



Newfound Landing

THURSDAY, MARCH 16, 2017

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COMPLIMENTARY

Newfound's Peter Dumont named Environmental Educator of the Year

BY DONNA RHODES

dirhodes@salmonpress.news

BRISTOL — Science teacher Peter Dumont of Newfound Regional High School was recently named the Environmental Educator of the Year by New Hampshire's Environmental Association — an honor he well deserved, according to co-workers Amy Yeakel and Jen Dayhoff, who sent in the recommendation, and most importantly his students.

"When you ask Mr. Dumont what a word means, he doesn't just give you the definition, he gives you examples of it on top of that to make you really understand," said Mackenzie, a junior from New Hampton who has enjoyed two classes



DONNA RHODES

Peter Dumont, recently named the Environmental Educator of the Year by New Hampshire's Environmental Association, not only has plants and a large aquarium in his classroom, but he and his students at NRHS enjoy their "squirrel mascot" as well.

with Dumont. "There are about 80 high schools in the state and we're such a small school that when I heard he won, I said, 'Yeah- heck yeah!'"

Tyler, another junior from Bristol, also felt it was a good choice. Tyler said he didn't initially sign up for a science class with Dumont, but once he did, he was glad.

"It ended up being a lot of fun, so I took a horticulture class with him, too," he said.

A graduate of Keene State College, Dumont is in his 11th consecutive year of teaching at NRHS. Among the courses he currently offers are AP Biology, Anatomy and Physiology, Sophomore Biology, SEE DUMONT, PAGE A13

Back by popular demand

Positive feedback prompts Alexandria PD to schedule second active shooter response class

BY DONNA RHODES

dirhodes@salmonpress.news

ALEXANDRIA — Alexandria Police Chief Donald Sullivan said he received a great response to the "Civilian Response to Active Shooter" class he conducted on March 2, demonstrating ways people can protect themselves in the event of such an incident. As a result of the positive feedback, he has been asked to present a second workshop.

"We really got a lot of positive feedback on the class, and people who missed it have been asking if we could do it again," Sullivan said.

The class is designed to show people ways in which they can protect themselves in an active shooter incident, whether it be in the workplace, at a shopping mall, a school or anywhere else that might be targeted for a mass-shooting attack.

"Believe it or not it, incidents like this can happen here in New Hampshire, so people should

take time to educate themselves on what to do if they're ever caught up in such a situation," he said.

The time to think about what to do is before that happens, Sullivan said, and his course gives people simple yet vital information on how they should re-

spond should they find themselves caught up in a dangerous situation. Participants in the class can also learn what to expect when law enforcement officers arrive on the scene and how they, too, will be reacting to the incident.

Among the many SEE RESPONSE, PAGE A13

First Star Tonight celebrates 30 years of helping children in need

BY DONNA RHODES

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PLYMOUTH — This year, the charitable organization First Star Tonight celebrates its 30th year in helping children and young adults with serious medical problems, and their upcoming gala, featuring a night of dining, dancing and a live auction, is one way people can help them in their mission to assist friends and neighbors in central New Hampshire.

Three decades ago, a Plymouth State University professor whose young daughter was hospitalized at Dartmouth-Hitchcock Medical Center in Hanover founded First Star Tonight. Driving home from a day of being with her at the hospital, he looked up to see the first star of the evening shining brightly in the sky. Inspired by the sight, he promised then and there that if his own child recovered, he would help other children and their families who were caught up in similar situations. Since that time, First

Star Tonight has assisted hundreds of families in a number of ways. They have helped purchase prescription medications, glasses, and gas cards to help get a child to medical appointments. Some of the children SEE FIRST STAR, PAGE A13



COURTESY

The Tapply-Thompson Community Center (TTCC) will be hosting their very popular Annual Easter Egg Hunt again this year! The date for this year's event is Saturday, April 15, and the kickoff time is 1 p.m.

Easter Egg Hunt Eggstravaganza is back at the TTCC

BRISTOL — The Tapply-Thompson Community Center (TTCC) will be hosting their very popular Annual Easter Egg Hunt again this year! The date for this year's event is Saturday, April 15, and the kickoff time is 1 p.m. SEE EGG HUNT, PAGE A13

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DONNA RHODES

True dedication

Voters who made their way through the Nor'easter on Tuesday were greeted at the polls in Bristol by some hardy candidates who braved the heavy snow for some last minute campaigning. Results of area elections will be available in next week's edition of the Newfound Landing.

New Hampton Historical Society to host Japanese Garden program

NEW HAMPTON — The New Hampton Historical Society presents “Japanese Gardens” Tuesday, March 21 at 7 p.m. at the Gordon-Nash Library, New Hampton. Palmer Koelb, owner and founder of Shin-Boku Nursery in Wentworth, the largest Japanese garden tree business in North America, shares his experience following a four hundred plus year tradition of Japanese garden tree trimming.

His trees are carefully selected to be hardy in our northern New England notorious winters. In Japanese culture, garden building is honored as a high art. Palmer considers these natural-looking, asymmetrical gardens a place in nature where he finds beauty, peace and inspiration. The Japanese-style Stroll Garden at the nursery projects serenity and is a testament to Palmer’s diligent work ethic and

passions for Japanese gardening and trees. Shin-Boku works with clients to help select trees and designs that suit their desires, budget and site, and Palmer is committed to every plant that leaves his nursery, and is always available to discuss proper care or visit to monitor the plant’s health. As our Spring thaw begins, this program is well-timed to give us inspiration for our gardening plans.



COURTESY The New Hampton Historical Society presents “Japanese Gardens” Tuesday, March 21 at 7 p.m. at the Gordon-Nash Library, New Hampton.

Newfound Area Churches announce Lenten services

REGION — Newfound Area Churches (NAC) will be holding their annual Lenten services beginning March 1. These services are held every Wednesday at noon, with a light lunch

afterward. The church rotation is as follows: March 1st - Our Lady Of Grace, March 8 - Bristol United Church of Christ, March 15 - Bristol Baptist Church, March 22 - New

Hampton Community Church, March 29 - Alexandria United Methodist Church, and April 5 - Union Congregational Church of Hebron. For more information, please call 744-3885.

Bristol Resident receives degree from Simmons College

BOSTON, Mass. — Brittany Overton of Bristol recently earned a Master of Science from Simmons College. Overton majored in archives management.

authority on women’s leadership. Founded in 1899, Simmons is the only undergraduate women’s college in Boston, and maintains a history of visionary thinking and a focus on social responsibility. The College offers world-class

coeducational graduate programs in nursing and health sciences, liberal arts, library and information science, business management, and social work. Follow Simmons on Twitter at @SimmonsCollege and @SimmonsNews.

Simmons College (www.simmons.edu) is a nationally recognized private university located in the heart of Boston, and is the preeminent

Altrusa of Meredith offering scholarships

MEREDITH — Altrusa of Meredith is offering scholarships to nontraditional students living or working in Meredith, Center Harbor, Moultonborough, New Hampton or Sandwich and 23 years of age and older. Scholarships are intended for individu-

als upgrading their job skills (for example but not limited to - LNA programs, recertification programs), undergraduate students and graduate students. Those interested are encouraged to apply by March 31. Applications may be found online at Altrusa

Alexandria police log

ALEXANDRIA — The Alexandria Police Department responded to 38 calls for service, made seven arrests and 54 motor vehicle stops, and investigated two motor vehicle accidents during the month of February. Crimes reported last month included one

case of simple assault, three thefts, two cases of possession of a controlled drug (one with intent to sell), one habitual offender, one case of driving without giving proof (lack of required insurance), and two suspended registrations. Calls for service in-

cluded six fire department/EMS assists, four agency assists, four pistol permits, and 24 other miscellaneous calls. Of the seven arrests made during February, four were felonies, three of which included the possession or sale of drugs.

White Mountain National Forest announces Youth Conservation Corp (YCC) Summer Work Program

CAMPTON — The Youth Conservation Corp (YCC) is a summer employment program for area youths ages 15-

18 who will work, learn, and earn together in the great outdoors. The purpose of the YCC program is to accomplish needed conservation work on public lands, while providing an educational experience. The program is sponsored by the Pemigewasset Ranger District in Campton. The randomly selected crew will consist of 6 students; 50 percent boys and 50 percent girls. Enrollees will work a 40 hour week earning minimum wage, and projects will include: trail maintenance, clean-up and maintenance of recreation sites, wildlife habitat improvement work, and other projects supporting timber

and fire management. The YCC crew will also spend one day each week learning about natural resource conservation and management during dedicated education days. The eight week program will run from June 19 through Aug. 11. Applications must be mailed, emailed or faxed to the Pemigewasset Ranger District, 71 White Mountain Drive, Campton NH, 03223. The application deadline is April 18. For more information or to print an application: www.fs.usda.gov/whitemountain, or contact YCC Program Manager Ryan Twomey at rtwomey@fs.fed.us or 536-6103.

Leapin’ Leprechauns – It’s time for the Fourth Annual Shamrock Shuffle

PLYMOUTH — To mark the start of the spring season, the fourth annual Shamrock Shuffle is being held on Saturday, March 18, two days before vernal equinox. The days are getting longer, the flowers will

be poking their heads out of the ground soon and there’s no time like the present to get up, get out and get moving with Speare Memorial Hospital’s family friendly, 5K health walk/fun run. Put on your green and join us at the starting line at the Plymouth Regional Regional High School. Registration begins at 8 a.m., and the starting gun will go off at 9 a.m. The race will wind its way through the streets of Plymouth. Entertaining the crowd again during registration will be Irish step dancers from Fèileacáin Irish Dance Academy. They were a big hit at the event last year and really stepped the day off full of Irish cheer and good luck.

The event is not officially timed, as our focus is to encourage community members to take steps toward a more active lifestyle. Be sure to cheer on the participants as they pass by your home or business. Thank you to our Pot ‘O Gold event sponsor, Medical Reimbursement Specialist for helping to make this community event possible. Register online at www.SpeareHospital.com/Shamrock. The registration fee is \$10 per person. Children age five and under are free, but must be registered. Proceeds from the event will support Speare’s community outreach and health education programs. The first

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LEZ ZEPPELIN - Fri, Mar 31 All Girls. All Zeppelin.	PETER WOLF - Sat, Apr 29 Legendary Voice of The J. Geils Band
JETHRO TULL'S MARTIN BARRE TULL - Sat, Apr 1	CARBON LEAF - Fri, May 5 Indie-Rock Quintet
RICK THOMAS - Fri, Apr 7 Magic, Illusions, Music, Dancing & More!	STEPHEN KELLOGG - Fri, May 12 Americana Singer-Songwriter
RICKY SKAGGS - Sat, Apr 8 GRAMMY-Winning Country & Bluegrass	DAVID BROMBERG QUINTET - Sat, Apr 22 Americana and Roots Pioneer

Films & Looking Ahead
3/16/17 - "Sadie Thompson" (Silent Film)
3/19 - "The Secret of Kells"
3/18 & 19 - "The Red Turtle"
4/30/17 - Dancing with the Community Stars
5/13/17 - Comedian Bob Marley
5/19/17 - The Airplane Family & Live Dead 69
5/20/17 - The Mersey Boatsies
5/21/17 - David Crosby
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Sun. & Mon.: 12:30, 3:30 & 6:30 PM
Tues. - Thurs.: 3:30 & 6:30 PM

LOGAN R
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Sun. & Mon.: 12:45, 3:45, 6:45 PM
Mon. - Thurs.: 3:45 & 6:45 PM

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New exhibit at Pease Library offers a chance to "Discover Space"

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — Pease Public Library in Plymouth is now offering an opportunity for people of all ages to learn more about the wonders of Earth's solar system through "Discover Space: A Cosmic Journey," a traveling exhibit that provides educational and fun hands-on experiences that are truly out of this world.

Library Director Diane Lynch said the grant process to bring "Discover Space" to Plymouth began two years ago and they were thrilled when they learned that Pease was one of only nine libraries nationwide to be approved for the exhibit.

"It's wonderful because it's an interactive exhibit with touch screens, moving pieces and plenty of things to



Many families have been enjoying frequent visits to Pease Library's Discover Space exhibit, which is offering some fun, hands on learning experiences about the stars, planets, asteroids and more from now until May 19.

do," she said.

After two days of assembly, "Discover Space" was formally introduced

to the public on Feb. 22 when 86 people attended the opening reception, Lynch said.



DONNA RHODES

Pease Public Library in Plymouth is pleased to be one of only nine libraries nationwide selected to host a special traveling exhibit, Discover Space, which features numerous video touch screens and other hands on activities for people of all ages to enjoy.

Since that day, people from all over New Hampshire and beyond have stopped in to experience the exhibit for themselves. Many, library staff said, have even been back more than once.

"We're super excited about this," said Children's Librarian Tanya Ricker. "The kids really love it, and it's so fun to be

able to bring them space education at a hands-on level."

While there are many informational displays filled with fascinating facts on planets, comets, asteroids and more, the interactive touch screens also dig deep into many topics that can be enjoyed and appreciated by all.

One such screen allows people to select a destination, whether it be Mars, Pluto, the moon, or Comet Tempel 1. They are then whisked off by video to learn more about the subject they chose.

There is also a Space Trivia Challenge touch screen to test one's knowledge, and for movie buffs, a fact or fiction touch screen lets people consider if Hollywood was scientifically accurate in movies like Star Wars, Armageddon and 2001: A Space Odyssey.

"There's so much you can do at even just one of the touch screen stations. It's really amazing," said

Ricker.

For a truly interactive experience, boys and girls like Space Weather the most. There they can don an astronaut's helmet, grab a script and be videotaped before a professional green screen as they give the weather report on Saturn or other space destinations.

"After they're through, they can watch themselves on video playback, but then it's automatically erased for safety purposes," Ricker explained.

One other great experience is the chance to see and touch an actual remnant from outer space. Two meteorites, one discovered in North Africa and one in Argentina, are on display with activities available for people to participate in as well.

Children can also build rocket ships and enjoy other creative play experiences pertaining to

SEE SPACE, PAGE A13



COURTESY

It's time to emerge from winter hibernation and enjoy a bit of spring fun – and the perfect opportunity is the Seventh Annual Circle Trot on Sunday, April 30, starting at the PSU Ice Arena and Welcome Center.



Plymouth welcomes spring with the Circle Trot- Friends to the Finish!

PLYMOUTH — It's time to emerge from winter hibernation and enjoy a bit of spring fun – and the perfect opportunity is the Seventh Annual Circle Trot on Sunday, April 30, starting at the PSU Ice Arena and Welcome Center. This event is planned as a community-wide, inclusive fun run/walk to benefit the Circle Program and promote healthy, active living in the company of friends, family and community members. Plymouth State University's Center for Active Living and Healthy Communities is joining forces with the Bank of New Hampshire to sponsor this event. We are encouraging everyone to come and enjoy a day of fun.

For the more ad-

vanced, competitive runner the 10K and 5K is the challenge you're looking for. Those who like to walk can choose the 5K or 2K, all professionally timed. Everyone is encouraged to participate in the spirit of "Friends to the Finish" and walk or run together. Prizes will be awarded for fastest times in all distance divisions.

With the Circle Trot's support the Circle Program will provide a residential summer camp and year-round mentoring experience for girls, ages seven to 11 who are economically challenged. Girls and mentors benefit greatly from this partnership. The Circle girls are provided with a unique combination of adult and peer support deliv-

ered through the camp experience and through year-round activities with their volunteer mentors who come from throughout central New Hampshire. The program goal is to provide a supporting and positive environment while creating a lifelong community of friends.

Participation in the Circle Trot will provide a shining example of healthy, active living by all with the spirit of collaboration that is at the heart of the PSU motto "et prosim." It is about being active as a community and contributing to the support of a truly worthwhile activity.

Volunteers are welcome for a variety of tasks: assisting with set up, route monitoring,

on-site registration, information booths, clean up, etc. The event will start at 9:30 a.m. in front of the Ice Arena on Holderness Road and follow routes that can be viewed at the registration site <http://www.signupgenius.com/> So gather the troops and show up for a great day of fun and community service all in one. If you have any questions, email circleevents@circleprogram.org.



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The New Hampshire Maple Experience returns to The Rocks this spring! Maple Experience tours, with plenty of hands-on fun and sweet maple syrup tastings. Weekend-long Maple Experience packages available with local inns. Visit www.therocks.org/vacations.php




- Participants drill holes in the trees, put taps in, and hang buckets.
- Learn to identify different types of trees
- Enjoy a horse-drawn wagon ride through the historic Rocks Estate
- Visit the sugar house and watch fourth-generation sugar maker Brad Presby at work and enjoy a maple syrup tasting.
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- Tractor-drawn ride to the sugar house.
- Cooking demo using maple syrup.

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Save the date for “Convergence”

BY LIZ BROCHU
Contributor

Convergence: the process of moving toward unity; when two or more things come together to form a new whole. We hope you will save the evening of April 13 from 5-7 p.m. for a special kind of fundraiser called, “Convergence.” “Convergence” promises to be a very exciting evening of artistic inspiration for our community and will be hosted by the Plymouth Regional High School advanced art students and their teachers, Lynn Sanborn and Mary Boyle. The event will take place at Plymouth Regional High School. “Convergence” will showcase the art of these promising young artists with the proceeds from sales benefiting the youth programs of two important community organizations, CADY and the Circle Program.

“Convergence” will provide a unique journey into the world of adolescence. Through the eyes of high school students, we will see that the struggles of youth are not limited to school, grades, and teen relationships. Our youth are also impacted by adult issues—they are aware of political angst and serious issues such as substance use and addiction.

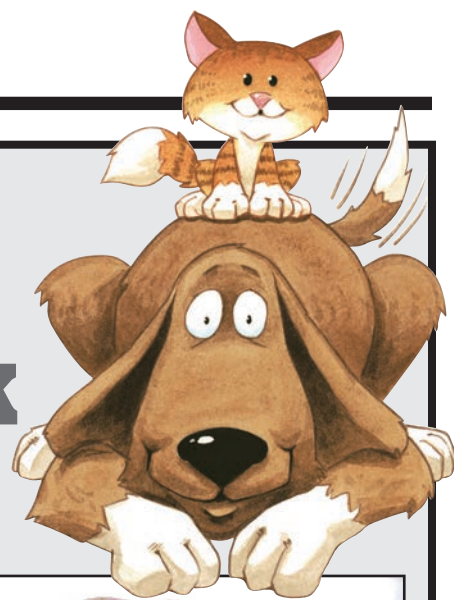
In December, 2016, CADY and the Circle staff met with the PRHS advanced art class to discuss the missions of both programs. The students asked insightful questions about each program to deepen their understanding. Through this discussion, commonalities began to surface. One example is the mission of CADY and Circle each empowers youth to seek healthy, drug-free

lifestyles and provides opportunities to mentor and guide youth towards promising futures. We watched several students, in real time, envision and begin to sketch their pieces. It was fascinating.

We were able to see ideas crystallize: Ben Greenberg described a raft in the water with a person being rescued. Through his graphic description I could “see” rapids with a small boat being tossed about yet through the turbulent waters, hope still remained. Skye Decato envisioned a girl pressed in a corner with an outreached hand visible through the fog. Skye’s description immediately grabbed my attention. Deb Naro shared how stress is a major contributing factor for adolescent substance use. She also shared the TIME Magazine cover story of “Anxiety, Depression and the American Adolescent” (November 2016 edition). This article powerfully highlighted a “spectrum of angst that plagues 21st century teens.” Skye’s vision put a face on how loneliness, anxiety, and stress can lead to a fog of confusion, desperation, and self harm. Isobel Daniels-Campbell shared her idea of a school of fish swimming in a sea of peer pressure. These are just a few of the many powerful works that will be exhibited along with music, poetry, delicious food created by talented PRHS students and a silent auction.

Everyone at CADY and Circle thrilled and grateful that PRHS advanced art students have the opportunity to educate, engage, and empower our communities through the arts: a powerful medium. SEE CADY, PAGE A14

PET of the Week Francine



FRANCINE has a good reason to look a little worried, some might say pensive - she’s been overlooked at New Hampshire Humane Society in favour of the fluffier, cuter, smaller, prettier dogs since January!

Life is indeed a bit of a beauty contest for shelter dogs and especially for those that have that ability to look piercingly into the souls of humans... Are WE good enough for her, is what we should be asking ourselves.

She travelled a long way in the hopes of finding her forever home, here in New

Hampshire. Our winter weather doesn’t seem to both her, dressed fetchingly in a nice warm coat she is ready for walks and play in the snow. We’ve found her to be super smart and ready to learn. Francine has demonstrated a penchant for agility and learning while waiting for her second chance and a family to call her own.

A sturdy, muscular girl in the prime of health, truly a more loyal companion you will not find. Best home, one where she is the only pet in the household - active teenagers a plus.



Come and visit Francine, we are quite sure you will be impressed with her state-ly demeanor. Check www.nhhumane.org for more details.

Time to ease off the moose hunt, and the creation of ever more pets

NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN

New Hampshire’s moose population seems to be about half what it was in its heyday. There is no way to be sure about any wildlife population, of course, because wild animals don’t exactly line up to go through turnstiles to be counted. But the estimate back in the early 1990s was about 8,000. Today, it’s about 4,000. Owners of tourist destinations--cabins and lodges and motels and inns--will tell you that guests driving north to see moose along the roads around Berlin, Errol or Pittsburg often go home disappointed.

At one time, more than 12,000 people were coughing up \$10 each to enter the moose permit lottery, in which more than 500 permits were chosen. This year, Fish and Game announced that it would issue only 51 permits for next year’s hunt, the lowest since the season was first established in 1988.

Although I’d never argue that New Hampshire’s moose population is endangered, hunters have long held that they would never be part of a hunt that would bring a wildlife population anywhere near such a condition. Hunters believe, and often state emphatically, that any decision should always be made in the best interests of the resource, not hunting.

In the public’s mind, I think, New Hampshire’s moose hunt has become pathetic. It’s time to pull the plug.

+++++

The Caledonian-Re-



JOHN HARRIGAN

This dog (my dog, Millie, who was once thrown out of the State House), has a warm, safe home, and plenty to eat. Thousands of abandoned, neglected and mistreated pets have little or none of that.

cord is a feisty and well-edited daily newspaper out of St. Johnsbury, Vt. I say “feisty” because the Caledonian, along with the Keene Sentinel, the Union Leader and the Concord Monitor, can always be counted on to jump right in with court appeals or lawsuits whenever government bureaucrats try to suppress the people’s news.

The Caledonian runs a very good pet care and animal rescue column, titled this past week “It’s Hip to Snip.” The month’s topic was the drastic need to reduce new litters of cats and dogs, because there are already so many hapless and helpless pets tossed to the winds by their uncaring, unfeeling, and in my book just plain cruel owners.

Anyone in any kind of farming has stories about cats and dogs just “dropped off” in a box or sack along rural roads in the dark of night, as if they will magically go into some sort of Limbo safe haven. On working farms, there is often no more room for any more abandoned animals; and the best the dropped-off cat or dog can hope for



ROGER IRWIN — COURTESY

Guildhall’s Roger Irwin took this fine head shot of a bull moose on a typical mist-shrouded North Country day.

is surviving a territorial fight.

Local vets typically jump through hoops to cooperate with animal shelters for periodic low-cost neutering clinics. You grab your dog or cat and stand in line, which is to say the least an interesting event. As dogs and cats get to know each other by nose and butt, so do their owners (not necessarily via nose and butt).

From time to time, I get a bit of pressure to have my dog bred, because puppies of her certain breed and type are

hard to find. But I will not, because there are already far more dogs and cats than society cares enough to care for, and too many “surplus” pets dying horrible deaths.

+++++

Finally, this headline in the Union Leader a couple of weeks ago caught my eye: “State Library, first in the nation, celebrates 300 years.”

Now, 300 years is a long time. Subtracted from now, it brings us back to 1717, almost half

SEE NOTEBOOK, PAGE A14

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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Kathleen Marcy Marsh, 71

ASHLAND — Kathleen “Kathy” Mary [O’Mara] Marsh, 71 died on March 14, 2017 at Dartmouth Hitchcock Medical Center in Lebanon, after a brief illness.

She was born in Laconia on Sept. 26, 1945, the daughter of Walter and Marion (Mansfield) O’Mara.

She grew up in Laconia, attended the Sacred Heart School, and moved to Ashland as an early teen. She was a 1963 graduate of Ashland High School. She married her husband, Norman Marsh, on Dec. 28, 1963.

Kathy loved to be active, and kept herself busy painting, bird watching, reading, and gardening, but most of all, she enjoyed being with her family. Her five grandchildren adored any chance they got to visit Grammy and Grandpa and she cherished every minute she spent with them, always making it a special and fun time. In recent years, Kathy enjoyed traveling to Ohio to spend time with her son Jeff and his family and they always looked forward to those



wonderful visits.

Kathy and Norm were married for 53 years, and loved spending time together whether it was working on their home, going for long drives, or just enjoying each other’s company.

Kathy was employed by the US Postal Service for many years as a Rural Route Carrier, and then a clerk at the Ashland Post Office, and most recently at Mountain Laurel Flower Shoppe in Ashland. With her quick smile and kind heart, Kathy was always willing to help out anyone in need. She was known for her willingness to work hard and loved interacting with people and her community.

She is survived by her husband of 53 years, Norman Marsh of Ashland; her son Jeff and wife Karen of Massillon, Ohio; grandchildren twins Ol-

ivia and Allison Marsh, Evan Marsh, Ava Marsh, and Poppy Marsh; her brother, David O’Mara; five sisters (Elaine Willette of Bridgewater, Janet O’Mara of Thornton, Josephine McPhail of Moultonborough, Carmen O’Mara of Tuftonborough, and Anita O’Mara); and many nieces and nephews.

Kathy was well-known to many in Ashland and surrounding communities, and will be greatly missed.

Calling hours will be held on Friday, March 17, 2017 from 6 to 8 p.m. at the Dupuis Funeral Home, 11 Hill Ave. in Ashland. A funeral service will be held at 11 a.m. on Saturday, March 18, 2017 at the Ashland Community Church on Main Street in Ashland. A spring burial will be held at the Green Grove Cemetery in Ashland. Donations may be made to the Ashland Fire Department Auxiliary Operation Santa Clause PO Box 856 Ashland, NH 03217. Dupuis Funeral Home is in charge of the arrangements. For more information, go to Dupuisfuneralhome.com.

Joseph G. Pescinski, 83

TILTON — Mr. Joseph G. Pescinski, 83, formerly of Tilton, died at Merrimack County Nursing Home on March 10, 2017.

He was born in Franklin on Dec. 25, 1933, the son of Joseph and Marie (Emerina)(Mercier) Pescinski. Joe was raised in Franklin, where he resided for many years of her life before moving to Tilton 28 years ago.

Joe enlisted in the Navy after high school. He spent four years sailing on the aircraft carrier USS Mindoro. After his Naval enlistment, he pursued a career as a structural steel painter, later founding Tri-State Painting, Inc., specializing in bridge painting, which he operated with his family for many years.

Joe enjoyed spending time with his children and grandchildren at the family hunting camp in Wentworth, and his many trips in pursuit of



big game. He was also an avid fisherman, and was proficient at tying his own flies for fly fishing. Most of all, Joe was passionate about his family, they were the center of his life. He was a member of Franklin Elks Lodge #1280 and Franklin VFW Post #1698.

Family members include his wife of 61 years, Irene (Clavitte) Pescinski of Tilton; three children (Gary J. Pescinski and his wife Nancy of Hill, Richard F. Pescinski and wife Cindy of Sarasota, Fla., and Tammy J. Hickey and husband Danny of Campton); six grandchildren (Eric Pescinski,

Erin Hickey, Stephanie Pescinski, Carla Dine, Sean Hickey, and Katie Pescinski); three great grandchildren, Caleb, Raelyn, and Cayden; a brother, Frank Pescinski of Hill; and nieces and nephews.

He was predeceased by his parents and a brother, Richard Pescinski.

Visiting hours will be Thursday, March 16, 2017 from 4-7 p.m. at Thibault-Neun Funeral Home, 143 Franklin St., Franklin. A Mass celebrating Joe’s life will be Friday, March 17, 2017 at 11 a.m., with burial to follow at NH Veterans Cemetery.

In lieu of flowers, donations in his memory may be made to St. Gabriel Parish Building Fund, PO Box 490, Franklin, NH 03235.

For directions and an online guestbook, please visit www.neunfuneralhomes.com.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

From the town
Selectmen’s Meeting Minutes, March 7

Items Reviewed and Signed
Junkyard License: Boake Morrison

Annual Facility Report 2016 (Transfer Station)

CU-12 Summary of Forest Stewardship Plan for Current Use: Simorg North Forests (Map 409-34, 410-53, and 410-55)

Purchase Order: Donovan Spring (repairs to springs on 2015 Peterbuilt)

Purchase Order: Donovan Spring (repairs to F550)

Timber Tax: Dunn/Berube Map 411-19

Department Heads/Commissions

Chief Donald Sullivan, Police Department

The Civilian Response to Active Shooter training that was held on March 2nd had 37 people in attendance. The Police Department will be holding another Civilian Response to Active Shooter training on Saturday, March 25 at 9 a.m. at the Town Hall.

Chief Sullivan provided a break down of activity for the Police Department for the month of February 2017: 38 calls for service, 7 arrests, 54 car stops, 2 Motor Vehicle Accidents

Crimes Reported were: 1 simple assault, 3 thefts, 2 possession of a controlled drug (1 with the intent to sell), 1 Habitual Offender, 1 Driving without giving Proof (Lack of required Insurance), 2 suspended drivers

Calls for service included: 6 fire/ems assists, 4 agency assists, 4 pistol permits 24 other misc. calls for service

Of the 7 arrests for the Month, 4 were felonies 3 of which included the possession or sale of drugs.

Jeff Cantara, Road Agent: Mr. Cantara ex-

plained the request for repairs to the springs on the 2015 Peterbuilt. Mr. Cantara announced that there is a Highway Advisory Committee meeting scheduled for Thursday, March 16, 2017 at 4:30 p.m.

Business

The Selectmen discussed the possibility of inviting school children to the Selectmen’s meetings to lead the Pledge of Allegiance.

Mr. Tuthill, Mr. Piehler and those in attendance at the meeting expressed their gratitude for Michael Broome’s service on the Board of Selectmen.

The Selectmen reviewed a notice received that the EDP Renewables bond to cover the erection and removal of the meteorological tower per building permit 2013-8 has been cancelled. The tower was not erected and the Selectmen voted that the building permit is no longer valid.

The Selectmen reviewed a letter from NH Department of Safety regarding a zoning analysis being conducted for cellular communications siting; the Selectmen discussed the possibility of the unused tower on Hemphill Road being used for this purpose.

The Selectmen reviewed a letter from NH Department of Transportation regarding state highway paving projects in Alexandria for 2017. Projects include a ¾” paver shim on Fowler River Road, Cass Mill Road, Washburn Road, and West Shore Road.

Mr. Tuthill read a letter from Follansbee Cove Beach Association requesting the establishment of a policy and place for yard waste disposal; the Selectmen determined that we are not set up to offer a space at this time and suggest they locate a place to transport their yard waste.

The Selectmen reviewed a letter from DTC Lawyers to owners of 608 Welton Falls Road regarding violations of

RSA 236:114.

The Selectmen reviewed an email from Mark Keenan with questions regarding the location of Thissel Road, Selectmen receiving pay, and the Police Department.

The Selectmen reviewed an email from Newfound Lake Region Association regarding watershed grant money available for projects in Alexandria. Mr. Cantara has been in contact with NLRA to discuss potential projects.

The Selectmen reviewed a letter from the Alexandria Conservation Commission regarding Trout Unlimited being interested in assisting with solutions to the recurring issue of flooding in the village due to debris build up in Patten Brook.

Jennifer Tuthill submitted a letter to the Selectmen requesting reappointment to the Conservation Commission; the Selectmen were in agreement to reappoint Mrs. Tuthill to the Conservation Commission.

Mike Provost, Health Officer, said he attended a training for the Health Department and somebody from the Manchester Fire Department was speaking about their Safe Station program and that three residents of Alexandria had participated in the program.

The Selectmen want to remind people that Voting Day is Tuesday, March 14, 2017 from 11 a.m. to 7 p.m. at the Town Hall.

Groton

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

OK, I guess winter is having a final hurrah. I plan on being at the polls at 11 a.m., so hope we’ll see you there. Then you can go home and light a fire and enjoy the snowfall. I am just hoping that there are warmer and drier days ahead.

The Town had taken the steps to install a Tax

SEE TOWNS, PAGE A6

What’s Happening at
Plymouth State University

MARCH 31 – APRIL 28

Free Biometric Health Screenings

PSU Nursing and Health Education & Promotion students and staff will be offering a series of biometric health screenings to the campus and community free of charge during the month of April on the Plymouth State campus.

Nursing students under the supervision of PSU Nursing faculty, will conduct measurements (typically done as part of annual health assessments) such as heart rate, blood pressure, cholesterol, height and weight, and blood sugar levels.

Screenings will take place on Friday mornings at ALLWell North (track-level lobby) March 31–April 28th from 6:30–8:30 am. Testing will also be held in the Hartman Union Building (HUB) room 118 on the same dates from 10:30 am–12:30 pm. Drop in, or schedule a time at <http://tinyurl.com/j8atdze>.



For information about screenings, directions, or to schedule specific times, contact: Barbara McCahan at bmccahan@plymouth.edu or 535-2578.

Churches

Plymouth United Methodist Church

In the Bible, in Paul's letter to the Romans he says [per the King James version]: Be not conformed to this world: but be ye transformed by the renewing of your mind... In The Message Bible this same passage reads: Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you...

What a gift to have the Bible to study and give us insight, freeing us to hear, understand and follow messages God is sharing with us.

Our church is open to all for weekly services Sunday at 10 a.m. and Wednesday at 6 p.m., what a perfect time for a quiet break between what we've done all day and whatever we need to do in the evening!. Our church is easy to find at 7 Emerson St., just off Highland Street in Plymouth just west of the fire station. We look forward to sharing these times with you.

Holy Trinity (Roman Catholic)

Day Away program
Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. Please contact Christine Santom at 786-2283 or come by and vis-

it between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region.

Newfound Area Churches Lenten Noon-time Service and Luncheon If school is cancelled, there will not be a service. If school is delayed, there will be a service. •Bristol Baptist • March 22: New Hampton Community • March 29: Alexandria Methodist • April 5: Hebron Union Service begins at noon, followed by a light lunch.

Cornerstone Women's Retreat: Save the date

This year's Cornerstone retreat will take place at the Silver Fox Inn in Waterville Valley from April 28 to the 30. The theme this year is Prayer, a Divine Exchange. More information coming soon!

Parish Newsletter and Parable Magazine

Registered parishioners are offered the parish newsletter and Parable magazine. If you are registered and are not receiving one of these, it is possible we do not have your current mailing address (Parable), or email address (parish newsletter). To rectify this, simply send along your email address and/or mailing address to Chris at the Bristol office at holytrinitybristol@gmail.com. You will receive the next issue of both!

Reconciliation services

Sunday, March 19 Our Lady of Grace After the 9:30 Mass
Monday, March 20 St. Matthew Church 7 p.m.

Reminder for Parishioners

We would kindly ask if you are looking to plan an event for the church or halls on any campus that you would call Sandy at the Plymouth office at 536-4700 to check for availability and to book

the date.

The Stations of the Cross will be prayed every Friday during Lent. The Stations will be prayed at each campus at the following times:

St. Matthew -Noon
St. Agnes-3:30 p.m.
Our Lady of Grace-6 p.m.

Weekly Meetings

Thursday, March 16
Day Away, Simard Hall, 9 a.m.

Cub Scouts, St. Matthew Hall, 6 p.m.

Parish Council Meeting, Marian Center, 7 p.m.

Sunday, March 19
No Plymouth/Ashland Faith Formation; Bristol: 10:30 a.m. - noon, Simard Hall

Confirmation classes Bristol: 9:30 a.m. - noon - Marian Center

Boy Scout Meeting, St. Matthew Hall, 5 - 7:30 p.m.

~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

Star King Unitarian Universalist Fellowship

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

"If you risk nothing, you risk everything." ~ Geena Davis

Sunday, March 19, 9:30 a.m.

The Power of Fear

Rev. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director

Our fears can immobilize us or serve as our guides. They reveal to us what we care about. Join us as we explore how we individually and as a community might welcome these less-than-ideal companions as conveyors of insight.

Visitors are invited to

attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

Children and Youth Religious Education, Meredith Flynn, DRE

A Time and place to help strengthen a child's moral compass.

Room 1: Pre-school-Kindergarten: Chalice Children- Core Message- Our church is a place where we celebrate spring.

Room 3: First- Fifth Grade- Core Message- Every person is important and valuable. The class will be reading "Horton Hears a Who" by Dr. Seuss.

Middle school: Neighboring Faiths- The middle school youth will meet from 9:30-10:45 a.m. in the upstairs Youth Room.

High school: Youth

Group- The high school youth meets the second and fourth Sundays of the month from 6-7:30 p.m.

Social Justice Community Outreach for March - Plymouth Area Recovery Connection (PARC) is a local, grassroots, volunteer based Recovery Community Organization that provides peer support services, referral, education and advocacy for people who are suffering from substance misuse disorders, and their family members. PARC also manages a six to eight bed recovery residence in Plymouth, New Hampshire which seeks to create a supportive alcohol and drug-free living environment for community members early on the path to wellness. PARC welcomes all persons suffering from drug and alcohol misuse into a path of recovery and helps to connect them with services that exist in our community

to achieve and sustain sobriety. We seek to build a network of support around individuals who are working to overcome challenges to a drug and alcohol free life. For more information, call Marcia Morris at 254-5090. A collection will be taken later in the month.

Community Closet Collection: Canned or dry packaged food items may be placed in the box in the foyer for our local food pantry.

Upcoming events

Saturday, April 8, 2 p.m. Please join us for the installation of Reverend Dr. Linda Barnes as the third settled minister of Starr King Unitarian Universalist Fellowship. Reception to follow and childcare is available.

Ongoing activities

Choir meets on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

SEE CHURCHES, PAGE A7

Towns

FROM PAGE A5

program on their Web site. There will be a button to click on the main page and then again on the Town Clerk/Tax Collector page too. This button will take you to the New Hampshire Tax Kiosk from Avitar. You will be able to get tax information for your own property tax there. The Kiosk will be updated every couple of days or even daily during busier tax times. You will be able to see what the tax rate is, what is owed in tax for your property and what you have paid over the past few years. If you would like to pay your taxes online you may do that also with an e-check and that site is found on the Town Clerk/Tax Collector page on the Town Web site as well.

You may also pay for car registrations and dog licenses online. Remember that dog licenses are due at the end of April.

It will be a busy day tomorrow, so I don't expect there will be much time to get in more news till next week as we will have election results by then.

The committee is meeting to come up with a "Retention Policy" for the Town. There will be more news to report on that as well. We do have old Town Records that are stored on site in Fire Proof cabinets and drawers, but as you can imagine with the accu-

mulation of paperwork over the years we are concerned that we are only keeping papers that are necessary to keep and not over burdening our storage capabilities.

Meetings Coming Up

Select Board Work Session Tuesday, March 21 at 5 p.m. which will include a Joint Loss Management meeting and a Building Committee meeting.

Select Board Meetings will continue after elections with every other week meetings at the Town House at 7 p.m. March 21, April 4, and April 18 are the next three meeting dates.

Conservation Committee Meeting - Wednesday, March 29 at 7 p.m.

Planning Board Meeting - Wednesday, March 29 at 7 p.m.

Town Meeting: March 18 beginning at 9 a.m. at the Town House, 754 North Groton Rd. We hope you are planning to attend.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Library

Want to support your local library? Do you shop on Amazon? Here is a very easy way to donate to your library just by shopping from the

comfort of your home! Go to <http://smile.amazon.com> and add Friends of the Hebron Library to your donation list. After that, any time you log in to Amazon and purchase items, 0.05 percent will be donated to the Hebron Library. Thanks to everyone who does this for us as it really does add up!

We will be having a bake sale on Town Meeting day on Saturday, March 18. Proceeds will benefit Friends of the Hebron Library.

Hebron Area Women's Group

The Hebron Area Women's Group will be having their end of Winter luncheon on Thursday, March 16, at Rumney Rocks Restaurant, noon. All members and their friends are welcome. Please bring some non-perishable food items for the Bristol Food Pantry.

Town Meeting business meeting - Saturday, March 18

The business portion of town meeting will take place on Saturday, March 18 beginning at 1 p.m. at the Public Safety Building, located at 37 Groton Rd. in Hebron.

Bridgewater-Hebron Village District

Notice of open positions

Anyone wishing to run for the following office of the Bridgewater-Hebron Village District may do so from Wednesday, March 15 through Friday, March 24 at the Bridgewater-Hebron Village District Clerk's Office during the hours below.

Commissioner (3 Year Term)

District Moderator (2 Year Term)

The Bridgewater-Hebron Village District Clerk is located at 1032 River Road, Bridgewater, NH. Office hours are Tuesday & Wednesday evenings - 6:00-8:30 p.m., 3rd Saturday of each month - 8:30-10:00 a.m.

Colleen Kenny
Bridgewater-Hebron Village District Clerk

If you have any questions, please call 968-7911.

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lakesregiontrucks@yahoo.com

Flying Monkey announces an evening with Jethro Tull's Martin Barre

PLYMOUTH — The Flying Monkey Performance Center presents The Martin Barre Band on Saturday, April 1st at 7:30 p.m. Best known as the lead guitarist for Jethro Tull, Barre has since gained critical and fan praise for his solo projects. Tickets for this concert start at \$29.

It's not that Martin Barre wants to forget Jethro Tull—the group in which he was a member for 43 years—but he's certainly moved on musically. Although the Grammy Award-winning Barre is most closely associated with Tull—he joined the band in 1969 for its second album, *Stand Up*, and was continual-

ly hailed by critics for his virtuosic playing—he also has a solid body of solo work and collaboration with musicians including Paul McCartney and Phil Collins. After Tull founder and frontman Ian Anderson shifted musical direction in 2011, Barre began to tour with his own band.

"This has been a whole turning point musically. We will always have the Tull connection—that goes back to my roots and our fan base—but I want to take the fans with me. Essentially our musical style isn't really changing. [Back To Steel] is a more direct approach to my songwriting, and our

intention is to make it more workable and accessible for an audience to enjoy."

The way Barre approached life after Tull was first to record an acoustic album.

"That gave me confidence," he says.

He formed bands with different lineups, before settling on the one he has now. His latest album, *"Back To Steel,"* has his own compositions, with a decidedly blues rock flavor, as well as renderings of classic Jethro Tull tracks "Skating Away" and "Slow Marching Band" and an arrangement of "Eleanor Rigby" by The Beatles.

SEE BARRE, PAGE A14



COURTESY

The Flying Monkey Performance Center presents The Martin Barre Band on Saturday, April 1st at 7:30 p.m.

"Fences," "Lion," and "Hidden Figures" slated for Flying Monkey Film Series

PLYMOUTH — The Flying Monkey Film series announces several new Oscar notable movies for its March and April line-up.

"Fences," with Denzel Washington and this year's Oscar winner for best supporting actress, Viola Davis. The film centers on a 1950's sanitation worker Troy Maxson in Pittsburgh whose basketball talents were worth of NBA consideration, but the league did not admit African Americans at the time. The lost opportunity darkens Troy's spirit and leads to decisions that undermine his values and responsibilities. *Fences* is showing March 22, 23, 25, and 26.

"Paterson," starring Adam Driver and Golshifteh Farahani, is the story of a hard-working bus driver in Paterson, N.J., who follows the same routine every day. By contrast, his wife Laura's world is ever changing, and new dreams come to her almost daily. *Paterson* supports her newfound ambitions; Laura champions his gift for poetry. The film quietly observes the triumphs and defeats of daily life, along with the poetry evident in its smallest details. *Paterson* is showing March 29 and 30 as well as April 2, 5, and 6.

Next up in the Oscar line up is "Lion," starring Dev Patel and Nicole Kidman, based on the true story of Saroo, a five-year-old boy growing up in rural In-

dia who becomes separated from his brother and finds himself on an empty train to Calcutta, where he does not speak the language. He is eventually plucked from the slums and turned over to an orphanage where is adopted by an Australian couple. As a young adult Saroo is plagued by his failure to find and reunite with this mother and brother when a friend suggests he use Google Earth to try to find his way home. *Lion* was nominated for six Academy Awards and is showing April 12, 14, and 15.

"Hidden Figures" is a hidden gem, with three Academy Award nominations and a powerful, true story about three African American women working for NASA in the 1950s and '60s, when gender stereotypes and segregation were still powerful forces in communities and industries, and America was trying to launch its first manned spacecraft. The film portrays the role of the Katherine Johnson, Dorothy Vaughan, Mary Jackson and other mathematicians in breaking gender and racial stereotypes at NASA and

their contribution to NASA's Project Mercury that sent Alan Shepherd of New Hampshire into space in 1961. "Hidden Figures" is showing April 16, 20, and 21.

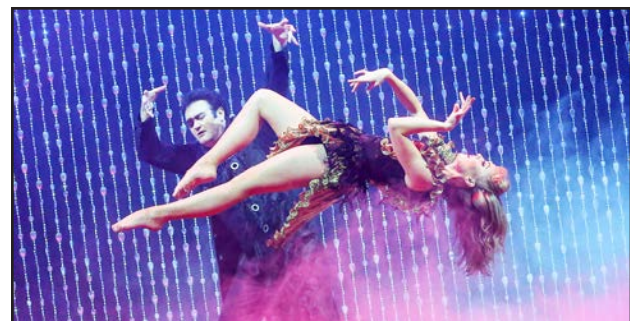
Just in time for Easter, the Monkey's silent film series features Cecil B. DeMille's "King of Kings," the story of Jesus's life and death, with an introduction and live music accompaniment by Jeff Rapsis. "King of Kings" plays on Thursday, April 13.

Please note that dates and times for films may change. Also, look out for "La La Land" dates coming soon! For more information about these and other upcoming films and live performances, menus and promotions, please call 536-2551 or visit flying-monkeynh.com. The Flying Monkey Movie House and Performance Center is a 1920s era theater purchased and renovated by Alex Ray in 2010 to serve as a community and regional cornerstone for the appreciation of music, theater and film in a small town venue. The Flying Monkey is a proud member of the Common Man Family.

Magician Rick Thomas brings illusion to Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Illusionist Rick Thomas on Friday, April 7 at 7:30 p.m. Thomas is a veritable star in Las Vegas, but has also developed legions of international fans from his world tours. Tickets for this show start at \$39.

Rick Thomas performs intriguing and innovative grand illusions in a unique show for a magical entertainer. The consummate showman, he weaves magic, music, dance and comedy into



COURTESY

The Flying Monkey Performance Center presents Illusionist Rick Thomas on Friday, April 7 at 7:30 p.m. Thomas is a veritable star in Las Vegas, but has also developed legions of international fans from his world tours.

a seamless spectacle. The Los Angeles Times noted, "The slick showmanship of Rick Thomas is a riveting visual delight..."

High honors include the coveted 'Magician of the Year' by the Academy of Magical Arts, 'Stage Magician of the

SEE THOMAS, PAGE A14

2017 Curious George Cottage Artist in Residence program now accepting applications

WATERVILLE VALLEY — Are you a visual artist looking for an opportunity to pursue and share art and the artistic process in the inspirational setting of New Hampshire's White Mountains? The Margret & H.A. Rey Center at the Curious George Cottage is accepting applications for the Sep-



COURTESY

Margret & H.A. Rey, courtesy of the deGrummond.

tember Artist in Residence (AiR) program in Waterville Valley.

The AiR gives professional and emerging artists an opportunity to pursue and share their art and artistic process while surrounded by the inspiring landscape of New Hampshire's White Mountains. Through the Artist in Residence program, The Rey Center will provide a space and platform for the artist to work, and create the spark that ignites him or her and the entire community to embrace the arts as an essential part

SEE AIR, PAGE A14

Starr King Men's Group meets 6-8 p.m., on the first and third Sundays in classroom #3 downstairs. This is not a closed group so any interested male can attend. Feel free to drop in.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Fellowship Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Road, Plymouth. The phone number is 536-8908. The website is www.starrkingfellowship.org where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

Churches

FROM PAGE A6

Lay Pastoral Care Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda.

See Activities for the week on the Web site at www.starrkingfellowship.org, where you can access the up to date calendar of events.

Second Sunday Hike Depart SKUUF rear lot at 11:30 a.m. Refreshments and dinner following the hike if interested. Contact Mitch at mitch@newfoundfarm.org to register and receive updates. Rain cancels.

Wise Women in Training regularly meets every second and fourth Wednesday at 10:30 am. Open to all women. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group.



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Colorectal cancer: Screening and risk reduction for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Understanding Colorectal Cancer
Colorectal cancer – also referred to as colon cancer or rectal cancer – is considered the second-leading cause of cancer-related deaths, for both men and women. The percentage of deaths from colorectal cancer tends to be highest for those within the 75-84 age range.

Colorectal cancer typically begins with the formation of polyps, which are clumps of cells in the inner lining of the colon and/or rectum. The cancer formed from these polyps can spread through the mucosa (innermost layer of the colon), to the lymph nodes, allowing it to spread to the liver, lungs, and other organs in the body. Types of colorectal cancer include:

Adenocarcinomas – Nearly 95% of colorectal cancers fall under this classification. As described above, adenocarcinomas form as a polyp or series of polyps found in the mucus-secreting glands in the colon or rectum.

Gastrointestinal carcinoid tumors – These slow-growing tumors form within the gastrointestinal (GI) tract from a specific type of neuroendocrine cell. Gastrointestinal carcinoid tumors are considered to be rare, making up approximately 1 percent of colorectal cancers.

Lymphomas – Even rarer than gastrointestinal carcinoid tumors, lymphomas generally develop in the lymph nodes.

Certain factors, both controllable and uncontrollable, can increase one's overall risk of developing colorectal cancer. Those who are both overweight and physically

inactive are generally at a higher risk, as are those whose diets include a high volume of red and processed meats. Family history (particularly of either colorectal cancer or adenomatous polyps), having an inherited syndrome (such as Familial Adenomatous Polyposis and Lynch Syndrome), and having Type II diabetes all represent uncontrollable factors.

Another factor beyond one's control is advanced age. The older one is past the age of 50, the higher his or her risk. In fact, studies show that nearly 60 percent of colorectal cancer patients are 70 years of age or older. Fortunately, colorectal cancer is one of two cancers that can be detected with screening.

Colorectal Cancer Screening

While the American Cancer Society recommends that screening starts at age 50 to help detect colorectal cancer early on, screening can aid in detecting cancer (or risk factors for development) in seniors as well. Although there are several screening options available, seniors should choose tests that are germane to personal preference and medical history - with consultation from a doctor or physician.

Recommended screening methods include:

Fecal Occult Blood Test (FOBT)/Fecal Immunochemical Test (FIT): These tests check for trace amounts of blood from polyps. Studies indicate that FOBT, in particular, can help reduce colorectal cancer-related deaths by up to 33%, when performed by those in the 50-80 age range, every one to two years.

Stool DNA Test (FIT-DNA): Similar to the tests above, the FIT-DNA test looks for trace amounts of blood as well as DNA biomarkers in genes associated with colorectal cancer and adenomas. While there are numerous advantages to the FOBT, FIT, and FIT-DNA, all three can produce false-positive test results, indicating that an abnormality exists when in fact it does not.

Colonoscopy: A flexible, fiber-optic instrument, known as a colonoscope, is used in this test in order to examine the entire length of the colon. Any growths that are detected during the process can be removed immediately. Note that certain medical societies and expert groups recommend that adults at average risk stop screening colonoscopies at

age 75.

Sigmoidoscopy: Although it is similar to the colonoscopy in terms of method, the sigmoidoscopy only examines the lower portion of the colon known as the sigmoid. Medical professionals recommend that the sigmoidoscopy be performed along with the FOBT or FIT, every five years.

Virtual Colonoscopy (VC): This test utilizes x-ray scanning and 3D imaging to produce a detailed overview of the colon that shows polyps and other growths. If abnormalities are detected during a VC, a colonoscopy may be performed as a follow up procedure to help remove polyps or growths.

Other Ways to Reduce the Risk of Colorectal Cancer

Innovation in medical technology will certainly help pave the way for new and expanded methods of colorectal cancer screening, with the goal of providing faster and more accurate detection. However, one should not rely solely on screening to support prevention. Seniors can reduce their overall risk by adjusting certain aspects of their lifestyle and by making healthy choices. Here's how:

Maintain a healthy weight

Increase daily vegetable/fruit intake

Limit or eliminate intake of red/processed meats

Decrease alcohol consumption

Test for vitamin D deficiency, and increase intake accordingly

Consider taking multivitamins containing folate

Stay physically active

Quit smoking

Most importantly, take steps to routinely visit your doctor or physician, to discuss not only the methods listed above, but also the most appropriate options for testing and screening.

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. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

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SUMMER CAMPS '17

Things to consider before choosing a summer camp

Though February does not often elicit images of youngsters building campfires or playing games in the pool, the month more synonymous with the Super Bowl and Valentine's Day is a great time for parents to start thinking about summer camps for their kids.

Summer camp is often something kids look forward to, and something they will fondly recall long after they reach adulthood. For many kids, summer camp provides a first taste of independence, as youngsters spend significant time away from home without their parents for the first time in their lives. But as great an experience as summer camp can be for youngsters, it can be just as difficult an experience if parents don't find the right fit for their children. That's why it behooves

parents to start thinking about summer camps for their kids in winter, before camps start filling out their rosters, which tends to happen in early spring. The following are a few things parents should take into consideration when seeking a summer camp for their kids.

Staff

The right summer camp staff can make all the difference. Many children are understandably shy when arriving at a summer camp, as their friends from back home might not be joining them. That can make kids hesitant to participate in activities or less enthusiastic about those activities. But a good staff will know how to make kids feel welcome, which should help them come out of their shells and make the most of their summer camp ex-



periences. The quality of staffs can vary significantly depending on the camp, so it's important that parents ask camp representatives about their staffs before making any commitments. Ask how long the staff has been together and the types of training new and even veteran staff members undergo before the start of camp season? Does the training include first aid and emergency medical training and certification?

It's also good to ask about the vetting process the camp employs before hiring new staff, including the extent of its background checks. Are criminal background checks conducted? How many references must potential staff

members supply to be considered for employment? A good camp will be forthcoming with answers to all of your questions, so eliminate those that appear hesitant to share information about their staffs.

A day in the life

When vetting camps for kids, parents should ask what a typical day is like once the season hits full swing. Many parents want their youngsters to have a well-rounded experience, while others might want their kids to attend a more specialized camp, whether it's a sports camp focusing on a particular sport or a music camp devoted to helping kids become better musicians. Regardless of the type of


camp parents are considering for their kids, they should ask about what daily life at the camp is like. Ask to see schedules and how strictly camps adhere to those schedules. When considering specialized camps, ask the staff representative if kids will have the chance to simply have a little fun and which types of recreational activities are planned to give kids a break from what are often rigorous schedules.

Camp goals

Another thing parents must consider before choosing a summer camp for their kids is the goals of each individual camp. A camp should be dedicated to ensuring kids have fun, even when kids are attend-

ing more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camp can be lonely for some youngsters, especially those attending summer camp for the first time, but a summer camp that strives to promote friendship among its campers can reduce, if not eliminate, any feelings of homesickness.


Late winter is when parents should start looking at summer camps for their kids, and there are a host of factors moms and dads should take into consideration during the vetting process to ensure their youngsters have as much fun as possible.



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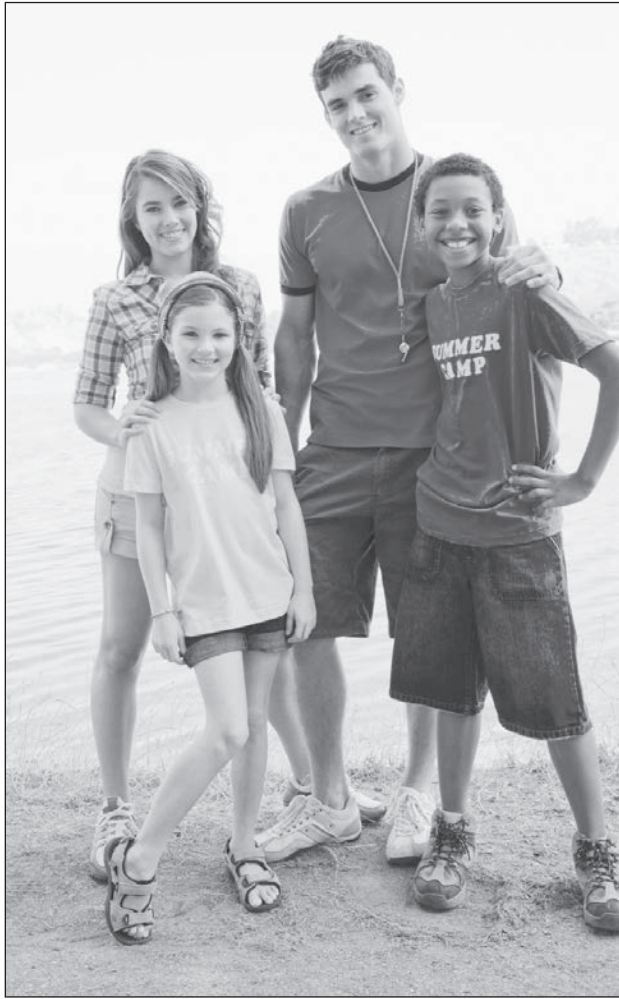
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kids are attending more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camp can be lonely for some youngsters, especially those attending summer camp for the first time, but a summer camp that strives to promote friendship among its campers can reduce, if not eliminate, any feelings of homesickness.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	603 Washburn Rd.	Single-Family Residential	\$111,533	Donna M. Masi	Peter S. Hinkley and Jeannie Gallagher
Ashland	61 Thompson St.	Gen Office	\$165,000	Michael E. Latulippe LLC	Kevin J. Dunn
Ashland	9 West St.	N/A	\$75,000	West Street Development	Craig A. Souza
Bridgewater	856 River Rd.	Single-Family Residential	\$55,000	Harold C. Hanaford	Jordan 2016 FT and David A. Jordan
Campton	3 Aspen Drive	Single-Family Residential	\$155,000	12995 Kerr T and Diana Kerr	Andrew and Rebecca B. Gervasio
Campton	12 Aspen Drive	Single-Family Residential	\$145,000	John and Eva Chase	Leonard A. and Alissa U. Imbrascio
Dorchester	103 Cheever Rd.	Single-Family Residential	\$130,000	Blanch Maureen Taylor Est. and Jane Taylor-Kurlan	Kenneth W. Betts
Groton	16 Mountains West Lane	Single-Family Residential	\$312,200	McCarthy Grafton RT and Charles E. McCarthy	Ronald J. and Debbie L. Buffa
New Hampton	118 Main St.	Single-Family Residential	\$16,000	Kaja Holdings 2 LLC	Jeremy J. Hiltz RET and Jeremy J. Hiltz
Plymouth	71 Eagle's Nest Rd., Unit 71	Condominium	\$155,000	Scott A. Robinson and Amy B. Robinson	Richard F. and Pamela J. Hadley
Rumney	22 Hawkens Drive	Commercial Building	\$657,000	Beau Realty LLC	Summa Humma Realty Rumney
Thornton	Notch View Road	N/A	\$130,000	John C. McBride	Adobe Builders Of New England
Waterville Valley	7 Pine Tree Way, Unit 43	Condominium	\$170,000	Todd S. and Margaret T. Webber	Gregory J. and Amy E. Schneider
Waterville Valley	32 Windsor Hill Way, Unit 22	Condominium	\$74,000	C.L. Hufford T and N.L. Barto-Hemmerich	Nancy Phil Re LLC
Wentworth	608 N. Dorchester Rd.	Single-Family Residential	\$105,000	Capital One NA	Annamarie and Nicholas H. Porto

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Bank of New Hampshire hosts free shredding days

REGION — Bank of New Hampshire is hosting free paper shredding days on Saturday, April 15 from 9 a.m. – noon at their Dover and Manchester offices, on Saturday, April 22 from 9 a.m. – noon at their Plymouth Tenney Mountain Highway office and their Gilford Operations Center, and on April 29 from 9 a.m. – noon at their Concord Heights and Littleton offices. This is an opportunity for all residents to destroy old documents and confidential files safely. Bank of New Hampshire and AARP have partnered together to generate more awareness about safely and securely disposing of documents. AARP will be on site each day and available to discuss the

best practices for protecting your identity. "We are happy to offer this event for responsible paper disposal which will help reduce the risk of identity theft," said Vickie Routhier, EVP – Chief Retail Banking & Marketing Officer for Bank of New Hampshire. "Bank of New Hampshire continues to be proactive in finding ways to protect consumers from fraud. We encourage residents to do their part by making use of this event for secure disposal." All papers will be shredded on location in the mobile truck. Documents should be free of large binder clips however staples and paper clips may be left on documents. A limit of three boxes per person is allowed.

For more information, contact Bank of New Hampshire at 1-800-832-0912. Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 24 banking offices throughout New Hampshire and assets exceeding \$1.4 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

THE WINNIPESAUKEE TALKIE

Does odor stink up home value? You betcha!



BY RANDY HILMAN

Two weeks ago, I showed a home to a downsizing, empty nest couple. It was a return showing of a lovely dwelling in a rural setting, a beautifully maintained structure with a bright atmosphere and upscale finishes. But it also had an issue confirmed by my buyers on their second visit. One area of the house smelled of animal decomposition, as they put it. They could not suffer it, and would not, apparently: Please keep looking, they instructed. Now, I've been doing this real estate thing for

a while, and, of course, I know that strong odors (even perfumed smells) are dreadful turnoffs that will kill home sales in a New York minute, but my recent episode reminded me that the odors we live with daily and no longer recognize as potentially unpleasant to others can, and ultimately will, result in slow sales that fetch less than top dollar. So, if you're planning to sell your home, don't forget to ask your REALTOR® agent for a blunt odor assessment, because, if you cook, have pets, smoke, burn incense, live with dampness, dirty laundry and stale bedding and think your home doesn't stink, think again: You may suffer from a condition my REALTOR® friends at houselogic.com call "nose blindness". According to Dr. Richard Doty, of the University of Pennsylvania's Smell and Taste Center, people do adapt to smells that continuously surround them, either by learning subconsciously to ignore them or by having one's own sensory processes literally dull or both. But you don't have to sell stink, suggests houselogic.com, just because you no longer smell what others will when they walk through your house. Here are a few common sources of household odor that you may not smell but can easily mitigate. Pet Odor – Do you have pets? Then, "duh", you probably have pet odor, says HouseLogic. Dander, slobber, litter, urine. Bathe and groom your pets. Vacuum constantly, paying attention to corners, crevices and cushions and spaces between appliances and cabinetry. Always cover furniture on which pets rest and launder cushions, coverings, and bedding regularly. Got urine issues? Speak with a cleaning professional. Dampness – Musty odors are often obvious in cool basements with moisture and low light, suggesting the presence of mildew and or mold. The good news here is that your nose won't have to verify what your eyes observe, writes HouseLogic. Exercise caution, however. Dehumidifiers can help considerably and powdery mildew can often be cleaned up with a simple bleach and water

solution but get the advice of a mold mitigation contractor, if you notice dark spots on insulation, wood or cement surfaces. Stale Bedding – Have you ever encountered a bedroom that smells like a used clothing store? Yuk! Little by little, our dead skin cells, sweat and body oils stink up our beds. Besides laundering the bedding, try sprinkling baking soda on your mattress, letting it sit for an hour or more, then vacuuming it up. For kicks, add a couple of drops of lavender oil into the box and shake it up before dusting the mattress. Fridge and Freezer Funk - They're supposed to keep foods fresh, but refrigerators and freezers need freshening, too, according to HouseLogic. You may not smell funky fridge odors, but if the ice cubes acquire an odd taste or you see tidbits accumulating on shelves, odors might follow and be noticed by others. Discard, clean, sanitize with bleach and water followed by a solution of vinegar and water. For the complete article, copy the following link into your web browser: https://www.houselogic.com/organize-maintain/cleaning-decluttering/nose-blind/?site_ref=spotlight HouseLogic.com is a website created by the National Association of REALTORS® for homeowners who want smart solutions to enjoy, improve, and maintain their homes; for buyers ready to find their happy places; and for sellers ready to write their next chapters. Are you a homeowner who's thinking of selling? Did you know you a full-service REALTOR® pro for as little as 1.5%? Ask me how. Meanwhile, thank you for reading The Winnepesaukee Talkie. *The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 569-4663 or by email at rhilman@randyhilmanhomes.com.*

MARK ON THE MARKETS

Black Monday



BY MARK PATTERSON

A couple of weeks ago,

I was listening to the financial channel on the radio in my car when the commentator said "the markets have closed a record 13 days in a row into record territory, the last

time this happened was in 1987". My ears perked up when I heard that statistic because I remember that Oct. 19, 1987 was a devastating day for equity markets not only in

this country but around the world. First off let me state that I am not trying to scare anyone into believing that the parallels I am drawing between 1987 and almost 30 years later are going to repeat. I like history and I like statistics, so consider this nothing more than food for thought. In the mid-'80s, we were involved in a very fast economic recovery with a President who expanded the economy after the recession of the '70s and early '80s. If you wanted to work in this country, there was a good paying job for you. The US dollar strengthened, inflation picked up, which in turn created a higher interest rate environment. In August 1987, the Dow Jones industrial average peaked, and multiples, otherwise known as price earnings ratios, were expanding. When you get multiple expansion, you need the actual earnings to keep up or you'll have contraction in the markets. Many of these earnings are based on forward-looking numbers. Oct. 15, 1987, Iran hit our supertanker "Sungari" flown under a Liberian flag, and then hit "Sea Isle city" with a

SEE MARKETS, PAGE A14

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Dumont

FROM PAGE A1
Ecology and Horticulture. Next fall a Zoology class will be added to the list. He has also integrated technology used by professionals into his Ecology classes, such as how to use handheld GPS systems for mapping projects, skills he also brings to the Bridge Academy for incoming freshman each summer.

Besides those courses, Dumont also participates in the Project Promise Afterschool Program, teaching participants how to tie flies through a Trout Unlimited project and has introduced popular Hunter Safety classes to the community.

In addition to all of that, he also spends time with special needs students who help him maintain a large aquarium in his classroom.

"They really enjoy working with the fish, and that's been a nice experience for them,"

said Dumont.

Students in other classes appreciate the hands on experiences they get in Dumont's classes, too.

Brandon, who is a senior from Alexandria, has enjoyed both indoor and outdoor lessons in Dumont's Ecology class and said he thinks he is a "pretty cool" teacher.

"He's very fair and he does everything in a fun way that makes you want to learn what he's teaching," Brandon said.

Those words hit the mark on Dumont's philosophy about education. He said he feels it's important to develop relationships with his students and exude his own passion in order to enhance their learning experiences.

"If you're excited about something, sometimes that rubs off on the students," he said. "We have a lot of fun, and hopefully, by having some fun, they're

learning along the way."

Passion is something Dumont certainly has for the sciences. When not in the classroom at NRHS he can be found at Hubbard Brook Experimental Forest in Thornton during the summer months where he assists in a number of research projects.

"What's important to me is the connection that I've developed with Hubbard Brook and all the knowledge I've been able to bring back here to my students as a result," said Dumont.

While being named the New Hampshire Environmental Science Educator of the year is a great honor, it is not the first for Dumont. Four years ago, he also received the NRHS Distinguished Educator Award.

"That really meant a lot to me because it was voted on by the students of the Class of 2013," he said.

Egg Hunt

FROM PAGE A1

Kids, their families & friends are all invited down to the TTCC for lots of fun, lots of candy & lots of prizes! Not only do we offer egg hunts to kids of all ages, we also have face-painting, balloon twisting, a coloring contest, music & more!

TTCC staff & volunteers hide more than 1,500 eggs & candy for the kids to find! There

will be a huge prize counter full of prizes as some eggs contain "prize winner" tickets & there will be a grand prize winner each round who will win a basket full of goodies!

There is no entry fee for this fun community event. We simply ask for a donation at the door to help us cover costs. There will be a small fee if your child would like a balloon animal made special for them.

If you have any questions, please don't hesitate to contact the TTCC office by calling 744-2713, emailing ttcc@metrocast.net or visiting us at 30 N. Main St. in Bristol!

Information on this program & more can be found online at www.ttcrc.org or find us on Facebook at www.facebook.com/TTCRC!

We look forward to seeing you all at the TTCC on April 15!

Shamrock

FROM PAGE A2

150 registered walkers and runners are guaranteed their requested shirt size and the first 300 finishers will receive a Speare Shamrock Shuffle medal. The event will take place no matter rain, sleet, snow or shine.

Please note: If you register in advance, you

can check in and pick up your packets from 3 - 5 p.m. in the Speare front lobby, on Friday, March 17.

Whether you are participating or cheering from the sidelines, it's sure to be a fun morning full of Irish cheer in downtown Plymouth.

Speare Memorial Hospital — a 24-hour, acute care, non-profit community hospital

and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a HealthStrong™: Top 100 Critical Access Hospital and a Becker's Top 50 Critical Access Hospitals to know in 2016. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

Response

FROM PAGE A1

comments received from participants was that they found the workshop to be interactive, educational and well worth the time to attend.

The next workshop will be held at 9 a.m. on Saturday, March 25, at

the Alexandria Town Offices, located on Washburn Road. It is scheduled to last approximately two hours and will include an instructional video and discussion.

The Citizen Active Shooter Class is free and open to residents of all communities. While

pre-registration is not required, it would be appreciated so accommodations can be made for all who attend. To register in advance, please call 744-6651 or advise APD of your interesting in attending through the department's Facebook page.

First Star

FROM PAGE A1

have received laptops or I-Pads so they could keep up with schoolwork during lengthy hospital stays, and First Star Tonight has even provided some much needed rest and relaxation through a brief vacation at a family resort.

Over the years, the organization has also helped families struggling with the financial burdens incurred due to a child's illness by donating money for groceries, heating fuel, and other household bills.

"We try to find out what will help the most," said board member Brian Chalmer. "Our goal is to take the burden off and if possible, put a smile on a child's face."

Space

FROM PAGE A3

space.

Last week, the library hosted a public presentation on the International Space Station, which was conducted by the McAuliffe-Shepard Discovery Center. Next on the list will be Skywatch on March 13, which will be led by the New Hampshire Astronomical Society. Members of the group will give a brief description of the night sky then allow the public a chance to step outside and look at stars and planets through their high-powered telescopes.

For more information

and a list of other upcoming events, please visit www.peasepubliclibrary.org online or contact the library at 536-2616.

"Discover Space: A Cosmic Journey" is part of the STAR Library Education Network (STAR_Net), which is led by the National Center for Interactive Learning at the Space Science Institute. Exhibit partners include the American Library Association, the Lunar and Planetary Institute, and Afterschool Alliance. Discover Space is supported through a grant from the National Science Foundation.

The traveling exhibit will be at Pease Library

will still have the cuddly stuffed bear to take home at the end of the night.

The 2017 First Star Tonight Gala will take place on Friday, April 7, with doors opening at 6 p.m.; the buffet-style dinner will take place between 6:30 and 8 p.m., with a variety of cuisine that will "suit all tastes," Chalmers said.

Tickets for dinner and dancing are \$35 per person and are now on sale at the Common Man Company Store in Ashland, Chase Street Market in Plymouth, or from any board member, including Laurie Coffin of Granite Group Realty, located at 607 Tenney Mountain Highway in Plymouth. Tickets may also be purchased at the door on the night of the event.

from now until May 19. During that time Lynch said they would like to encourage schools, scouting groups and other youth organizations to schedule a field trip to the library so more children can enjoy a fun and educational scientific experience.

Pease Public Library is located at 1 Russell St. in downtown Plymouth. The "Discover Space" exhibit is free and available to the public during the library's hours of Monday through Wednesday, 10 a.m. until 8 p.m., Thursdays and Fridays 10 a.m. to 5 p.m. and from 10 a.m. until 2 p.m. on Saturdays.

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Time for Some Financial Spring Cleaning

Spring is in the air, even if it's not quite there on the calendar. This year, as you shake off the cobwebs from winter and start tidying up around your home and yard, why not also do some financial spring cleaning? Actually, you can apply several traditional spring cleaning techniques to your financial situation. Here are a few ideas:

- Look for damage. Damage to your home's siding, shingles and foundation can eventually degrade the structure of your home. Your investment portfolio is also a structure of a sort, and it, too, can be damaged. Specifically, you may have deliberately constructed your portfolio with an investment mix - stocks, fixed-income vehicles, cash instruments, etc. - that's appropriate for your goals and risk tolerance. But over time, your portfolio can evolve in unexpected ways. For example, your stocks may have grown so much in value that they now take up a larger percentage of your holdings than you had intended, possibly subjecting you to a higher degree of risk. If this happens, you may need to rebalance your portfolio.

- Get rid of "clutter." As you look around your home, do you see three mops or four nonfunctional televisions or a stack of magazines from the 1990s? If these items no longer have value, you could get rid of them and clear up some living space. As an investor, you also might have "clutter" - in the form of investments that no longer meet your needs. If you sold these investments, you could use the proceeds to fill gaps in your portfolio.

- Consolidate. Do you keep your lawnmower in a shed, a rake in your garage, and your gardening tools in the basement? When working on your outdoor tasks, you might find it more efficient to have all these items in one location. You could also have your investments scattered about - an IRA here, a new 401(k) there, and an older 401(k) someplace else. But if you consolidated all your investments in one place, you might cut down on paperwork and fees, and you wouldn't risk losing track of an asset (which actually happens more than you might think). Even more importantly, when you have all your investments with one provider, you'll be better

positioned to follow a single, centralized investment strategy.

- Prepare for a rainy day. As part of your outdoor spring cleaning, you may want to look at your gutters and downspouts to make sure they are clear and in good repair, so that they can move rainwater away from your home. Your financial goals need protection, too, so you'll want to ensure you have adequate life and disability insurance.

- Seal leaks. In your home inspection this spring, you may want to investigate doors and windows for leaks and drafts. Your investment portfolio might have some "leaks" also. Are investment-related taxes siphoning off more of your earnings than you realize? A financial professional can offer you recommendations for appropriate tax-advantaged investments.

This spring, when you're cleaning your physical surroundings, take some time to also tidy up your financial environment. You may be pleased with the results.

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

For more information or to sign up for their monthly newsletter, contact

Jacqueline Taylor, Financial Advisor, at 279-3161 or email Jacki@jacqueline.taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



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FirstStarTonight.org

CADY

FROM PAGE A4

um that has been used to influence and inspire change through the ages. The vision of these young artists will convey messages that promote resiliency, build and strengthen connections with others, and advance awareness of what it's like to be a teenager today.

I am extremely excited to see the unique creations from these incredibly talented students and believe you will be as well. Please save the date: Thursday, April 13 from 5-7 p.m. for "Convergence"—an evening showcasing our youth, their talent, and two important causes. We hope to see you there!

I'm not so stupid that I don't know that people come to hear me play so they can hear Tull. But a lot of that music is in me, anyway. That's not far from home. It will always be there. It's a great night out," he said of going to the band's shows. "The music is for everybody."

Tickets for Martin Barre Band are \$29, and \$39 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

Barre

FROM PAGE A7

"[Jethro Tull music] will always be a part of my work," Barre says. "But I hope it becomes about 40 percent instead of 60 percent. I will never turn my back on it, though.

merous national television specials including the NBC specials "The World's Greatest Magic" and his own special on ABC that aired throughout Asia.

music, and action that will knock your socks off," says Seth McNally of The Flying Monkey. "The magic might be an illusion, but the fun and excitement will be real."

Thomas

FROM PAGE A7

Year' by the World Magic Awards, and '2016 Illusionist of the Year' by the International Magicians Society, joining the ranks of previous winners: Penn and Teller, Siegfried and Roy, and David Copperfield. Thomas has performed for 15 years in his own show in Las Vegas, and has been featured on nu-

now accepting applications for the 2017 Artist in Residence Program. Application Deadline is April 3. Decisions will be made by May 15.

For more information or to apply, go to <http://www.thereycenter.org> or call 236-3308. The Margret and H.A. Rey Center, P.O. Box 286, Waterville Valley, NH 03215.

AiR

FROM PAGE A7

of daily life. A \$5,000 stipend is available to the chosen artist.

stewards. Today the legacy of their pursuits lives on in the Margret and H.A. Rey Center, a nonprofit organization dedicated to honoring the Reys' spirit of curiosity and discovery by increasing understanding and participation in art, science, and nature through programs for youth, adults and families.

The Margret and H.A. Rey Center is

Notebook

FROM PAGE A4

a century before the Revolution.

New Hampshire is first in so many things. For a long time, we were first (i.e., lowest) in the nation in unemployment, and may still be. Of course, we have the first in the nation presidential primary, and may it ever be thus. We were first in the nation with a workable Current Use property tax strategy to conserve forestland and open space, now copied by 25 other states.

Now it turns out that we were first in the nation with a state library. In 1717, the state's General Assembly, meeting in Portsmouth, approved an act providing that certain reference books be

maintained for use by the Legislature and the Governor and Council. This was the beginning of the great State Library we have today.

Michael York is the acting commissioner of the state's Department of Cultural Resources, and is a familiar face I seek out whenever I have the chance. He and the Library crew have helped me out with research strategies for a book about my crazy time on the planet that I'll probably never get the chance to write.

The State Library is a great institution, one that I worry is off the radar for many visitors to the Concord scene, which itself is wonderful for its rebuilt and pedestrian-friendly downtown.

So I encourage one and

all to traipse up the stairs of the State Library's marvelous building, immediately north of the State House, and swing open the doors, because you'll find a wealth of documents and history, and a warm staff within to help find what you're looking for.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576. Roger Irwin of Guildhall, Vt., a patient observer of animals and their habits, is now setting up and capturing some of the finest wildlife photographs in the field.)

Markets

FROM PAGE A12

silkworm missile. These events in conjunction with equity markets (stocks) that had gotten ahead of itself, a strong dollar which makes exports more expensive, program trading in the markets, and market participants (you and I) having become very complacent, all contributed to the not so perfect storm.

We are much earlier in the economic cycle of expansion currently, however the dollar is strengthening, interest rates are rising, we have multiple expansion in the equity markets, compounded by the fact that we have not had a mean-

ingful market correction in over eight years.

A swift meaningful correction is not necessarily a bad thing. It allows new money to get into the markets at better pricing, and if you do not panic and sell your positions near the bottom, hopefully the equity markets can continue to move up.

If you were in a position needing to count on this money for retirement income, then I may rethink my position if I am in stocks or stock-based mutual funds. If the markets were to retract and go flat such as the period between 2000 and 2011, you could potentially exhaust your money if you are relying

on that money for income.

If you are in stocks or stock funds, and you are in the "red zone" for retirement you need to familiarize yourself with the theory, "sequence of returns risk". The "red zone" for retirement is roughly 10 years until your planned retirement date. There are ways to protect your capital that still may allow your money to grow. Contact my office if you would like to hear more about these concepts.

Mark Patterson is a registered investment advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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Newfound cheerleaders advance to state championship

DERRY — Sunday, March 5, the Newfound Regional High School varsity cheer team competed at prelims to hopefully qualify and move on to the state championships.

The team of athletes was ready. But, as they warmed up before taking the floor, an injury happened to one of their own, stopping competition.

After the athlete left by ambulance, the team had to rally for him. They reworked their routine and waited to perform last out of the whole day.

Through the tears of fear and sadness for their teammate, they went in with cheers from many other teams and fans. They pulled off an amazing routine that their teammate would be proud of.

As they listened and hoped it was good enough to place in the top five and advance to state championships for the fourth year in a row, they held hands and heard the first team announced

was not Newfound. But the next team advancing

was Newfound. The Bears were ad-

vancing to state championship, which took place

on March 12 at Pinkerton Academy, hoping

to have their full team ready to perform.



COURTESY PHOTO

Hoop girls

The Newfound Middle School girls' A basketball team finished off the regular season with a 14-0 record and finished second in the Lakes Region Tournament at Winnisquam. Front row (l to r), Haley Dukette, Bailey Fairbank, Jasmine Peterson and Mattison Douville. Back row (l to r), Mackenzie Bohlmann, Lexi Kesselring, Autumn Braley, Alyssa McDonough, Tiffany Doan, Madison Perry, Carter Williams, Malina Bohlmann and coach Kammi Williams.

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<p style="font-size: x-small;">2005 Nissan Frontier LT Crew Cab, 4-Door, 4x4, 6-Cylinder</p> <p style="font-weight: bold; color: red; font-size: large;">\$11,995</p> <p style="font-size: x-small;">Automatic</p>	<p style="font-size: x-small;">2007 Ford Explorer Sport Trac, Limited, 4x4, Leather, V-8</p> <p style="font-weight: bold; color: red; font-size: large;">\$10,995</p> <p style="font-size: x-small;">Moonroof</p>	<p style="font-size: x-small;">2006 Ford Ranger Ex-Cab, 4x4, Automatic, V-6</p> <p style="font-weight: bold; color: red; font-size: large;">\$9,995</p> <p style="font-size: x-small;">Meyer Plow</p>	<p style="font-size: x-small;">2005 Chevy Colorado 3.5L, Automatic, 4x4, Loaded, 4-Door</p> <p style="font-weight: bold; color: red; font-size: large;">\$11,995</p> <p style="font-size: x-small;">Z-71</p>	<p style="font-size: x-small;">2007 Dodge Dakota Ex-Cab, 4-Door, Automatic, V-8, A/C</p> <p style="font-weight: bold; color: red; font-size: large;">\$7,995</p> <p style="font-size: x-small;">4x4</p>
<p style="font-size: x-small;">2006 Chevy 1500 4-Door, Ex-Cab, V-8</p> <p style="font-weight: bold; color: red; font-size: large;">\$10,995</p> <p style="font-size: x-small;">4x4</p>	<p style="font-size: x-small;">2008 Chevy 1500 Ex-Cab, 4x4, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$17,995</p> <p style="font-size: x-small;">Only 81k</p>	<p style="font-size: x-small;">2008 Ford F-150 Super Crew, 4-Door 4x4, FX-4</p> <p style="font-weight: bold; color: red; font-size: large;">\$15,995</p> <p style="font-size: x-small;">Leather Interior</p>	<p style="font-size: x-small;">2014 Chevy 1500 Double Cab, 4-Door, 4x4, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$25,995</p> <p style="font-size: x-small;">Black Beauty</p>	<p style="font-size: x-small;">2009 Chevy 1500 4-Door, 4x4, V-8, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$17,995</p> <p style="font-size: x-small;">Only 79k</p>
<p style="font-size: x-small;">2013 Chevy 1500 4x4, Automatic</p> <p style="font-weight: bold; color: red; font-size: large;">\$13,995</p> <p style="font-size: x-small;">8-Fl Bed</p>	<p style="font-size: x-small;">2012 Ford F-150 Super Crew, 4-Door, 4x4, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$19,995</p> <p style="font-size: x-small;">Chrome Wheels</p>	<p style="font-size: x-small;">2007 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, Leather</p> <p style="font-weight: bold; color: red; font-size: large;">\$16,995</p> <p style="font-size: x-small;">FX-4</p>	<p style="font-size: x-small;">2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather</p> <p style="font-weight: bold; color: red; font-size: large;">\$20,995</p> <p style="font-size: x-small;">5.0L V-8</p>	<p style="font-size: x-small;">2004 Chevy 1500 Ex-Cab, 4-Door, 4x4, 5.3L, V-8</p> <p style="font-weight: bold; color: red; font-size: large;">\$11,995</p> <p style="font-size: x-small;">Low Miles</p>
<p style="font-size: x-small;">2011 Ford F-250 Super Cab, 4-Door, 4x4, Lariat, 2-Tone Running Boards</p> <p style="font-weight: bold; color: red; font-size: large;">\$21,995</p> <p style="font-size: x-small;">Leather</p>	<p style="font-size: x-small;">2006 Chevy 2500HD 4x4, 6.0L, Low Miles</p> <p style="font-weight: bold; color: red; font-size: large;">\$14,995</p> <p style="font-size: x-small;">Lift Kit</p>	<p style="font-size: x-small;">2014 Dodge Ram 2500 Heavy Duty, Reg. Cab, Loaded, 8-Ft. Bed</p> <p style="font-weight: bold; color: red; font-size: large;">\$19,995</p> <p style="font-size: x-small;">6.4L HEMI</p>	<p style="font-size: x-small;">2010 GMC 2500 HD Ex-Cab, 4-Door, 4x4, Fisher Plow</p> <p style="font-weight: bold; color: red; font-size: large;">\$23,995</p> <p style="font-size: x-small;">Only 40k</p>	<p style="font-size: x-small;">2006 Chevy 2500HD Ex-Cab, 4-Door, 4x4, V-8, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$13,995</p> <p style="font-size: x-small;">8-Fl Bed</p>
<p style="font-size: x-small;">2006 Chevy Express 2500 Cargo Van, Automatic, AC</p> <p style="font-weight: bold; color: red; font-size: large;">\$8,995</p> <p style="font-size: x-small;">3/4 Ton</p>	<p style="font-size: x-small;">2006 Ford F-350 Dually, 4x4, Dump, Automatic, Boss Plow</p> <p style="font-weight: bold; color: red; font-size: large;">\$14,995</p> <p style="font-size: x-small;">Powerstroke Diesel</p>	<p style="font-size: x-small;">2013 Ford Cargo Van V-8, Automatic, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$12,995</p> <p style="font-size: x-small;">All Power Options</p>	<p style="font-size: x-small;">2006 Ford F-350 Dually Dump Truck, 4x4, Powerstroke Diesel</p> <p style="font-weight: bold; color: red; font-size: large;">\$11,995</p> <p style="font-size: x-small;">V-Blade</p>	<p style="font-size: x-small;">2008 Ford E-350 Cargo Van, V-8, Automatic</p> <p style="font-weight: bold; color: red; font-size: large;">\$11,995</p> <p style="font-size: x-small;">1-Ton</p>
<p style="font-size: x-small;">2006 Ford F-350 Super Cab, 4-Door, 4x4, Dually, Knapheide Utility Bdy, Stainless Steel Blade</p> <p style="font-weight: bold; color: red; font-size: large;">\$12,995</p> <p style="font-size: x-small;">Powerstroke Diesel</p>	<p style="font-size: x-small;">2009 Ford F-350 Reg. Cab, 8-Ft. Bed, 4x4, Loaded, Fisher Plow</p> <p style="font-weight: bold; color: red; font-size: large;">\$21,995</p> <p style="font-size: x-small;">Powerstroke Diesel</p>	<p style="font-size: x-small;">2008 Ford F-350 Super Cab, 4x4, Dually, Loaded</p> <p style="font-weight: bold; color: red; font-size: large;">\$16,995</p> <p style="font-size: x-small;">Powerstroke Diesel</p>	<p style="font-size: x-small;">2004 Ford F-250 Super Crew, 4-Door, 4x4, Lariat, Leather, Curtis Plow</p> <p style="font-weight: bold; color: red; font-size: large;">\$17,995</p> <p style="font-size: x-small;">Powerstroke Diesel</p>	<p style="font-size: x-small;">2005 Ford F-350 Super Cab, Ex-Cab, Diesel, 4x4</p> <p style="font-weight: bold; color: red; font-size: large;">\$10,995</p> <p style="font-size: x-small;">Curtis Plow</p>

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You must be a patient person or family who is willing to share your home with an individual with a developmental disability. You must have a room available in your home and be a NH resident, or be willing to move. You will provide day to day support, independent living skills, and other supports as needed.

We have several challenging needs at the moment. This includes one opportunity where we could accommodate you moving into an Individual's home in the Haverhill area to support them there!

Our agency will support you with a full team. Compensation is generous and funds for alternate providers are available, when you need a break.

If you are interested or curious about the position, please call Paul Jackson at 603-444-8559. I will be happy to answer any questions or set up an interview.

These positions require a valid driver's license, proof of adequate auto insurance and completion of driver's and criminal background checks. Northern Human Services is an Equal Opportunity Provider and Employer.

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Newfound sports awards Monday

BRISTOL — The Newfound winter sports awards were postponed due to this week's storm and will now be held on Monday, March 20, at 6:30 p.m. at the high school.

Friends of Newfound Football hosting dinner and dance

BRISTOL — The Friends of Newfound Football (FONF) are hosting a St. Patty's Day dinner and dance on Saturday, March

18, at the American Legion Hall, 11 Spring St., Bristol. Music will be provided by the Express Revival Band.

FONF supports the middle school and high school football teams in Bristol. They recently made their final payment on the construction of their football field to Morrison Construction. Thanks to the football coach of the first Newfound Regional High School football team, Doug Willett, for his generous donation in paying off the final amount of \$2,400.

Now FONF will be able to do more on field improvements as well as additional support to the high school and middle school football teams.

Doors to the dinner/dance will open at 6 p.m. Cost to attend is \$15 per person or \$25 per couple. Student price is \$10.

Food served will include your choice of corned beef and cabbage or spaghetti and garlic bread.

This is an alcohol free zone function. There will be water, soda and coffee available.

Muskkrats seeking host families for summer season

LACONIA — The Winnepesaukee Muskkrats baseball club is looking for local families from Laconia and surrounding towns to host players for the 2017 summer baseball season. Muskkrats players arrive the first week of June and play for approximately two months during the summer.

Each year the Muskkrats rely on local families to come forward and provide accommodations for their 30-player roster. While many former host families are committed to housing players again this year, there are still more families needed.

"Without community support on many levels - fans, corporate sponsors and vendor partnerships - our organization would cease to exist," stated Muskkrats General Manager Kristian Svindland. "However, it is the commitment of host families that is vital to our ongoing success. We are a non-profit organization bringing a family-friendly, affordable entertainment option to the area, therefore renting apartments is not fiscally responsible."

Players typically range from 18-23 years of age. Host families are asked to provide a spare room with a bed, access to shower and laundry facilities, and occasional meals for their player - typically breakfast. Transportation is not required. Host families are offered free season tickets for their entire household, two free weeks of baseball camp for their children, free admission to all other NECBL venues, and access to special events before and during the season.

"It's an incredibly fun and rewarding experience. At this point we are in need of several beds," said Svindland. "I understand people's apprehension about taking in a player. In fact, our family was on the fence for a few years before agreeing to host, but it has been one of the most rewarding experiences in our lives. These young men



CAREY HOUGH - COURTESY PHOTO

The Winnepesaukee Muskkrats are looking for host families for their baseball players this summer.

are hard-working, motivated individuals and great role models for our son and the community. Now our eight-year-old gets a new big brother - or brothers - each year. We have kept in touch

with our past Muskkrats and track their careers through college and the pros, in some instances." The Winnepesaukee Muskkrats baseball club is a member of the New England Collegiate Baseball League, a wood-bat collegiate summer baseball league. During this, their seventh season, they will play 44 games, 23 of which will be home games at Robbie Mills Field in Laconia.

For information or questions about the host family program please contact Muskkrats Host Family Coordinator Carey Hough at 872-2068 or hosting@muskkratsbaseball.com.

After a week that featured a lot of traveling (Nordic State Meets in Great Glen, two nights of hockey in Plymouth and one day of hockey in Manchester), I got a chance to catch up on a little bit of television that had backed up on my DVR on Friday and Sunday.

Of course, the big television event of my week came on Wednesday night when Survivor premiered its 34th season and aired its 500th episode. I had a pair of hockey games in Plymouth that night and by the time I returned home it was pushing midnight. However, there was no way I wasn't watching the two-hour premiere, so I sat down and watched it and didn't get to bed until 1:30 a.m.

Nonetheless, it was a great episode of Survivor, though I was sad to see one the show's best characters leave in the

first two hours. However, it's a season full of interesting people and no matter who goes home, it's bound to make someone upset.

It's also hard to believe that Survivor has now been around for 500 episodes. I didn't start watching until the eighth season, which was the All-Star season, which saw its premiere air after the Patriots were in the Super Bowl in 2004. Since then, I haven't missed an episode and I've gone back and watched the previous seven seasons at least once and it has become one of my favorite television shows of all time, ranking up there with ER, The OC, Friends, Cheers and Lost. And I am incredibly excited for another season and to once again be heading to New York this coming Wednesday for another Rob Has a Podcast Survivor event.

I also got to thinking about the new shows that have aired this season and there are a few that I have really enjoyed. Chief amongst those are two shows I was very wary about when they began, mainly because they were "reboots" of either movies or old television shows. MacGyver airs on CBS on Friday nights and Lethal Weapon airs on Fox on Wednesday nights, coincidentally opposite Survivor.

I used to enjoy the old MacGyver, though looking back on it, it was a pretty cheesy show. But it was always enjoyable and I wondered how they

would remake the show when it was announced. To date, I have been pleasantly surprised, as there have been some great storylines and good character development over the course of this first season. And I loved that they did a crossover with Hawaii 5-0, another one of the shows I enjoy, last week.

Lethal Weapon was such a great movie, even though the second one was good, though the third and fourth kind of took steps in the wrong direction.

SPORTING CHANCE



By JOSHUA SPAULDING

A new season of Survivor (and some pleasant TV surprises)

CJ's Penalty Box, Mad River Tavern heading to broomball finals

BY RAY O'HARA

Contributing Writer

WATERVILLE VALLEY — The stage is set for another league championship game between broomball rivals CJ's Penalty Box and Mad River Tavern. CJ's Penalty Box rolled to their fourth first place finish in the last six years with a 9-1-0 record. Mad River Tavern ended the season in second place at 7-3-0, their highest finish in over 10 years. In the semifinal playoffs, CJ's easily topped fourth place XXX 5-0 as their league leading offense, led by Jay Duguay and Nick Dullea, (two goals each) and a flawless performance by goalie Kyle Long overwhelmed a XXX team that endured a repeat of last season's semifinal game against this CJ's powerhouse.

Mad River Tavern faced a very motivated third place Crushers team hoping to return to the league championship game for the second time in their history. The Crushers won their only league

The new show, however, has shown great chemistry between the new Murtaugh and Riggs as well as some exciting action and while I rarely watch it on Wednesday nights, it's been a show I've enjoyed in its first season.

That being said, none of the new shows appear to be taking the mantle from Survivor as my current favorite show.

Finally, have a good day Mike Lane, Justin Frechette, Joe Murphy and Mike Deyak, and

congratulations on the championship.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

championship, an upset, in 2013. This game gave the crowd a competitive display of broomball at its best. Mad River Tavern's Tim Farina scored on a breakaway with just under five minutes remaining in the opening period. The Crushers' leading women's goal scorer, Katie Dodge, tied the game on a one-timer flip shot that found the upper corner of the net. MRT's Kyle Underwood gave his team the lead with slap shot through a screen of players late in the second period.

With just a one-goal differential, the two teams engaged in a very hard fought, physical, third period with both defenses holding strong. Final: Mad River Tavern 2, the Crushers 1.

The MRT victory sets up a rematch of last year's championship with CJ's Penalty Box. In 2016, Mad River Tavern (a third place team) had lost both regular season games to CJ's by combined scores of 13-0. Mad River Tavern pulled off the upset of the decade,

winning in triple overtime 1-0 for their first league championship in 37 years of play. Clearly, CJ's Penalty Box, with two wins over MRT this season, goes into this year's championship as a strong favorite.

The 2017 Waterville Valley Coed Broomball League (WVCBBL) Championship will be played at the Waterville Valley Ice Arena today, Thursday, March 16, at 7 p.m. Admission is free. The annual WVCBBL banquet and awards ceremony will be held at Legends 1291 restaurant and sports bar, Waterville Valley Town Square, immediately following the game. Check out www.wvbroomball.com.

Amoskeag Beverages of Manchester and Concord sponsors the Waterville Valley Coed Broomball League. The company funds the cost of the trophies and the food for the annual banquet. The league appreciates the dedicated support of Amoskeag Beverages these many years.

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Peewee 7:30-8:30 (Birth year 2005 and 2006)

Wednesday, March 22nd:

Mites 5:00-6:00 (Birth year 2009 and younger based on experience)

Bantams 6:30-8:00 (Birth year 2003 and 2004)

All skaters must register on-line BY MARCH 17!

PLAYER TRYOUT REGISTRATION:

on our website www.lryha.org

More info: lryha.org or lryhapresident@gmail.com