

NLRA seeks input on strategic plan



BRISTOL — Fifty years ago, concerned Newfound residents came together to form the Newfound Lake Region Association, an organization dedicated to protecting the Newfound watershed. A successful half-century of conservation has since passed, with wide-ranging accomplishments including water quality monitoring, watershed planning, stormwater management, land conservation, community programs, youth education, the restoration of Grey Rocks Conservation Area, and so much more.

NLRA is now looking towards the next 50 years, and is asking for the input of the community to update the strategic plan that guides conservation in Newfound. The input of members and supporters, neighbors, and partners, is vitally important in shaping the organization’s future and envisioning and achieving the Newfound Lake and Watershed you want to see in the coming decades.

NLRA staff and trustees will host a number of discussion workshop sessions on Wednesdays at 7 p.m. between Feb. 10 and March 3 using Zoom. These facilitated conversations will dig into important Newfound topics including Community Engagement (Feb. 10), Lake and Watershed Environmental Health (Feb. 17), Education (Feb. 24), and Grey Rocks

SEE NLRA PAGE A10

Newfound students shine during ELO Month

BRISTOL — Gov. Chris Sununu, by official proclamation, announced January as Extended Learning Opportunities (ELO) month in New Hampshire. Newfound Regional High School has a long established ELO program to highlight. In celebration of the past month, the following includes some stories of NRHS students and their ELO.

Elsa McConologue, a Junior at Newfound Regional High School, has spent a couple of years working on an ELO that would inspire people to immerse themselves in a culture separate from their own. During the

Summer of 2019, she spent a month of her break indulging in Scandinavian culture, by visiting both the countries of Norway and Sweden. Realizing that this could be more than just a vacation, she did research while abroad and developed a sense of light. In celebration of the past month, the following includes some stories of NRHS students and their ELO.

Elsa McConologue, a Junior at Newfound Regional High School, has spent a couple of years working on an ELO that would inspire people to immerse themselves in a culture separate from their own. During the

ences between their own culture and that of another. Simple things like societal mentalities and competitive standards can be completely different in another country. To influence people to go out and explore, Elsa created a website called Vita Voxa, which translates to Life and Language, that allows students to take their experiences with travel and language and share it with others.

Maggie Bednaz, a Junior at Newfound Regional High School, has recently started working on an ELO that could raise a better awareness for mental health and

SEE ELO PAGE A10

NLRA presents “The State of the Lake”

BRISTOL — Newfounders near and far can tune in March 25 at 7 p.m. Eastern Time to the Newfound Lake Region Association’s webinar presentation of “The State of the Lake,” where Executive Director Rebecca Hanson and Program Manager Andrew Veilleux will present findings on the health of the Newfound watershed and outline NLRA’s conservation initiatives for the coming year. Learn about impacts to watershed health, get the details from NLRA’s water quality collection data, and ask the lake experts your questions! Registration is available at: NewfoundLake.org/

state-of-the-lake.

Like communities across the globe, 2020 was an exceptional year for the people, plants, and animals of Newfound. A record number of visitors and recreators found refuge from the pandemic in Newfound’s clear waters and abundant forests, with reports of negative impacts from pet and human waste, crowded boat launches, and poor environmental stewardship. Simultaneously, the watershed faced drought conditions which can stress ecosystems and affect lake level management. The unique circumstances of the year also prompted

many new and experienced recreators to realize the incredible value of Newfound’s clean water and natural spaces, prompting further support of local conservation efforts.

Throughout the year’s trials, NLRA was able to safely maintain and even expand its programs, continuing its nearly 50 years of dedication to protecting the Newfound watershed. Through education, programs, and collaboration, NLRA promotes conservation and preservation of the region’s natural, social and economic resources. Learn more at NewfoundLake.org.

Alpine Bears wrap up regular season at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound alpine ski team got in one final meet prior to the Division III championships, skiing through the snow at Gunstock on Friday.

In the morning giant slalom for the Newfound boys, Broderick Edwards led the way with a time of 1:08.88 for 23rd place.

Jacob Blouin finished in a time of 1:09.47 for 24th place and Owen Henry was 25th overall with a time of 1:10.25.

Dalton Dion finished out the scoring for Newfound with a time of 1:12.61 for 28th place overall.

Beckett Van Lenten was 31st overall in 1:15.51, Jack Ehmann finished in 33rd place in 1:15.74, Trevor Sansch-

grin placed 34th in 1:16.39 and Matt Karkheck finished in 40th place in 1:46.79.

Karkheck rebounded with a 12th place finish in the slalom to lead the Bears, finishing in 1:05.25.

Edwards was 22nd overall in a time of 1:14.98 and Henry finished in 29th place in 1:22.75.

Sanschagrin finished in 30th place in 1:22.93 to close out the scoring for Newfound.

Dion was 31st overall in 1:25.06, Ehmann finished in 34th place in 1:31.85 and Van Lenten placed 37th in a time of 1:47.3.

Hannah Owen led the girls in the morning giant slalom with a time of 1:11.89 for 21st place.



Dalton Dion skis through the snow at Gunstock last week.

JOSHUA SPAULDING

SEE ALPINE PAGE A10

PSU’s Drew Guay named to “40 Under Forty” leadership list

PLYMOUTH — Plymouth State University (PSU) Director of Campus Recreation Drew Guay has been named to the New Hampshire Union Leader’s 40 Under Forty. Since 2002, this annual award has honored Granite Staters for making a difference in their communities and professions.

Guay was born and raised in Concord, and has been a force for good and for change at PSU. He has expanded campus recreation offerings and mentoring to include students who might otherwise feel marginalized.

“This award is special to me because it has the support of so many students and it’s moments like these that show you just how much of an impact our program can have,” said Guay. “The support of current and former students has been incredibly touching and we can all take pride in this award.”

Guay enjoys making

an impact on students’ lives at such a transformational time and truly values the relationships he forms. His department’s theme is ‘You Matter Here’ and Guay emphasizes helping students find their fit on campus. For Guay, campus recreation is about more than just managing a gym, it is about building a community where people belong. Guay finds his motivation in the ripple effect created by helping others at PSU, and he also models the inclusive attitude as a father to two young sons, Braden and Austin.

“My experience at PSU would not have been the same without Drew,” said Allyson Schwab, PSU class of 2020. “He always set a precedent for kindness, inclusion and caring, and that rubbed off on everyone around him. He genuinely wants to see every single student succeed at PSU.”

When Guay began his tenure at PSU in

2012, the campus recreation program had roughly 13,000 check-ins per semester, but in the months before COVID-19 the program was seeing 35,000 to 40,000 check-ins. Guay believes that gyms are places for everyone, regardless of their prior experiences, and offers dedicated time slots for beginners and women so everyone feels comfortable in the space.

As a professional, Guay has served as a member of the National Intramural & Recreational Sports Association (NIRSA) since 2004, is the former NIRSA state director for New Hampshire, Maine, and Vermont, a member of the NIRSA professional mentor program and serves as the NIRSA Region 1 Student Development Committee Chair, and he has facilitated numerous workshops for small colleges and universities in the region. He is currently working with a team of researchers on creating a NIRSA



COURTESY

Plymouth State University Director of Campus Recreation Drew Guay, a Concord, New Hampshire native, has been named to the Union Leader’s 40 Under Forty list for his contributions to both the PSU and greater New Hampshire communities.

Toolkit on Transgender Allyship in Collegiate Recreation.

“Drew is a bright young leader not just at Plymouth State University, but in the community and the state,” said Marlin Collingwood, Interim Vice President for Communications, Enrollment & Student Life at PSU. “He is a role

model for emerging leaders and a bright light of what you can make of your life by focusing on others.”

Guay also serves on the Board of Directors for Lakes Region Flag Football, and his latest achievement was organizing a safe and healthy fall season in 2020 for more than 250 kids,

ages four to 15 years in his community. His region developed strong COVID-19 guidelines to keep players and families safe and became a model for other youth sports programs.

PSU introduces new Climate Studies degree program

PLYMOUTH — Climate change causes, effects, mitigation, adaptation, policy, communication and education are some of the most

important issues of our time, as well as of our future. To address the need for trained professionals for private industry and government jobs

working in the various aspects of the climate crisis, Plymouth State University (PSU) recently launched a new Bachelor’s in Climate Studies program, becoming the first institution in New Hampshire, and one of very few in the country, to offer it as an undergraduate degree.

“High school and college-age students are increasingly taking an active role in doing something about climate change and its effects, yet there are very few college programs available to them that focus on climate studies,” said PSU Interim Provost and Vice President of Academic Affairs Ann McClellan. “The Climate Studies program allows



COURTESY

Plymouth State University recently launched a new Bachelor’s in Climate Studies program, becoming the first institution in New Hampshire, and one of very few in the country, to offer it as an undergraduate degree. The program joins PSU’s nationally recognized Meteorology program, and students will benefit from its classes, state-of-the-art facilities, such as the electronic map wall shown here, and faculty expertise, but the program is truly interdisciplinary.

students to go deeper into climate science, while offering them flexibility to explore specific areas of interest. The program fits well with our Integrated Clusters approach where

students gain interdisciplinary knowledge to provide solutions for our ever-changing world.”

The new Climate Studies program joins PSU’s nationally recognized Meteorology program, and while students will benefit from its classes, state-of-the-art facilities and faculty expertise, the program is truly interdisciplinary. The program will give students a foundation in the science of climate and the field, and allow them to explore a variety of other related disciplines, topics and skills, or pursue areas of specialization that match their interests, such as business or art.

PSU’s Climate Studies program will prepare students for private and public sector careers in fields such as emergency

management, conservation, public policy, tourism, science journalism, planning and a variety of other fields in which climate concerns play a role.

“Climate study is a rapidly-evolving and expanding field, and our program will give students a strong foundation of knowledge and skills,” said Professor of Meteorology and Climate Studies Program Coordinator Lourdes Avilés, Ph.D. “PSU’s Integrated Clusters approach will help students learn to think critically, adapt and work collaboratively – all attributes that are essential for our fast-changing world.”

For information on PSU’s new Bachelor’s in Climate Studies program, visit plymouth.edu/climate-studies.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A (Lot 1)	N/A	\$290,000	David C. and Emily May	William J. and Danielle A. Hanna
Bristol	128 School St.	Single-Family Residence	\$235,000	Ray E. Parkhurst	Meredith Kensington-Cline and Michael K. Brace
Campton	N/A (Lot 32)	N/A	\$35,000	Douglas G. and Deniece C. Debruyn	Jeffrey and Robyn Viens
Campton	N/A (Lot P9)	N/A	\$300,000	Donna M. Devlin	Lubo Vitkov
Holderness	54 NH Route 175	Single-Family Residence	\$287,000	Gabrielle C. Goodwin	Justin I. Butler and Kira E. Szalma
Holderness	N/A (Lot 2)	N/A	\$275,000	Squam Lakes LLC	Pedro and Zaida Estemera
Plymouth	Route 3A, Lot En35	N/A	\$320,000	No. 1 RT and Michael Todesca	Robert J. and Patricia A. Richard
Thornton	86 Amory Leland Rd.	Single-Family Residence	\$350,000	James H. and Karen E. Newquist	Brian A. Pragis and Jessica J. Garvey
Thornton	97 Mad River Rd.	Single-Family Residence	\$187,933	James B. and Patricia L. Collins	Katie and Edgar Patten
Thornton	Millstone Circle	N/A	\$50,000	Kimball Fiscal Trust and D.A. Watson-Kimball	Jayano LLC
Thornton	N/A (Lot 1-29)	N/A	\$45,000	Shirley D. and Jerel A. Benton	Todd M. Workman
Thornton	N/A (Lot 2)	N/A	\$105,000	Mark Seymour	Kenneth J. and Debra McIntire
Waterville Valley	N/A (Lot 6)	N/A	\$75,000	Waterville Co. Inc.	Amy Leavitt

ABOUT THE REAL REPORT

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

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

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

North Country Notebook

The making of a camp, and talking with the sky



By JOHN HARRIGAN
COLUMNIST

I have a decent share of old outdoor-themed books, published between the Civil War and World War I, full of florid language and fanciful illustrations. The other night I looked through one and came onto an illustration of an old-time woodsman making camp.

In this scenario, an able-looking man with a walking stick in hand, a camp-axe and knife on his belt, and a canvas pack on his back is striding along a trail in the woods, and comes upon

an open glade on a little knoll with softwoods all around, and a burbling brook nearby.

"What a splendid place to make camp!" he exclaims, and shedding his pack, sets to work with his sharp little camp-axe. He builds a lean-to. He cuts small branches off small fir trees to make his bed. He cuts a pole to go between two trees, to hang his stuff. He clears a place for his fire and encircles it with rocks. He scrounges for a night's worth of wood.

He pulls his supper from his pack--a chunk of pork, a hunk of bread, a piece of cheese, a flask of brandy or wine. He enjoys his fire for a while, watching embers shoot up into the dark and wondering what's beyond the great beyond.

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Endicott College announces local Dean's List students

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2020 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

David Henriquez of New Hampton and Isabel Thompson of Wentworth met these requirements.

About Endicott College Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites in Boston, online, and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit endicott.edu.

Sometimes I think these things are almost lost for good, at least in the Lower 48, at least East of the Mississippi, at least east of the Appalachians. It's a world of permits, privacy, permission, penalties, prosecution, punishment, prison. Even the thought of making a fire can get you thrown into the slammer.

The farther north you go, in general, the freer the lifestyle, but you buy your freedom with a thermometer. The necessities of coping with life in a cold climate outweigh the law. You are either a little bit crazy or totally at peace, or somewhere in between, but wherever you are, it shows. The climate, as they say, builds character.

There are still places where you can hoist a pack, draw a bead on some distant place, and just go. I know, because I've been there. These days I don't have to go, because I know.

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My dreams take me back to a simpler time, a life without limits. There were no back-yard fences. We had the run of the town. If you fell, someone would pick you up. If you did something bad, everyone would know. If you did something good, everyone would cheer. There was no such thing as privacy.

In my dreams, I travel with an old-fashioned pack-basket, made of ash, light as a feather but spacious and strong,

with a waterproof cover to shelter its load. In it are a short-handled axe for around camp, my cooking kit, foul-weather gear, bug-dope, a folded tarp, a small first-aid kit, a very light pair of sneakers, and a pair of socks. Atop the pack-basket in a plastic bag is a tightly rolled light sleeping bag.

It is trail gear I've had in one form or another all my life, from Clarks-ville Pond and the upper reaches of Deadwater Stream and Labrador Brook to the high country of the White Mountains, the West, Alaska, and beyond.

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I'm traveling through some of the most remote parts of New Hampshire's North Country with Fish and Game biologist Karl Strong, on the 44-mile Grouse Line Survey. It's a legendary trip, undertaken by Fish and Game biologists for more than 40 years. Tomorrow, we'll be joined by the essayist Edward Hoagland. So far, in two days on the trail, we have not seen a single other person.

When I first made this trip, I was 13 and Karl asked me to go simply for the company. This time, I'm a statewide outdoor writer approaching my forties. The first trip was a lot easier on the knees.

Karl and I are setting



COURTESY

Garfield Falls once was one of northern New Hampshire's most remote places. Now, after roads open up in early summer, you can drive right to it. (Courtesy Alltrails.com)

up camp near Garfield Falls. We are in the middle of an old tote road, all grown up to hardwood saplings, but near softwoods and a brook. We make a quick job of a lean-to. We gather firewood for the night. We cut small fir-branches for our beds, and our talk follows the sparks into the great beyond.

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Not so long ago, when it got to be a lot of years since I'd made camp, I decided to sleep on the floor; just so I'd remember. It's been a while, so I think I'll do it again soon--lie flat on the floor; with a jacket for a pillow.

I'll use my lightest sleeping bag. I'll have to forego the fir boughs for a bed. The dog, if experience rules, will fold herself behind my knees, as she did whenever we went to camp.

And I shouldn't need any help standing up in the morning. The dog won't mind the bad words, and in any case, I'll keep the phone handy.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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CADY Corner

New Colorado report outlines drastic increases in harms to public health & safety

CONTRIBUTED BY SMART APPROACHES TO MARIJUANA (SAM)
On Wednesday, Feb. 3, the Colorado Department of Public Health and Environment (CDPHE) released their bi-annual “Monitoring Health Concerns Related to Marijuana in Colorado” report. The report finds there have been significant increases in past-month and daily or near-daily use among adults, marijuana-impaired driving, exposures in children under the age of five, and use of high potency forms of the drug among high school students.

Also, despite constant statements to the contrary, after an initial reduction in use, regular youth marijuana use among those under 15 rose 14.8 percent in 2019 versus 2017.

“This data is of great concern to those who prioritize public health over private profits,” said Dr. Kevin Sabat, president of Smart Approaches to Marijuana (SAM) and a former senior drug policy advisor to the Obama Administration. “Several years in, we are now seeing significant increases in high potency marijuana use among Coloradans and drastic reductions in the perception of harm from use among young people. Use among younger kids also spiked this past year. We cannot afford to allow this trend to continue.”

According to the report, there were significant increases in the use of high potency concentrates among high schoolers in Colorado. Since the last release of this report, marijuana vaping among high schoolers rose 70 percent while the use of marijuana “dabs” has risen 49 percent. Among high school students who reported use of marijuana in the past month, the use of dabs saw a significant 156 percent increase. Marijuana dabs and vaping oils commonly contain upwards of 80-99 percent THC, the main psychoactive chemical found in marijuana. Thousands of studies have shown the use of THC in young people is linked to many harms to mental health. Studies have also shown higher potency marijuana to be more addictive, and younger users are more likely to develop a Cannabis Use Disorder (marijuana addiction). For this reason, SAM encourages states with “legal” marijuana markets to implement caps on THC potency.

According to CDPHE, there has been a dramatic increase in the annual frequency of accidental exposure of children (aged five and under) to marijuana with a total of 37 reports in 2016 versus 95 in 2019. The number of accidental exposures in 2019 represents the highest such total to date. Marijuana edibles (which are abundantly found in kid-friendly forms) account for the largest proportion of marijuana exposures. In a similar vein, the report found that since 2017, emergency department discharges with marijuana-related billing codes among children aged 0-9 years saw a significant, 66 percent increase.

Since the release of 2017 data, daily or near-daily use among Colorado adults has increased 20 percent (7.6 percent in 2017 versus 9.1 percent in 2019), and nearly half (48.2 percent) of adult marijuana users in the state consumed the substance on a daily basis. This is concerning as daily use of today’s higher potency marijuana has been shown to increase the risk of developing severe mental illness such as psychosis up to fivefold.

Adult use is especially problematic as seen in recent research from this week published in the Journal of American Medical Association finding negative neuropsychiatric symptoms in THC users over 50. Since the implementation of the commercial market in 2014, the report found that marijuana use among Colorado adults has risen 40 percent.

In 2019, past-month marijuana use among high school students (20.6 percent) remained lower than past-month alcohol use but was significantly higher than past-month use of cigarettes (5.7 percent) and illicit prescription drugs (6.9 percent).

When it comes to one of the more concerning trends associated with marijuana legalization as it pertains to public safety, the CDPHE report found that marijuana-impaired driving has increased 40 percent since the implementation of commercialization in 2014. This report comes on the heels of a news report that marijuana-related DUI’s in Colorado have increased 48 percent in the last year. Furthermore, the report found a significant, 24 percent increase in high school students admitting to driving a vehicle after recently consuming marijuana in the past month. In 2019, the rate of high schoolers driving a vehicle after consuming marijuana (11.2 percent) remained significantly higher than that of high schoolers driving after alcohol use (5.9 percent).

The report also found that around 4.9 percent of postpartum-currently breastfeeding mothers in Colorado were consuming marijuana. This is concerning as research has found THC to be present in a mother’s breastmilk up to six days after consuming marijuana.

For more information about the risks associated with marijuana, visit the SAM Web site at www.learnaboutsam.org or CADY’s Web site at cadyinc.org.



RC GREENWOOD

Seniors honored

The Newfound girls’ basketball seniors pose for a photo with their families prior to their game against Franklin last week.

Sustainable Bristol

BY LAUREN THERIAULT

One thing that makes February more bearable is the days getting longer. February also brings more birds returning from their winter sojourn, even though you may not think winter is over yet. More daylight means more time for you to watch the birds outside your windows. I love watching a group of about ten Blue Jays come to our feeders every morning and feasting. My favorite bird that comes to visit is a Northern Flicker. I think of him as a ground woodpecker. He hops around on the ground

searching for bugs in my garden. I am excited to see him again soon. I also love seeing Cardinals, their flash of red against the white snow and bare branches is a welcome surprise.

You can feed the birds all winter long in order to get them to come to your window. Be sure to take the feeders down once the bears come out of hibernation. We recently covered pine cones in peanut butter and bird seeds and hung them in a bush near our deck. What a feast, for the eyes for us and of seed for the birds. Feeding them doesn’t have to be laborious.

This weekend is the annual Backyard Winter Bird Survey put on by the NH Audubon Society. Saturday and Sunday you can watch the birds and count how many you see of each variety. Submit the form with your count and do your part to track and survey the birds.

You might be thinking “This is great Lauren but what does this have to do with sustainability?” Good question. Anything that gets someone interested and paying attention to the great outdoors is a step in the right direction. If someone who previously was not aware or

interested in birds becomes more aware of them they will be more likely to make choices that lessen the impact they have on their new found feathered friends. Noticing changes in when the birds come back may sway you on your thoughts about the climate crisis. Falling in love with a certain type of bird may cause people to rethink their use of pesticides around their home. Bird watching is an easy and fun thing you can do that will bring you closer to nature from inside your warm house with a cup of loose leaf tea. Enjoy!

Letters to the Editor

An open letter to the Newfound Regional School Board and Superintendent

To the Editor:

As members of the Newfound community, we ask that you take a very hard look at the upcoming year as you make decisions based on the needs of the children of our school district. We are facing unprecedented times. Our children face constant chaos on a daily basis, just trying to go to school each day. Frequent changes in schedules, constant health concerns, isolation, family issues, financial hardships and technology challenges just scratch the surface of what these children are facing.

This cannot be status

quo as you begin to make decisions regarding the budget.

Increased mental health services, social services, drug and alcohol counseling, guidance and support / mentorship must take precedent in order for our children to rise above the many challenges they are facing as they struggle daily to continue to learn.

Children are watching us, and know we don’t have all the answers. They hear about budget issues, and are told they could lose sports, libraries, field trips, educational opportunities... devastating to children who

are already losing hope in so many other ways. Many in our community struggle to pay increasing property taxes, overwhelmed by their own issues with this epidemic. There are no winners here. We need to be asking the right questions and looking for the best answers. There will be no superheroes to step in. We need funded mandates to provide services. We need to engage our representatives to help us with legislation and then we need people to step up and actually help!

Please see the attached ACE (adverse childhood events) algorithm, and you can see

our concerns. Please note: these ACE scores were before COVID-19. The increase risk of substance misuse is just part of the concern. Look at the risks for physical and mental health issues. And it compounds with each additional trauma.

It will take more than money, more than laws... This will take the entire community. All of us, starting now. Please be engaged and listen. Your decisions will change a life.

Respectfully,

DEBBIE RICHARDSON
CO-CHAIR
STAND UP NEWFOUND

The administration of the town of Bridgewater is not transparent

To the Editor:

Residents and taxpayers in Bridgewater have recently received via email “Selectman’s Newsletter 2021” “to reintroduce ourselves and the working of our community.” The Newsletter is signed by the three Select Persons: Terence Murphy (43 years), Maurice Jenness (35 years) and Amy Cunningham (two months). Major topics include: The opinion that the Town is in excellent shape, histories of the Newfound School District, the Bridgewater Hebron Village School District, the Hebron Bridgewater Refuse District (the dump), the recent real estate reassessment process, the Grafton County tax process, and an introduction of the newest Select Person, Amy Cunningham. The Newsletter is 10 pages long, and doesn’t mention completed capital projects such as re-roofing the Town Hall and the Safety Center, new equipment at the Highway Department or the new compactor at the Refuse Center, or of needed capital projects such as restoring town roads that are falling apart.

To find out what was really happening in our town, I visited the town’s Web site. I invite you to do the same. Here’s what I found.

Minutes of Select-

man meetings were last posted on Feb. 13, 2020. Have they not met for the past 11 months? Hebron Bridgewater Refuse District minutes were last posted on December 24, 2014. Have they not met for the past 6 years? Why is there no mention of the new \$100,000 compactor or the fact that the Refuse budget represents almost one third of the town’s annual budget? The Bridgewater Hebron Village School District minutes were last posted Feb. 19, 2014. Have there been no meetings for seven years? Listed Planning Board members incorrectly name the Vice Chair. Four members are listed on the Zoning

Board who are no longer on the board. The Conservation Committee is not listed on the Web site as a board or committee. But according to the Selectman’s Newsletter, Jon Martin is the Chair. Otherwise, there are no members listed for this important committee.

Oh, and one more thought: a recent edition of The Enterprise listed every local town’s board vacancies to be filled at March’s Town Meetings, but not Bridgewater’s.

Ask yourself: is this a transparent disclosure of town affairs?

KEN WEIDMAN
BRIDGEWATER

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Who would have thought there would be so much confusion over the management of getting vaccine shots! I hope things get ironed out so everyone can get their appointments and get their long-awaited shots in a timely manner now that the ‘bugs’ are getting worked out of the appointment process. It reminds me of when we all were getting our polio shots back in the 50s... did I say that out loud! Good luck to all of you who are waiting and I hope it happens soon.

The Bristol Rotary Club is sponsoring a Valentine Luncheon For Seniors takeout style on Thursday, Feb. 11. Call to register and schedule your pick-up time in front of the TTCC. The menu includes: lasagna, salad, Italian bread and brownie. Call 744-2713 to register for this free lunch! Delivery options may be available if within Bristol.

The Father and Daughter Dance for all ages will be held at the TTCC on Friday, Feb. 12 from 6 - 7, or from 7:30 - 8:30 p.m. The two times are available by registration only. The cost will be \$20 per couple, plus \$5 for each additional child. Please pre-register by February 8 online or call 744-2713. (www.ttccrec.org). Enjoy music, dancing, prizes, corsages for the girls and more!

Parents Night Out is being offered by the TTCC Teen Council on Saturday, Feb. 13! This is open to any parents who want a ‘kid-free- night!’ The Council members

will be on hand to be sure your children are well-supervised and having a great time while you have a night ‘off.’ The kids will enjoy fun activities, dinner, snacks, arts and crafts, prizes and more. Space is limited, so you are encouraged to sign up right away. Participation will be limited and masks will be required to keep everyone as safe as possible. The program is for ages four and up and costs \$15 per child. The program runs from 5 – 10 p.m. at the TTCC.

Programs to watch for: Mother and son Minute-to-Win It Game Night on Friday, March 5, a New Baby-Sitting Course on Saturday, March 6, Youth Soccer on Saturdays beginning March 13, and Special Olympics Young Athletes for kids ages two to seven with and without disabilities, starting Saturdays on March 13.

Valentine’s Day is almost upon us. I hope everyone enjoys the day and that you all honor those who ‘fill the bill’ this Valentine’s Day. May your day be memorable. Remember the grade school parties when we all cut and folded all those valentines for our schoolmates? And the valentines boxes that we created to ‘mail’ all the valentines in? What fun!

Groton

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

We had a great turnout for the Public Hearing which included the Town Garage, Bond and Budget. It was a long meeting but nearly everyone stayed to the end.

The Town is looking to bond monies to finish the garage across from the Transfer Station. We all know this needs to be done as the current Town Garage is in a flood zone and has been flooded several times. There is more information on the Town Web Site as to what this future building might look like. It has been pared down so that the monies needed to be raised by bond will be reasonable. We have a USDA grant that will also be used towards the structure and there have been some budget cuts and two Capital Reserve Funds that may possibly be used towards this needed project.

Town Elections will be held March 9. The polls will be open from 11 a.m. to 7 p.m. Town Meeting, however, has been postponed till May. More information will be announced as the day draws closer. The change has been made due to space for this important meeting and the ever-present threat of virus. We want as many to come as possible and hopefully we’ll have weather that will allow an outdoor meeting.

Those who are running for Town Offices:
John Rescigno – Select Board 3 years
Ruth Millett – Town Clerk 3 years
Forest Blake – Planning Board 3 years
Dave Labar – Planning Board 3 years
We will have two running for School Positions this year:
School Budget Committee – Virginia Parker
School Board – Britta Matthews
There is no one running for the following positions:

Local Auditor, Trustee of the Trust Fund, and Library Trustee. If you might be interested in being a write-in for any of these positions, please come out and speak up at the Select Board Meeting or put up a sign. The Town needs people to get involved in local government. You could also sign up to serve on a committee such as Old Home Day, or Conservation. Sign up and volunteer your time. It can be quite rewarding to be an active participant in your own Town.

SCHEDULED MEETINGS AND CLOSURES...

Select Board Work Sessions – Tuesdays, Feb. 16, March 2, and March 16 all at 5pm at the Town House

Select Board Meetings – Tuesdays, Feb. 16, and March 2 at the Town House at 7 p.m.

Newfound School Public Hearing at the Groton Town House, Tuesday, Feb. 9 at 6 p.m.

Planning Board meeting at the Town House Wednesday, Feb. 24 at 7 p.m.

Town Offices will be closed Monday, Feb. 15 for President’s Day

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Public hearing, Hebron Town Hall, 7 School St., Wednesday, Feb. 17, 6:30 p.m.

A Public Hearing will be held at the Hebron Town Hall Wednesday,

Towns/ Churches

day, Feb. 17 at 6:30 p.m. regarding petitioned School Warrant Articles 5 and 6.

Article 5: By Petition: Shall we modify the tax cap adopted under the provisions of RSA 32:5-B at the 2012 Annual Meeting to change the 2 percent tax cap to 3 percent? If this Article is adopted the governing body (or budget committee) shall not recommend a budget that increases the amount to be raised by local taxes based on the prior year’s actual amounts of local taxes

Churches

Plymouth Congregational UCC

Church announcement

In order to protect everyone’s health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church’s Web site at www.uccplymouth.org.

Worship Service Dates to Remember via Facebook Live at 9:30 a.m. and PBTv at 6:30 p.m.

Feb. 14 – Transfiguration, Racial Justice Sunday, President’s Day & Valentine’s Day
Feb. 17 – Ash Wednesday at 7 p.m. via Facebook Live

Feb. 21 – First Sunday of Lent
Feb. 28 – Second Sunday of Lent & Church Vocations Sunday

Church’s Facebook Page?

You can find our Page by searching for “Plymouth Congregational United Church of Christ Plymouth NH.” “Like” the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Since the beginning of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of

raised, by more than 3 percent. (Passage requires a three fifths majority ballot vote)

Article 6: By Petition: Tax Cap Rescission: Shall we rescind the provision of RSA32:5-b, known as the tax cap, as adopted by the Newfound Area School District on March 13, 2012, so that there will no longer be a limit on increases to the recommended budget in the amount to be raised by local taxes? (three fifths Majority required)

these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. Please visit our Web site at www.uccplymouth.org.

Starr 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:

Feb. 14, 2021

Belonging

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Tatum Barnes, Director of Religious Education

It is a deep and natural human desire to belong--to belong to another, to each other, to a worthy cause, to a community. Join us on this Valentine’s day to explore the spiritual basis of belonging.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

Letters to the Editor

Interesting times in Concord

To the Editor:

This last week or so has been more than interesting. We started committee hearings in Criminal Justice and the fun began. Some of us are back meeting in person in Concord, properly spaced with air purifiers humming in the background. Other members are online fearing for their life. Even with proper spacing in the room some are wearing face diapers and it is impossible to understand what is being said on the other end of the double room. Of course, you can participate online, but heaven forbid we let you, the people, into your Legislative Office Building.

The meeting began with the introduction of two bills legalizing the growing and sale of marijuana (HB237 and HB269). Some tried to object to expert testimony presenting what they know and see on a daily basis resulting in the disaster that has occurred in their states, simply because they came from another state. The committee didn’t have the backbone to kill them.

Instead, the bills were retained to be re-worked over the next several months. I voted, unsuccessfully, to kill another bill (HB615) reducing the penalty for a first time conviction of hard drugs.... Isn’t it a fair conclusion to suspect that the suspect has been abusing other drugs before their conviction of a hard drug?

HB63, a bill that defers and cancels the fines imposed by Gov. Sununu’s unconstitutional Emergency Orders was passed out of committee. These Emergency Orders are prolonging the COVID pandemic and his dictatorial rein on Granite Staters. In all likelihood, when it arrives on his desk, he will veto it. However, he needs to know the General Court, including members of his party, disapprove of his actions.

Then the real craziness began. The crazies tried to outlaw rubber bullets and tear gas (HB564). The committee still needs to vote on their recommendation for this bill. It appears that the sponsors only want police to use real

bullets. HB81 clarifies that you can defend other individuals who are in your home was recommended Ought to Pass. A bill that would hamstring law enforcement officers from using deadly force in dangerous situations (HB66) was voted Inexpedient to Legislate. Be careful. Some of your neighbors want you to be defenseless and at the same time want to prevent the police from coming to your defense.

This week, there are several more bills to “protect” you from the police, place restrictions on your Second Amendment rights, and make it easier for illegal immigrants to enter our country.

This isn’t a complete list of all of the bills that were introduced, but a

sampling to let you know that the legislators are back in business. If you have several hours, you can follow the committee meetings on <http://gencourt.state.nh.us/>. From the Home page you will get links to House and Senate hearings. All the bills that we recommend either Out to Pass (OTP) or Inexpedient to Legislate (ITL) still must go to the full House. Those that pass will then be forwarded onto the Senate. The year is just beginning!

If you want to contact me, you may email me at dave@sanbornhall.net or call me at 320-9524. Call and maybe we can have a cup of coffee.

Cheers!
REP. DAVE TESTERMAN
FRANKLIN



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Edward Jones: Financial Focus

Financial Gifts for Your Valentine

- **Stay protected**
If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you’ll want to be prepared.
- **Give shares of stock**
You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being “owners” of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone’s financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.
- **Create (or revise) your estate plans**
It doesn’t sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven’t created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it’s been a while since you looked at your existing plan, take the time to review it – this is especially important if you’ve had changes in your family situation. On Valentine’s Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones’ lives.



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



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PSU hockey, football players earn conference All-Academic honors

PLYMOUTH — A total of 76 Plymouth State University student-athletes were among those honored by the Massachusetts State Collegiate Athletic Conference (MASCAC) when the league announced the members of its Fall/Winter 2020 All-Academic

Team on Thursday afternoon. To be eligible for MASCAC All-Academic honors, a student-athlete must have competed in a championship varsity sport offered by the MASCAC during the course of the Fall and Winter 2020 season

and have achieved a 3.20 cumulative or semester-based grade point average.

Plymouth State is an affiliate member of the MASCAC for the sports of football and men's ice hockey only.

PSU had 24 members of the men's ice hockey program honored, while football had 52 student-athletes earn the distinction. Both totals were the second highest among their MASCAC competitors.

A total of 1,238 student-athletes across the conference were recognized.

Men's ice hockey

Myles Abbate - Norwell, Mass., Kalle Andersson - Taby, Sweden, Ted Austin - Sylvania, Ohio, Brandon Barillaro - Alexandria, Ontario, Simon Besner - North Lancaster, Ontario, Brendahn Brawley -

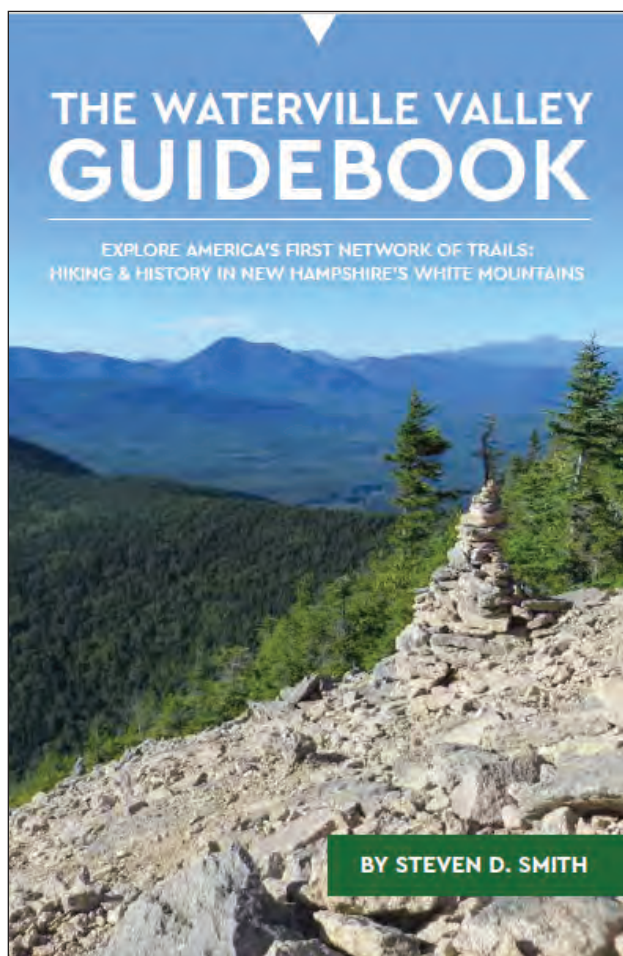
Morton, Pa., Ben Chipman - North Vancouver, British Columbia, Grant DeWitt - Bowling Green, Ohio, Jake Gerbner - Havertown, Pa., Kyler Harding - Wilmington, N.C., Lukas Holmqvist - Lerum, Sweden, Jacob Laurin - Stockholm, Sweden, Luca Marini - Lighthouse Point, Fla., Mike McPherson - Somerville, Mass., Anton Nasstrom - Ornskoldsvik, Sweden, Ben Parker - Ashland, Mass., Nick Poirier - Blainville, Quebec, Jeromey Rancourt - Lewiston, Maine, Jake Sabourin - Catonsville, Md., Marcus Seidl - Stockholm, Sweden, Jarrett Slear - West Chester, Pa., Leo Stolpe - Stockholm, Sweden, Colin Tracy - Bow, Jovan Zimmerman - Boulder, Colo.

Football

Kyle Almeida - Woburn, Mass., Cooper Bartlett - Londonderry,

Gabe Boro - Calverton, N.Y., Thanos Boulukos - Old Bethpage, N.Y., Niko Bouzakis - Farmington, Conn., Jake Canelas - Hudson, N.H., Owen Clary - Milford, Andrew Consalvo - Bristol, Conn., Rich Corelli - Clinton, Mass., Andrew Cote - Cumberland, R.I., Ryan Coyle - West Milford, N.J., Tracy Cristiano - Thornton, Samuel Cross - Exeter, Collin Crowe - Simsbury, Conn., Dan DiMinno - West Milford, N.J., Rowan Drew - Plymouth, Joshua Goff - Belgrade, Maine, Cooper Gorski - Concord, Matayo Grondin - Dover, Jyair Hatcher - Uniondale, N.Y., Conor Hiner - Brattleboro, Vt., Trevor Hnyda - New Milford, Conn., Brady Hunt - Littleton, Mass., Marvin Josaphat - Lynn, Mass., Ruchan Karagoz - Brattleboro, Vt., Cade Kreider - Palmyra, Maine, Kade Kuliga - Lakeville, Mass., Brett

Lavanchy - Walpole, Mass., Austin Lynn - Littleton, Mass., Luke MacNeil - Northbridge, Mass., John Marsden - Amsterdam, N.Y., Seth Mullen - Weymouth, Mass., Joshua Ozoria - Salem, Christian Paillet - Coconut Creek, Fla., Tanner Plourde - Nashua, Jon Proia - Chelmsford, Mass., Nick Rendon - Boynton Beach, Fla., Connor Robert - Manchester, Manny Sanchez - Hartford, Conn., Peyton Sarmir - Flemington, N.J., Jaquan Seme - Scarborough, Maine, Cody Sheehan - Dover, Mark Slider - West Palm Beach, Fla., Matteo Spadea - Weymouth, Mass., Michael Terrazzano - Pelham, Deklan Thurston - Burnham, Maine, Matt Tosone - Walpole, Mass., Drew Von Klock - Walpole, Mass., Bryce Wronski - Middleton, Mass., John Young - Stratham, Cole ZuWalla - Williston, Vt.



SLA's Winter Outdoor Recreation Speaker Series continues with look at the "Waterville Valley Guidebook"

HOLDERNESS — Ever wonder what goes into creating a trail guidebook? Join us on Wednesday, Feb. 17 at 6:00pm for the second installment in the Winter Outdoor Recreation Speaker Series: "A Behind the Scenes Look at the Waterville Valley Guidebook." As we peel back the pages of the recently published guidebook, you'll hear about the nitty gritty of creating a book like this and learn how multiple contributors worked to weave natural and human history into their trail descriptions.

More on the book: "The Waterville Valley Guidebook," by Steven D. Smith with Daniel Newton and Preston Conklin, continues a tradition of guidebooks to the Waterville Valley region. This full-color guide provides detailed descriptions of 125 miles of trails on the Waterville Valley "redlining" list and includes extensive material on the area's hiking history, geology, forests, wildlife, and bird life. Also featured are two History Hikes written by local historian, Preston Conklin, and descriptions of dozens of Points of Interest around the valley.

Advance registration for this Zoom presentation is required. Register by visiting www.squam lakes.org. This is a free event brought to you by the Squam Lakes Association and the Waterville Valley Athletic & Improvement Association.

Town of Hebron

PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on **Thursday, February 18, 2021 at 6:45 p.m.** in the Select Board Office located at 7 School Street. The purpose of the hearing is to expend funds from the Capital Reserve Fund entitled "Assessment Services Contract Payment" and the Capital Reserve Fund entitled "Emergency Contingency".

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

University of New Hampshire announces December graduates

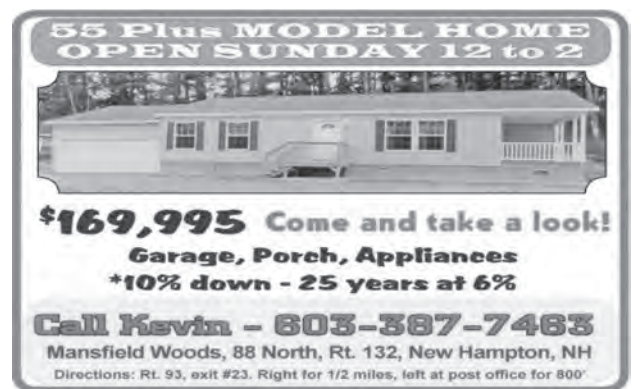
DURHAM — The following students graduated from the University of New Hampshire in December 2020. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Myaah Swanson of Ashland graduated with a BSESCI in Earth Sciences

Jeffrey Manning of Bristol graduated with a MS in Accounting

Logan Frye of Bristol graduated Summa Cum Laude with a BA in CA: Digital Media

Courtney Spalding-Mayer of Holderness graduated with a MFA in Writing



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PSU men’s hoop team nipped in opener

PLYMOUTH — Sophomore Tom Johnson (Warner) led Plymouth State University with 15 points, but the University of Massachusetts Dartmouth used a 6-3 run over the final two minutes to snap a 61-61 tie and squeak past the Panthers, 67-64, in a Little East Conference (LEC) men’s basketball game at Tripp Athletic Center on Wednesday night.

Johnson got out to a hot start, scoring all 15 of his points in the first half, as the Panthers led by one, 40-39, at the

break. The Corsairs used an 11-0 spurt to take a 10-point lead in the second half, but Plymouth State rallied to knot the score at 61-61 with 2:02 left on the clock.

UMD went ahead with a layup and two free throws with eight seconds remaining, but sophomore Giorgi Tsiklauri (Brooklyn, N.Y.) nailed a triple to cut the deficit to 65-64 with under two seconds to play. PSU quickly fouled, but the Corsairs sank both from the line and the Panthers were unable to get a game-ty-

ing shot attempt off before the final buzzer.

Plymouth State drops to 0-1 (0-1 LEC), while UMass Dartmouth improves to 2-0 (2-0 LEC).

Junior Dante Rivera (Methuen, Mass.) nailed a transition three to give PSU its first lead, 9-7, and Johnson drained a straight-on triple to extend the margin after four minutes of action.

Tsiklauri connected from beyond the arc on back-to-back possessions to cut the margin to 39-38 at the two-minute mark, and junior Manny Alisandro (Manchester) scored from inside for a 40-39 lead at the intermission.

The teams traded the lead over the first five minutes of the second half, until UMD’s 11-0 surge gave the hosts a 60-50 advantage with 7:41 left to go.

The Panthers chipped away until junior Manny Sanchez (Lawrence, Mass.) pulled PSU even, 61-61, with a breakaway layup with just over two minutes remaining.

UMass Dartmouth went back ahead with a tough interior bucket, then forced a turn-

over. With time running down, Jake Ashworth missed from long range, but the hosts came up with a clutch offensive rebound and Ashworth drained a pair from the charity stripe.

Tsiklauri buried a three from the left wing with just under two seconds to go, cutting the margin to 65-64. PSU quickly fouled, but Ashworth was solid from the line again and the Panthers couldn’t get a shot attempt off before the final second ticked off the clock.

Rivera added 14 points, while Sanchez contributed eight points and four rebounds.

Freshman Kyler Bosse (Manchester) chipped in with seven points, six boards and a team-high four assists in his debut.

UMD held a narrow 38-37 advantage on the glass.

The two teams had alternated wins and losses in their last six meetings in Dartmouth. The Corsairs hold a slight 11-9 advantage over the last 20 matchups between the two schools dating back to 2012.

Men’s swimming makes its varsity debut at PSU

PLYMOUTH — Plymouth State University men’s swimming made its debut as a varsity sport, swimming an exhibition at the Chase Wellness Center at Bryant University on Saturday afternoon. Rhode Island College, the host school, does not sponsor men’s swimming.

The Panthers host the program’s first-ever dual meet later this month.

Juniors Ryan Kudish (North Providence, R.I.) and Noah Albion (Dover) and sophomores Matt Canfield (Bethel, Conn.) and James Farrell (Brentwood, England) opened the meet with the 200-yard medley relay, finishing in 1:57.81.

Albion led the PSU contingency in the 200-yard freestyle with a time of 2:24.75.

Farrell was the top performer in the 50-yard breaststroke after touching the wall in 33.43.

Canfield paced the team in the 100-yard freestyle after posting a time of 53.71.

Kudish led the way in the 100-yard breaststroke in 1:14.15, while freshman Thomas Steinberg (Melrose, Mass.) finished

the 50-yard butterfly in 30.53.

Canfield, Kudish, Steinberg and Farrell joined forces to swim the 200-yard freestyle relay in 1:42.71.

PSU competes in another exhibition - a virtual meet against Western New England University - on Thursday, Feb. 18 (4 p.m.), before hosting the program’s first regular dual meet later this month.

Women

Junior Madelin Svetin (Topsham, Maine) and sophomore Sophia Holt (Sylvania, Ohio) each picked up four wins to help guide Plymouth State University to a 116-115 win over Rhode Island College in a season-opening Little East Conference (LEC) women’s swimming dual meet at the Chase Wellness Center at Bryant University on Saturday afternoon.

Svetin and Holt were both part of the Panthers’ winning relay teams, taking the 200-yard medley relay by less than a second and topping the Anchorwomen by nearly 10 seconds in

the 200-yard freestyle relay.

Svetin also took first in both the 50-yard backstroke and 100-yard backstroke, while Holt was first to touch the wall in the 100-yard freestyle and 200-yard freestyle.

Plymouth State moves to 1-0 (1-0 LEC), while Rhode Island College falls to 0-1 (0-1 LEC).

Junior Ellie Wilson (Darnestown, Md.) dominated in the 200-yard IM, winning by 20 seconds.

Holt topped junior Gabby Rowe (Harpwell, Maine) in the 200-yard freestyle as the Panthers finished first and second.

Svetin wasn’t challenged in either of her individual events.

Senior Cammie Turell (Bowie, Md.) was impressive in the 50-yard butterfly, coasting to a win of 5.50 seconds.

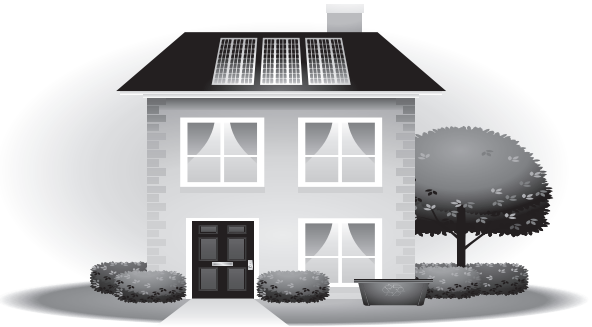
The Panthers have won all 10 dual meets between the two teams going back to the 2011-12 season.

PSU squares off against Western New England University in a virtual meet. Plymouth State will swim its events on Thursday, Feb. 18 (4 p.m.).

HIGH SCHOOL SLATE

- Thursday, Feb. 11**
- NEWFOUND
- Boys’ Hoops vs. Inter-Lakes; 6
- Girls’ Hoops at Inter-Lakes; 6
- PLYMOUTH
- Boys’ Hoops at Laconia; 6
- Girls’ Hoops vs. Laconia; 6
- Hockey at Lebanon; 8:40
- Ski Jumping at Proctor (State Meet); 6
- Friday, Feb. 12**
- PLYMOUTH
- Nordic Skiing Home Meet; 3:30
- Saturday, Feb. 13**
- PLYMOUTH
- Wrestling vs. Bow; 10
- Monday, Feb. 15**
- PLYMOUTH
- Boys’ Hoops vs. Kingswood; 6
- Girls’ Hoops at Kingswood; 6
- Unified Hoops vs. Kingswood; 3:15
- Tuesday, Feb. 16**
- NEWFOUND
- Boys’ Hoops vs. Winnisquam; 6
- Girls’ Hoops at Winnisquam; 6
- Wednesday, Feb. 17**
- PLYMOUTH
- Hockey at Lebanon; 6:40
- Nordic Skiing at Lebanon; 2:30
- Thursday, Feb. 18**
- PLYMOUTH
- Boys’ Hoops at Kingswood; 6
- Girls’ Hoops vs. Kingswood; 5:30
- Nordic Skiing at Jackson; 3
- Unified Hoops at Kingswood; 3

All schedules are subject to change.



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SLA to host program on aquatic life below the Ice

H O L D E R N E S S — Nothing quite says its winter on Squam like the formation of a thick layer of ice. Seemingly, nothing could survive under it. Yet, there’s really a whole world of life brimming just below the surface! In this Adventure Ecology program, we will explore how plants, animals, and microorganisms adapt to survive the winter in their freshwater aquatic spheres.

Join the Squam Lakes Association (SLA) from noon to 1 p.m. on Feb. 13 for a virtual Adventure Ecology via Zoom as we explore how life manages to survive in the frigid waters of winter and below the ice. In this hour-long program, we will learn how water’s special properties permit survival of aquatic life even as it turns to solid ice and what strategies aquatic organisms use to make it to spring and summer when warmth and sunlight reign again.

For more information, or to sign up for this

Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the

Area residents named to dean’s list at Quinnipiac University

HAMDEN, Conn. — Lauren McInerney of Bristol, Macy Prince of Plymouth, Milton Woolfenden of Thornton, and Christina Furgal and Elizabeth Johansson of Waterville Valley were named to the dean’s list for the Fall 2020 semester at Quinnipiac University.

To qualify for the dean’s list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester; with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

About Quinnipiac University

Quinnipiac is a private, coeducational, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 7,000 full-time undergraduate and 3,000 graduate and part-time students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinnipiac is recognized by U.S. News & World Report and Princeton Review’s “The Best 385 Colleges.” The Chronicle of Higher Education has named Quinnipiac among the Great Colleges to Work For(r). For more information, please visit qu.edu. Connect with Quinnipiac on Facebook at facebook.com/quinnipiacunews and follow Quinnipiac on Twitter @QuinnipiacU.

Stressed about tax season? Check out this month’s free offerings at The Workshop

PLYMOUTH — Local expertise is the foundation of offerings at The Workshop inside Step Ladders, with this month offering expanded meditation nights as well as drop-in hours for support with tax preparation.

The Workshop concept is about finding your inner teacher and bringing it to a community space. Are you a gardener, or a knitter? Are you your family’s go-to for pickling or chocolate-making? Are you the fix-it MacGyver? Do you have a way with smartphones? At The Workshop, you can turn your talent into valuable how-to workshops for other community members. Sign up at TheWorkshopPlymouth.com to take a class or teach one! We currently have free meditation nights every Monday and Wednesday from 6-7 p.m. as well as free tax prep support hours Tuesday evenings from 5-7 p.m. on Feb. 16, 23 and March 2. Sign up on-line or drop in for these free offerings. Tune into our calendar on-line for upcoming tai chi, bread baking, and knitting coming soon! For more information, please email TheWorkshopPlymouth@gmail.com.

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

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Town of Bristol
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Job Opportunity:

Land Use Planning Technician

Bristol is busy with many ongoing and new projects, and we are looking for a teammate that will hit the ground running on Day 1. We strive to create a business-friendly environment to help our town's tax base grow while balancing the need to preserve our beautiful surroundings, and you will be on the front line of helping us get there.

This is a full-time, 40 hour per week position, pay range \$18.00 - \$18.78 per hour. For more information and a full job description please visit the Town of Bristol website under Job Opportunities or contact the Land Use Manager's Office. Applications will be accepted until the position is filled. Bristol is an Equal Opportunity Employer.

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- Teaching Faculty (Non-Tenure Track), Art Education
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To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

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For more information or to apply, contact Tammy Cote at (603) 444-8591 or email at tcote@northernhs.org

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SummerEscape Counselor - Full and part time positions. Mon – Fri. mid-June to August 6th.

For more information and job descriptions call 968-3700, email recreation@holderness-nh.gov or send resume to Holderness Recreation, P.O. Box 203, Holderness, NH 03245

Courses

FROM PAGE A1

Rebecca Dillon was 28th overall in a time of 1:17.36 and Lily Karkheck finished in 34th place in a time of 1:20.53.



Lily Karkheck skis for Newfound during last week's meet at Gunstock.



Rebecca Dillon skis in the giant slalom at Gunstock last Friday.

In the slalom, Dillon paced the Bears with a time of 1:27.42 for 27th place. Owen finished in 28th overall in 1:27.8 and Karkheck finished in 32nd place in a time of

1:32.94.

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



Broderick Edwards races during last Friday's snowy meet in Gilford.

Bear girls grab a pair of wins from Franklin



RC GREENWOOD

Mackenzie Bohlmann puts up a shot during her team's game with Franklin last week.

ELO

FROM PAGE A1

the benefits exercise and movement can have. With the pandemic, Maggie has recognized that people in our community are likely to have struggled more with their mental health then they have in the past. Reducing your social connections to people can cause some to get into a dark place. Bednaz's ELO focuses on how exercise and movement can help relieve feelings of stress and depression during hard times like these. While researching, she found that movement can help stimulate your brain and release endorphins. A reasonable percentage of people exercise to ward off anxiety

and stress. Her goal with her ELO is to shed light on this benefit to people who struggle with mental illnesses.. Finalizing her ELO, she hopes to do an event at the school to promote exercise, while also fundraising money to donate to the National Alliance on Mental Illness in New Hampshire. Jennifer MacDonald, an NRHS Senior, knew she wanted to work in healthcare but has used a virtual internship ELO to help her decide what specific area to pursue. MacDonald states, "My ELO is about opening the door to opportunity regarding health care through virtual job shadowings and interviews. A multitude of students all over the

state connected with Monadnock Community Hospital to learn about different fields and the hardworking staff within their facility. I have always had a passion for helping others and this opportunity opened a door for me to expand my knowledge about the world of healthcare and the remarkable professionals that make up such amazing teams." Any topic that a student wishes to pursue can be established as an ELO with the potential to earn credit towards graduation. Extended Learning Opportunities make real world applications and community connections for all learners!

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Coach Kammi Williams was happy to have a full team back on the court as the Newfound girls' basketball team took on Franklin in a pair of games last week. The Bears started the week with a trip to Franklin and came home with a 63-30 win on Thursday, Feb. 4. Malina Bohlmann paced the way with the 20 points for the Bears, while Mackenzie Bohlmann added a season-best 12 points and Paulina Huckins

added 11 points and 10 rebounds. Tiffany Doan finished with nine points and Bailey Fairbank grabbed 11 rebounds to go with her six points. One night later, the Bears hosted the Golden Tornadoes for senior night and came home with a 58-20 win. The game was postponed from Tuesday due to the snowstorm. "A very special night," said Williams. "I've been with my three senior captains and manager since they have been in sixth grade." Malina Bohlmann led

the way with 15 points for the Bears while Huckins added 13 points. Doan chipped in with 10 points, Fairbank finished with nine points, 11 rebounds and eight assists and Mackenzie Bohlmann had 14 rebounds to go with her six points. "We really focused on transition points and switching up our defense to accentuate our strengths and lead to more transition points," said Williams. "We don't want to be a set offense type of team. "We did a really nice job in these areas and hope to see it continue next week vs. Inter-Lakes," the Bear coach added. Newfound is scheduled to be at Inter-Lakes today, Feb. 11, and will be at Winnisquam on Tuesday, Feb. 16, both at 6 p.m.

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



Paulina Huckins drives toward the basket in action last week against Franklin.

NLRA

FROM PAGE A1

Conservation Area (March 3rd). Attendees will learn more about NLRA's work on each topic and should come prepared to discuss their ideas, questions, concerns, and suggestions.

Learn more about each discussion session,

register to attend, and participate in the community survey on NLRA's Web site: <https://newfoundlake.org/strategic-planning/>. All discussion workshops will be held via zoom. Questions about the strategic planning process can be directed to info@NewfoundLake.org or 744-8689.

The Newfound Lake Region Association's mission is to protect Newfound Lake and its watershed. The Association - through education, programs, and collaboration - promotes conservation and preservation of the region's natural, social, and economic resources. Learn more at NewfoundLake.org.

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