

Join us in celebrating Bristol's big year

BY BRENDAN BERUBE

The year 2019 is already shaping up to be one to remember in Bristol, and much more lies in store over the next 11 months as the town gears up to celebrate the 200th anniversary of its incorporation on June 24, 1819.

Established in 1770 by a group of intrepid settlers led by Colonel Peter Sleeper and Benjamin Emmons, the community know today as Bristol was formed from parts of Bridgewater and what was then known as New Chester (now Hill). The town derives its name from the extensive deposits of fine sand or clay — known as “Bristol sand” — similar to those



R.W. Musgrove, founder of the Bristol Weekly Enterprise.



A glimpse back in time — the front page of the June 4, 1891 edition.

Voters increase budget at Newfound Deliberative Session

BY THOMAS P. CALDWELL

BRISTOL — Voters at the Feb. 2 deliberative session increased the bottom-line budget that will appear on the ballot for the Newfound Area School District, hoping to restore funding for such things as the late bus serving athletes and students in the after-school program, which administrators had removed in order to have enough money under the tax cap to take on the repaving of the access road to the high school.

Prior to the amendments increasing spending levels, voters overwhelmingly rejected an amendment that would have reduced the proposed budget by \$1.2 million — a figure based on the amount of money remaining this year after accounting for planned expenditures such as teachers' salaries. Last year's unassigned fund balance at the end of the fiscal year was nearly \$1.5 million, and the district on average has had more than \$750,000 at year's end.

With the deliberative session attracting enough voters to fill more than three-quarters of the seats in the high school

auditorium, they gave a clear indication that they support school spending, even if it means increasing taxation beyond the amount allowed under the district's 2 percent tax cap.

By the end of the meeting, the final figure for the operating budget was \$23,424,980, representing \$58,488 more than the Newfound Area School District Budget Committee had recommended spending. If voters reject that article at the polls on March 12, the default budget that would take effect is even higher, at \$23,562,107 — a figure that exceeds the tax cap.

The mood of the meeting was established early when Bristol resident Don Milbrand introduced a successful amendment to increase the amount that can be placed in the expendable trust fund for building maintenance from the \$200,000 proposed to \$350,000. The money would come out of any money remaining at year's end and would

SEE DELIBERATIVE, PAGE A12

found in Bristol, England and used to make fine china and pottery. Here, the sand was used to create a superior quality brick marketed during the 19th century as Bristol brick. It was these bricks that

birthed a proud manufacturing heritage which saw the town become a local hub for the production of products such as paper, leather, woolens, flannel, bedsteads, and piano stools.

Today, the town's economy is driven by its great natural asset — the unparalleled scenic

beauty of its shoreline on Newfound Lake, which has drawn visitors from far and wide for the better part of two centuries.

Nathaniel S. Berry, the 28th governor of the state of New Hampshire, hailed from Bristol, as did Benjamin Flanders, who was appointed Governor of Louisiana during the

Reconstruction period that followed the Civil War, and celebrated chemist Luther Atwood. Luther C. Ladd, whom historians believe was the first Union soldier to fall in battle during the Civil War, was born and raised in Bristol, and writer John Cheever

SEE ANNIVERSARY, PAGE A11

Better late than never

Lost letter reaches its destination decades after it was mailed

BY DONNA RHODES

ALEXANDRIA — Bob and Edna Piehler of Alexandria had the surprise of their lives when Johanne Lawrence of the Bristol Post Office dropped off their mail two weeks ago with an envelope that took nearly seven decades to be delivered.

“I handed it to them and apologized for the condition and lateness of delivery,” Lawrence said with a smile.

Piehler said the letter was addressed to the mother of his recently deceased friend, and as executor of the estate, all of their mail was being forwarded for he and his wife to handle.

“It was mailed



Bob Piehler of Alexandria displays a letter that was mailed nearly seven decades ago from New York City and delivered to his home two weeks ago.

from New York City to a Bristol resident (whose name he wished to exclude from the story). A worker at the Bristol

Post Office did some research on the Internet and tracked down where to deliver it. It was amazing,” he said.

Dawn Lever is the

postal employee who saw the letter come in, addressed to a resident of RFD 1 in Bristol. The envelope had

SEE LETTER, PAGE A11

Danbury students continue tradition of Brown Prize Speaking contest

BY DONNA RHODES

DANBURY — On Jan. 31, students at Danbury Elementary School continued a more than 50-year-old tradition in their school by taking part in the Bertha Brown Prize Speaking Evening that each year challenges their memorization and recitation skills.

Principal Alison Roberts said that beginning in December every student in grades one through five was asked to choose a poem they would like to memorize and later present to their fellow students and family members.

After more than four



(Left) Winners of this year's Bertha Brown Prize Speaking Evening at Danbury Elementary School were (left to right, seated) Shaylynn Fadden (first grade), Madison Adams (third grade) and Sophia Currin (second grade). Standing are Hayden Offen (left, fourth grade) and Trey Kierstead (right, fifth grade).

weeks of practice, on Monday, Jan. 28, the Preliminary Round took place during the school day when the students were asked to recite their selections before their teachers. A rubric was used to score the boys and girls on their performance and the top four

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Community forum encourages Bristol residents to get involved

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Residents of Bristol were invited to the Minot-Sleeper Library last week for a special forum to learn more about how people can take part in the commu-

nity from folks who are already involved.

Following introductions from Library Director Brittany Overton, Selectman Rick Alpers led off the evening by explaining what is involved in being on the town's Se-

lect Board. He began by saying it was a three-year elected position that not only includes by-monthly meetings on the first and third Thursday of each month but may also require some emergency meetings and workshops.

"Why serve? This is my 15th year, and I wouldn't do it if I didn't enjoy it," said Alpers.

He listed the satisfaction of public service and doing what one feels is right as some of the benefits of the position.

Rob Glassett of the Budget Committee said that committee is downsizing from 13 to seven members who will be elected for alternating 1-2-3 year terms that will cycle through so all won't be up for re-election at the same time. When asked why he served, Glassett said it was not only to be a part of the community but to make sure his voice is heard.

"The biggest accomplishment? When we come up with a product and I've felt we've done due diligence," he said.

Lucille Keegan of the Library Trustees ex-

plained their role and said the most important task they face each year is to come up with a budget that will adequately fund the library and maintain their offerings to the entire Newfound Community.

"The library is a gathering place for the community and a place of life-long learning," she said. "The Library Trustees are a great group of people!"

Other committees represented that night were the Cemetery Trustees where Richard Laflamme explained the historic

Newfound Regional High School honor roll

BRISTOL — Newfound Regional High School has released its honor roll for the second term of the 2018-2019 school year.

Grade 9

High Honors: Hayse Broome, Dylan Collins, Connor Downes, Ryder Downes, Logan Glidden, Luke Gordon, Julia

Huckins, Mackenzie Jenkins, Lindsey Lacases, Elsa McConologue, Kaylin Parker, Emma Sawyer, Bodhi Smith, Brin Watson, Cassandra-Marie Zick

Honors: Alexia Bassett, Abigail Bauer, Margaret Bauer, Margaret Bednaz, Paige Blad, Riley Boynton, Noah Eck-

ert, Nathaniel Hatch, Evan Labonte, Kaileigh LeBlanc, Emily Lower, Caleb Moores, Jamie Norton, Nathan Paige, Tristin Porter, Madeline Sargent, Abbey Springer, Hannah Tobine, Ashley Tomaso,

Conor Van Lingen, Caoilainn Voelbel

Grade 10

High Honors: Tiffany Doan, Gretchen McGowan, Adele Meyer, Madison Perry, Simon Shedd

SEE HONOR ROLL, PAGE A11

Applications open for NHEC Foundation scholarships

PLYMOUTH — Applications are now being accepted for six scholarships to be awarded this year to New Hampshire Electric Co-op (NHEC) members by the NHEC Foundation.

The \$1,500 scholarships, one of which is reserved for a student entering a vocational/technical institution, are meant to support the education and resulting careers of NHEC members and their children. Applicants must be at least a senior in high school at

the time of applying and must be either a NHEC member or the child of a NHEC member. College and non-traditional students are eligible and welcome to apply. Applications and guidelines are available under the Com-

munity menu at www.nhec.com, or by calling 1-800-698-2007.

The deadline for applications is April 22.

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and

businesses in 115 New Hampshire communities. The NHEC Foundation, a separate, non-profit 501(c)(3) organization, has awarded more than \$3 million to non-profits and charities in New Hampshire since 2006.

NH Electric Co-op sets Feb. 14 deadline for board of directors nominations

PLYMOUTH — Members of the New Hampshire Electric Cooperative (NHEC) interested in being considered for nomination to the Board of Directors should submit their material to the Nominating Committee by 4:30 p.m. on Feb. 14. Application information is available on NHEC's web site at www.nhec.com/board-of-directors/director-election-process.

"The Co-op seeks highly qualified members with diverse personal, professional and geographical backgrounds, as well as broad education and experience,"

says Steve Camerino, President/CEO at the Co-op. "NHEC is a member-owned, non-profit organization, and serving on the board of directors is one of the ways members have a direct impact on how this democratically controlled organization is run. It is an important and rewarding job."

Board members are elected to three-year terms. Four of the 11 seats are up for election this year. Election ballots will be sent to all members in May. Those elected will be seated at the Annual Meeting of Mem-

bers, Thursday, June 13.

The Nominating Committee meets numerous times to review the applications and interview candidates for the Board of Directors. After completing the process, they nominate a slate of candidates to be included on the ballot. The candidates selected will be identified on the ballot as having been nominated by the Nominating Committee.

If you or someone you know are interested in applying, contact Sharon Yeaton at 536-8801 or yeatons@nhec.com for a candidate packet.

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Exceeding expectations

Keep the Heat On! Committee Chair, Martha Richards, presents a check to Plymouth Area Community Closet Board of Directors Chair, Paul Turley, with committee members present. The check is in the amount of \$57,700, but the committee learned later that morning that the actual amount raised this year totaled \$58,000.

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Newfound Landing

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A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9001
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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E-MAIL: brendan@salmonpress.news

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

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




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Sun.-Tues.: 12:15, 2:35 4:55, 7:15 PM

GREEN BOOK PG-13
Fri.-Sat.: 12:45, 3:45, 6:45, 9:15 PM
Sun.-Tues.: 12:45, 3:45, 6:45 PM

GLASS PG-13
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Of things that take to the wing, and the utter efficiency of rail

I'm in the middle of moving my temporary downstairs office back upstairs, essentially, combining two offices into one. In the process, I've been finding some pretty good stuff, most of it in the form of clippings and notes to self.

+++++

Every member of the state Legislature is assigned to at least one subcommittee. Often the subcommittee work takes more out of the Representative than the main job itself.

At committee hearings on the good and evil of this bill or that, people from the general public can put their names on a "want to speak" sheet and indicate whether they support or oppose the bill. The chairman calls forth speakers from alternating piles in an effort to be fair.

Legislators make great efforts toward politeness and decorum. In the New Hampshire House, after all, you're dealing with people of all ages and from all walks of life. You can be talking with a small-town merchant one minute and a PhD the next.

The other thing you're bound to deal with is a general ignorance of geography. This can manifest itself in, say, a debate on how long it takes to drive from the outer reaches of Pittsburg (our Pittsburg, the one without the "h") to downtown Concord (three hours, and that's on a very good day).

Many's the time when a particularly critical

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



committee hearing was scheduled for a day when in Colebrook we had half a foot of fresh snow on the ground and another foot coming. This was in the '70s, and (try to remain calm here) there were no cell phones.

So I'd make the long trip down, sometimes in four wheel drive, often stopping to clear the windshield, and at last gain the environs of the Legislative Office Building, and find a parking spot, and in my heavy wolf coat huff and puff my way to the second-floor hearing room only to find a note on the closed door: "Hearing cancelled due to snow."

So I would try to rationalize this, having just come down from Colebrook, and spend the day looking up friends and relatives and feeling glad that I'd never run for office.

+++++

Speaking of politeness and decorum, what's with the Fish and Game Commission's rotten attitude toward the public? Not the department, no, that's doing its job fine, although it's perennially out of money. It's the commission, the 11 people (one from each county and one from the coastal area).

A couple of times citizens (in other words, taxpayers and voters) tried to ask questions or at least broach the subject



JOHN HARRIGAN

A Business Car seat beckons: Plenty of room to change sitting positions, a table for laptop or snack, and a food service car—featuring booths with tables and plenty of views—just a stretch of the legs away.

of how we treat coyotes (abysmally, as a matter of fact, worse than rats at the dump). At one meeting, a commissioner vowed, quite audibly and proudly, that there'd be no discussion on coyotes as long as he held the chair. And people who had taken great pains to plan around kids and jobs to be there were denied the opportunity to speak.

New Hampshire Fish and Game has always been known for its politeness, fairness, and even (can you believe?) sense of humor. The commissioners of late, however, have inexplicably left more than a few members of the public and media with a foul taste in their mouths, something the hundreds of hard-working, good-humored people who make the department go can ill afford.

+++++

In my search through desktop rubble I came upon some notes I'd written awhile back for a column on woodpeckers. New Hampshire is home to five: the downy, hairy,

three-toed, and pileated woodpeckers, and the yellow-bellied sapsucker.

I can easily understand how a budding ornithologist, bent on making all birds her field of expertise, gets hung up on the woodpeckers and never leaves.

Their behavior ranges from nice to nuisance to nefarious. They are, for example, the second-worse creators of messes around bird-feeders, first honors going to squirrels. (This is according to my own personal single-site survey.)

The flicker is technically a woodpecker. I guess we can all just go figure on that one. But the best-known, or perhaps the most romanticized woodpecker calling New Hampshire home is the pileated woodpecker, far bigger than the others and known for its strange cry and dippy-do flight. It looks very much like its slightly larger and mysterious cousin, the ivory billed woodpecker, which has long been considered extinct but which dedicated birders insist has been seen in the swamps

of Mississippi and adjoining states.

+++++

A column I wrote about a ride on the Downeaster, Maine's Amtrak train from Freeport to Boston, didn't have enough room for everything, meaning, as they say in the movies, that some of it wound up on the cutting-room floor. It is information I'm loathe to let go:

- The train has free wi-fi throughout.

- Spacious seating" is an understatement. You can actually relax in these seats, stretch out, turn one way and sit on your leg, and then turn the other way and do the same. In sum, you can read a book very comfortably, just like at home, which you certainly can't do shoe-horned into an airplane seat.

- If you want to take a cribbage board or just a deck of cards along (we're back on the train now), each booth at the Downeaster Cafe has a table. The food is frozen fare, nuked and/or put on the griddle, but it's good. When Amtrak stocks up on hotdogs, for example, it buys the best (big, flavorful and juicy).

- Back at your seat, you can use the fold-down table from the seat in front of you for reading, snacks and lunch. And you have a huge picture window right next to your seat.

- Unlike many of Amtrak's other trains, where the "scenery" features worse than awful trash and littering until you get out in the countryside, there's no trash along Maine's tracks, until you get closer to Boston. You'd think that neighborhood residents, instead of adopting a highway, would adopt a railroad.

- Speed is determined

by how heavy the rails are and how well the curves are banked. Longer, higher and heavier steel rails allow higher speeds. Amtrak says it's keeping its Downeaster moving along at 79 miles an hour, but I always write it "80" because I know it's true. And faster:

- Weekday fare is \$16.50 (adults); kids and seniors ride for half-fare.

- The train is clean, quiet and comfortable, and seats around 300. It's about two and a half hours to Boston. There are five trains a day.

- Two railroad tracks can carry as many people as 16 lanes of highway. Nobody has yet found a more fuel-efficient way to move goods and people than a steel wheel rolling on a steel rail.

+++++

Perhaps it's because my grandfather Harrigan was a 44-year track hand and section foreman for the Boston & Maine, or perhaps it's because when I was spending summers with the Harrigan grandparents, Lisbon had seven passenger trains a day. Whatever the way, I've got an undying soft spot for passenger rail to this day.

Most of all, I like the way Amtrak lays it right on the line on the alleged evil word "subsidy:" "As with all modes of public transportation, the Downeaster requires ongoing public financing."

This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Catch us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.



BY MARK PATTERSON
Contributing Writer

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697 Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black swan events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is

Mark on the Markets

Black swans

certainly a black swan event, so is the discovery of the Internet, which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event, you will likely see world debt and equity markets react

in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names, which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide

true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in equities often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-asset.com

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From the Editor's Desk

Whining about whining

We all know them – the whiners and chronic complainers of the world. No matter how silly or temporary a problem, they have to comment and complain to anyone who will listen.

Traffic... the weather... the price of gas... the long line at the store... the price of lettuce...too much rain... not enough rain... they never seem to run out of material.

Why so much whining? What is the benefit of having such a negative outlook? And why do these constant complainers always need to share their views with others? Do they want to assure themselves that the rest of us understand just how inconvenienced they are? Do they need someone to sympathize with them and validate their concerns? Or do they just like to hear themselves talk?

The worst whiners are the ones who complain about small things they can actually change, if they really want to. But they seem to cling as hard to the thing they complain about as much as they want to be rid of it.

Obviously, it's not easy to find a new job, or a new place to live, or a better car. Those things don't happen simply because one wishes they would. And many people do not have the means or support or privilege to achieve them. All of this is understood. Those problems are tough to deal with and not easily solved.

But what about the person who chronically complains about the drive-thru service at a fast food place, yet never parks and goes inside? Or tries another restaurant? What about that co-worker who talks incessantly about how bad the office coffee is, but never brings her own? And the guy who likes to make sure everyone in line knows that his time is precious and he just can't be late to his meeting – couldn't he have left earlier? Couldn't he come back later? Those are small solutions to small issues, yet the whiners seem to relish the pain without fixing the problem.

So, we let them whine, and maybe as a kindness, acknowledge their problem and sympathize. If all they need or want is a listening ear, even for five minutes in line at the grocery store, let's give it to them.

If someone listens, at least that's one less thing for them to whine about.

PET of the Week Roam with Montey!



While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentleman who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him.



That person would find that Montey makes the ideal running/hiking buddy! He has bonded

wonderfully with staff and volunteers and blossomed into a warm, happy, silly dog who

trips to get chicken mcnuggets! He would love an active home with a big couch to curl up on with you and a patient owner that can give him all the time he needs to build his confidence back up. He'll need an adult only home with no other animals, but at this point he deserves to have his people all to himself! Montey can't wait to spend his golden with his people. For more information visit NHHumane.org or call 524-3252.

Letters to the Editor

Sellers' accusations are misleading

To the Editor:

'Bristol Taxpayers, here we go again.' As if national and state politics using spin, fake news and misrepresentation of facts is not bad enough. Must we now put up with it in our local debates? The letter to the editor by John Sellers on Jan. 17 is filled with misleading and incorrect information. Throughout this piece, he gives numbers as percentages that are calculated on a false basis to make them appear spectacular. He gives many misconstrued opinions and presents them as if they are facts. However, the worst part are his outright false accusations that, in my opinion, are slanderous. I feel the public deserves to know the truth.

First and foremost, I know of no one on the Bristol Budget Committee or Select board that has ever voted for their own monetary gain! They are all Bristol taxpayers, and are not on the spending spree he insinuates. The members take their positions seriously along with their responsibility to spend the revenues to the town wisely and in a way that provides the services the town needs and wants.

Here are some examples of facts versus the skewed opinions given by John Sellers:

"The Select board gave themselves a 100 percent raise." The truth is that the select board reduced their stipend by half as part of the nonspecific reduction made to the 2018 budget. The Select board pay line was restored to its traditional level in the 2019 proposed budget. I have lived in Bristol for 15 years and 2018 is only one of two years that the Selectmen were not paid \$3,000 per year. The other was during the 2008 recession. I was on that Select board. We took no pay for the year to keep the budget as low as possible in hard times. The line was restored the following year. Calculated by John's formula, that was an infinite percentage raise!

"The Select board increased their expenses by 900 percent." In the past, the Select board has pieced together the funds to have a Christmas Luncheon for the Town employees. This year they are placed in an appropriate line. This was explained in the Department presentations and I think is an example of correct and more transparent budgeting. Yet he portrays this and so many other lines as outrageous!

John, as an elected member of the Budget committee, hears all the requests that the department heads have made and their reasons for them. Presentations are done every year so that the Budget Committee members can make intelligent decisions. Why has he not made any attempt to convey to you the justifi-

cations given for all of these increases he mentions? Why doesn't he want you to know this information? Does giving the public all the facts go against his agenda?

Let's talk about the town Web site. Money was budgeted last year to rebuild the town website. The project was put off a year as part of the reductions last year. Basing the 351 percent increase on a line that was part of the reduced by postponing this project, rather than the proposed line from 2018, is just being dishonest with the numbers for shock value. The town website is outdated and hard to navigate, the public has complained to the Select board, and we would have liked to correct that last year. We are proposing to do so this year.

Now, let's discuss the Special Warrant Articles "to the tune of \$640,000." First, this number is not yet finalized by the Select board. Second, the \$640,000 is not only overstated, it neglects to mention that it is not all coming from taxes. The contingency fund (\$25,000) comes from the unreserved fund balance and \$15,000 towards the police cruiser will come from the Police Detail fund! Additionally, the CIP recommended additions to the highway and fire equipment funds were voted down last year. This short-sighted move causes the need to once again play catch up this year and illustrates the up and down spikes that the CIP recommendations are designed to smooth out.

Yes, there are additional positions and hours for some positions in the budget and also a special warrant article to add a firefighter. Bristol may not be growing in population, but it is growing. The planning and zoning boards are busy. The Fire Department is going on more calls. We are upgrading the transfer station. If you don't agree that any of the positions are needed after listening to the request, then vote against them. That is what town meeting is for.

A final word about Town Meeting. Please ignore his threat that you will be tied up for hours at town meeting. Ask yourself, do I have anything better to do on the Saturday of town meeting? For me, the answer is no. Town meeting happens once a year. Attending town meeting IS the most important thing I have to do on March 16. It is important that everyone comes to town meeting. Listen to the facts. Decide what is true and what is spin. Make an intelligent vote, not an emotional one.

Thank you.

Don Milbrand
Bristol

Time to start thinking outside the box

To the Editor:

The Newfound Area [School District] Deliberative Session was this past Saturday, and even though the SAU and school personnel got the word out that the budget may be reduced and won the day, they lost the battle, and our kids lost too. I heard plenty of reasons why not to lower the budget, including New Hampton School must use the New Hampton Prep School, Danbury, Bristol and the middle schools are lacking in many areas as well.

My amendment was to lower the budget by the \$1.2 million which was the same amount the SAU had left over last year. Do not forget, the SAU kept the \$800,000 that was supposed to be a one-time expense, and that is now rolled into the budget forever. Government schools should be looking for ways to be more efficient with less dollars. My motto on government spending is, spend money to save us money.

Our kids and teachers deserve better. We have lost 200 students over the past ten years, and have less state revenue because of it. This causes us to use more property tax money in areas (paving, building

repairs, etc.) when it should be used in other areas (school uniforms, new computers, tablets, software, late buses, etc.) where the students and teachers benefit.

We need to start talking and start thinking outside the box. Close Danbury, New Hampton and Bristol elementary schools. Remodel the middle school, build a middle school wing onto the HS and move the elementary students and the SAU office to the remodeled middle school. We got to stop wasting money and kicking the can down the road for our kids to figure out what to do.

We have \$43 million in facility needs, and doing the above could save half that or more. We will all benefit from these ideas and others in the long run. We need to look out 30 to 70 years, not next year or the year after. I would like the system to operate more efficiently for less money. Lastly, we must not forget, many in our district have much less than we do or are on fixed incomes.

John Sellers
Bristol

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CADY Corner

What is Fentanyl?

BY DEB NARO
Contributor

Fentanyl is a powerful synthetic opioid typically used to treat patients who are in severe pain or to manage pain after surgery. This drug is 50 to 100 times more potent than morphine and has been related to 309 of the 373 current drug related deaths in 2018 according to the New Hampshire Chief Medical Examiner's Office. According to the New Hampshire Center for Excellence, about 74 percent of all overdose deaths have involved fentanyl. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains it.

When prescribed by a physician, fentanyl is often administered to patients via injection, transdermal patch or in lozenges. In its prescription form, fentanyl is also known as Actiq, Duragesic and Sublimaze. However, the non-prescribed fentanyl contributing to these

drug-related deaths are now allowing the user to swallow, snort or inject it on their own. Fentanyl works by binding the body's opioid receptors in areas of the brain that control pain, emotions and breathing rate. Effects include, euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma and death.

Fentanyl sold on the street can be mixed with heroin or cocaine amplifying its potency and ultimately its danger. Many people addicted to opioids as well as other drugs like cocaine are accidentally being poisoned by fentanyl-laced products. Street names for fentanyl or for fentanyl-laced heroin include Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, TNT, and Tango and Cash.

The National Institute on Drug Abuse reports that New Hampshire has the second highest rate

of opioid-related overdose deaths in the country. Fentanyl enters the brain very quickly because of its high fat solubility, just 2 milligrams can result in death. Emergency personnel who touch or breathe fentanyl may be in danger. Opioids, especially powerful ones such as fentanyl, have a strong risk for addiction, their use can lead to brain changes that ultimately lead to addiction according to Partnership for Drug-Free Kids.

Naloxone is an opioid receptor antagonist that helps to reverse the opioid effects and works to restore normal respiration. Overdoses involving fentanyl should be treated immediately with naloxone and may even require higher doses depending on the severity of the overdose.

It's clear that dangerous substances like fentanyl can be mixed with other types of drugs and users may be unaware of the risks, including death. Children who learn about the dan-

gers of drug use early from their parents are significantly less likely to misuse substances that lead to addiction. Teaching your family to make smart and healthy choices can help to keep your kids safe. Parent for prevention by monitoring and securing the amount of prescription drugs in your home and work to control the amount of prescribed medicine that your child has access to. Do not allow your child to take their own medication—always dispense to your child. Use the local permanent drop off points at Plymouth and Bristol Police Departments to safely dispose of any unused or expired medicines—this will prevent drug diversion and save lives.

For more information on prevention strategies, please visit the CADY Web site at cadyinc.org. If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

Towns

Groton

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

The next Select Board Meeting is Feb. 5, with a Public Budget and Warrant Article Hearing on that day at 6 pm at the Town House. There will be a Select Board Meeting after the Hearing

The announcement on the Town Web site reads as follows:

Public Hearing on the Proposed 2019 Budget and Warrant Articles

The Groton Select Board encourages residents to attend the Public Hearing on the proposed 2019 budget and warrant articles on Feb. 5 at 6 p.m. at the Groton Town House, 754 North Groton Rd. The Select Board meeting will commence immediately following the hearing. Snow date will be Wednesday, Feb. 6 at the same time and location.

Draft copies of the budget and warrant articles are online at <http://www.grotonnh.org>.

The dates for filing for candidacy for the Town Elections is past, but if you would like to serve on a particular Board or in some capacity for the Town, please get your name out to the people in Town and ask for a write-in vote. We need capable folks who are willing to serve their community.

We have been asked by the Transfer Station employees to please collapse/break down cardboard boxes that are brought in as the bins are filling too quickly and the cost of using Town equipment to compress the boxes has become cost prohibitive and too time consuming.

Remember that we have use of the Hebron Town Library for library services. There is also a computer set up on the first floor of the Town House that may be used by Groton residents at any time the offices are open. The Hebron Library hours are Mondays, 4 – 6 p.m.; Wednesdays, 1–5 p.m.; and Saturdays, 9 a.m. – 1 p.m.

Scheduled Meetings and Office Closures:

Select Board Work Sessions –Tuesdays, Feb. 19 at 6 p.m. and March 5 at 5 p.m. at the Town House
Select Board Meetings

(open to the public) – Tuesdays, Feb. 5 and 19 at 7 p.m. at the Town House
Public Budget and Warrant Article Hearing at the Town House, Feb. 5 at 6 p.m.

Hazard Mitigation Plan Meetings on Feb. 19 and March 19 at 4 p.m. at the Town House

Road Committee Meeting on Feb. 12 at 7 p.m. at the Town House

Conservation Commission Meeting on Feb. 14 at 7 p.m. at the Town House

The Select Board Office will be closed Thursday, Feb. 7.

The Town Offices will be closed on Feb. 18 for Presidents Day.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

School Deliberative First Session Hearing Feb. 2

It was certainly nice to see a great turnout at the Deliberative Session. I believe a record number of votes were cast during the \$1.2 million budget reduction amendment vote. Other than essential personnel (School Board & Budget Committee members and Supervisors of the Checklist) casting four votes there were also seven townspeople voting for a grand total of 11 votes cast by Hebron voters. Thank you all for attending!

Hebron Fire Department Third Annual Poker Run Saturday, Feb. 16

Come join the Hebron Fire Dept's third annual poker run. All sites are accessible by automobile and snow machine. 1st prize \$100, 2nd \$50, 3rd \$25. Prizes sponsored by Bridgewater Inn, Sculptured Rocks Bed and Breakfast and Plain Jane's Dinner. We have 50/50 tickets available from any fire dept member as well as Hebron Village Store being sold now. (DO not need to be present to win) Sled sign up at 10 a.m. at Hebron Fire Department, Cars leave at 11 a.m. Italian supper at 5 at Hebron Church adults \$12 under 12 \$6. Reservations recommended but not needed. All proceeds go towards a mannequin that can be used for many different types of training. Donations also accepted for this cause.

Letters to the Editor

You helped Keep The Heat On!

To the Editor:

It is with the greatest pleasure and excitement to announce that we surpassed our goal of \$50,000, raising \$58,000, at our recent KEEP THE HEAT ON event! Knowing that this region continues year after year to support this fuel assistance project is so gratifying and heart-warming. YOU have made a difference in so many people's lives by helping them to heat their homes and receive services from PACC (Plymouth Area Community Closet) during these cold winter months.

The outstanding volunteers on the committees that run this event are to be commended for their once again stellar commitment

to this cause. Many generous sources are responsible for that incredible amount: over twenty-five restaurants donating food for over two hundred guests; 140 auction items from area donors; more than fifty sponsors donating generous funds as a business or individual; the excellent coverage of this event through the Record Enterprise's Editor, Brendan Berube; PRHS students helping that evening; use of the Common Man's restaurant, staff and supplies, and then a huge outpouring of enthusiasm and generous spending from our attendees on January 17 helping to fill up those near-empty oil tanks!

Our silent and live

auctions had something for everyone and Terri Dautcher of Holderness was skillful and determined as our auctioneer to extract the highest bids on top notch items, especially the hand crafted canoe donated by Susan Messinger and her late husband, Dr. John Messinger. It does take a village to make this event happen and we know the recipients of these funds are very thankful also. Our partner, the Plymouth Area Community Closet, pays an applicant's fuel bill without any bureaucratic strings and with dignity. Our committee approved PACC to share these funds with their other programs, like Meals for Many, the food pantry, and financial as-

sistance.

This region is fortunate to have Alex Ray who so often gives and gives to groups helping to improve many lives. And Kali Foley, catering manager at the Plymouth Common Man Inn, went above and beyond to assure a seamless evening. Over twenty-five restaurants donating their marvelous food requires all of us to patronize them and "pay it back" for their efforts.

On behalf of so many people and the KTHO committee, we thank everyone who made this event successful again. We are truly a caring and generous region striving to make life a bit easier (and warmer) for others.

With gratitude,

Martha Richards
Chair
KEEP THE HEAT
ON Committee

SB 306: Dispelling the fiction about the Housing Appeals Board

To the Editor:

Lack of affordable workforce housing is a major crisis in New Hampshire SB306 addresses this issue by establishing a Housing Appeals Board whose sole purpose is to save time and money for all parties when an appeal is filed in relation to a decision rendered by a local land use board. It does so by providing an alternative process to expedite the appeals process, without relinquishing the ability of local boards to make land use decisions, and preserving the right of all stakeholders to go to court.

Under current law, the only option if a permit or variance is denied is to sue in Superior Court, at significant cost to towns, applicants and abutters alike. Lawsuits often delay housing projects for years, effectively killing them because of

missed market opportunities and investors who want a prompt return on their capital. Protracted legal battles kill deals, and developers cannot afford to wait for lengthy court proceedings that take years to resolve and consume the capital they've put at risk.

This bill preserves local control of the construction process as well as its due process rights, because it doesn't change how municipalities make decisions, and it protects a town's right to appeal any decision by the Housing Appeals Board to the New Hampshire Supreme Court.

SB306 provides an efficient non-judicial alternative for towns, developers, and others with standing to seek a review. Just like the Board of Tax and Land Appeals, the parties to a Housing Appeals

Board decision can still elect to go to court.

Housing Appeals Board decisions will be required within 180 days of a local decision, greatly expediting the current appeal process and potentially saving hundreds of thousands of dollars for towns, builders and other stakeholders across the state. And it will put us light-years ahead of the current appeals process which is a major cause of the shortage of affordable housing for the citizens of New Hampshire.

Call and email your State Senator. Tell them that New Hampshire's working people need and deserve affordable housing so we can sustain our growing economy and enable everyone to benefit.

Sen. Bob Giuda
Warren

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Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashland-communitychurch.com

Sundays:

9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics

Anonymous Group: Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to

lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays:

Pastor: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.
Coffee Fellowship: Following service
Sunday School: 10 a.m.

Notes

Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

* Please note that services are being held in Fellowship Hall on Sundays at 10 a.m. until further notice.

The Christian Education committee is bringing a labyrinth to our church during Lent. It will be on loan to us from March 12 to March 18. We are asking for help to put the labyrinth down in Fellowship Hall on Wednesday morning, March 13, and roll it up on March 18. The labyrinth will be made available to the community Thursday through Sunday, which means we will need someone

in attendance when the church is open. If you can give a few hours to this project, talk to Rebecca Herr...744-6526 or email hatsherr@gmail.com.

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours:

Main Office - Monday through Friday - 9 a.m. to noon

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment

Rev. Andrew's Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

Weekly Events:

Mondays:
A.A. Step meeting - 7:30 p.m.
Bible Study - 7 p.m.

Tuesdays:

Bone Builders - 9:30 a.m.
Senior Crafts: 9:30 a.m.
Senior Luncheon-Noon AA Discussion - 8 p.m.

Wednesdays:

With a lively and committed group, Morning Reflections will continue through the winter months, as weather permits, with Rev. Andrew moderating, on Wednesday mornings at 7:30 a.m.!

Fridays: Bone Builders - 9:30 a.m.

Monthly Events:

WIC (Women/Infant/Children) Clinic - 2nd Monday at 8:30 a.m.

Women's Fellowship - Next meeting will be held on Feb. 14 at 11 a.m. in Fellowship Hall, followed by lunch at BHOP!

Choir rehearsal continues at 4 p.m. every Wednesday.

Ongoing:

Bristol Community Services is in need of spaghetti sauce, baked beans, canned fruit, jelly, and canned peas. Please help if you can!

Our next church supper will be a delicious pork roast with all the fixin's, and will be held on Saturday, Feb. 9!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m. Take Out Available: 744-8132

The ukelele band is having loads of fun! If you are interested in joining, please contact Debbie Doe.

The band is getting together once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. They performed on Sunday, Jan. 13, with another scheduled for Feb. 10! B.U.C.C. cooperates with other churches

and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Episcopal Churches: Holy Spirit, Plymouth St. Mark's, Ashland

Women of the Church

All women of the church are invited to be a part of the ECW, which emphasizes friendship and generosity. Meetings might include speakers, crafts, and/or ways to support efforts like the United Thank Offering. Angie Criscuolo is shepherding this fresh start. Please speak with her or Deacon Maryan Davis about your potential interest in this group.

Faith at Home

Are you looking for a way to deepen your family's faith practices, especially if this is a season when you find it hard to attend Sunday services or Sunday school? Deacon Maryan Davis oversees our "Faith at Home" program, which provides all-age-friendly materials to folks in just those circumstances. In Advent, young families and at-home elders received make-at-home Advent wreaths; the Epiphany packet included chalk for a house blessing and prayer stars. Please connect with Deacon Maryan via the church office if you're curious about being a "Faith at Home" family for Lent, which begins on Ash Wednesday, March 6.

Thank you, Leadership Team

Many thanks to all who have served the Episcopal Church as elected leaders in 2018, and to the newly elected 2019 leadership team, which includes co-senior wardens Joan Bowers and Ruth Harlow, co-junior wardens Deb Holland and Dick Osborne, joint treasurer Wayne Trombly, and joint clerk Paula Hancock.

Our gratitude to the Holderness School and its leaders, including chaplain the Rev. Josh Hill, for hosting our joint Annual Meeting and worship service on Jan. 27.

Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 to 9 a.m. in Sherrill Hall Saturday, Feb. 23. Come join us and bring a friend!

Worship Services Sundays:

8 a.m. at Griswold Hall, 263 Highland St., Plymouth

9:30 a.m. St. Mark's Church, 18 Highland St., Ashland

Thursdays, 11 a.m., with healing prayers, St Mark's, Ashland

Office Hours at 263 Highland St., Plymouth

Tuesday 10 a.m. - 1 p.m., Wednesday 9 a.m. - noon, Thursday 9 a.m. - 1 p.m.

Phone: 536-1321
Email: holyspiritnh@myfairpoint.net

Hill Village Bible Church

Fridays, 7-9 p.m.

Reformer's Unanimous Recovery Ministry or RU is held to help those in addictive behaviors. RU is a nationwide, biblically based, Christ-centered recovery program designed to rescue, recover, and restore individuals through the power of a new life found in Jesus Christ.

One in four individuals struggle with addictive behaviors and it crosses age, gender, race, and class. It is estimated there are at least 25 million addicts in America. Addiction has taken its toll on our communities, economy, crime, health, income, and education. Most importantly though is how it affects the individual's family because each addict affects at least four others.

There is a mental and physical side to addiction, but there is also a spiritual side to addiction. At HVBC's RU ministry we seek to provide support and hope to anyone impacted by addiction through faith, the church, and weekly classes. Each night the group does, TALK, TALK, TALK. We first talk to God through prayer and praise, then we talk to each other, and finally God talks to us through a Bible study led by a trained leader. Addicts and their families are encouraged to attend to build godly relationships as they work towards victory.

Call 934-3500 for more information about RU.

About Us:

At Hill Village Bible Church, we desire to "grow in grace, and in the knowledge of our Lord and Savior, Jesus Christ" as He alone can meet each need. Join us for the preaching of God's Word, singing of heart-warming hymns, and joyful fellowship with believers. HVBC is a faithful church. We believe the Bible is God's Word, which is practical for today. So, at HVBC we seek to be faithful to the message of the Bible as we bring the life changing Gospel to our community. We would enjoy the opportunity to minister to you and your family.

Please call 934-3500 and speak to Senior Pastor Daniel Boyce, Associate Pastor Andrew Hemingway, or Youth Pastor Nathan Pelletier. You can also visit us at www.hill-villagebiblechurch.com or our Facebook page.

Our address is 36 Crescent Street, Hill.

Sundays:

Sunday school for all ages, 9 a.m., Morning

Worship, 10am, Discipleship Hour; 11:30am. Nursery provided for all services.

Wednesdays, 6:30 p.m.:

Adult Prayer and Bible Study, Youth Group (grades 7-12), Master Club (Age 4 - grade 6). Nursery provided for all services.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service
Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

Just One More!
Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

Star King Unitarian Universalist Fellowship

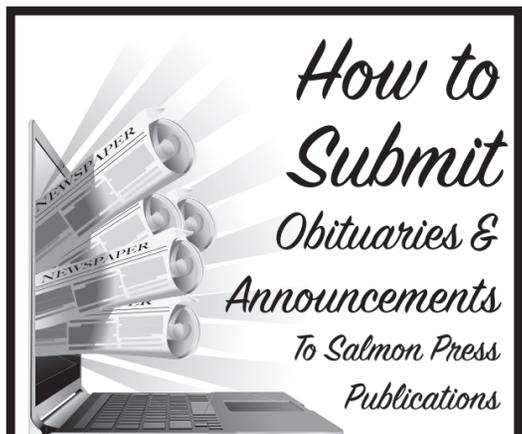
Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King: Sunday, Feb. 10

The Courage To Ask
Rev. Dr. Linda Barnes, Worship Leader
William Gunn, Guest Musician

Most of us don't easily ask for help because to do so entails risks and requires trust. The Sunday we'll delve into the spiritual and emotional rewards that are ours when we gather the courage to receive and provide help.

Visit our Web site
www.starrkingfellowship.org
536-8908



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Brendan Berube at (603) 279-4516, ext. 111
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Artistic Roots welcomes new visiting artists

PLYMOUTH — Artistic Roots welcomes four new visiting artists: Marci Sadoque, jeweler; Jess Barnett, painting; Gerald Ouellette, carvings and flutes; and Nancy Mills, beading. The reception for the artists is planned for Feb. 21 from 5-7 p.m., and all are welcome to attend. Refreshments will be served.

The resin jewelry created by Marci Sadoques is greatly influenced from being a New Hampshire native, who has always enjoyed adventuring in the woods, following old trails, animal tracks and streams. More than 20 years of experience as a silversmith and teaching jewelry making came to an abrupt end for Sadoques after enduring a succession unfortunate incidents and events almost a decade ago. Fortunately, her fascination with science and experimenting lead to her discovery of epoxy resin's versatility and the rebirth of her creativity, developing a new line of jewelry she first introduced to the public in the spring of 2018 attending farmers markets and festi-



COURTESY

Gerry Ouellette is an amazing carver that is selling these beautiful loon family pieces as part of Artistic Roots Visiting Artists. The gallery will hold a Reception for the New Artists on Feb. 21 from 5-7 p.m., and all are invited to attend. Refreshments will be served.

vals. We welcome her unique style.

Jess Barnett explores the duality of personality within her imagery. Since 2004, her artwork has transformed from a Franz Kline-influenced stark use of color (black, gray, white, and red) to the use of more fluid, colorful, flora-esque marks. Themes include longing, distance in relationships, loss, and remembrance. She often uses painted or

drawn words within paintings to emphasize these themes. In her latest pieces, she incorporates hand stitching with colored thread, representing rebirth and redemption.

Gerry Ouellette, a former member of Artistic Roots, has worked in wood, crafting Native American flutes and carved birds. An accident a couple of years ago left him unable to continue his craft. He currently has

several Loon carvings that he calls "Wilderness Family" and an assortment of flutes, all of which can be seen in the All of Ouellette's carvings and flutes are priced very reasonably. So come by and take advantage of this incredible opportunity.

Nancy Mills grew up in Medfield, Mass., and moved to Westborough, Mass., as a teenager, graduating from WHS in 1968. At Plymouth State College in

New Hampshire, she trained to be an English teacher, a career she pursued for 40 years. Stones and jewelry had always inter-

ested her. As a child, she collected pretty rocks and played with jewelry, deconstructing it and recombining its parts. As an adult, Mills was given a hand-crafted necklace and she took a good look at how it was made, finding inspiration to try it herself. From lessons at a local gem and mineral shop, she learned techniques that helped to use a variety of materials. Over time, Mills' work evolved from seed bead necklaces to pieces using semi-precious gemstones, pearls, crystals, and several different metals. Since 1995, she has been selling hand-crafted jewelry and doing custom work as Brownie's Beads (based on an internet nickname) at artisan craft fairs in New England and shops in central New Hampshire. Simple, wearable art is what she creates.

Pease Public Library offers a chance to view Sherlock Holmes through a different lens

PLYMOUTH — The Pease Public Library will present "A Black Sherlock Holmes: Race and History in Black and White" Saturday, Feb. 16 at 3 p.m., a chance to view and discuss a rare all-black cast silent Sherlock Holmes film, right in Plymouth!

According to the Guinness Book of World Records, Sherlock Holmes is the most portrayed fictional character of all time. While the Rathbones, Bretts, and Cumberbatches receive the bulk of critical attention, one cross-cultural adaptation has eluded crit-

ics: "A Black Sherlock Holmes" (1918), a notable and yet forgotten early 20th century 'race film.'

Traditionally, Holmes is instantly recognizable with his deerstalker hat, meerschaum pipe, and inverness cloak. But what might a black Holmes look like? When Holmes wannabe Knick Carter (portrayed by Sam Robinson) is first introduced on screen, audiences immediately recognize Holmes's iconic deerstalker, but his character quickly veers from more traditional adaptations.

Professor Ann McClellan will provide a contextual introduction to the film, focusing on vaudeville, silent film history, and the role of 'race' films in the 1910s. We will then screen the short 12-minute film, after which Dr. McClellan will facilitate a discussion about how early African-American filmmakers and audiences re-imagined Sherlock Holmes through the lenses of race and nation.

Rather than an insightful deductive genius, Carter bumbles his way through his investigation of inven-

tor I. Wanta Sneezee's shady investors and their subsequent abduction of Sneezee's daughter, Sheeza. Robinson plays up the clownish, comedic tropes found historically in late 19th and early 20th century minstrelsy and vaudeville, providing audiences with a laughable African-American 'imitation' Holmes. The (perceived) ridiculousness of a black man aspiring to Holmes's deductive greatness demonstrates the limitations America's racist past placed on American filmmakers' imaginations.

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Having the conversation about Alzheimer's

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Needing to have a talk about Alzheimer's disease or memory loss with a parent can be a daunting task for many adult children. For seniors, the idea of being diagnosed with Alzheimer's disease can trigger fear, anxiety, or even grief. It's no wonder some adult children put the conversation off, once they see the initial signs in their loved one. What's more, if the afflicted senior already has impaired judgment or memory loss from the disease, it may already be too late for a rational, cohesive conversation about it. In any case, it's wise to approach the topic with great sensitivity and care.

Taking A Loved One to See the Doctor

Symptoms related to the early signs of Alzheimer's disease, such as memory loss, confusion, mood swings, changes in personality, difficulty completing certain tasks or finding the correct word could also be caused by a number of other medical or psychiatric problems. Mentioning that a loved one's symptoms could be the result of another underlying issue may make him or her more willing to visit the doctor for a full examination and a proper diagnosis.

Family caregivers may also want to consider offering to go to the doctor with a loved one as part of a morning or afternoon outing, such as going to lunch, shopping, or some other activity. An enjoyable event could take the sting out of

having to visit the doctor for a firm diagnosis.

Once Alzheimer's Has Been Diagnosed

How family caregivers approach a loved one to talk about an Alzheimer's diagnosis can depend on the relationship with him or her. Are you close enough to have a frank conversation, and will the senior readily welcome your suggestions and help? Or does he or she tend to keep things private, and could become embarrassed or self-conscious? Will he or she feel insulted? However family caregivers approach their loved one, it is imperative for him or her to feel supported and encouraged during this difficult time.

Researchers have found that families who don't discuss the

disease with their loved one may witness increased fear and paranoia. Instead, it is better to be open about it, while reassuring your loved one that it is a fairly common brain illness. Caregivers should tell him or her that there is nothing that could have been done to prevent it, but there are things that can help slow the disease and you will do your best to help. Also, allay any fear of abandonment. While it's scary to think of losing memory and forgetting the family, it is even more frightening to think that the family will forget them. A loved one's anxiety should be eased by telling him or her that no matter what happens, you will get through it together.

Discussing the Diagnosis

Hearing about an Alzheimer's diagnosis from one's child can be hard to take, but chances are a loved one already knows that something is going on long before a doctor reaches a diagnosis and he or she has the right to know what is happening. Here are some suggestions on how to discuss the disease:

- Informing a loved one may enable him or her to participate in making important medical, legal, financial, long-term care, and end-of-life decisions. How involved he or she is will depend on the current state of the disease symptoms.

- He or she may not be able to totally understand the diagnosis, or may deny what you say. If so, accept this reaction for now, and avoid further detailed explanations of the disease until later.

- You may choose to disclose the diagnosis at a family meeting attended by your loved one, other family members, a trusted friend, or even a member of the clergy or a social worker. You also may want to invite a healthcare professional who works with those who are cognitively impaired.

- Write up some simple answers to a loved one's questions, or encourage them to speak with his or her doctor about concerns.

- Let them know that you will provide ongoing help and support, and do whatever is possible to improve their quality of life.

- Treat the person as an adult, and don't downplay the disease. As the dementia progresses, remain open to the person's need to talk about their illness and its implications such as their ability to

work, drive, and manage finances.

- Allow him or her to express his or her feelings, which may include anger, frustration, and disappointment. Be aware of non-verbal signs of sadness, anger or anxiety, and respond with love and reassurance.

- Watch for signs of clinical depression, which could result from being told that Alzheimer's is a terminal illness, and consult with a physician if needed.

- Find community support services. Support groups for those in the early stages of the disease can be helpful in expressing emotions and concerns.

Comfort Keepers® can help. We have compassionate in-home caregivers who are specially trained to work with a family member who has been diagnosed with Alzheimer's and other dementias. Call your local Comfort Keepers® office to discover all the services we can provide assistance.

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.

Mid-State Health Center welcomes Dr. Carolyn Haskell

Dr. Haskell joins Mid-State's Plymouth Medical Provider Team

PLYMOUTH — Mid-State Health Center welcomed Dr. Carolyn Haskell to its team of family doctors in early February. Dr. Haskell is providing medical primary care services to all ages in Mid-State's Plymouth office on Boulder Point Drive.

Dr. Haskell received her Bachelor of Science degree from Adelphi University in 1985, and completed medical school at the New York Institute of Technology's College of Osteopathic Medicine in 1991. Dr. Haskell worked at the Dartmouth-Hitchcock Clinic, Tewksbury Medical Group, and Global Care Medical Group as a Primary Care Physician (PCP) and joins Mid-State with many years of experience in caring for patients. Dr. Haskell is a board-certified, highly-regarded Family Practice Physician whose schedule is now open to serve families and individuals in the Plymouth region.

CEO Bob MacLeod



COURTESY PHOTO

Dr. Carolyn Haskell

remarked, "We are fortunate to have Dr. Haskell join our patient-centered practice. With nearly 30 years of experience, we know that Carolyn will com-

plement our existing team of skilled, compassionate providers, and continue our tradition of putting families and their needs first. We are delighted

to welcome her to the Mid-State team."

Dr. Haskell added, "As a Family Practice Physician, I've been trained to take a whole-person approach to treatment and care. I look forward to meeting new clients in the Plymouth community and providing them with quality, personalized medical care."

Mid-State's Patient Services team offers a stress-free process to help families join our practice. Simply call 536-4000 and we will ensure you have everything you need to join Dr. Haskell and make Mid-State Health Center your new medical home. Please join us in welcoming Dr. Haskell to the Mid-State team!

Mid-State is accepting new patients of all ages and encourages anyone interested in learning more about Dr. Haskell or any of Mid-State's clinical team and services, to visit them on the Web at midstatehealth.org or by calling 536-4000.

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Saturday, February 9, 2019 at 10:00 am

Alexandria Town Hall, 45 Washburn Road, Alexandria

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	N/A	N/A	\$46,000	Frank A. Schiller	Paul Zareas
Campton	40 Winterbrook Rd.	Single-Family Residence	\$108,000	Evelyn K. Mayes	Erica S. and Jamie L. Tuttle
Plymouth	23 Tenney Brook Rd., Unit 5	Condominium	\$119,533	Dean Realty Management LLC	Craig P. Sabbey
Thornton	Blake Mountain Road	Residential Open Land	\$18,000	Allan and Carolyn Gravel	Steven and Meganne L. Daly
Thornton	2428 NH Route 175	Acc. Land Imp.	\$87,000	R. Stephen Loynd and Tamara H. Cocchiarella	Elizabeth A. Jones
Thornton	612 Upper Mad River Rd., Unit 7	Condominium	\$62,000	Michele L. Cloutier and Wilmington Savings Fund Society	N/A
Warren	Studio Road	Residential Open Land	\$140,000	Kimberly Bancroft	Joseph S. Riscola and Jessica R. Riscola
Warren	340 Swain Hill Rd.	Single-Family Residence	\$120,000	Ryan and Stacie Mosher	Maria A. Sanders
Waterville Valley	28 Packards Rd., Unit 126	Condominium	\$121,000	Ray A. and Madeleine C. Webb	Adam W. and Kathryn M. Hansen
Wentworth	N/A (Lot 13-4-1)	N/A	\$65,000	Lamott Kennesson	Bernhard Czeremin

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.

M n M Scoops celebrates new partnership with Wicked Good Bakery

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH – Residents, students and visitors alike have long known that M n M Scoops is a great place to enjoy delicious ice cream and other treats, but owner Maryann Barnsley is pleased to announce that the menu has now expanded, thanks to a new collaboration with another local business.

"As of last week, we've begun offering some of the incredible baked goods from Sarah Sleeper and her mom Jean of Wicked Good Bakery," Barnsley said. "I personally knew how phenomenal their triple layer cakes are so I ap-



DONNA RHODES

Maryann Barnsley of M n M Scoops in Plymouth displays one of the many baked goods that are now available at her Main Street location through a new partnership with Wicked Good Bakery.

proached her to see if we could join forces."

Plymouth, she said, has not had a downtown bakery for several years now so she was excited to bring fresh, local baked goods back to Main Street.

"Coincidentally, we both started our businesses seven years ago. Sarah was working out of her home, with a fully equipped commercial kitchen, but wanted to have presence on Main Street, too, so I thought

why not here," said Barnsley.

Wicked Good Bakery is a well-known business in the town and people have not only flocked to their booth at local markets in the summer months but placed orders for their highly acclaimed wedding cakes and other baked goods as well.

M n M Scoops will now be making it easier for people to enjoy their baking talents with fresh supplies of cookies, pies and other baked goods as their collaboration grows.

"Their lemon squares have already been flying off the shelf," she said.

There are also whole

pies for sale and plans to offer slices of pie in the very near future. Making that deal even sweeter, the crew at M n M Scoops will gladly add a scoop of ice cream on top for those who want to enjoy a slice at their shop. And, starting this weekend, M n M Scoops will be open on Saturdays and Sundays at 8 a.m. when the bakery will also have donuts available.

"The community has been so supportive about having a bakery here and we want to see it be successful," said Barnsley. "We think it will be a good partnership."

Besides their cookies and pies, Wicked Good Bakery will also be bringing in their own freshly baked breads, such as sour dough, banana and cranberry. They will also continue to take special orders through either their business or through M n M Scoops.

"This is really a win-win for both of us," Barnsley said. "It's all in keeping with what we do and we're happy to join up with someone who so many in the community already know, too."

While that is just the start of what Barnsley believes will be a great partnership, her business will continue to serve their 32 flavors of ice cream from Bliss Brothers, a Massachusetts dairy company that has been in business for 90 years. Besides flavors like Graham Central Station, Purple Cow, Moose Tracks and Cher-

ry Moose Tracks, there are sorbets, sherbets and frozen yogurt selections as well. They also serve frappes, old-fashioned ice cream sodas, root beer floats, sundaes and banana splits. To enhance their ice cream selections, M n M Scoops has four types of ice cream cones and more than a dozen toppings available, too.

And when the temperatures dip, there are always all-natural hot soups and chili available to warm everyone up.

Dedicated to the success of downtown Plymouth, Barnsley added that they not only employ both Plymouth State University and local high school students, this year they are working in conjunction with a social marketing class at the university, too.

"It's all about being a part of the community where we all work and live," she said.

M n M Scoops is located at 67 Main St. in Plymouth and open seven days a week beginning at 11:30 a.m. Monday through Friday, and at 8 a.m. on weekends. Besides now supplying the shop with freshly made baked goods, other orders from Wicked Good Bakery, located at 65 Cooksville Rd. in Plymouth, can be placed by contacting them at 219-6628. More information on their specialty items and hours of operation can also be found on their Web site, www.wickedgoodbakerynh1.com.



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Edward Jones: Financial Focus

What Can Investors Learn From "Big Game" Teams?

In February, TV stations the world over will broadcast the most-watched U.S. football game of the year. But sports fans aren't the only ones viewing this "big game," held in Atlanta this year. The two teams competing are watched closely by the teams that didn't qualify. That's because these teams can learn a lot from the contenders. In fact, "big game" teams can teach some valuable lessons to many groups and individuals – including investors.

What investment insights can you gain from observing

these teams? Here are a few to consider:

A good "offense" is important. "Big game" teams usually have the ability to score a lot of points. They can run the ball, pass the ball and move up the field quickly. As an investor, you also need to constantly seek gains – in other words, you need an "offense" in the form of an investment portfolio capable of producing long-term growth. Consequently, you will need a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds,

in your holdings. Yes, these types of investments carry risk, including the potential loss of principal. But you can help reduce your risk level by holding investments for the long term – giving them time to possibly overcome the short-term drops that will inevitably occur – and by diversifying your overall portfolio with other types of investments, such as bonds and government securities, that will likely not fluctuate in value as much as stocks.

A strong "defense" is essential. In addition to having good offenses, "big game"

teams are also typically strong on defense. They may give up yardage, and going against a strong offense, they will also give up points, but they still often stop their opponents from making the big, game-breaking plays. As someone with financial goals, such as protecting your family's lifestyle and helping send your children to college, you, too, have much to defend – and one of the best defensive moves you can make is to maintain adequate life insurance. Also, to protect your own financial independence – and to defend against the possi-

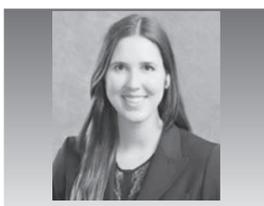
bility of becoming a burden to your adult children – you may want to explore some type of long-term care insurance, which can help pay for the extraordinarily high costs of an extended nursing home stay.

The ability to adjust a strategy is essential. If a "big game" team is trailing, it very well might decide to switch its game strategy – perhaps they tried to keep the ball on the ground but fell behind, requiring them to throw more passes to catch up. You also will need to evaluate your progress toward your goals to determine if you may

need to adjust your strategy. To illustrate: If your current portfolio is not providing you with the returns you need to retire comfortably, you may well need to adjust your investment mix to provide more growth potential, but within the context of your risk tolerance and time horizon.

The "big game" is the culmination of a season of hard work by two teams that have achieved the highest level of success. And by applying the lessons you've learned from these teams, you can help contribute to your own success.

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 your local Financial Advisor.



Devon Gay
Financial Advisor
(603) 279-3284 Meredith, NH



Christopher D. Stevenson
Financial Advisor
(603) 524-3501 Belmont, NH



Keith Britton
Financial Advisor
(603) 253-3328 Moultonborough, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

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Anniversary

FROM PAGE A1

and inventor Thomas A. Watson, who assisted Alexander Graham Bell in developing the telephone, spent their summers here.

There is no question that Bristol has a history to be proud of, and we here at the Newfound Landing are thrilled to be a part of that history. As the community's source for local news, we ourselves are the inheritors of a legacy that dates back to 1869, when Isaac B. Gordon began printing a 24-column, folio style newspaper called the Bristol Weekly News, which lasted roughly a year until its offices were destroyed in a fire. The next attempt at a newspaper dedicated to local coverage came in June 1878, when R.W. Musgrove, who owned a local printing office, began publishing the Bristol Weekly Enterprise, which was such a hit with its target audience that what began as a small, four-page, 16-column publication gradually expanded, by 1900, into an eight-page, 48-column quarto. It was also in 1900 that the word "Weekly" was dropped from the title. Musgrove's pride and joy would from

that point on be known as the Bristol Enterprise, and was eventually combined with the region's other leading weekly newspaper, the Plymouth Record Citizen, to create the Record Enterprise.

Things came full circle in the fall of 2012 with the introduction of the Newfound Landing, the first weekly newspaper since the heyday of the Bristol Enterprise to be dedicated exclusively to coverage of Bristol and its fellow communities along the shoreline of Newfound Lake, and it is our honor to join in the fun and festivities lined up as part of the town's Bicentennial celebration.

A wonderful time was enjoyed by all who attended the official kickoff event for the celebration, the Winter in the Woods festival hosted by the Slim Baker Foundation on Jan. 19, during which participants enjoyed sledding, snowshoeing, and other wintertime outdoor activities, along with cocoa, cookies, and conversation around a campfire.

Coming up on April 10, the bands and choirs from both Newfound Memorial Middle School and Newfound Regional High School will present a special Bicentennial Concert. A community

dance is on tap for June 22, followed by a Celebration Dinner on June 23 and a birthday party commemorating the date of the town's incorporation on June 24 featuring cake and music.

The year-long celebration will culminate during Old Home Day weekend, Aug. 23-25, with a special Bicentennial Parade, games, music, old time artisans & crafters, historical reenactments, a community service project at Inspiration Point, a pancake breakfast, and old time baseball game, and more! Also in the works are an ice cream social, scavenger hunts, contests, a time capsule, a community picnic and photo, and special commemorative items.

We hope that our readers will join us this year in celebrating the past two centuries of their community's history and looking ahead to what the future holds. To stay up to date on events, follow the town's Bicentennial Committee on Facebook at www.facebook.com/bristolbicentennial or on the town Web site, www.townofbristolnh.org. The committee can be reached at bristol200@townofbristol.org or by phone at 744-3354, ext. 136.

Letter

FROM PAGE A1

evidently been found in an old postal machine that was being disassembled for scrap and had some slight damage from being caught in the machine for so long. One coworker suggested they send it back to the Dead Letter repository but she didn't agree.

"It had 'Golden Anniversary Photos' written across the top of the envelope and I knew there must be someone in the family who would want it," Lever said. "There wasn't a cancellation date stamped on it, but the postage was only two-cents, so I knew it had to be old."

She went on the Internet and found that the woman to whom it was addressed had passed away several years ago. Her son's name was listed on the site Lever had pulled up though, so she moved on to researching that name. Again she found that he, too, had recently died but had been living in the area up until the time of his death.

"From there I went into the probate records and I was able to find out who the executor of the estate was," she said.

Lawrence heard her mention the Piehlers name and told Lever the couple is on her mail route so she took the letter when she set out on her rounds. After many years, the envelope was finally delivered and the Piehlers couldn't have been more surprised when she handed it over.

"It was exciting to deliver it. They were so puzzled when they looked at it," said Lawrence.

One curious factor is the address label was from the now defunct Family Circle magazine in New York. Piehler said he can only speculate that perhaps someone the family knew worked there and sent the photos from their office, or there had been a story of the event in the magazine and they were returning them.

Since there was no date on the envelope, that left Piehler with a mystery to solve,

however- when was it mailed?

After looking through the old black and white snapshots enclosed, he recognized his friend in one of them. Pulling out the family photos he had for safekeeping, he and his wife began to sort through them. At last they found a photo of their friend at 10-years-old that matched his appearance in the anniversary pictures.

"Doing the math, we were able to determine the date of the letter was 1950," said Piehler. "These were from his grandparents' 50th anniversary, so they must have been married around 1900. It's incredible to think about."

The photos and envelope have now been tucked safely away with the rest of his friend's property and will eventually be returned to his surviving relatives. The experience of receiving a letter dropped in a mailbox nearly 70 years ago though is something the Piehlers won't soon forget.

Honor Roll

FROM PAGE A2

Honors: Jacob Blouin, Mackenzie Bohlmann, Autumn Braley, Mackenzie Bucklin, Hunter Clark, Haley Dukette, Sadira Dukette, Adrian Ehmann, Bailey Fairbank, Owen Henry, Mackenzie Jollie, Aiden Kulacz, Jennifer MacDonald, Tyler McLean, Meghan Murray, Olivia Obara, Hannah Owen, Hayden Reynolds
Grade 11
High Honors: Ashlynn

Hatch

Honors: Hannah Babbitt, Lean Bunnell, Lillian Colby, Lexie Cote, Evelyn Cutting, Carter Davis, Emma Desmond, Isaiah Dokus, Danielle Duclos, Duncan Farmer, Maura Geldermann, Caroline Marchand, Brandon Marcoux, Kasandra McClay, Hayleigh Pabst, Alexis Raimondi, Valentina Raptis, Madison Royea, Michael Sylvain-Stott

Grade 12

High Honors: Jullian Buchanan, Hannah Eastman, Reid Wilkins

Honors: Kasey Basford, Jakob Bashta, Lilyana Cloutier, Makayla Coffin, Erika Crooker, Mackenzie Davis, Kathryn Drapeau, Elliot Economides, Cole Frye, Madison Gould, Nicholas Green, Greta Gruss, Matthew Libby, Deanna Martin, Madison Martin, Josiah Page, Madison Paige, Jacob Pfister, Aryn Prescott, Cheyenne Reilly, Leslie Shattuck, Faith Smith, Jayden Stubbs, Trinity Taylor, Mia Tomassetti, Naomi Wade

Speaking

FROM PAGE A1

high-scoring students in each grade level were then invited to take part in the final evening performance on Thursday.

"Every seat in our multi-purpose room was filled, with many family members standing for the event," said Roberts.

Each student who had moved on to the final round was called upon one at a time to recite the poem they had chosen. Judging them that night was Newfound Area Superintendent

Stacy Buckley, retired DES teacher Mary Jane Ogmundson, and Caroll Jewell of the Bristol Elementary School Title One team, who collectively decided upon the winners for each grade level.

The results of the 2019 Bertha Brown Prize Speaking Evening were as follows. For Grade One, Carter Fortier received honorable mention, third place went to Aubree Beasley, in second place was Shia Fenton and first place was awarded to Shaylynn Fadden. In Second Grade, honorable mention was given to Connor Overlock, Alyssa Seymour came in third, Greta Riel took home second place and Sophia Currin finished in first. Third

Grade finalists were Haley Fligg who received honorable mention, in third place was Tessa Overlock, Taylor Hunton placed second and Madison Adams came in first. For the Fourth Grade class it was Helena Provencher receiving honorable mention, Dayvane Huntoon who placed third, Curtis Seymour was second and first place went to Hayden Offen. Finally, fifth grader Janet Peterson got honorable mention for her class, Kason Knight received third place recognition, Emalee Fortin finished second and topping the list was Trey Kierstead who was awarded first place honors.

Forum

FROM PAGE A2

aspect of his commitment to the town. Bruce Dorner also explained the role of the Economic Development Committee, which is a multi-town local group now seeking to bring a Business Incubator to the area to promote economic growth.

"Our committee is looking to make this a better place to live," Dorner said. "I got involved in the committee because we pay a boat load of taxes so I got in the water to see what I could do."

Others sending representatives that night were the Energy Committee, Planning Board, Zoning Board and the Capital Improvements Committee who each explained their role in the town and how people could become involved.

Don Milbrand of the Planning Board said

their role is to evaluate subdivisions, change of use for properties, and to ensure all follow zoning laws. While it can get a bit frustrating at times, he assured all that it is all on the best interest of the town. Town Administrator Nik Coates added that the Planning Board has been beneficial in many ways. Last year, he said, they added zoning regulations that now allow wineries in Bristol and just two weeks later some people came to the town to apply for a permit. Brew Pubs were also included in the changes and have already proven to be a positive economic impact.

Sandra Heaney was on hand to explain the role of both the Historic District Commission and the Conservation Commission, saying more volunteers are always needed. Heaney said the Historic District Commission is

not the Historical Society. Its voluntary role is to protect the historic buildings in Central Square and the downtown sector by providing guidance for building owners who want to make renovations or repairs so that they maintain their historic presence.

As for the Conservation Commission, Heaney said they work hand-in-hand with the Department of Environmental Services to ensure local and state laws and ordinances are met so that natural resources aren't destroyed. Like the HDC, the Conservation Commission is also all about preservation and she encouraged anyone interested in either or both of those areas to join them.

Barbara Greenwood is part of the Kelley Park Committee, which has the charge of maintain-

ing the park, and also urged volunteers to join them in that mission.

Leslie Dion was on hand to speak for the importance of the Community Events Committee that organizes activities in the area, ranging from summer concerts, Fourth of July celebrations and Old Home Day to Halloween activities and the Mud Season Mixer Dance.

"We'd love to have more people—new ideas, new energy," she said.

The Downtown Decorating Committee is the hard-working men and women that keep Central Square looking great year round.

Representative Steve Favorite said, "If you love seeing flowers blooming in the spring, that's the committee I'm on!"

Beginning five years ago, the volunteers now

SEE FORUM, PAGE A12



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Deliberative

FROM PAGE A1

be less if the unexpended fund balance did not allow it.

School Board member Suzanne Cheney of Alexandria said the school board had traditionally placed \$60,000 into the trust fund and it put \$100,000 into the fund two years ago. It placed no money in the fund last year, but she said it currently has \$330,000 in non-lapsing funds.

"It's been traditionally used almost as an emergency fund," Milbrand said. "I hope to keep putting in a set amount and see them start using it for maintenance. At the budget presentation, a number of people spoke on the disrepair of some buildings."

Voters did not have the option of changing the figure in the article to

fund the cost items in the new three-year teachers' contract, but they did discuss it, questioning how much of a raise the contract provided. While the overall cost increase is 1 percent in the first year and 1.25 percent in the second and third years of the contract, individual teachers might receive between 1 and 5 percent, with the average increase being 3.8 percent.

To put that into perspective, English teacher Sarah Cutting said she is at the top of the pay scale and would get a \$610 annual raise, or \$2.37 more per day.

Operating budget

School Board Chair Jeff Levesque of Groton introduced the budget article, saying, "What we had to do to get there was kind of depressing."

He described the re-



THOMAS CALDWELL

Residents gather for the Newfound Area School District deliberative session on Feb. 2.

duction of school supplies, elimination of an English-Language Arts teacher, the late bus, and other items.

"The tax cap locks us down to a number that doesn't meet our minimum needs," he said.

When Dana Torsey of New Hampton asked how much remained of the current-year budget, Levesque said it is a little more than \$1 million, which led to Bristol resident John Sellers proposing the \$1.2 million reduction in the budget.

"The teachers and

staff are doing a great job," Sellers said, "and the administration has done a good job to save that money."

However, he said, with declining student enrollment, it is time for the school district to start looking at the consolidation of resources.

Milbrand spoke against the amendment.

"Last year, I would have supported this amendment," he said. "The budget committee and school board seemed to be out of control, but now it's come to today.

Let's give a vote of confidence to the budget committee: They looked at the needs, and came up with a good budget, and they didn't go all the way to the tax cap."

Levesque said that the \$1.2 million that remains in this year's budget serves to handle "fluctuations and incidentals" that come up during the year, such as special education costs.

"There's no hidden money," he said. "For grants, we estimate what it will be and sometimes we get money we didn't know about. With adequacy aid, we get an estimate, but we don't know exactly what we'll get. We get tuition from out of district. Sometimes a staff member leaves and we replace them with someone lower on the scale. We look for greater efficiencies, and there's money we save by operating efficiently. But we've caught all the low-hanging fruit. We budget a year in advance and don't know what we'll be faced with."

A number of residents spoke of the things the district has not done and said that cutting the budget further would harm the students' education.

Cheney pointed out that the school budget has increased only 3 percent in the last eight years, and she said that, with more young people now deciding to stay in New Hampshire, the trend of declining enrollments is likely to reverse.

Sellers' amendment went to a ballot vote, resulting in a 34-182 defeat.

Budget committee member Don Franklin of Hebron attempted to increase the budget by \$213,353 to fund the paving of the high school parking lot, an item on the capital improvement project plan which the school board had planned to complete with money from the building maintenance trust fund. Having just increased the amount potentially going into that account, voters rejected Franklin's amendment.

That was when voters began restoring things the school board had

eliminated in order to stick with the district's capital improvement program calling for the repaving of Newfound Road.

Bob Brooks of Hebron offered a successful amendment to add \$21,000 for the outdoor speakers that Superintendent Stacy Buckley had proposed as a safety measure to let students know if something should occur making it unsafe to re-enter the building. Brooks' amendment also added \$5,600 for athletic uniforms which Coach John Larson said would replace old uniforms that don't properly fit the athletes.

Another amendment, by a Bristol resident, restored the \$31,888 for the late bus that originally was offered to transport students taking part in the grant-funded after-school program, Project Promise. The bus also serves students staying after school for band and athletic practices.

Petitioned articles

Voters also discussed two petitioned articles that grew out of the acrimony of the past year following the school board's precedent-setting decision to include capital improvement program expenditures in the default budget. The board argued that, because voters had previously approved the replacement of the high school roof, which was included in the CIP plan, it was not a "one-time expenditure" as voters had assumed, but was part of ongoing maintenance that could be included in the default budget.

Because the school board held to that interpretation in the face of strong opposition from taxpayers, residents submitted two petitions — one to give residents a chance to vote separately on large capital expenditures, and the other to transfer responsibility for calculating the default budget to the budget committee.

Petitioned articles cannot be amended, so they will appear as presented on the March 12 ballot.

Forum

FROM PAGE A11

not only plant, water and weed the downtown flowerbeds, they help place decorations for holidays and special events throughout the square.

"What we like to hear is people saying, 'Wow! What a difference,' he said as he encouraged others to join them.

Finally, Janet Cote, representing the Town of Bristol's Bicentennial Committee for this year's 200th anniversary, said she was appointed to the committee two years ago as preparations for the anniversary year began.



DONNA RHODES

Members of multiple boards, commissions and committees took part in a special forum in Bristol last week to explain their roles and how more could become involved. Shown here from left to right are Sandra Heaney, Leslie Dion, Steve Favorite, Barbara Greenwood and Janet Cote.

With many special events and enhanced annual celebrations planned, she said the committee is still looking for more volunteers to make 2019 a special year in Bristol.

"There are all kinds of

things going on so pay attention and if you'd like to get involved, come on board," Cote said.

Those on hand for the forum said they attended to learn more about what it takes to commit

to local committees and boards and were happy to learn more about how they, too, might step up to make a difference.

"I didn't know what everybody does so I thought this would be a great opportunity to learn more," said Deb Richardson.

For those who want details on how much of a commitment each board, commission or committee entails, or would like to know how to join or sign up for elections, Minor-Sleeper Library will have printed information available with a synopsis of those that were presented at their forum.

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Plymouth State UNIVERSITY

Newfound Landing Sports

Section **B**
Thursday,
Thursday, February 7, 2019

What's On Tap

The local high school teams have a full slate of games on tap, including the alpine skiing and gymnastics state meets.

The Division III alpine boys and girls will be competing at Gunstock on Monday, Feb. 11, at 10 a.m. for the Division III State Meet.

The Division II alpine boys will be competing in their State Meet on Monday, Feb. 11, at Crotched Mountain at 10 a.m.

The Division II alpine girls will be competing in their state meet on Tuesday, Feb. 12, at 10 a.m. at Pat's Peak.

The ski jumping State Meet is Thursday, Feb. 14, at 6 p.m. in Plymouth.

The gymnastics State Meet will be taking place on Saturday, Feb. 9, at Pinkerton Academy in Derry at 10 a.m.

The Newfound alpine team wraps up the regular season on Friday, Feb. 8, at Gunstock at 10 a.m.

The Newfound hoop boys and girls will both be hosting Newport today, Feb. 7, with the boys at 5 p.m. and the girls at 6:30 p.m. On Tuesday, Feb. 12, the girls will be hosting Gilford at 7 p.m. and the boys will be at Gilford at 6 p.m.

The Newfound unified basketball team will be hosting Berlin at 3:30 p.m. today, Feb. 7, and will be at Gilford at 3:30 p.m. on Monday, Feb. 11. On Tuesday, Feb. 12, the team will host Hanover at 4:15 p.m.

The Plymouth alpine ski team wraps up its season on Friday, Feb. 8, at Cranmore at 10 a.m.

The Plymouth hoop boys will be hosting Sanborn at 6:30 p.m. today, Feb. 7, and will be at Kennett at 6:30 p.m. on Tuesday, Feb. 12.

The Bobcat hoop girls will be at Sanborn at 6:30 p.m. on Friday, Feb. 8, will be at Coe-Brown at 6:30 p.m. on Monday, Feb. 11, and will be at Kennett at 6 p.m. on Tuesday, Feb. 12.

The Plymouth unified hoop team will be hosting Belmont at 3:15 p.m. today, Feb. 7.

The Bobcat Nordic ski team will be at Whitaker Woods at 10 a.m. on Saturday, Feb. 9, for the second Coaches Series race.

The Kearsarge-Plymouth hockey team will be at ConVal-Conant at 6:30 p.m. on Wednesday, Feb. 13.

The wrestling Bobcats will be at Salem for a 10 a.m. meet on Saturday, Feb. 9.

Bear boys take third in WAR

Broome leads Newfound girls with two top-10 finishes

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound alpine boys put together a solid performance in Friday's Winnepesaukee Alpine Race, finishing third overall behind Belmont and Kingswood.

Despite having only three skiers, the Bear girls finished in fifth place.

The teams braved the single digit temperatures for the annual race, which features teams from around the Lakes Region. They ran two runs of giant slalom in the morning and two runs of slalom in the afternoon.

The Bear boys finished with 353 points in the morning giant slalom, which placed them third.

Matt Karkheck led the way for Newfound with a time of 53.67 for ninth place overall.

Reid Wilkins was right behind, finishing in 10th place with a time of 54.88 seconds and Jacob Blouin finished in 11th place in 55.02 seconds.

Tuan Nguyen rounded out the Newfound scoring with a time of 1:04.86 for 25th place overall.

Jacob Pfister finished in 35th place with his time of 1:19.56.

The Bears finished fourth overall in the afternoon slalom, with Laconia slipping up into third.

Wilkins led Newfound with his time of 1:05.18, which placed him 11th overall.

Karkheck was next in 12th place, finishing with a time of 1:06.05 and Blouin was the third scorer, putting up a time of 1:24.25 for 19th place.

Gabe Bauer finished in 28th place in a time of 1:54.37 to round out the scoring.

Pfister finished in 29th place with his time of 1:55.74.

The Bears finished with a total of 699 points, which placed them behind Belmont (759) and Kingswood (750) and

SEE ALPINE PAGE B8



JOSHUA SPAULDING

Hayse Broome had two top-10 finishes in the Winnepesaukee Alpine Race on Friday.



JOSHUA SPAULDING

Reid Wilkins skis for Newfound in the Winnepesaukee Alpine Race at Gunstock.



JOSHUA SPAULDING

Stephanie Norton was second for Newfound in the giant slalom Friday morning.



JOSHUA SPAULDING

Jacob Blouin skis through the Gunstock giant slalom course on Friday.

Bear girls sneak past Lakers

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — In close games, teams will often turn to their best player to close things out.

On Tuesday, Jan. 29, Ashlee Dukette answered the call for the Newfound Bears, scoring seven points in the final quarter to lift Newfound to a 40-37 win over Inter-Lakes on the road in Meredith.

"Ashlee carried a lot of weight today without Paulina (Huckins)," said coach Kammi Williams. "She's had games like that obviously."

Huckins, who has been a force in the paint along with Dukette as the season has moved along, missed the game with an illness, which also forced Williams to make a change in the lineup.

"Mackenzie (Bohlmann) learned all the plays for the five (center) before the game," Wil-



JOSHUA SPAULDING

Mackenzie Bohlmann launches a shot during a win over Inter-Lakes last week.

liams said. "I thought she did a lot of good things."

Newfound came out with the hot hand, as they scored the game's

first six points. Bailey Fairbank hit the first two baskets of the game and then Tiffany Doan made it 6-0 with a hoop.

After the Lakers scored their first basket, Madi Dalphonse drained a three-pointer and the Bears took the 9-2 lead to the end of the first quarter.

Bohlmann hit the first basket of the second quarter to stretch the Bear lead to 11-2 before the Lakers came charging back, scoring 10 points in a row on five straight baskets to take the 12-11 lead.

Haley Dukette got Newfound back in the lead with a pair of hoops to put the Bears up 15-12 before the Lakers got another basket to make it a one-point game at 15-14.

Ashlee Dukette closed out the first half with a pair of baskets and the Bears took the 19-14 lead to the halftime break.

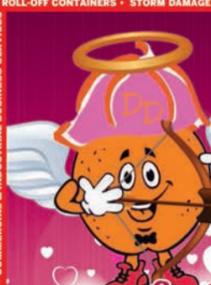
The Lakers came

SEE HOOPS PAGE B8

Newfound seeking JV softball coach

BRISTOL — Newfound Regional High School is looking for a JV softball coach. If interested, please forward resume and names and phone numbers of three references to Peter Cofran, Athletic Director at pcofran@sau4.org or call 744-6006 ext. 1507.

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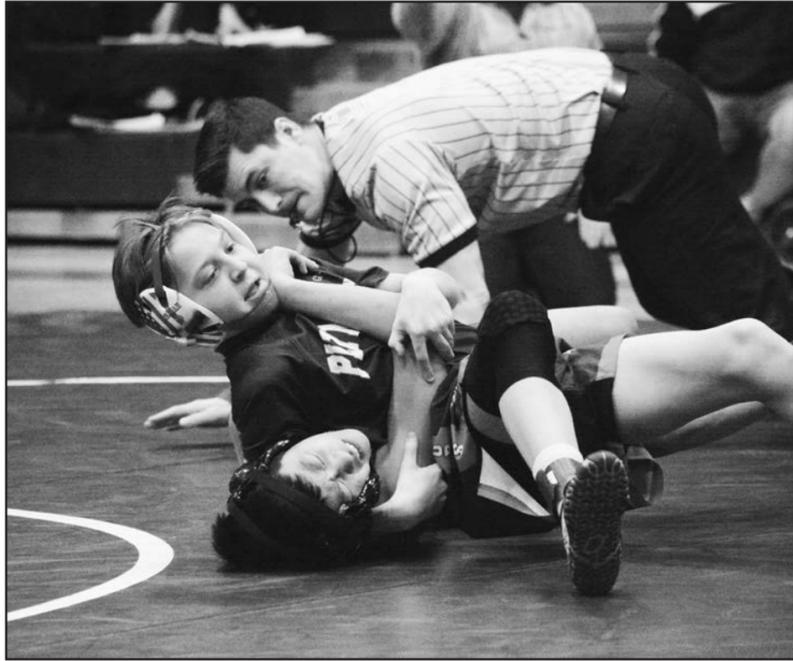
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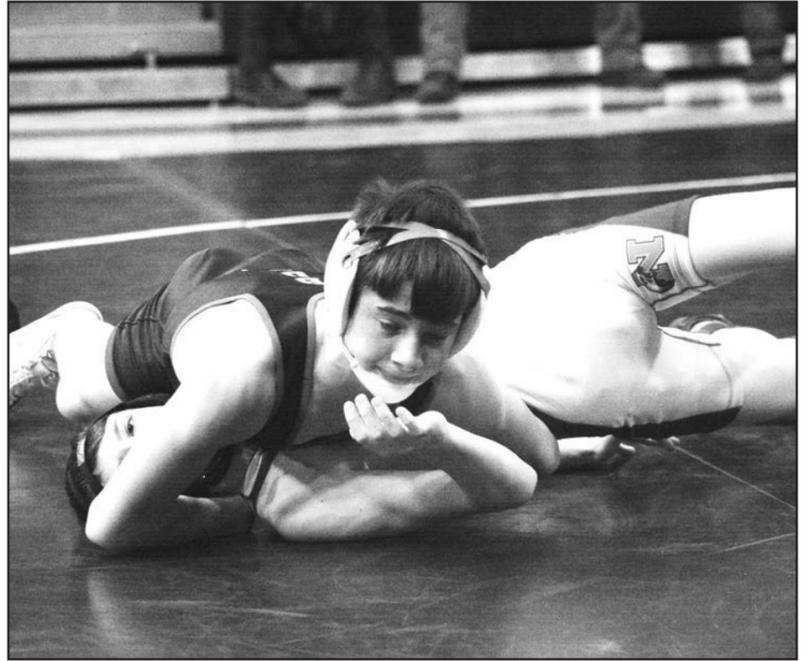


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JOSHUA SPAULDING

Aidan Scribner works for a pin in action on Saturday morning in Plymouth.



JOSHUA SPAULDING

Charlie Comeau got the win at 106 pounds during Saturday's Plymouth Invitational.

Cleary, Comeau win Plymouth Invitational titles

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — While the Plymouth wrestling team was a little shorthanded coming into the Plymouth Invitational on Saturday, the Bobcats still came out with some solid results.

Additionally, the Bobcats were able to raise money for their program, thanks in large part to the many people who helped out along the way.

Coach Randy Cleary noted that there were a lot of people who donated their time and tons of food for the conces-

sion stand and all money raised from entry fees, food and admission went to benefit the Bobcat program. Cleary thanked all of the people who helped make the day go smoothly.

The Bobcats came away with two championships on the day and finished in third place behind Natick, Mass. and Campbell.

The two championships for the Bobcats came from Charlie Comeau and Joe Cleary.

Wrestling at 106 pounds, Comeau started with a pin of a wrestler from Natick then defeated his teammate,

Ty Beauchemin, by pin to move on to the finals. In the finals, he got a pin over a Campbell wrestler to earn the championship.

Cleary wrestled at 138 pounds and started with a pin over ConVal and then got a pin of a Concord wrestler. In the semifinals, he won an 8-4 decision over Campbell to move on to the finals against Natick and emerged with a 7-3 win to earn the title. He also was presented with the tournament's Most Outstanding Wrestler award.

At 132 pounds, Nate Philbin started out with

a pin over a Concord wrestler and then got a 3-2 win over another Concord opponent before finishing up in the finals with a loss to Newport to finish second overall.

At 120 pounds, Trevor Randlett got pins over wrestlers from Mascoma and ConVal to advance his way into the finals and then dropped a decision to White Mountains Regional to finish second.

Plymouth had one more top four finish, this one coming at 113 pounds. Brock Tanner started with a pin of a Campbell wrestler before falling to Natick to move to the consolation bracket. He then beat teammate Zavier O'Reilly to move on to the consolation finals. He fell to ConVal in the consolation finals to finish fourth overall.

At 106 pounds, Beauchemin started with a pin of White Mountains before falling to Comeau and finished with a loss to Natick. Aiden Scribner got a pin over Natick to start his day then

dropped decisions to Campbell and Natick to finish things out.

At 113 pounds, Joe Peters got a pin over Mascoma to start things then dropped decisions to Campbell and ConVal. O'Reilly lost to ConVal to start things then got a 6-4 win over Portsmouth and a pin of Mascoma before falling to Tanner to close his day.

James Philbin wrestled at 126 pounds and fell to Souhegan in his first match. He came back and got pins of Mascoma and Natick wrestlers before falling to Natick to finish his bracket.

At 132 pounds, Ezra Letourneau fell to Concord in his first match then got a pin of a Kearsarge wrestler before falling to Concord.

Anthony Ciotti wrestled at 138 pounds and after losing to Natick in his first match, defeated a Portsmouth wrestler to advance before falling to ConVal.

JC Gaumer lost to Newport in Souhegan in his two matches at 145 pounds while John

Panus lost to Concord in his first match before forfeiting his second match. Eddie Camp wrestled at 195 pounds and lost to Campbell and White Mountains in his two matches.

At 152 pounds, Joe D'Ambruoso started with a pin of Natick before dropping a 5-4 decision to Concord. He came back with a pin over Newport before falling to Souhegan. AJ MacKay also wrestled at 152 pounds and started with a pin of Newport before falling to ConVal and Kearsarge to close out his day.

The Bobcats got two wins on Thursday night in a home match against Newport and White Mountains. Plymouth defeated White Mountains 53-24 and Newport 60-16.

The Bobcats are scheduled to be in action on Saturday, Feb. 9, at Salem at 10 a.m. for the final meet of the regular season.

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



JOSHUA SPAULDING

Fifth place

Plymouth's Julia Ahern goes over the high jump bar on Sunday during the indoor track state championships at Dartmouth College's Leverone Fieldhouse. Ahern cleared five feet to finish fifth overall on the day amongst the Division II field.

Bobcat skiers play hosts at Waterville Valley

BY JOSHUA SPAULDING

Sports Editor

WATERVILLE VALLEY — The Plymouth alpine team hosted its lone meet of the season on Friday, Feb. 1, welcoming Kennett, Hanover and Pembroke to Waterville Valley Resort.

The skiers skied two runs of slalom in the morning and one run of slalom in the afternoon.

In the morning slalom, the Bobcat girls were led by Taylor Shamberger, who placed 11th overall in 1:19.13.

Sumaj Billin was next in a time of 1:22.24 for 14th place and Sam Meier skied to 16th place in 1:23.17.

Holly Hoyt rounded out the scoring for the Bobcats with her time of 1:23.66 for 18th place.

Holly Mason finished 21st in a time of 1:25.45, Delana Welch was 22nd in 1:25.56, Maya Duarte finished in 1:29.22 for 28th place, Halle Kozak was 29th in 1:30.54, Taylor Maine finished 36th in 1:35.04, Rachel Fogarty was 28th in 1:35.95, Hallie Wheeler put up a time of 1:43.27 for 42nd place, Aubrey King finished 45th in 1:47.17, Kiki Dodge was 47th in 1:47.63, Zea McGarr finished 50th in 1:52.63, Logan Wiggert was 51st in 1:54.18 and Henna Davis was 52nd in 1:57.16.

In the afternoon giant slalom, Billin was

the top Bobcat, finishing in 25.49 seconds for ninth place.

Shamberger was 14th in 26.06 and Hoyt was right behind in 15th place in 26.13 seconds.

Welch finished in 27.34 seconds for 22nd place overall.

Mason was 23rd in 27.73, Meier finished 28th in 28.4 seconds, Kozak skied to 29th in 28.58, Duarte was 36th in 29.12, Fogarty was 39th in 29.94, Maine finished 42nd in 30.32, Wheeler was 44th in 30.81, King placed 45th in 30.86, Davis was 50th in 32.09, McGarr was 52nd in 32.57 and Wiggert was 53rd in a time

SEE BOBCATS PAGE B3

Bobcat boys pick up a pair of wins

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth boys' hoop team came through with a strong week last week, picking up a pair of wins, one at home and one on the road.

"It was a great week for us," said coach Mike Sullivan, noting that his team could've easily have won a game the previous week as well. "We played pretty well on the road, which is nice."

"We're coming along, we're getting better," Sullivan added.

The Bobcats opened the week with a home game against Manchester West on Wednesday, Jan. 30, and came out with the 71-57 win.

Plymouth led wire-to-wire, taking a 19-point lead at half-time and then closed it

out at the end.

"It was a great defensive effort from pretty much everyone," Sullivan said, also noting his team went 17 for 24 from the free throw line.

Jackson Palombo finished with 24 points to lead the way for the Bobcats while Nick Qualey added 15 and Owen Brickley finished with nine points.

On Friday night, the Bobcats traveled to Claremont and rolled to a 38-19 win over Stevens. Plymouth led by 33 points at halftime and Sullivan was able to put the bench in to close out the game.

"Everybody played and 12 people scored," Sullivan said. "We showed up and took care of business, which was nice."

Qualey led three players in double fig-

ures with 13 points, Robert Oliver finished with 12 points and Palombo added 11 points. Shiv Patel chipped in with eight points.

Plymouth was taking on Laconia after deadline and Sanborn on Thursday and Sullivan noted that they are both 50-50 games and saying anything could happen.

"Hopefully we can have a good practice on Monday and be prepared to play them on Tuesday," Sullivan said.

The Bobcats will be hosting Sanborn today, Feb. 7, at 6:30 p.m. and will be at Kennett for a 6:30 p.m. game on Tuesday, Feb. 12.

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

Brunt, Levesque pace Bobcats by Cardinals

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — A growing and learning basketball team has certain benchmarks that can be pointed to as taking steps.

The Plymouth girls' hoop team may have hit one of those markers on Friday, Feb. 1, as the Bobcats rallied from an 11-point second quarter deficit to take the lead and then came through with key free throws down the stretch to secure a 54-44 win over Stevens.

"Two teams at 3-7 fighting for a playoff berth, so this is what we expected to happen," said coach Dave Levesque. "In the first quarter we struggled rebounds, but in the second half, we put some things together and hit some shots."

The visitors hit the first hoop of the game before Jordan Levesque hit a basket for the Bobcats and Molly Edmark put back a rebound to make it 4-2. Stevens drilled a three-pointer and consecutive field goals to go up 9-4 before Levesque drilled her own three-pointer to cut the lead to two.

Stevens then hit two



JOSHUA SPAULDING
Jordan Levesque drives to the basket during her team's win over Stevens on Friday.

more buckets and then a three-pointer to go up 16-7 but Leia Brunt put back a rebound in the final minute to make it 16-9 after one quarter of play.

The Cardinals drilled a hoop and two free throws to open the second quarter, opening up the 20-9 lead but Brunt responded with

a three-pointer for the Bobcats. After two Stevens free throws, the Bobcats began their comeback.

Olivia Homer started an 8-0 run by putting back a rebound and then Brunt converted three-point plays in a row, cutting the lead to 22-20. Stevens hit a hoop to put the lead back to four



JOSHUA SPAULDING
Olivia Homer runs the ball up the court during action Friday against Stevens.

but Levesque and Brunt each fed baskets, Brunt's coming on a nice feed from Gwen Merrifield to tie the game at 24.

The Cardinals were able to hit a three-pointer in the final seconds of the half and took the 27-24 lead to the break.

A Levesque three started the second half and tied the game at 27

before Brunt hit two free throws to put the Bobcats in front. Stevens converted a three-point play to take the lead back but Elaina Manson hit a hoop to put Plymouth up by one.

After a Stevens bucket, Amanda Daugherty hit two free throws but a Stevens free throw tied the game at 33. Manson gave Plymouth the lead back but the Cardinals finished with the final hoop of the quarter and the teams were tied at 35 heading to the fourth quarter.

Daugherty hit a hoop to get the fourth quarter started but another hoop from Stevens tied the game again. Levesque followed with another hoop but a free throw and hoop from the visitors put them up by a 40-39 score.

Merrifield drilled two free throws to put the Bobcats back on top but Stevens tied the game from the free throw line. A Brunt three-point play

put the hosts on top for good at 44-41. Daugherty hit another hoop to stretch the lead to five but a three-pointer from Stevens kept them close at 46-44.

Levesque hit four free throws, the second two coming inside the final minute, pushing the lead to 50-44. Olivia Littlefield converted a three-point play and Homer added a free throw with 16 seconds to go to give Plymouth the 54-44 lead.

"At the end, our decision making showed we've improved," Levesque stated. "We ran some of our sets better than we have."

The Bobcat coach noted that they had a plan to shut down the Cardinals' top threat and thought his girls did a good job executing that plan, particularly in the second half.

"I was very happy with the way the girls kept their composure," Levesque added.

Brunt led the way for Plymouth with 18 points and Levesque added 16 points.

The Bobcats will be in action on Friday, Feb. 8, at Sanborn at 6:30 p.m. and on Tuesday, Feb. 12, they will be hosting Kennett at 6 p.m.

PRHS 9-15-11-19-54
SHS 16-11-8-9-44

Plymouth 54

Daugherty 2-2-6, Merrifield 0-2-2, Homer 1-1-3, Levesque 5-4-16, Littlefield 1-1-3, Brunt 6-5-18, Manson 2-0-4, Edmark 1-0-2, Totals 18-15-54

Stevens 44

Grenier 1-0-2, Miller 7-5-21, Tursky 1-1-3, Faro 1-1-3, Pond 4-1-11, Rice 2-0-4, Totals 16-8-44

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



COURTESY PHOTO

Final tuneup

The Plymouth gymnastics team got in its final tuneup before the state championships, finishing third at a meet in Goffstown. Pinkerton took the top spot and Goffstown was second, with Spaulding, Central and Exeter all finishing behind the Bobcats. "I am so proud of this team," said coach Carrie Kiley. "They have had more than their share of setbacks this season and they still come out and give it their all for their school and each other." The Bobcats will compete in the State Meet on Saturday, Feb. 9, at Pinkerton Academy.

Bobcats

FROM PAGE B2

of 33.59.

For the boys in the morning slalom, Mike Ouellette led the way with a time of 1:10.81 for seventh place overall.

Matt Clark was next, finishing in 10th place in 1:12.72 and Matt Lorry placed third for the Bobcats in a time of 1:13.26 for 11th place.

Pete Wingsted rounded out the scoring with his time of 1:17.13 for 15th place overall.

Jared King was 17th in 1:20.27, Milton Woolfenden was 22nd in 1:24.93, Sam Smith placed 23rd in 1:27.37, Ryan Borger put up a time of 1:43.14 for 34th place, Garrett Dion was 37th in 1:47.06 and Remy Beaujouan was 42nd in 1:59.64.

Ouellette had Plymouth's top time in the afternoon giant slalom



JOSHUA SPAULDING

Sumaj Billin and the Bobcat alpine skiers will finish the regular season this Friday.

as well, finishing his run in 24.25 seconds.

Clark was next with his time of 24.48 and Lorry was right behind in 25.08 to finish as the third Bobcat.

Wingsted was fourth again, finishing his run in 25.73 seconds.

King was next in 26.83, followed by Beau-

jouan in 28.35 seconds, Smith in 29 seconds, Borger in a time of 29.97 and Dion in 33.4 seconds.

Coach Dan Leblanc's troops will wrap up the regular season with a trip to Cranmore in North Conway on Friday, Feb. 8.

The Division II boys'

State Meet is Monday, Feb. 11, at Crotched Mountain at 10 a.m.

The Division II girls' State Meet is Tuesday, Feb. 12, at Pat's Peak at 10 a.m.

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

Lakes Region Lacrosse registration is now open

Officials and coaches also sought

REGION — Registration for Lakes Region Lacrosse is open now through March 15 for all interested athletes. The Lakes Region Lacrosse Club is open to girls and boys grades one through eight of all abilities who reside in the Lakes Region of New Hampshire's surrounding towns that do not currently have a youth lacrosse program. Participants include residents of Alton, Center Harbor, Gilford, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton. The club is a member of the New Hampshire Youth Lacrosse Association (www.nhyla.org). The club's home field is the Meadows Complex in Gilford.

Lacrosse is a fast-paced spring sport; new players are welcomed and encouraged to sign up. Last year, more than 165 youth athletes began or continued the development of their skills, sportsmanship and knowledge of the culture and tactics of lacrosse. Registration can be completed at <http://www.nhyla.org>.

If you have questions about the Lakes Region Lacrosse Club, registration, or you are interested in becoming a lacrosse coach, e-mail lrlcrg@gmail.com. Practices begin in mid-March and are held 2-3 times per week. Eight regularly scheduled league games occur on Sundays and an occasional Saturday, beginning April 7 through mid-June. Approximately one half of the games are held locally, while the other games require travel to host towns in New Hampshire.

The Lakes Region Lacrosse Club is helping the NH Youth Lacrosse Association recruit officials/referees for the 2019 season, this is a paid opportunity ranging from \$35-\$65 per game. All lacrosse officials must be at least 15 years of age by April 1. Training sessions are held around the state with a Lakes Region course scheduled in Wolfeboro on Sunday, March 10, and March 17. For complete details on becoming a referee, go to <http://www.nhyla.org>.



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In accordance with RSA 482:79, notice is hereby given that the New Hampshire Department of Environmental Services, Water Division (NHDES), will hold a public meeting related to an investigation of levels of inland waters (Lake Level Investigation) at Newfound Lake at 6:00 PM February 26, 2019 at the Minot-Sleeper Library, 35 Pleasant Street, Bristol, NH.

Newfound Lake is located in the towns of Bristol, Alexandria, Bridgewater, and Hebron, NH. NHDES held a public hearing relative to a petition to conduct a LLI on August 28, 2018, and much of the testimony received at the hearing and during the comment period supported a lowering of lake levels at Newfound Lake throughout the year. NHDES seeks to inform the public of interim operational plans for the Newfound Lake Dam and to collect further data and testimony.

NHDES will provide a brief presentation on the Newfound Lake Dam including the history of ownership and operations and the petition for a Lake Level Investigation that NHDES is currently conducting. Following that, the meeting will be opened to hear comments from interested parties. Questions and/or written comments may be directed to:

Kent R. Finemore, P.E., Assistant Chief Engineer, Dam Bureau
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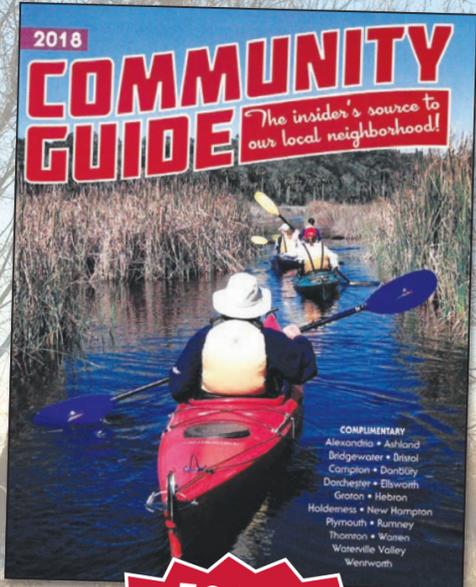
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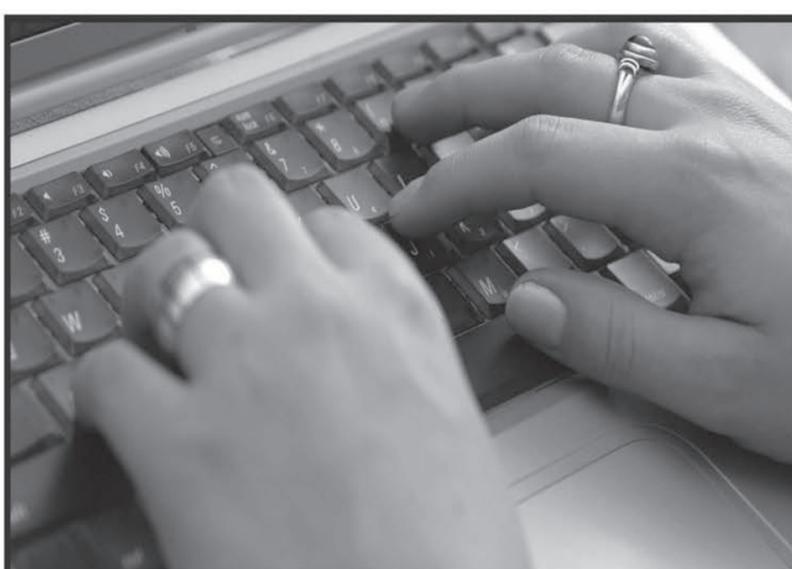
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NEWSPAPER

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Registration open for Bicycle Hillclimb

PINKHAM NOTCH — Registration for this year's Mt. Washington Auto Road Bicycle Hillclimb opened Feb. 1. Beginning on that date, cyclists who wish to compete in this historic bike race to the summit of the highest peak in the northeastern United States can sign up at

<https://www.mwarbh.org>. This event is the only opportunity to cycle the Auto Road, which is otherwise closed to bicycles. Registration starts at \$150 plus fundraising. Entrants may also participate in the practice ride, held on July 14. (The practice ride is limited to 300

participants.) Questions about registration may be sent to joliver@tinmountain.org.

This year's Mt. Washington Hillclimb will be part of the United States Hillclimb Series organized by past Mt. Washington Hillclimb winner Phil Gaimon. Consisting of 5-6 races nation-

wide, Mt. Washington is poised to be the only East Coast race in the series.

The Mt. Washington Auto Road Bicycle Hillclimb is the main annual fundraising event for the Tin Mountain Conservation Center in Albany. Tin Mountain Conservation Center provides environmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington

Valley.

First held in 1972, the Hillclimb begins at the base of the 7.6-mile Mt. Washington Auto Road and finishes at the mountain's peak, 6,288 feet above sea level. Ranked amateur cyclists, aspiring professional riders, mountain bikers, triathletes, extreme sports enthusiasts and other cyclists with strong legs and determination annually challenge the Auto Road's steep grade — an average

of 12 percent, rising to 22 percent at the finish — and Mt. Washington's unpredictable weather, in what is widely known as one of the toughest bicycle climbs anywhere in the world.

The race starts in six waves, beginning with the elite riders at 8:30 a.m. and followed by five more waves at five-minute intervals. In the case of extremely adverse weather on Aug. 17, the race will be postponed until Sunday, Aug. 18.

A step forward toward Tokyo 2020

SPORTING CHANCE



By JOSHUA SPAULDING

I mentioned a few weeks ago that I had been approved for credentials for the Tokyo 2020 Summer Olympics. This will be my first time covering the Summer Olympics, as my past two Olympic experiences were during the winter months.

This past week, I took the next step toward the trip to Japan becoming a reality next summer. I filled out the forms requesting the accommodations for the two-plus weeks for the Games. This isn't a huge step, since the accommodations aren't official until I make my first payment, but this was indeed at least a step forward heading toward Tokyo.

Tokyo is different than the first two Olympics that I attended. In Sochi in 2014, my accommodations in media housing were in what was essentially a hotel room. It was a room with a couple of beds and a bathroom. In PyeongChang in 2018, I stayed in what was essentially an apartment, which had three different rooms, a common area, a kitchen and two bathrooms. Both had their advantages and disadvantages, but in both cases, the housing was located in the media village, with all of the media grouped together.

In Tokyo, the accommodation situation is much different. Instead of staying in a media village, we will all be staying in existing hotels throughout the city. The Tokyo Organizing Committee set aside rooms in numerous hotels for media to stay in and when I was approved for credentials, the committee sent along a list of hotels.

I spent a bunch of time last week pouring over the different hotels, looking to find what made the most sense to me. In both Sochi and PyeongChang, my main priority was pricing and Tokyo was no different. Since pay-



COURTESY PHOTO

THIS IS THE BUILDING where the Main Press Center will be housed at the Tokyo Olympics.

ing for the trip is probably different on my end (I rely on lots of people helping me out and pay for some of it myself), pricing is a priority for me and I looked around for what was the best option. I found seven or eight hotels with prices less than \$100 a night and then narrowed it down from there, looking at how far they are from the Main Press Center (which is where I've spent lots of time the last two Olympics), and what kind of amenities are offered at each hotel.

Our media housing includes breakfast but I was also looking for a place that has a laundromat and/or laundry service to make sure doing that simple task was easy. Once I narrowed things down, I had to select three different choices for accommodations and once I did that, I filed the forms online and sent them in to the organizing committee.

I then spent a little more time looking over the manuals that were available, checking out the transportation system (we get transit cards in addition to the normal buses), the media center services and more. I must say, it's getting a little exciting thinking about what could be a pretty awesome experience.

I am grateful for all those that have helped me make my first two Olympic experiences a reality. It's through much generous support from many people that I have been able to travel to Russia and South Korea. I still haven't decided how to make this trip work, but I am expecting

Owen finished in 1:21.05 for the Bears.

The Newfound girls finished with 442 points, which placed them fifth behind Kingswood (761), Gilford (750), Moultonborough (695) and Laconia (691).

The Bears will be finishing up the regular season with another race at Gunstock on Friday, Feb. 8, at 10 a.m.

The Division III State Meet will be held at Gunstock on Monday, Feb. 11, at 10 a.m.

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

that at some point I will set up a GoFundMe page and I've kept my Olympic bank account open at TD Bank in Wolfeboro. Moving forward I will keep people advised if they are interested.

Finally, have a great day, Elizabeth Adams.

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 josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Hoops

FROM PAGE B1

charging out of the gate in the second half and drilled a hoop and a three-pointer to tie the game at 19.

Fairbank put the Bears up by two but the hosts added another hoop to tie the game again at 21. After Dalphonse hit a hoop, the Lakers answered again to tie the game at 23.

Ashlee Dukette put back a rebound to put Newfound up 25-23 but the Lakers came back with two hoops in a row to go up by a 27-25 score.

However, Ashlee Dukette drilled a three-pointer in the final minute of the third quarter, sending the Bears to the final eight minutes with a 28-27 lead.

The Lakers hit the first basket of the fourth quarter to go up by one but Ashlee Dukette drilled another three-pointer to put the Bears up by two. A hoop from Bohlmann stretched Newfound's lead to 33-29 but the Lakers sank another hoop to cut the lead to two.

Ashlee Dukette drained back-to-back baskets to push Newfound's lead to 37-31 before the Lakers drained a basket with three minutes to go to cut the lead to 37-33.

Doan sank two free throws with 1:52 on the clock to put Newfound up by six but with one to go, the Lakers hit a hoop to get the lead to four.

Bohlmann drained one from the line with 32



RC GREENWOOD

To the hoop

Spencer Lacasse drives to the basket during Newfound's game with Inter-Lakes last week. The Bears fell 73-34 to the Lakers and dropped a 76-51 decision to Mascoma on Friday. Newfound will be hosting Newport today, Feb. 7, at 5 p.m. and on Tuesday, Feb. 12, will be at Gilford at 6 p.m.



JOSHUA SPAULDING

Tiffany Doan drives through the traffic in the lane in action last week in Meredith.

seconds to go to make it a five-point game but the Lakers stayed in it with a hoop with 17 seconds to go to make it a three-point game.

The Bears turned over the ball on the ensuing inbounds pass and the Lakers had one more chance to send the game to overtime but the tying three-pointer missed its mark and Ashlee Dukette pulled down the rebound to seal the 40-37 win.

Williams noted that she was pleased with how the Bears handed the Lakers' man-to-man pressure.

"Bailey and Tiffany were able to handle the pressure of the man-to-

man," Williams said. "They are leaps and bounds from where they were at the beginning of the season.

"Their man-to-man didn't hurt us until the last minute of the game," the Bear coach added.

"That's a team that's beat everyone in our league," Williams stated. "That moves us to fourth all alone in Division III. I will take that."

Williams noted at the start of the season she divided the season into blocks of six. She was happy to come out of the first group of six at 3-3 and the team won all six in the next group

as the girls head to the final six games on a seven-game win streak.

Ashlee Dukette led the way with 16 points for the Bears.

The Bears came through with a big win on the road in Mascoma on Friday. Newfound used a 10-point run in the fourth quarter to close out the 43-36 win.

"It was a close game until Newfound made a run in the fourth, just putting the lead out of reach," Williams stated.

Dukette finished with 21 points and 12 rebounds, inching her closer to the 1,000-rebound mark for her career. Freshman Paulina Huckins added six points and nine rebounds and Bohlmann was solid off the bench with six points.

Newfound will be hosting Newport on Friday, Feb. 8, at 6:30 p.m. and will be hosting Gilford on Tuesday, Feb. 12, at 6:30 p.m.

**NRHS 9-10-9-12-40
ILHS 2-12-13-10-37**

Newfound 40
Dalphonse 2-0-5, Fairbank 3-0-6, Doan 1-2-4, Bohmann 2-1-5, H. Dukette 2-0-4, A. Dukette 7-0-16, Totals 17-3-40

Inter-Lakes 37
Durand 7-0-14, Brown 2-0-4, Burham 1-0-2, Harris 2-0-4, Ambrose 4-0-8, Gintof 2-0-5, Totals 18-0-37

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

Alpine

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just ahead of Laconia (696). Moultonborough rounded out the top five.

Freshman Hayse Broome led the way for the Newfound girls in the morning giant slalom, finishing in 54.78 seconds for fifth place overall.

Nannah Owen was 16th in a time of 1:00.26 and Stephanie Norton finished in 1:04.9 for 21st place to finish out the field of Bears.

Broome skied to ninth in the afternoon slalom with a time of 1:05.87.