection (Easter)
Worship Service: Sunday 10am
Coffee Hour following service
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www.hebronchurchnh.org
Rev. Mary Jane Barber

Hill
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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
A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Small groups throughout the week in area homes

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:
chrischiasson@holytrinityparishnh.org.
Pastor: Fr. Mark Dollard.
Instagram: holyTrinityNH.
FB page is Holy Trinity News and Info.

Plymouth Congregational United Church of Christ
Sunday Worship 9:30 AM on Facebook Live
Virtual Sunday School 9:30 AM
Open and Affirming, Just Peace
Global and Local Missions. Fully Accessible
Pastor, Rev. Sara M. Holland
Ashley Paine, Organist/Accompanist
David Williams, Director of Music
536-2626 • www.uccplymouth.org

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
We Care Food Pantry
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.starkingfellowship.org

RUMNEY
Rumney Baptist Church
Rumney Baptist Church
Rev. Seth Powers, Pastor
375 Main Street • 786-9918
rumneybaptist.org

office@rumneybaptist.org
Like us on Facebook
Sundays: 10:00 a.m. Sunday Worship Service
Livestreaming on YouTube
Blended, worshipful music
Relevant Bible teaching
Children's ministry
6:30 p.m. Mondays: Teen Worship Service
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 Worship 1:30 p.m.
Sunday School 10 a.m.
Rev. Dr. David Palmer • 787-6887

WENTWORTH
Baker River Bible Church
259 Moosilake 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
Pastor Jeffrey Greeson
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.

HELP WANTED



ASHLAND - CASHIER

Are you friendly, outgoing and enjoy meeting new people? Belletetes is looking for a full-time cashier to work in our Ashland store. Hours include every other weekend. Must have excellent customer service skills.

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

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

EOE.

Competitive Wages

Paid Vacation

Paid Holidays

Paid Time Off

Health Insurance

Profit Sharing

Store Discounts

Much More!



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



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

COME & JOIN THE TEAM

**Lin-Wood Area
Senior Services!**

Hiring 2 positions:

**Cook & Home-Delivered
Meal Coordinator**

Benefits

**Grafton County
Senior Citizens Council**

www.gccc.org
maria.mcintyre@gcsc.org
603-745-4705

EEO



JOIN THE TEAM!

Cook

32 hours per week

Fully benefited position

Lin-Wood Area Senior Services, Lincoln

**Grafton County
Senior Citizens Council**

maria.mcintyre@gcsc.org
603-745-4705

EEO



COME JOIN THE TEAM. A FUN PLACE TO WORK!

**PART-TIME
HOME
DELIVERED MEAL
COORDINATOR**

Coordinate the home delivered meal program. Experience working with older adult population helpful. Computer literate. Training provided. Earned time, holiday pay, life insurance, 403 (b) retirement plan and lunch benefit.

EMAIL:
maria.mcintyre@gcsc.org
www.gccc.org

An Equal Opportunity Employer



**Town of Plymouth Recycling Center
Part-Time Operator Position Available**

The Town of Plymouth Recycling Center is currently accepting applications for a motivated and flexible candidate who can perform semi-technical and heavy manual work associated with operation of transfer facility and recycling center.

This position consists of three, 8-hour days.

Starting Wage: Up to \$14.37/hr. based on experience

Preferred one-year experience in Solid Waste Management and Recycling operations.

MINIMUM QUALIFICATIONS REQUIRED


Possession of a high school diploma or equivalent. Must be 18 years old. Clean criminal and driving record. Some experience in the performance of heavy manual labor and equipment operation. Possession of a valid New Hampshire vehicle operator's license. Must be able to obtain a Solid Waste Facility Operator Certification and Public Weigh master license within 12 months from date of hire.

Applications are available at either the Plymouth Town Hall (536-1731) from 8:00am until 4:30pm Monday to Friday or the Plymouth Recycling Tuesday to Friday.

Please send applications to the attention of James Conn, Recycling Manager, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264

The Town of Plymouth is an Equal Opportunity Employer.

Position will remain open until filled.



Town Treasurer

The Town of Hebron is looking to fill the position of Town Treasurer.

The Town of Hebron is seeking an ethical, self-motivated and detail orientated individual for the appointed position of Town Treasurer. Responsibilities include, but not limited to, making weekly deposits for the town departments, reconciling the monthly bank statements, endorsing checks as approved for payment, ensuring that credit card payments are allocated to the correct department, entering deposits into QuickBooks, and providing necessary reports to the Town Administrator. Applicants should possess strong accounting and database skills, including knowledge of Microsoft Office software and QuickBooks. Applicants must be reliable, dependable, able to work independently with no supervision as well as part of a team, the ability to pass a background check, and capable of working flexible hours. This is a part-time position which requires between 12-15 hours per week. This is a salaried position. The salary is based on experience. Application and job description are located on the Town website at www.hebronnh.gov

Anyone interested in the Town Treasurer position should complete the Town of Hebron employment application and submit a resume to the Town of Hebron Select Board's Office at PO Box 188, 7 School Street, Hebron, NH 03241
Contact: Town Administrator, Karen Sanborn @603-744-2631



**Upper Connecticut
Valley Hospital**

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist

Registered Nurse

RN – OR

RN – Med/Surg Charge Nights

RN Nurse Manager – ED/Med-Surg

Endoscopy Technician

Physical Therapist

Health Unit Coordinator

Environmental Services Technician

Certified Surgical Technician

Multi-Modality Radiologic Tech

Medical Assistant

Medical Technologist

APPLY ONLINE
WWW.UCVH.ORG

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

INNOVATIVE CONTRACTORS

**52 Winter Street
Ashland, NH 03217**

We are currently seeking lawn and property care people (\$18 per hr), light carpentry/Handyman (based on experience).

Dock installation (\$23 per hr). Located on Squam Lake.
Working as a team member is important!

FULL AND PART TIME POSITIONS AVAILABLE

Will Train energetic people wanting to learn
Must have a valid driver license
Boat License a PLUS!

Please contact Melanie @ 603-968-7518

Monday – Friday: 9:00am – 3:00pm

HELP WANTED

**CONSTRUCTION COMPANY
IN TUFTONBRO
LOOKING FOR
CLASS B CDL DRIVER.
EXPERIENCE WITH
OPERATING DUMP TRUCKS
AND HEAVY EQUIPMENT
NEEDED.**

**YEAR ROUND
POSITION AVAILABLE.**

**PAY AND BENEFITS
BASED ON SKILL LEVEL.**

TEXT/CALL JIM @ 603-455-5700

OR EMAIL

mtnsidelandscape@roadrunner.com

Swim Instructor Wanted!

Tuftonboro Parks & Recreation is looking to hire a swim instructor for this Summer. Flexible hours, great hourly pay, 19 Mile Beach in Tuftonboro. Six weeks of employment.

3-two-week sessions.

Contact Dennis Zilembo,
Parks & Recreation Director at
603-569-4539 x25
or email tuftonboroparksandrec@tuftonboronh.gov



Come and Join the Team!

A Fun Place To Work.

PART-TIME HOME- DELIVERED MEAL COORDINATOR

Plymouth Regional Senior Center. Experience working with older adult population helpful. Computer literate. Training provided. Full benefits.

Email: gshaw@gcsc.org • http://www.gcsc.org/
EEO

Scott Burns' Landscaping, LLC

Well-established Lakes Region landscape company is hiring for the upcoming season. Positions available include gardeners as well as hardscape and softscape crew members.

If you are looking to change it up and love the outdoors with a M-F work schedule, give us a call. Valid driver's license required.

For more info, contact Scott at 279-8100 or email scott@scottburnslandscaping.com

JOIN THE TEAM!

Cook

Part-Time 10 hours per week

Newfound Area Senior Center, Bristol

Grafton County
Senior Citizens Council
Training provided

Gail : gshaw@gcsc.org
603-536-1204
www.gcsc.org
EEO



Veterinary Assistant needed

Full or part-time, year-round. Must be personable, self-motivated, hard-working and a "team player." Must have some familiarity with small animals and computer skills. Some veterinary experience would be preferred, but we are willing to train the right candidate. Pay is based on experience. Please send resumes and references to info@winterharborvet.com. Please, no phone calls.

COME JOIN THE TEAM. A FUN PLACE TO WORK!

Driver, Newfound Area Senior Services

Part-Time needed to transport
passengers to shopping, medical
appointments, and errands
Benefits

Contact: gshaw@gcsc.org

www.gcsc.org

An Equal Opportunity Employer



Now Hiring – Holderness Recreation



SummerEscape Asst. Director:

FT/PT \$15-17/hr Mon. – Fri., Mid-June to August 7th. Work with ages 5 – 12yrs

SummerEscape Counselors:

FT/PT \$8.50-15/hr Mon. – Fri., Mid-June to August 7th. Work with ages 5 – 12yrs,

Beach Attendants: FT/PT \$10 – 12.50/hr 10am-5pm
Mid-June to Labor Day.

For a complete job description, 603- 968-3700,
or recreation@holderness-nh.gov
Visit www.holderness-nh.gov to fill out
an application and send it to
P.O. Box 203, Holderness, NH 03245



HELP WANTED

Group Sales/Wedding
Coordinator

Front desk Associate
Line Cook

Pay depends upon experience

401k

Medical insurance

Paid vacation

Call 1-888-343-8000

to set up an interview.

Help Wanted 2023 Summer Season

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet fast paced marina environment. Must be at least 16. Boater's Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website holdernessharbor.com under contact us or call 968-9001 and leave a message.

Positions include Inside Customer Service/
Outside Dock and Boat support.

R.M. PIPER INC.
GENERAL CONTRACTORS



NOW HIRING!

**SUPERINTENDENT
HEAVY EQUIPMENT OPERATORS
DUMP TRUCK DRIVERS
LABORERS
BRIDGE CARPENTERS**

Top wages, great benefits, great people!

Apply online! www.rmpiper.com/employment

Text: (603) 481-1057 Email: jobs@rmpiper.com

**ROAD • BRIDGE • SITE • CONCRETE • UTILITY
CONSTRUCTION**

(603) 536-4154 PLYMOUTH, NH

Equal Opportunity Employer * On-the-Job Training Opportunity

Hiring?

Reach More

Local/Applicants

Email: Tracy@salmonpress.news

Phone: (603) 279-4516

Help
Wanted

TOWN OF HEBRON
PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, April 6, 2023 at 2:30 p.m. in the Town Office Building located at 7 School Street. The purpose of the hearing is to expend funds from the Common Landscape and Care Capital Reserve Fund for the purchase of trees and shrubs for the Hebron Common as well as to remove three diseased trees.

Hebron Select Board,
Richard A. James, Chair
Paul S. Hazelton, Vice-Chair
Patrick K. Moriarty, Selectman

LEGAL PROBATE NOTICE
THE STATE OF
NEW HAMPSHIRE
2nd Circuit - Probate
Division - Haverhill
10/14/2022 thru 10/27/2022

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.

Cammett, JR, Gordon A, late of Lincoln, NH. Angela J Smith, 4 Old Mill Road, Raymond, NH 03077. #315-2022-ET-00404

Clarke, Christopher James, late of Plymouth, NH. Rebecca J. Clarke, P.O. Box 3404, Concord, NH 03302. #315-2022-ET-00559

Frantz, Helen Beth, late of Warren, NH. Nancy L Peal, 2 White Horse Lane, Warren, NH 03279. #315-2022-ET-00512

Gallagher, Shirley Ann, late of Alexandria, NH. Shelley Gallagher, 194 Wyman Rd, Keene, NH 03431. #315-2022-ET-00369

Lane, SR, Richard J., late of Woodstock, NH. Maryellen White, 245 Holmes Street, Halifax, MA 02338. Michael Francis Conklin, ESQ. Resident Agent, Conklin & Reynolds PA, 264 Main Street Suite 14, PO Box 849, Lincoln, NH 03251-0849. #315-2022-ET-00279

Zatarga, Leo W, late of Bristol, NH. Andrew J Zatarga, 45 Brett Lane, Bedford, NY 10506. Dorcas J. Gordon, ESQ. Resident Agent, Newfound Law PLLC, 75 Pleasant St, Bristol, NH 03222. #315-2022-ET-00572

Dated: 10/28/2022

PLYMOUTH REGIONAL
HIGH SCHOOL
Plymouth, NH 03264

2023-2024 School Year

**Dance 60%/Theater 40% Teacher
NH Certification required.**

Interested candidates please send letter of intent, resume, transcripts, certification, and references to:

Bruce Parsons, Principal
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
bparsons@pemibaker.org

Plymouth Zoning Board
PUBLIC NOTICE

The Plymouth Zoning Board of Adjustment (ZBA) has received a request from DuBois & King on behalf of BYCO, LLC for a Special Exception in accordance with article IV Section 414 of the Zoning Ordinance to construct a fence over 4’ tall in the front setback to serve a proposed self-storage facility, located on Parcels 208-097-031 & 208-097-032, at the end of Page Street. This property is in the Agricultural zoning district.

The Plymouth Zoning Board of Adjustment will review this application and hold a public hearing at their meeting on Tuesday, April 4th, 2023 at Plymouth Town Hall starting at 7:00 PM. The meeting will also be available electronically via Zoom and can be accessed from the Town’s website (www.plymouth-nh.org). The application is available for review at Town Hall, from 8:00 a.m. to 4:30 p.m., Monday through Friday.

Ashland Elementary School
Kindergarten Registration



If you are an Ashland resident and have a child who will be eligible for Kindergarten in the fall, please call the school at 603-968-7622 for registration information.

Feel free to contact us with any questions.

Children who reach the age of five on or before September 30, 2023 are eligible for kindergarten.

Ashland Elementary School
16 Education Drive
Ashland, NH 03217
603-968-7622
<https://aesk8.org>

Public Notice
Town of Plymouth
Road Load Limit Postings

The Plymouth Select Board has authorized the posting of the following list of roads for a 15-ton load limit during the period of March 1st through May 1st, 2023. The purpose of this posting is to prevent unreasonable damage to the roadways, which may result in hazards to public safety and or possible extraordinary maintenance expenses to the community.

Bartlett Road	Cummings Hill Road
New Hebron Road	Sanborn Road
Old Hebron Road	Chaisson Road
Morse Road	Loon Lake Road
Thurlow Street	Parker Street
Bell Road	Texas Hill Road
Reservoir Road	

Please direct any questions, comments or concerns to the Plymouth Highway Department at 536-1623

Joseph Fagnant,
Highway Manager

Community Meeting: Housing in Plymouth

Thursday, April 6, 2023 at 6:30 pm
Plymouth Elementary School Cafeteria (43 Old Ward Bridge Road)

The Town of Plymouth Planning and Development Department, Planning Board, and Housing Steering Committee invite you to a community meeting on the topic of housing in Plymouth. This community meeting will launch the public participation process of a comprehensive housing study funded by InvestNH Municipal Planning & Zoning Grant Program.

During this first community meeting, project consultant Barrett Planning Group will provide an overview of initial findings and invite attendees to participate in group discussions about Plymouth’s housing opportunities, needs, and challenges.

For project updates, please visit and bookmark <https://www.plymouth-nh.org/housing-study/>. Questions can be directed to Joseph Perez, Community Planner for the Town of Plymouth, at 603-536-1731 or planning@plymouth-nh.org.

This project is being supported, in part by, federal award number SLFRP0145 awarded to the State of New Hampshire by the U.S. Department of the Treasury

NEWFOUND AREA SCHOOL DISTRICT
KINDERGARTEN REGISTRATION
FOR 2023-2024 SCHOOL YEAR

If you have a child who will turn 5 years old by September 30, 2023 please call or email the school in the town in which you live for registration information.

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

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

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

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

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

TOWN OF HEBRON
RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 9, 2023 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 22 and Friday, March 31, 2023 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, March 31. Positions to be filed for are:

Selectman: three-year term
Library Trustee: three-year term
Trustee of Trust Funds: three-year term
Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenberg, Town Clerk
Office Location: 7 School Street, Hebron
Office Hours: Tuesdays 3:00-8:00 PM, Saturdays 8:30-11:00 AM
(603) 744-7999 or clerk@hebronnh.gov

Jennings

FROM PAGE A1

and construction of fiber-optic networks that are providing high-speed internet access to underserved NHEC members. He had worked previously as a Senior Electrical Engineering Supervisor at Clay Electric Cooperative in Florida. In 2021, Jennings was named a Co-op Rising Star, one of 20 young professionals recognized nationwide by the National Rural Electric Cooperative Association.

In his new role, Jennings will lead the activities of the Operations and Engineering divisions to provide safe, reliable and cost-effective electric service to NHEC members. NHEC owns and maintains over 6,000 miles of energized line that serves 86,000 homes and businesses in 118 New Hampshire communities,

“Through his knowledge and level-headed leadership, Michael has demonstrated that he’s the best choice for this

important position,” said Clemens Roberts. “It takes a combination of technical, financial and communication skills to build an electrical distribution system that meets our members’ diverse needs. We’re fortunate to have Michael leading that effort.”

Jennings will oversee several important NHEC initiatives, including the increased utilization of distribution automation and enhanced technologies to reduce outage times, replacing obsolete

substation equipment to improve reliability, and facilitating the rollout of broadband internet service by directing make ready design and construction.

“We work for the members here,” Jennings said. “If it’s in the best interest of the members, we’re willing to take on the challenge. It’s important that our members to have the energy they need, the information they want, and a partner they can trust.”

For the men, McDonald added another national title to his resume with a first place result in the final against Marcellini who was second. In the small final, Wendler took home third.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

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

References and Additional Information References

ClearCare. “3 Easy Tips for Seniors to Maintain Healthy Eyes & Improve Vision.” Web. 2016.

American Academy of Ophthalmology. “Tips for Eye Health in Adults Over 60.” Web. 2014.

All About Vision. “Boost your diet to protect aging eyes.” Web. 2019.

Bausch + Lomb. “60+ Eye Health.” Web.

Study

FROM PAGE A1

lenges. Your input will help inform the Needs Assessment and provide insight into potential barriers to housing development in Plymouth.

For project updates, please visit and bookmark www.plymouth-nh.org/housing-study/. Questions can be directed to Joseph Perez, Community Planner for the Town of Plymouth, at 603-536-1731 or planning@plymouth-nh.org.

The Town of Plymouth has received a grant for this project from the InvestNH Municipal Planning and Zoning grant program, funded by the NH Department of Business and Economic Affairs as a part of the \$100 million InvestNH Initiative with ARPA State Fiscal Recovery Funds. This project is being supported, in part by federal award number SLFRP0145 awarded to the State of New Hampshire by the U.S. Department of the Treasury.

Championships

FROM PAGE A1

took second and third, respectively. “It’s a nice way to end the season,” said Giaccio of skiing to the Nationals podium.

On the men’s side,

Dylan Marcellini and Landon Wendler went second and third.

The second day of competition at the Toyota U.S. Freestyle Championships went off with dual moguls.

Kauf won the day

with Giaccio in second and Elizabeth Lemley rounding out the podium in third. This marks Kauf’s fifth national title and her second title in two days, after winning Saturday’s individual moguls.

Comfort

FROM PAGE A6

wear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use – Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues – Older adults can have health issues that affect their vision health, and it’s important to talk to a health-care professional about

how physical conditions and medications can have an impact on the eyes.

Sunglasses – Protective eyewear becomes more important as we age, and it’s important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It’s no surprise that getting a good night’s rest is important for eye health too!

Vision screenings – Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor’s recommendations on treatment plans and health.

Comfort Keepers® can help

If someone is experiencing changes in their vision, or wants to build

healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Select Board
Town of Hebron
NOTICE OF PUBLIC HEARING

In accordance with RSA 33:8-a, you are hereby notified that there will be a Public Bond Hearing on the Community/Library Building. The purpose of this hearing is to receive comments on the proposal to issue bonds or notes in the amount of \$3,600,000 to fund this indebtedness.

The Public Hearing is scheduled for Thursday, March 30, 2023 at 6:00 p.m. in the Hebron Community Hall in the basement of the Union Congregational Church located at 16 Church Lane.

Per Hebron Select Board,
Richard A. James, Chair
Paul S. Hazelton, Vice-Chair
Patrick K. Moriarty, Selectman

INTER-LAKES
KINDERGARTEN REGISTRATION
IS OPEN March 20th - April 21st

Registration is open to all children who reside within Center Harbor, Meredith or Sandwich; and who will be 5 years of age by September 30, 2023.

To receive a registration packet, please call: Inter-Lakes Elementary School at 603-279-7968, Monday through Friday between the hours of 9:00 a.m. and 2:00 p.m. Registration packets can be mailed or picked up at the school, and must be completed and returned to schedule a screening appointment. What is required with your registration packet for Kindergarten?

- Your Child’s Birth Certificate
- Physical Exam within the last 12 months
- Up-to-Date Immunization Forms
- Proof of Residency

Screening dates are tentatively scheduled for May 15th and 22nd.

The screening takes approximately 1 hour and 15 minutes.

Parents/Guardians must bring their child to this screening appointment.

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ATTENTION
CAMPTON RESIDENTS
KINDERGARTEN 2023-2024

If you have a child who will be 5 years of age by September 30, 2023 please call the school at 603-726-3931 to register your child and sign up for the Kindergarten Connection on Wednesday, April 12th.

Mandatory paperwork required for entry are: Immunization Record, Original Birth Certificate and copy of 5 year checkup. These forms may be brought in or mailed to:

Campton Elementary School
1110 NH Rt. 175, Campton, NH 03223
Fax: 603-726-8081
Attn: Melissa Anderson

Russell Elementary School

195 School Street, Rumney, NH 03266
603-786-9591

Kindergarten Registration Open House
2023-2024 School Year

Thursday, May 11, 2023 from 3:15pm to 4:15pm

Parents are asked to pre-register their child for Kindergarten at res.pemibaker.org.

If you have questions please call 603-786-9591.

All children who turn five years old by September 30th are entitled and encouraged to attend kindergarten.

SANDWICH CENTRAL SCHOOL
KINDERGARTEN REGISTRATION

THURSDAY, MAY 11th, 2023 - 5:30 p.m.

Sandwich Central School Kindergarten Registration for the 2023-2024 School Year will be held on Thursday, May 11 at 5:30 p.m. Registration packets will be available. The presentation will also include:

- Meet the Faculty
- A Day in Kindergarten (schedule overview)
- Special Education and Response to Instruction
- Bus Transportation

If your child will be 5 years of age by September 30, 2023, please email school secretary Alex Adriance at alex.adriance@interlakes.org or call (603) 284-7712.

LEGAL PROBATE NOTICE
THE STATE OF
NEW HAMPSHIRE
2nd Circuit - Probate
Division - Haverhill
3/3/2023 thru 3/16/2023

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.

Cammatt, Jr, Gordon A., late of Lincoln, NH. Angela J. Smith, 4 Old Mill Road, Raymond, NH 03077. #315-2022-ET-00404.

DeRoma, Andrew J, late of Alexandria, NH. Andrea Correia, 862 Dana Hill Road, New Hampton, NH 03256. #315-2022-ET-00806

Gooch, Phyllis Dregghorn, late of Thornton, NH. Ralph R. Gooch, 11 South Main St, Berkley, MA 02779. Gwen Selleck, Resident Agent, 61 Tinkerville Road, Lyman, NH 03585. #315-2022-ET-00770

Horne, Sharon, late of North Woodstock, NH. Jesse Horne, 5 Cedar Court, N. Woodstock, NH 03262. #315-2023-ET-00099

Muzzey, Wesley Lawrence, late of Rumney, NH. Douglas W. Muzzey, 521 Armada Road S, Venice, FL 34285. Jack P. Crisp, Jr, ESQ, Resident Agent, The Crisp Law Firm PLLC, 15 North Main Street Suite 208, Concord, NH 03301. #315-2022-ET-00778

Roberts, Edward Michael, late of Waterville, NH. Angela Marie Amor, 20 Sunset Lane, Menlo Park, CA 94025. Cristina A. Doucette, 26 Hardwick Road, Ashland, MA 01721. John E. Hughes, ESQ, Resident Agent, McLane Middleton Professional Association, 900 Elm St 10th FL, PO Box 326, Manchester, NH 03105. #315-2023-ET-00097

Salivonchik, JR, John, late of Plymouth, NH. Sarah Salivonchik, 77 Ash Hill Road, Plymouth, NH 03264. #315-2023-ET-00101

Spaulding, Thomas J., late of Rumney, NH. Arthur J. Spaulding, 75 Ledgecrest Terrace, Manchester, CT 06040. Nathan Deleault, Resident Agent, 41 S Park St, Hanover, NH 03755. #315-2023-ET-00112

Tomasello, Dorothy A., late of North Woodstock, NH. Paul J. Tomasello, 17 Wellman Street, Auburn, MA 01501. Nadine M. CATALFIMO, Resident Agent, 282 Main Street Ste 211, Salem, NH 03079. #315-2023-ET-00128

Dated: 3/17/2023

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Fay nets game winner for PSU lacrosse

WRENHAM, Mass. — Junior Crosby Fay (Waterville Valley) snapped an 8-8 tie with his 28th goal of the year midway through the fourth quarter as Plymouth State University held off Gordon College, 9-8, in non-conference men's lacrosse action at Brigham Athletic Complex on Wednesday night.

The Panthers raced out to a 6-1 first quarter

lead and still maintained a 7-3 advantage at half-time. The Fighting Scots rallied in the third quarter, though, outscoring Plymouth State by a 5-1 margin to pull even.

Fay beat the Gordon goalie with 8:13 left on the clock and PSU was able to hold on for the win.

PSU wins its fourth straight to improve to 7-1 on the season. Gordon

falls to 3-4.

Plymouth State got out to a quick start with four goals in the first seven minutes. Senior Jake Dolcimascolo (Georgetown, Mass.) opened the scoring three minutes in and, after the Fighting Scots pulled even, he set up back-to-back goals before senior Karl Flinter (Pittsburgh, Pa.) made it 4-1.

The Panthers continued to apply the offensive pressure as freshman Brady Hunt (Billerica, Mass.) and sophomore Shea Clark (North Woburn, Mass.) each scored

to push the margin to 6-1, before Gordon scored late in the frame.

Scoring was at a minimum in the second period, as each team found the back of the cage once and Plymouth State took a 7-3 lead into halftime.

Gordon used a huge third quarter to turn the tables. The hosts scored consecutive goals to pull within 7-5. Junior Ryan Hanlon (Hull, Mass.) briefly stopped the spurt with 3:45 left in the frame, but the Fighting Scots scored three times in the final three minutes to pull even.

The fourth quarter went back and forth until Fay found the back of the cage with 8:13 remaining to put the Panthers back in front.

Junior Owen McNichols (Manchester) made a key save to preserve the lead and the PSU offense was able to possess the ball and run down the clock to hold on for the win.

Dolcimascolo finished with a goal and two assists, while Fay and Flinter notched a goal and an assist apiece. Nine different players scored for the Panthers.

Freshman Zach Marvel (Raynham, Mass.) posted game-highs of five ground balls and three caused turnovers. McNichols posted nine saves to pick up the win. PSU held a narrow 34-32 advantage in shots. The Panthers were 17-for-18 on clear attempts. The teams have split four lifetime meetings, with PSU taking each of the last two. The victory was Plymouth State's first road win against the Fighting Scots.

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