

Newfound Landing

THURSDAY, APRIL 29, 2021

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

COMPLIMENTARY

Bear boys and girls pick up wins in Moultonborough

BY JOSHUA SPAULDING
Sports Editor

MOULTONBOROUGH — The Newfound track team made the trip to Moultonborough for a meet on Tuesday, April 20.

The Bear boys and girls came through with the wins, with Berlin finishing in second place and the host Panthers finishing in third place.

Isabelle LaPlume picked up the win in the discus with a toss of 86 feet, two inches, with Bailey Fairbank in third at 68 feet, one inch and Paulina Huckins in fourth at 66 feet, nine inches.

Huckins won the shot put with a toss of 34 feet, eight inches, with Molly-Lu McKellar in second place with a toss of 28 feet, two inches.

Fairbank took the win in the javelin with a throw of 82 feet, seven inches and Hannah Owen threw 57 feet, four inches for fourth place.

Elsa McConologue won the high jump at four feet, 10 inches with Mika Austin in second place at four feet, eight inches, Chloe Jenness in third at four feet, four inches and Gretchen Reynolds in fourth at three feet, 10 inches.

McKellar won the 100-meter hurdles with a time of 18.3 seconds and Autumn Braley finished in third with a time of 18.56 seconds.

Malina Bohlmann won the 100-meter dash with a time of 15.1 seconds, Bibiana McConologue was second in 15.43 seconds and Maggie Bednaz finished in

fourth in 15.87 seconds.

Cassie Zick won the 1,600 meters with a time of 6:17.63, Jenness finished in second in 7:28.49 and Julia Huckins finished in 8:06.89 for third place.

In the triple jump, Laurel McKellar was second at 27 feet, one inch and Rebecca Dillon finished third at 24 feet, .25 inches.

Bohlmann took second in the long jump with a distance of 11 feet, 11.5 inches and Laurel McKellar was fourth at 11 feet, 7.5 inches.

In the 200 meters, Jacquelyn Jenna finished in fourth place in 33.94 seconds.

Newfound won the 4X200-meter relay in a time of 2:06.44 and won

SEE MOULTONBOROUGH PAGE A5



COURTESY

New Hampton youngster nominated for Spirit of Hope & Kindness Award

In the spring, 2020, Lilyanna Burhoe, a student at the New Hampton Community School, was nominated for the Spirit of Hope & Kindness award. Lilyanna was chosen as a finalist in the elementary school category in November. Lilyanna was recognized for her charity lemonade stand, baking cookies for police and fire fighters, donating turkeys at Thanksgiving, giving back to children in need at Christmas and donating her hair to the organization Children with Hair Loss. Her lemonade stand money enabled her and her siblings to buy hundreds of bottles of water, coffee and travel toiletries for Isaiah 61 in Laconia. Lilyanna used the grant money she received from the Spirit of Hope & Kindness to purchase physical education and recess equipment for the New Hampton Community School. Congratulations to Lilyanna, and thank you for your generosity.

Pemi-Baker Community Health improving the lives of Parkinson's patients



COURTESY

Katheryn Schwartzer and patient, Cynthia Mathews, performing exercises.

LSVT BIG Program available for Central & Northern New Hampshire

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Physical therapists at Pemi-Baker Community Health (PBCH) are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. For almost a year, PBCH's LSVT BIG specialist, Kaity Schwartzer, PT, DPT has been helping those experiencing the symptoms of Parkinson's disease achieve amazing results, giving them renewed hope. For National Parkinson's Awareness month, Pemi-Baker Communi-

ty Health hopes to raise awareness of what can be done now if you are experiencing symptoms.

While you've likely heard of Parkinson's disease (PD), many people don't know exactly what the condition is or how it manifests itself. The condition can occur when there is a loss of brain cells that produce a chemical called dopamine. The four common symptoms are: tremors, limb and trunk stiffness, the slowing down of movement and weak balance or coordination. About 500,000 people in the U.S. have Parkinson's disease, with about 50,000 people being diag-

nosed each year, according to the National Institute of Neurological Disorders and Stroke.

Since PD symptoms increase over time, as they become worse, patients can have trouble with simple tasks such as getting in and out of bed or the bathtub— or even walking and talking. People with PD may also experience "freezing," where they have extreme difficulty starting to walk again after having stopped, or difficulty stopping walking once started. This may lead to falls in the home and when

SEE PEMI-BAKER PAGE A5

Science Center celebrates New Hampshire Day May 8

HOLDERNESS — Squam Lakes Natural Science Center is pleased to host New Hampshire Day on Saturday, May 8 from 9:30 a.m. to 5 p.m. (last trail admission is in the 2:30 to 3:30 p.m. entry block). New Hampshire residents pay just \$5 trail

admission (regular admission is \$18 for adults and seniors and \$13 for youth ages three to 15).

New Hampshire Day is a way for the Science Center to give back to the community, educate the public about native New

Hampshire wildlife, and to attract new families who will help spread the word about its mission to advance understanding of ecology by exploring New Hampshire's natural world.

SEE SCIENC EPAGE A5

NHEC welcomes Vice President Kamala Harris



COURTESY

U.S. Vice President Kamala Harris, left, held a listening session April 23 at New Hampshire Electric Cooperative headquarters in Plymouth, where NHEC President/CEO Steve Camerino, right, detailed the company's efforts to expand access to high-speed internet.

PLYMOUTH — On Friday afternoon, April 23, United States Vice President Kamala Harris visited the Plymouth headquarters of New Hampshire Electric Cooperative (NHEC) to discuss the Co-op's efforts

to expand high-speed internet access to rural New Hampshire and highlight federal funding opportunities in the American Jobs Plan to support future investments.

Harris was joined by

U.S. Sen. Maggie Hassan, and met with NHEC representatives and Lempster Selects Board Chair Phil Tirrell.

Last year, in response to the COVID-19 pan-

SEE HARRIS PAGE A5

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

A reminder this is vacation week for our local schools and the weather will bring everyone out to enjoy. Please be extra careful when out on the roads. Fishing season is under way. If you haven't tried it lately, I urge you to buy a license and give it another go! Bird watching can be another fun activity this time of year as well. Just another activity to get you outside and be helpful to your community and the environment is picking up roadside litter. I am always amazed at the amount I see each time I am on the road.

NRHS seniors and eligible graduates, please pick up your applications for a Blakeley-Mills

Newfound Foundation Scholarship from the NRHS guidance office as scholarships are due by May 8.

Nar-Anon is a 12-step support group for families and friends of addicts. In the meetings you will hear others who are going through similar problems, talk about how they cope and find recovery. The meetings are held at the Marian Center on West Shore Road in Bristol on the second and fourth Thursdays of each month from 7 - 8:15 p.m. For more information, contact anewfondway@gmail.com. There is hope!

A Granite State Track and Field program is to be held on the Mills Oval at NRHS starting in early May for ages nine to 14 by Dec. 31. The fee will

be \$25 through registration at www.ttccrec.org. This program was sponsored by the Hershey Company for 37 years and is now a program of New Hampshire Recreation and Parks Association. More information is available online at granitestatetrackandfield.weebly.com or call the TTCC at 744-2713.

The TTCC needs umpires for Minor League baseball games at Wells Field and 10U Softball games at Kelley Park. Games are played week-nights at 6pm and various times on Saturdays. Opening day is Saturday, May 8 and end on closing day on Saturday, June 19. Please let the TTCC know if you or someone you know is interested. For more information contact the TTCC.

The TTCC is now taking sign-ups for Babe Ruth Baseball and Soft-

ball teams. Anyone 13 - 16 years of age as of May 1 for baseball and Jan. 1 for softball is eligible. The season runs from the end of May through early July. Days, times and locals for games vary and some travel will be required for games. The cost is \$100 per player. Scholarships are available. Players may register online or through the TTCC office. Team try-outs and the last chance to register will be on May 8 at 5pm on Kelley Park.

TTCC will be offering a Summer Soccer Camp again in 2021. Challenger Sports Soccer Camp will be held August 2 through Aug. 6. The camp will be for ages 3-5, 8-9am for \$77, ages 6-12, 9 a.m.-noon for \$142. A free raffle for a free entry

into the camp is available. Put your name on a list by Friday, May 7 for a chance to be drawn by emailing the TTCC at ttcc@metrocast.net if interested.

Middle School Teen Night for Newfound Students only will have its May session from May 6-27 on Thursdays from 6 - 8 p.m. for \$20 per person/per session which includes dinner. Ten students minimum and 20 students maximum - first come, first serve! Participants must be pre-registered and paid ahead by signing online. (Money will not be accepted at the door.) High School Teen Night for any NRHS student will be a drop-in format at no cost and will be held on Tuesday nights, 6 - 8pm in the month of May.

Masks need to be worn at Teen Nights!

The last Parent's Night Out will be held on Saturday, May 5. This program is for ages four and up, and the cost is \$15 per child. The program runs from 5 - 10 p.m. at the TTCC. Space is limited.

As college and high school graduation times near, please remember what these students have all been through this past year and try and make all their activities extra special. It is my hope that as many activities that can be are as close to those we grads have experienced and can remember. I would love to be able to attend graduations at YHS and Westfield State!

Churches

Christian Science Society, Plymouth

Our Sunday services are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. We'd love to have you join us. The Bible lesson for next Sunday begins with this verses from Isaiah: "The redeemed of the Lord shall return...and everlasting joy shall be upon their head." The solo's words are also from Isaiah - "Seek ye the Lord."

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

fer or who are not able to attend in person, we are broadcasting every service on Zoom, where you may join us remotely. If you are interested in attending the services on-line, please send an email to csplymouthzoom@gmail.com and request an invitation. We've had visitors from near and far in our online congregation, including a former Sunday School student from overseas!

If you know any students who would like to join in, we have a Sunday school for children and young people up to the age of twenty. Currently, it is meeting on line and we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4 p.m. over Zoom. You can contact us at the same email address for information.

For services in the church building we are following our town's mandate, and so we

ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all the recommended protocols.

On www.jshonline.com under "Audio" there is a weekly podcast which has in-depth sharing of spiritual ways to consider current topics. This week there's a discussion titled "Age - Nothing but a number," which shares helpful thoughts about the challenges of aging.

On www.christian-science.com you can learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures" by Mary Baker Eddy. We hope you find inspiration and support from these resources.

Four football Panthers honored by NFF

PLYMOUTH — Four Plymouth State University football student-athletes were honored on Wednesday when the National Football Foundation and College Hall of Fame (NFF) announced the members of the 2021 NFF Hampshire Honor Society.

Seniors Cooper Gorski (Concord,), Zac Hunter (Upton, Mass.), Derrick Terrazzano (Manchester) and Matt Tosone (Walpole, Mass.) were all selected for the honor which recognizes student-athletes who contributed in the classroom as well as on the field across all collegiate divisions.

Nominated by their schools, members of the NFF Hampshire Honor Society must have completed their final year of playing eligibility in Fall 2020 or Spring 2021, attained a 3.20 cumulative grade point average throughout their entire course of undergraduate study, met all NCAA- or NAIA-mandated progress toward degree requirements and been starters or significant contributors throughout the 2020-21 season. Graduated players who have remaining eligibility but will not return to collegiate play are also eligible for nomination.

This year's class consists of 910 student-athletes from 255 schools in the Society's 15th year of existence. Plymouth State was one of just three Massachusetts State Collegiate Athletic Conference (MASCAC) schools to be represented and its four honorees were the most of any school. Both Bridgewater State University and the University of Massachusetts Dartmouth had two recipients.

A complete list of the 2021 NFF Hampshire Honor Society members can be found at the NFF website, www.footballfoundation.org.

Newfound Landing

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

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

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

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

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

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



47 Main St. Ashland
https://shopflowers.thefuchsiapeony.com to order online
(603) 968-3059
Tuesday-Friday 10am-5:30pm
Saturday 10am-4pm
Special Mother's Day hours Sunday 9am-2pm
Deliveries available every day including Sunday

Mother's Day is Sunday, May 9th!



HAPPY
Mother's Day

Fresh Floral Arrangements!
Hand Tied Wrapped Bouquets!
Locally Grown Blooming Hanging Planters!
Locally Grown Succulents!
Beautiful Floral Paint-By-Number Kits, Vintage Botanical Puzzles, Birdseed Birdhouses, Small-Batch Candles and Beauty Products!



and More
Great Gifts
for Mom!



Extended Mother's Day week hours
Wednesday 5/6 through Sunday 5/10
10am-5pm for curbside pickup

Local deliveries using our zero-contact delivery system every day including on Mother's Day.

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE

GREAT SERVICE AT YOUR CONVENIENCE NOT OURS!



Great Service at "YOUR" Convenience, Not Ours!

THE DUMPSTER DEPOT®

Waste Recycling Services

Large business services

Home cleanup

SAVE WITH OUR DUMPSTER DEPOT BUCKS



Got a trashy question? CALL US TODAY
TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

Like us on Facebook

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 4/30/21

BUSINESS SERVICES • ROLL-OFF OPEN TOP CONTAINERS • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	59 Sye Ali Rd.	Residential Open Land	\$249,933	Charlene A. and Robert Fellows	William and Donna J. Hughes
Alexandria	N/A (Lot 4)	N/A	\$290,000	Caroline Raimondi	Anne Marie E. Sheerman and Dawn M. West
Ashland	52 Main St.	Supermarket	\$500,000	Robert J. Elliott Trust	Arya RT and Palakben Patel
Ashland	River Street, Lot 26	N/A	\$95,000	NHNY Marina Development LLC	Robert W. and Frances V. Hanson
Ashland	River Street, Lot 16	N/A	\$100,000	NHNY Marina Development LLC	Brian R. and Jill E. Lancaster
Bristol	Scenic View Road (Lot)	Residential Open Land	\$125,000	Thomas R. and Kelly A. Benson	Scott M. and Marla G. Severn
Campton	Deacon Willey Road (Lot)	Residential Open Land	\$55,000	Michael A. Harrington RET	Thomas D. Fraser and Tracy L. Varrieur
Campton	Tree Line Road	N/A	\$28,000	Charlene D. Solomon	Qais Ajalat
Dorchester	River Road	N/A	\$56,933	Georgann McKee and Timothy J. Murray	Shawna L. Sanzone
Holderness	Route 3, Lot A	N/A	\$711,533	Squam Lakeside Marina Inc.	New Adventure Waterfront
Holderness	Stone Post Road	N/A	\$118,000	Judith J. Dearborn Trust and Gail Beaulieu N.J. & M.C. Seigney 2016 Trust and Nicholas J. Seigney	New Adventure Waterfront
Holderness	991 US Route 3	Commercial Building	\$500,000	Squam Lakeside Marina Inc.	Alison K. and James P. Meagher
Holderness	N/A (Lot 10)	N/A	\$779,933	Northridge Construction Co. LLC	Squam Lakes Conservation
Holderness	N/A	N/A	\$190,000	Javaid Aziz	Christian M. and Jamie L. Robinson
New Hampton	98 Riverwood Dr.	Single-Family Residence	\$312,533	Christopher R. Wells and Kelsey C. Peterson	Kristin A. Carman
Plymouth	48 Bell Rd.	Single-Family Residence	\$338,400	Dana Paul Albert RET	Michelle Kane
Plymouth	78 Sunrise Circle	Single-Family Residence	\$250,000	Robert C. McIntosh	Tartaglione Fiscal Trust and Brian D. Tartaglione
Plymouth	31 Tenney Brook Rd., Unit 2	Condominium	\$166,000	Amanda R. and Mandy Hackett	Matthew R. Warren and Katie L. Juniper
Thornton	99 Beacon Hill Rd.	Single-Family Residence	\$400,000	Dennis R. and Susan Juniper	Sanschagrín Fiscal Trust and A. Manfredi-Sanschagrín
Thornton	Covered Bridge Road	N/A	\$35,000	Sanschagrín Fiscal Trust and A. Manfredi-Sanschagrín	Ryan P. McNamara and Janae D. McNamara
Thornton	N/A (Lot K52)	N/A	\$28,933	Jason and Frances Freshman	Aleksey Akhonen
Thornton	N/A (Lot 45-46)	N/A	\$39,933	Mark A. Renaud	Aleksey Akhonen
Waterville Valley	6 Windsor Hill Way, Unit 53	Condominium	\$189,000	Jasper S. and Marcy Ainslie	Jason Guilbeault and Jessica Jordan-Guilbeault
Waterville Valley	N/A (Lot 1)	N/A	\$299,000	Allen R. and Irene M. Hendrickson	A.A. Goldsmith III RET

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.thewarregroup.com

Mountain Village Charter School prepares for Baker River Regatta



P L Y M O U T H — Preparations are underway for the Baker River Valley's only canoe and kayak race, happening May 1 in Plymouth. After having to cancel last year's Baker River Regatta, Plymouth's Mountain Village Charter School is once again presenting its annual community event and fundraiser.

The family-friendly paddling race welcomes canoes, kayaks, paddleboards and all kinds of human-powered craft on the last 4.5 miles of the Baker River, beginning at Plymouth Sands Campground. Some pad-

dlers are fierce competitors, looking for bragging rights for another year. Others revel in the Best Costume division, or work on winning the Most Trash Picked Up award. Popular classes include Family, Junior/Senior, College and High School. Some intrepid paddlers even paddle double the distance into town; the Long Course from Riverbrook RV in Rumney is nine miles!

Race Director Jamie Hannon described the race course as "a very welcoming stretch of river – quick and fun, with lots of corners and a few

riffles, just enough to be interesting, but still very novice friendly."

Hannon went on to explain that springtime canoe and kayak races are common throughout the Northeast and Canada, "so why not bring it here to the beautiful rivers of central New Hampshire? It's a fantastic way to celebrate Spring."

According to Hannon, the decision to cancel last year's race because of the pandemic was not a hard one, but it was definitely a disappointment. This year, he explains, following on the success of other outdoor

sporting events such as Nordic skiing, the school has worked with state and local officials to put in place a COVID mitigation plan that will prevent transmission and still allow for a lot of family and community fun. Among other protocols, masks are required for all paddlers and volunteers when not racing.

"People are eager to have fun in safe and healthy ways right now" says Hannon. "The Regatta is a perfect fit for those goals."

Now in its seventh year, the Mountain Village Charter School is a tuition-free public school open to all New Hampshire residents. Located

in Plymouth, the school offers a nature-based, Montessori education to more than 100 students in grades 1-8. Hannon, who is also the Board Chairperson, explained that charter schools in New Hampshire receive only 38 percent of the funding that traditional public schools receive, so fundraisers like the Baker River Regatta are extremely important to the continued success of the institution.

Registration for the race starts at 9 a.m. on Saturday, May 1 at Plymouth Sands Campground, located at 3 Quincey Rd. in Plymouth. More information and pre-registration is at <https://www.mountainvillagecharter-school.org/baker-river-regatta/>.

Registration is \$25 for adults and \$15 for children 12 and under. Registrants receive a T-shirt, commemorative glass, entry into raffles and more. All proceeds support the Mountain Village Charter School

CASS INSURANCE INC.
 'Nanc' & Michelle
 PO Box 406 • Newport, Vermont 05855
PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS
 802.334.6944-Work
 802.334.6934-FAX
cassinsurance@myfairpoint.net

THE COUNTRY LADY BUG GREENHOUSE
 370 Perch Pond Road, Campton, NH
 Come and discover The Country Lady Bug Greenhouse where personal service is a priority and the plants are grown the old fashioned way -from seed, bare root and starters!
 Open 9 to 5 daily

www.nhladybug.com
 Gift Certificates - A great Mother's Day Gift!

SCHWARTZBERG LAW
 EXPERIENCE THAT MATTERS

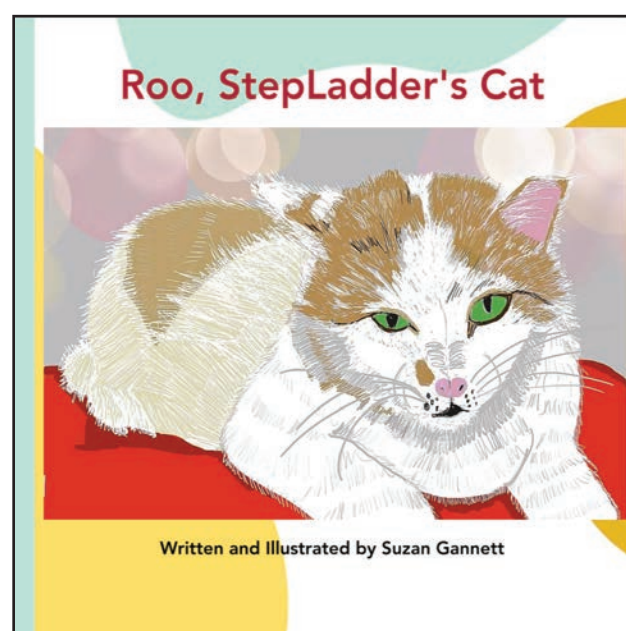
Advising Clients About Wills & Trusts Since 1985
 Plan for your future today.
 Ora Schwartzberg, Esq.
 572 Tenney Mountain Hwy
 Plymouth, NH 03264
 603.536.2700
www.NHLawyer.net

"Roo, StepLadder's Cat" has his own book

PLYMOUTH — Children's Author and Illustrator Suzan Gannett introduces a new book, "Roo, StepLadder's Cat."

Susan Jehl, manager of StepLadders, had seen Mrs. Gannett's book, "Dizzy, the Therapy Dog," and asked her to write a book about Roo. Roo has an interesting background. He was initially captured by the Humane Society, neutered and released. When he got sick in the wild, he was brought in again. When he became well again, he was adopted by Mrs. Jehl and went to live at StepLadder's. He is quite the character! He has free reign over the shop. He is often seen in the window catching a nap and patrons often think he's part of the display, until he moves. He loves his seat right next to the register and is very willing to be petted. Roo, a handsome, orange tabby cat, has been a great addition to StepLadder's. His book is on sale at StepLadder's on North Main Street and at Artistic Roots with the 26 other children's books that Mrs. Gannett has written and illustrated.

This is the latest book from local author and illustrator, Suzan Gannett. It is a collaboration with Sue Jehl from StepLadders. It is currently on sale at both StepLadder's, North Main Street, and Artistic Roots, 73 Main St., Plymouth.



CADY Corner

New Study: Secondhand marijuana smoke more hazardous than second- hand tobacco smoke

BY SMART APPROACHES TO MARIJUANA (SAM)
CADY Partner

A new study found that secondhand marijuana smoke could be more hazardous to one's health than secondhand smoke from cigarettes.

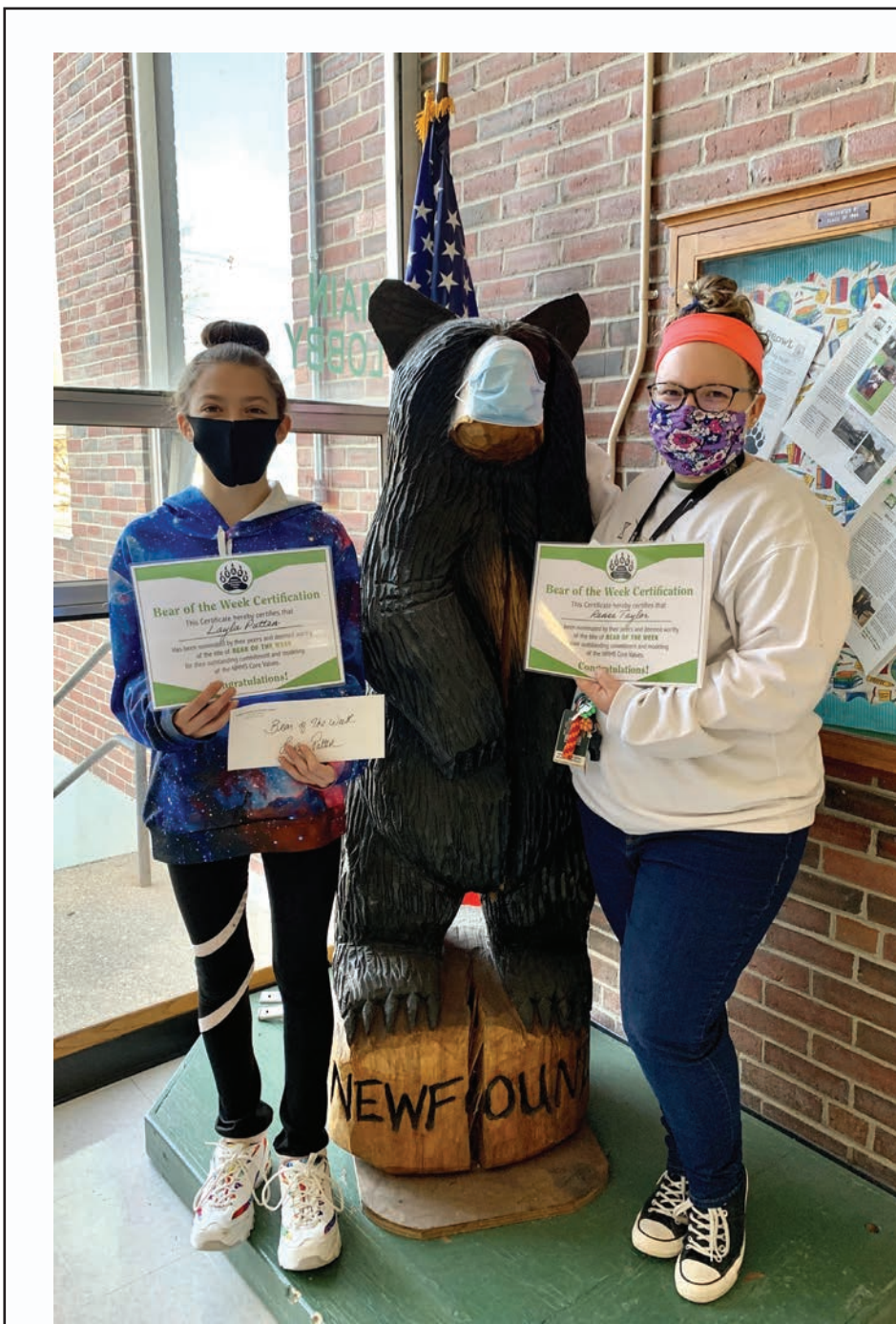
The study compared emissions of fine particles, or particulate matter (PM 2.5) from tobacco smoke and marijuana smoke and found that the PM 2.5 emission rate of pre-rolled marijuana joints was 3.5 times higher than the average PM 2.5 emission rate of Marlboro cigarettes. Furthermore, the study also found that smoking marijuana indoors produced much more secondhand smoke emissions than the use of cigarettes indoors.

"Previous research has shown us that secondhand smoke from marijuana is a hazard to health to both smokers and non-smokers alike, and now this study shows that marijuana smoke distributes more harmful particles into the air than cigarettes do," said Dr. Kevin Sabet, president and co-founder of Smart Approaches to Marijuana (SAM) and a former senior drug policy advisor to the Obama Administration. "With the recent declaration that the use of marijuana in public areas will be allowed under the new legalization law in New York State, this new research solidifies the need for further public health guardrails to be put in place, not only in New York, but also in other states where the public use of marijuana proliferates. These risks to health cannot be ignored."

This study follows previous research finding marijuana users had higher levels of smoke-related toxins in their blood and urine than non-smokers. Marijuana users were found to have higher levels of dangerous toxins such as naphthalene, acrylamide, and acrylonitrile than those who do not smoke marijuana or tobacco. These toxins are associated with severe harms such as cancer, anemia, and liver and mental health damage.

Legalization organizations have long targeted provisions of the Clean Indoor Air Act to allow for a marijuana exception. They have also denied the harms of secondhand smoke in areas such as public housing, which exposes the most vulnerable. Recent studies have found public housing exposes children to secondhand smoke more so than tobacco.

For more information about the harms or marijuana use, visit learnaboutsam.org. For prevention information, visit www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of April 23 are Layla Patten and Renee Taylor for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to the Promising Futures of NH, c/o Office of Student Wellness at DOE, for providing prizes to this week's winners!

Sustainable Bristol

Regrowing food scraps

BY LAUREN THERIAULT

A few months ago, I wrote about using food scraps to dye fabric, then someone told me about using scraps to regrow food. After some experimentation I am hooked. Depending on what scraps you have you can look up what will regrow and how to do so. In most cases it is very little work and a fun project.

We have been regrowing green onions, celery, lettuce, and basil but the list of what you could regrow goes on and on. For the onions, celery and lettuce you take the bottom of the stalk or core that you would normally toss in the trash or compost, let it dry overnight then place it in a cup of water on a sunny windowsill. It may take a few days to notice a difference, but the growth

will start to poke out. You might be amazed by the shoots you'll see growing seemingly before your eyes.

Herbs will grow if you trim the top with a few leaves, set it in a small glass of water with the leaves out of the water and coax the roots out. I have found that this takes a while, don't lose faith, it might be about two weeks before the roots appear. As an experiment, once the roots popped out of my basil, I cut a Gatorade bottle in half, stuffed a mesh clementine bag in the mouth part of the bottle, filled the top half with soil and planted the basil there. Then I set that half inside the bottom half which was filled with water. The roots have grown down and into the bottom half. Once the frost threat

is over I'm planning to plant my basil scraps in the garden. All from a potted plant I got at the grocery store in January when I was desperate for fresh herbs.

My mom has been regrowing a pineapple for the last four years, that's a little long term for me but it's a fun project. This can also be done with avocado pits. Poke four holes around the halfway point of the pit and stick toothpicks into them, set the toothpicks on a small jar or glass and fill with water; wait for the root to appear. I've never had any success getting an avocado out of this process, but I have gotten a bunch of plants. It's a good experiment even if you aren't getting any guacamole.

Potatoes and garlic can also be sprouted and planted to grow

more, as long as they are organic, since the non-organic ones are treated with chemicals to prevent sprouting. Keep them somewhere dark to sprout them, or realistically, find an accidentally sprouted potato, and plant it in a bucket of soil or in a corner of your garden.

Lastly, if you're really feeling ambitious you can save seeds from peppers, tomatoes or other vegetables (again organic only) and try to grow them. Tomatoes you can use a piece of brown bag to smear the tomato on and let the seeds dry there. Then cut the bag into tiny pieces with one or two seeds on it and plant them in a pot. You don't even need to peel the paper off. Good luck growing!

Letters to the Editor

Banning discussion of "divisive concepts" protects racism

To the Editor:

Amid the racial turmoil of 2020, the popularity of books, documentaries, and courses about racism and bias grew exponentially. People want to learn how to help make our country a place where all people are treated equally.

Adding HB 544, the bill that restricts what can be said about racism, to the state budget was a blatant attempt

by House Republicans to shut down anti-racism and anti-bias educational programs. These restrictions apply to the state, cities, towns, public schools and colleges, as well as the internal operations of any business with any type of contract with the state.

It uses smoke and mirrors, and a list of ten prohibited discussion topics. Many of those topics are the complete opposite of what is pre-

sented in anti-bias programs. The strategy in HB 544 is to lay a mine field of potential violations so complex, that no one will want to provide anti-bias training, for fear of losing their job, state funding or having their contract canceled.

Here is an example of the mirrors and mine field. One of the ten prohibited "divisive concepts" is "Meritocracy or traits such as a hard work ethic are

racist or sexist, or were created by a particular race to oppress another race." The truth is, for centuries, the opposite of these traits, lower intelligence and laziness, has been ascribed to blacks. This stereotype has been used to justify slavery and explain the economic disparity between Black and White. This stereotype can even be found in children's literature and Disney movies.

We need to recognize the long history and many ways Blacks have been denied equal opportunities – denial of Reconstruction benefits, segregation, substandard schools, food deserts, and job and housing discrimination. We also know, money and the right connections can get you into a prestigious college or land you a high paying job. Scholarship and hard work isn't the only way Whites succeed. This is

the discussion HB 544 prohibits.

In this time of heightened interest in eliminating racism, enacting language that protects racism is wrong, and will tarnish the image of New Hampshire. Tell your state Senator to remove the language of HB544 from the budget.

REP. SALLIE FELLOWS
HOLDERNESS

Harris

FROM PAGE A1

demarcated and appeals from its members, NHEC secured two grants from the Connecting New Hampshire Emergency Broadband Expansion Program. Those grants supported the construction of fiber-optic networks in Lempster, Colebrook, Stewartstown and Clarksville. Through its subsidiary, NH Broadband, NHEC is now providing nearly 1,000 previously un-

served members with access to high-speed internet.

Recalling NHEC's mission to provide electricity to rural New Hampshire some 80 years ago, Harris encouraged the same spirit in extending rural access to broadband internet.

"In 1939, that pole was built, and it's still there," she said, referring to the Co-op's first electric pole set in Lempster 82 years ago, "and why we're here today is because of what

you have been doing in this co-op."

Part of the American Jobs Plan includes a proposed \$100 billion in spending to increase access to broadband internet, Harris said.

"It's the same thing that our country decided to do in 1936, saying let's get electricity to everybody, and rural America should not be left out of that priority...This really is an incredible moment in our history," Harris continued. "Not unlike what our country

did with electricity, we can do with broadband, so let's get it done."

NHEC's Board of Directors has adopted a goal of ensuring that all Co-op members have access to affordable, reliable, high-speed internet. NHEC is working to expand its current fiber optic networks, and identify additional funding opportunities and strategic partners.

"Thank you, Vice President Harris, for coming to Plymouth and

putting a spotlight on the need for rural internet access," said Tom Mongeon, Chair of NHEC's Board of Directors. "It is encouraging to see attention being given to the needs of our members at the highest levels of government. NHEC exists to serve our members and we are working hard to ensure that they have access to the high-speed internet they need."

Steve Camerino, NHEC's President and CEO, highlighted the Co-op's work to provide broadband access to its members and stressed that electric coopera-

tives are ideally suited to help bridge the rural digital divide.

"We were honored to host Vice President Harris and appreciate her taking the time to learn more about NHEC and our work to expand broadband," said Camerino. "Access to affordable, reliable, high-speed internet service is critical to our members and the communities we serve. Federal funding is vital to support our efforts, and it is exciting to hear about the opportunities to expand rural broadband in the American Jobs Plan."

Pemi-Baker

FROM PAGE A1

out in the community. Pemi-Baker Community Health can help.

LSVT BIG

LVST BIG therapy was developed specifically for people with Parkinson's disease and other neurological conditions. Treatments target whole body movements for activities of daily living. LSVT programs are administered by specially-trained therapists, in an intensive manner — four times per week for four weeks — and are tailored to each patient.

Therapists ask patients to move in BIG or amplified ways, whether they're walking, buttoning shirts and pants, getting keys or change out of pockets, or writing. These lead to smoother, larger, safer movements and improved quality of life.

Today, there are over 16,000+ physical and occupational therapists trained and certified in LSVT BIG in 42 countries around the world. Here at Pemi-Baker Community Health, Kaity Schwartzer, PT, DPT is certified to administer this technique. Treatments delivered by LSVT-certified clinicians consist of the following:

Four LSVT-BIG sessions a week, for four consecutive weeks

Sessions are individual one-hour treatment sessions

Daily homework practice (all 30 days of the month)

Daily carryover assignments (all 30 days of the month)

LSVT therapy benefits

Schwartzter says LSVT BIG patients typ-

ically notice improvements in walking, getting in and out of chairs, and rolling in bed as well as overall flexibility, balance, strength and endurance. Because the program is specific to individual patients and their needs, results are based on personal goals.

As for whom it can help, Schwartzter says, "the people with Parkinson's disease who benefit the most from LSVT BIG therapy are those with minimal to moderate symptoms but as the protocol is customizable, anyone with PD at any stage of the disease may benefit." Schwartzter can see people who have severe PD, even those who cannot walk or stand well, as all exercises can be modified to be laying down in bed if needed. The program requires cognitive effort to change habits and reprogram the brain to make bigger, more efficient movements, so patients who have little to no cognitive problems are the most successful.

Cynthia Mathews, a LSVT BIG participant, was hoping to slow the progression of her disease and was surprised how quickly she noticed changes. "Prior to BIG program participation, my neurologist was always encouraging me to, 'Stand up straight', and 'Pick up your feet' while walking, but I saw no way to do this without thinking about what I was doing with my arms, legs, and spine every single second. It just sounded impossible. However, after only two weeks participation in LSVT BIG, I noted that I had regained the ability to walk with good posture and no shuffling of my feet with virtually no

conscious effort whatsoever. My husband has commented on my 'new' normal walk. That has made me feel good, and has helped to maximize my motivation" said Mathews.

Assistance at Pemi-Baker Community Health

Pemi-Baker Community Health currently offers LSVT BIG therapy at their location on Boulder Point Drive in Plymouth, NH. Prospective patients need to obtain a referral from their physician specifying LSVT BIG and Pemi-Baker Community Health. The LSVT BIG program falls under the same health insurance coverage as typical physical therapy, check with your insurance provider for your specific policy coverages.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us, please call 536-2232 or email: info@pbhha.org Visit our Web site, www.pbhha.org, and like our Facebook Page: @PBCH4.

Science

FROM PAGE A1

New Hampshire Day is possible due to generous support from Dead River Company and New Hampshire Electric Coop Foundation (NHEC). In addition to its sponsorship, NHEC is also covering New Hampshire Day admission fees for its members. NHEC members must show a copy of their electric bill at admissions.

All New Hampshire Day tickets are for one-hour timed entry blocks and must be purchased in advance at nhnature.org. New Hampshire residents must show proof of residency at admissions. Timed entry tickets allow visitors to check in any time during the one-hour admission window. All visitors ages 3 and up are required to wear face masks to help protect our staff, other guests, and animals. All visitors should check the Know Before You Go information on the Science Center's website at nhnature.org for the latest health and safety requirements.

Visitors for New Hampshire Day will enjoy live animal pop up encounters by naturalists and volunteer docents throughout the day. These pop ups may feature small mammals, raptors like hawks and owls, or reptiles like turtles and allow for a close up visit with animals and a chance to ask questions with the naturalist or docent.

The new Raptor Exhibit will be open for the public to enjoy along with additions to the Hidden Stories Exhibit. Since 1966, Squam Lakes Natural Science Center has educated and enlightened visitors about the natural world through spectacular live animal exhibits, natural science education programs, lake cruises, informal public gardens, and a nature-based Montessori preschool. It is the only institution in northern New England accredited by the Association of Zoos and Aquariums (AZA).

Please visit nhnature.org for full details about what to expect on your visit and to purchase tickets.

HIGH SCHOOL SLATE

Thursday, April 29

NEWFOUND
Softball vs. White Mountains; 4
PLYMOUTH
Boys' Lacrosse at Kennett; 4
Boys' Tennis vs. Kennett; 4
Girls' Tennis at Kennett; 4

Monday, May 3

NEWFOUND
Baseball vs. Moultonborough; 4
Softball at Moultonborough; 4
PLYMOUTH
Baseball at Inter-Lakes; 4:30
Boys' Lacrosse vs. Lebanon; 4
Girls' Lacrosse at Lebanon; 4
Softball vs. Inter-Lakes; 4:30

Tuesday, May 4

NEWFOUND
Track at Moultonborough; 4
PLYMOUTH
Boys' Tennis at Lebanon; 4
Girls' Tennis vs. Lebanon; 4
Track at Kennett; 4

Wednesday, May 5

NEWFOUND
Baseball at Moultonborough; 4
Softball vs. Moultonborough; 4
PLYMOUTH
Baseball vs. Inter-Lakes; 4:30
Softball vs. Bishop Guertin; 4:30

Thursday, May 6

NEWFOUND
Boys' Hoops vs. Franklin; 6
Girls' Hoops at Franklin; 7
PLYMOUTH
Boys' Lacrosse at Gilford; 4
Boys' Tennis vs. Lebanon; 4
Girls' Tennis at Lebanon; 4

All schedules are subject to change.

ALEXANDRIA Verification of the Checklist

New Hampshire law requires that the Supervisors of the Checklist verify the checklist every ten years. Any person on the checklist who has not voted in the past four years must re-register to remain on the checklist. The Supervisors are sending letters of notification to these voters at the address they provided when they registered.

The Supervisors of the Checklist will hold sessions for re-registering voters who have not voted since April 1, 2017, also accepting applications for new voter registration, requests for the correction of the checklist, and change of political party affiliation.

These sessions will be held from **11:00 a.m. to 2:00 p.m.** on the following dates:

Saturday, May 1, 2021

Saturday, June 26, 2021

Saturday, July 24, 2021

Location: Old Town Hall, 45 Washburn Road, Alexandria
Voters may also re-register at the Town Clerk's office during the Clerk's regular hours.

Voters may check party affiliation on-line:
<https://app.sos.nh.gov/Public/PollingPlaceSearch.aspx>
Alexandria Supervisors of the Checklist

Moultonborough

FROM PAGE A1

the 4X100-meter relay in a time of 56.9 seconds.

Quinn Van Lingen picked up a couple of wins for the Bears, winning the 110-meter hurdles in a time of 20.01 seconds and winning the 300-meter hurdles in 54.74 seconds, with Thomas Talamini in second in 56.58 seconds.

Tyler MacLean won the long jump at 17 feet, 7.75 inches, Van Lingen finished in second at 14 feet, 5.25 inches and Eli Sylvain-Stott was fourth at 13 feet, 2.25 inches.

MacLean also won the javelin with a toss of 118 feet, nine inches, Dalton Dion threw 103 feet, seven inches for third and Brady MacLean was fourth at 102 feet, nine inches.

Jacob Blouin won the shot put with a throw of 41 feet, three inches, Owen Henry reached 39 feet, three inches for

second place and Trevor Sanschagrinn was fourth at 35 feet, three inches.

Dion leaped 31 feet, 11.75 inches in the triple jump to take top honors and Van Lingen was second at 31 feet, 4.75 inches.

In the 1,600 meters, Ben LaPlume ran to second place in a time of 5:26.49 and Jeff Huckins took third in 5:41.35.

Garrett King took second in the high jump, clearing five feet while in the discus, Henry finished in fourth place with a distance of 90 feet, eight inches.

Newfound won the 4X100-meter relay with a time of 49.83 seconds and won the 4X800-meter relay with a time of 11:12.99.

The Bears are scheduled to be at Moultonborough again on Tuesday, May 4, at 4 p.m.

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

Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement

Edward Jones: Financial Focus

Look at your financial situation holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

- *Your views on helping your family* – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.
- *Your personal beliefs* – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.
- *our purpose in life when you retire* – When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).
- *Your health* – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth. It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.

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

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

Rev. Earl W. Miller, Jr., 77

Rev. Earl W. Miller, Jr., 77, of Moultonborough, NH died on Monday, April 12, 2021 at the Dartmouth Hitchcock Jack Burns Palliative Care Center in Lebanon, NH. Earl passed away after a five-week illness that was found to be a glioblastoma attached to his spinal cord. Earl was born January 22, 1944 in Pascagoula, MS. He attended Battle Creek schools, Kellogg Community College in Battle Creek, Olivet College in Olivet, MI, and Andover Newton Theological School in Newton Centre, MA. Preceding him in death were his parents Earl and Ruth Miller of Battle Creek, MI, his older sister Patricia, his younger brother Terry, and many relatives in Wisconsin. He leaves behind his loving wife of almost 53 years, Gail, and his two children, Rebecca and Thomas (Joy), whom he greatly loved. He also leaves behind several grandchildren whom he loved



and was very proud: Prairie Irizarry (Ivan), Satchel Lefebvre (Bernadette Dineen), Adelard Lefebvre, Lycienn Lefebvre-Miller, Zeubulon Lefebvre-Miller, Kate Miller, and Keri Miller. Last but not least is his first great-granddaughter, Emilia Marie Irizarry, who had her first birthday two days before Earl's death. Earl will also be missed by his sister's husband George Eckelbecker and his two sons; his brother's wife Debbie and their stepchildren; Gail's sister Carol Rawston, Carol's son Brian and his son Charlie, along with many Rawston step-

children; Gail's brother Noel (Judi), along with their children Keena Tracy (Zach Henderson) and Kyle Tracy (Sandy), along with their children Sara, Kayla, and Kathryn Tracy. Earl and Gail's cats Simon and Precious just do not understand what happened to their playmate Earl, and they miss him terribly! A grand celebration of Earl's life will be held on the grounds of Center Harbor Congregational Church June 19, 2021 at 2PM. All who knew this wonderful man are welcome! Anyone wishing to donate to a worthy cause in Earl's memory may contribute to Heifer Project International in memory of Earl and in honor of good friends Rosalee and Paul Sinn, mentors and mission superstars! Please send checks to 1 World Avenue, Little Rock, AR 72202 Please indicate it is in Memory of Earl W Miller Jr on the Memo line. www.mayhewfuneralhomes.com

Panther women laxers win one, lose one

CASTLETON, Vt. — Sophomore Emily Santom (Litchfield) notched a career-high eight points and four different players tallied hat tricks as Plymouth State University stormed past Castleton University, 22-3, in a Little East Conference (LEC) women's lacrosse game at Dave Wolk Stadium on Tuesday night.

Santom and graduate student Sydney Dubois (Goffstown) tallied five goals apiece, with Santom adding three assists, while senior Elizabeth McLaughlin (Tuftonboro) and junior Kaylee St. Laurent (Alfred, Maine) added four and three goals, respectively.

Plymouth State improves to 22-1 against Castleton dating back to 1988.

The Panthers' offense has been unstoppable this season. PSU has outscored its competition by a 68-12 margin thus far.

Castleton actually got on the board first, but Plymouth State answered with 11 straight scores to seize control midway through the opening half.

Santom poured in all five of her goals and added two assists in the first 18 minutes of play.

Dubois chipped in three goals and an assist, St. Laurent added a pair of tallies and McLaughlin beat the Castleton goalie to make it 11-1.

The Spartans briefly stopped the streak, but McLaughlin tallied back-to-back goals and freshman Tarryn O'Brien (Weymouth, Mass.) and junior Devon Mello (Laconia) made it 15-2 at the half.

Dubois scored twice in the opening five minutes as PSU scored five-straight to start the second half and extend the lead to 20-2. Castleton snuck a third goal past senior Meaghan Allard (Amherst), but the Panthers added two final markers to wrap up the lopsided win.

Santom has 13 goals over the last two games and leads the Panthers with 18 goals and 25 points.

Dubois' five goals matched a career best.

PSU outshot the Spartans by a 35-15 margin. The Panthers were 13-of-15 on clear attempts, while limiting Castleton to just 3-of-14 and forcing 20 turnovers. Plymouth State won the ground ball battle, 18-9, but Castleton held a slight 14-13 edge in draw controls.

Freshman Emily Duffley (Plymouth, Mass.) scored her first career goal, while sophomore Sarah Schartner (Plymouth) picked up her first career point with an assist.

Allard made five saves to improve to 4-0.

In a battle for sole possession of the top spot in the Little East Conference (LEC) standings, Western Connecticut State University held off Plymouth State University, 9-4, in women's lacrosse action at Westside Athletic Complex on Saturday afternoon.

WestConn used back-to-back goals to break a 3-3 tie and go into halftime with a 5-3 advantage. The Colonials upped the lead two minutes into the second half, but PSU came right back less than two minutes later. That would be the Panthers' final tally, though, as WestConn added three scores to secure the win.

The matchup featured the conference's last two unbeaten teams who had each coasted through the LEC schedule. En-

tering the game PSU had trounced the competition by a 68-12 margin, while the Colonials outscored opponents 65-21.

Plymouth State had won 17 straight LEC regular season games and 23-of-24. The Panthers' last conference loss came against Eastern Connecticut State University in the 2017 regular season finale.

Plymouth State falls to 4-1 (4-1 LEC), while WestConn improves to 5-0 (5-0 LEC).

WestConn set an early tone scoring just 24 seconds into the game.

O'Brien pulled the Panthers even with a free position goal just over two minutes later and sophomore Olivia Croke (Norwell, Mass.) gave Plymouth State its only lead of the day, 2-1, with 25:12 left in the first half.

The Colonials came right back to even the game 15 seconds later, before going back in front, 3-2, with 16:45 remaining.

Croke scored her ninth of the year to tie the game at 3-3, but WCSU senior Caroline Galligan (Marshfield, Mass.) picked up her third goal of the afternoon as the Colonials retook the lead.

Galligan would strike again with 1:23 left in the half as WestConn took a 5-3 lead into the break.

The Colonials padded the lead two minutes into the second half, but Dubois answered for the Panthers.

The hosts took a timeout with 21:55 left to play, then scored back-to-back goals to push the lead to 8-4, before adding one final score with 14:28 remaining to account for the final score.

WestConn outshot the Panthers by a 31-10 margin. The Colonials won 9-of-14 draw controls and picked up 25 ground balls to PSU's 15. Plymouth State was successful on 17-of-25 clears, while WestConn converted on 14-of-17 attempts.

Allard made a season-high 11 saves but fell to 4-1.


Entering the game, the teams ranked among the top-two in the conference in goals per game, shots per game, shots on goal per game, saves percentage, goals against average, scoring margin and fewest turnovers



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

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

Send all obituary notices to
Salmon Press,
by e-mail to
obituaries
@salmonpress.news

NEW HAMPSHIRE  **2021 SEASON**

White Mountains • Great North Woods

SUMMER GUIDE

Lakes Region • Concord Area • Mt. Washington Valley

The **ONLY** tourist publication promoting New Hampshire from the Lakes Region, Mount Washington Valley and White Mountains all the way up to the Great North Woods.

DISTRIBUTED WEEKLY STARTING MAY 28, 2021 TO MORE THAN 400 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING... MASSACHUSETTS, RHODE ISLAND, CONNECTICUT & NEW HAMPSHIRE

SIZE & PRICING INFO.

FULL PAGE with bleed.....	\$790
FULL PAGE without bleed	\$790
2/3 PAGE	\$576
1/2 PAGE vertical	\$433
1/2 PAGE horizontal.....	\$433
1/3 PAGE square	\$311
1/6 PAGE vertical	\$163
1/6 PAGE horizontal.....	\$163
1/12 PAGE square.....	\$92

GLOSSY PAGE PRICING
sizing same as above)

Inside Front	\$1,800
Inside Back	\$1,650
Full Inside	\$1,550
Half Inside	\$865

Glossy advertising is limited so reserve your space early!

ADVERTISING DEADLINE WEDNESDAY, APRIL 29TH

ALL ADS INCLUDE:

- FREE LAYOUT & DESIGN
- FREE LISTING IN OUR ADVERTISER'S INDEX

TO PLACE AN AD PLEASE CONTACT:

Tracy Lewis	or	Lori Lynch
(603) 616-7103		(603) 444-3927
tracy@salmonpress.news		lori@salmonpress.news

Hebron Supervisors of the Checklist Meeting Notice
Saturday, May 1st, 2021

The Supervisors of the Hebron Checklist will be in session at the Town Office Building, 7 School St., Hebron, NH on Saturday, May 1st, 2021 from 10:00 a.m. to 10:30 p.m. May 1st will be an opportunity to change party affiliations, additions and corrections to the check list. This is the last day to Register to vote until election day, May 11th.



PSU honors Alyssa Griffin, Ann Thurston, Speare with Campus Compact awards



Plymouth State University second-year student Alyssa Griffin of Londonderry, NH, was honored at the Campus Compact for New Hampshire's annual Presidents' Awards, in a virtual ceremony on Wednesday, April 14, 2021. Griffin, a second-year meteorology major and member of the PSU honors program, was honored with the Presidents' Leadership Award, which recognizes students or student groups who have made outstanding contributions to civic engagement, and was named a Newman Fellow.

PLYMOUTH — Alyssa Griffin, Ann Thurston and Speare Memorial Hospital in Plymouth were recently honored by Plymouth State University (PSU) with Campus Compact for New Hampshire's (CCNH) annual Presidents' Awards. The awardees were celebrated in a virtual ceremony on Wednesday, April 14 due to the ongoing COVID-19 pandemic.

CCNH is a statewide consortium of college and university presidents that is dedicated to advancing the civic purposes of higher education. PSU President Donald Birx, Ph.D., and members of the PSU community nominated the individuals and groups for their commitment to serving the campus and Plymouth-area communities.

"The recipients of this year's Campus Compact Awards have truly gone above and beyond in their efforts to make Plymouth State University, our community and our region stronger," said Birx. "Alyssa and Ann truly exemplify Plymouth State University's culture of service, and they are deeply

committed to creating a positive, supportive and enriching campus experience for all PSU students."

Alyssa Griffin, a second-year meteorology major and member of the PSU honors program from Londonderry, was honored with the Presidents' Leadership Award, which recognizes students or student groups who have made outstanding contributions to civic engagement. Campus Compact also named Griffin a Newman Fellow. Griffin is a student leader and passionate volunteer who has made a significant impact on PSU and the broader community. She serves as Interim President of the Student Support Foundation (SSF), a student-led organization that provides emergency financial grants, manages an on-campus food pantry and provides other services at no cost to PSU students. She is also a writing consultant for Lamson Library and is active in student government, serving as treasurer of her class. Griffin is committed to addressing food insecurity and

ensuring that her peers have access to basic needs, and inspires her fellow students to take care of each other and the community through her own actions.

Ann Thurston, Director of Planned Giving, was honored with the Good Steward Award, given to a faculty, administration or staff member who has contributed his or her professional expertise in service to the wider community and who has significantly advanced public service on his or her campus. Thurston is a PSU "triple alumna" who received her bachelor's degree in 1980, her Master's degree in 2000, and her certificate of advanced graduate studies in 2007, and has spent her entire 40-year career at the University. She has touched many facets of the University, from working with department chairs, to the Registrar's Office, to the Office of Sponsored Programs, to securing more than \$1 million in planned giving to benefit future generations of PSU students. Thurston does not consider raising funds for Plymouth State a job, but a calling. She will retire from PSU in summer 2021, but will continue to be a presence on campus.

PSU recognized Speare Memorial Hospital with the Community Partner Award, which is given to a non-profit organization that has enhanced the quality of life in the community and engaged in the development of sustained, reciprocal partnerships with a college

ea residents, including PSU students and other members of the community, safe, healthy and informed. The hospital worked with the National Guard, the state of New Hampshire, regional Emergency Preparedness resources and PSU officials to stand-up an Alternate Care Site at the PSU Ice Arena and Welcome Center in March 2020, when health officials warned of a mid-April surge. The hospital rolled-out telehealth services in early April, which made it possible for patients to see their providers virtually. Additionally, Speare has been a clinical training site for PSU nursing students for nearly a decade, and PSU's new medical simulation lab offers Speare's nursing staff opportunities to train and practice clinical scenarios. Speare Memorial Hospital has been and continues to be a tremendous asset to the greater Plymouth area, and a vital partner to Plymouth State University.

"The entire staff at Speare Memorial Hospital has been an integral leader and partner in helping our region through the pandemic," said Birx. "They have demonstrated professionalism and shown compassion at every turn, and have been a steady presence for all of us, and we are grateful."

CCNH's programs and resources include training, advocacy, funding, legislative outreach and recognition for community-based work that both enhances student



Plymouth State University Director of Planned Giving Ann Thurston was honored at the Campus Compact for New Hampshire's annual Presidents' Awards, in a virtual ceremony on Wednesday, April 14, 2021. Thurston was honored with the Good Steward Award, given to a faculty, administration or staff member who has contributed his or her professional expertise in service to the wider community and who has significantly advanced public service on his or her campus. Thurston is a PSU "triple alumna" (1980, 2000, and 2007) and has spent her entire 40-year career at the University.

campuses serve some six million hours in local communities through initiatives run or sup-

ported by their institutions, providing millions of dollars in services.

CLASSIFIED
FOR ADVERTISING CALL (603) 444-3927

LOW COST SPAY/NEUTER
Rozzie May Animal Alliance, nonprofit serving NH and Maine.
Cat Cab service available.
Cats \$70-\$85. Military discounts.
Sign up on line
www.RozzieMay.org
or call 603-447-1373

HELP WANTED
Veterinarian (per diem) licensed to practice in New Hampshire. RMAA is a nonprofit corporation offering high volume, low cost spay/neuter for dogs and cats. Days are varied. Applicants need to be experienced in providing surgery for large volume clinics. A strong work ethic and commitment are required. We are located in Conway, New Hampshire. For more information about our organization visit our web site: www.RozzieMayAnimalAlliance.org
To apply: please send a cover letter, resume and references to: RMAA, P O Box 1756, Conway, NH 03818 or email: terricon@roadrunner.com

REAL ESTATE

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2
\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%
Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

Advertise Here

SalmonPress.com
If it's important to you,
It's important to us.



Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities

Find it **FREE** Online at:
www.NewfoundLanding.com

Or **FREE** at these fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

PUBLISHED EVERY THURSDAY!

A new publication full of local news, sports & happenings from the following communities:

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

Delivery Driver

Our Ashland location has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience preferred but not necessary; and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhman@belletetes.com

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

SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

Receiver

This is a full time position in our Ashland store. Duties include performing a variety of shipping and receiving tasks. Loads and unloads materials as well as verifying materials received are as ordered and routes incoming items to appropriate departments and locations. Minimum 2 years experience in the building industry preferred but not necessary. Excellent customer service skills a must. Weekend hours required on a rotating basis.

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

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

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

Help Wanted

Sunday
PAVING & SEALING
Wolfeboro, NH

JOIN OUR GROWING TEAM

HIRING FOR 2021

CDL – A OR B DRIVERS
MECHANICS
SEALCOAT CREW & FOREMAN
PAVER OPERATORS
ROLLER OPERATORS
GRADER OPERATORS
EXCAVATOR OPERATORS
LOADER OPERATOR
LUTE/ FINISH
LABORERS (PAVING &/OR SEALING CREWS)

Pay: Hourly between \$17 to \$32
Based on Experience

Call 603.569.7878
email info@sundayspaving.com

Part-time Administrative Assistant

needed for busy Plymouth Law Practice
Mon -Thurs 20 hours

Contact via email only:
centurion1001@gmail.com

WINNIPESAUKEE FORGE

Ornamental Metal Fabricator/ Artist Blacksmith

Looking for a professional with metalworking experience. Preferred Skills: Fabrication, Tig/ Mig welding, Forging, use of ironworker, milling machine, lathe, mechanical Power hammers, hand tools. ability to work from drawings, Must be independent as well as able to work as part of a team. Salary commensurate with experience. Email resume and portfolio of work to dave@irontable.com

No in person or phone inquiries, please.

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

Join our team

at Squam Lake Inn and Inn Kitchen & Bar

Accepting applications for:
F/T year-round, seasonal, and P/T positions:

- Server
- Host
- Dishwasher/ Prep Cook
- Line Cook
- Inn Guest Services

Apply online at www.SquamLakeInn.com
Or call 968-4417

Come Join our Team WE ARE HIRING!

- Steel Erectors
- Metal Roof & Siding Installers
- Forman, Leadmen
- Laborers Position

401K, Paid Vacations, Health and Dental Insurance
Valid Driver's License required.
Application available at:

CONSTRUX, INC.

630 Daniel Webster Highway Plymouth, NH 03264
(603) 536-3553

Leading Pre Engineered Metal Building Co.

SEASONAL PART-TIME CUSTOMER SERVICE/ LAUNDRY ATTENDANT

Seasonal Part time Day (8AM – 4PM) and Night Positions (3PM – 9PM) available (2-3 shifts/week).

The Village Laundromat is seeking help to join our team. Exceptional customer service is a must!

We are looking for team members that are dependable, enthusiastic and motivated.

Please email resume to
laundryvillage@gmail.com
or call (603) 253-4466
for more information.

Hebron Village Store
It takes a Village to support a store...

Hebron Village Store looking for Full/Part time help multi tasking
Must be 18 years old
Cook breakfast and lunch and other duties.
Text cell phone 978-804-6747

7 North Shore Road, Hebron, NH 03241
603-744-0555 www.facebook.com/HebronVillageStore

PSI Molded Plastics

WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.
We offer competitive pay rates

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

Assembler – 2nd & 3rd Shift
Machine Operator – 2nd and 3rd Shift
Mechanic-Mold Setter 2nd shift
Process Technician – 2nd shift
Spray Painter – 2nd Shift

\$.75 per hour shift differential on 2nd shift.
\$1.50 per hour shift differential on 3rd shift.

****\$500 SIGN ON BONUS**
****SUBJECT TO TERMS AND CONDITIONS****

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

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

SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

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

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

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

E.O.E.
Competitive Wages Paid Vacation Paid Holidays Paid Time Off
Health Insurance Profit Sharing Store Discounts 401k



FIND A CAREER IN THE CLASSIFIEDS!

Bristol man pleads guilty to drug conspiracy charge

CONCORD — Derek Wright, 32, of Bristol, pleaded guilty in federal court to conspiracy to distribute, and possess with intent to distribute, controlled substances, Acting United States Attorney John J. Farley announced today.

According to court documents and statements made in court, on multiple occasions between May 18 and Sept. 17, 2020, Wright purchased fentanyl from a supplier and re-sold it to customers in New Hampshire. Wright was arrested on an outstanding warrant on Sept. 17. During a lawful search of Wright's vehicle, officers found more than 30 grams of fentanyl, approximately 10 small bags of methamphetamine and other items indicative of drug distribution. Wright later admitted to purchasing 50-60 grams of fentanyl at a time, which he re-sold to customers for profit.

Wright is scheduled to be sentenced on Aug. 16.

"Drug traffickers who peddle fentanyl and methamphetamine are attempting to profit from the sale of dangerous substances," said Acting U.S. Attorney Farley. "Their unlawful actions pose a serious risk to public health and safety. To protect our community from these deadly drugs, we are working closely with our law enforcement partners to put drug dealers in the Granite State out of business."

This matter was investigated by the New Hampshire State Police, the Drug Enforcement Administration, the New Hampshire Fish and Game Department, and the Tilton Police Department. The case is being prosecuted by Assistant U.S. Attorney Georgiana L. MacDonald.

Caring Never Changes

Concord Regional VNA and Central NH VNA & Hospice have become



Our new name reflects our history and service to the people of New Hampshire, the depth and strength of our combined teams, and our commitment to providing personalized, high-quality, compassionate home care, hospice care, personal home services and community wellness programs in the 82 communities we serve.

Main office: 30 Pillsbury Street, Concord, NH 03301
(603) 224-4093 | (800) 924-8620
Branch offices in Laconia & Wolfeboro

www.granitevna.org

WE ARE PUMPED TO SERVE NH!



- Septic Tank Pumping
- Drain Line Cleaning
- Plumbing
- Water Heaters
- Air Conditioning
- Electrical
- Pipe Relining
- Home Generators
- Boiler / Furnace Installation

Veteran & Senior Citizen Discounts

We Keep Growing! Hiring HVAC Technicians/Installers and Plumbers!

0% Interest Up To 18 Months

<p>10% SEPTIC TANK OFF PUMPING*</p> <p><small>* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21</small></p> <p>CODE SPRINGSSEPTIC10 ROWELL'S SERVICES 603-934-4145</p>	<p>\$199 ALL 3 FOR THE PRICE OF 1!</p> <p>FURNACE, A/C & WATER HEATER</p> <p>TRIPLE PLAY TUNE-UP</p> <p><small>* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21</small></p> <p>CODE SPRINGHVAC149 ROWELL'S SERVICES 603-934-4145</p>	<p>\$25 YOUR NEXT SERVICE OFF REPAIR*</p> <p><small>* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21</small></p> <p>CODE SPRINGSERVICE25 ROWELL'S SERVICES 603-934-4145</p>
<p>\$199 ANY DRAIN ANY TIME</p> <p>LIMIT 1 DRAIN LINE UP TO 1 HOUR ON-SITE.</p> <p><small>* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21</small></p> <p>CODE SPRINGDRAIN199 ROWELL'S SERVICES 603-934-4145</p>	<p>\$250 HEATING/COOLING REPLACEMENT OFF SYSTEM*</p> <p><small>* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21</small></p> <p>CODE SPRINGMINI250 ROWELL'S SERVICES 603-934-4145</p>	

603-934-4145 RowellServices.com **ROWELL'S SERVICES** TRUSTED SINCE 1983



PAVING

JOIN OUR TEAM FOR THE 2021 PAVING SEASON

All Paving & Grading Positions Available
CLASS A DRIVER POSITIONS AVAILABLE

401K-5% match
Dental
Healthcare Benefit
AFLAC

Startup Bonus
End of Season Bonus
Paid Holidays
Boot Allowance

Team Environment
With Respect
For ALL

Call 279-1499 or email admin@bryantpaving.com TODAY!

ALL ARE ENCOURAGED TO APPLY **BRYANT PAVING IS A DRUG FREE WORKPLACE & EOE**