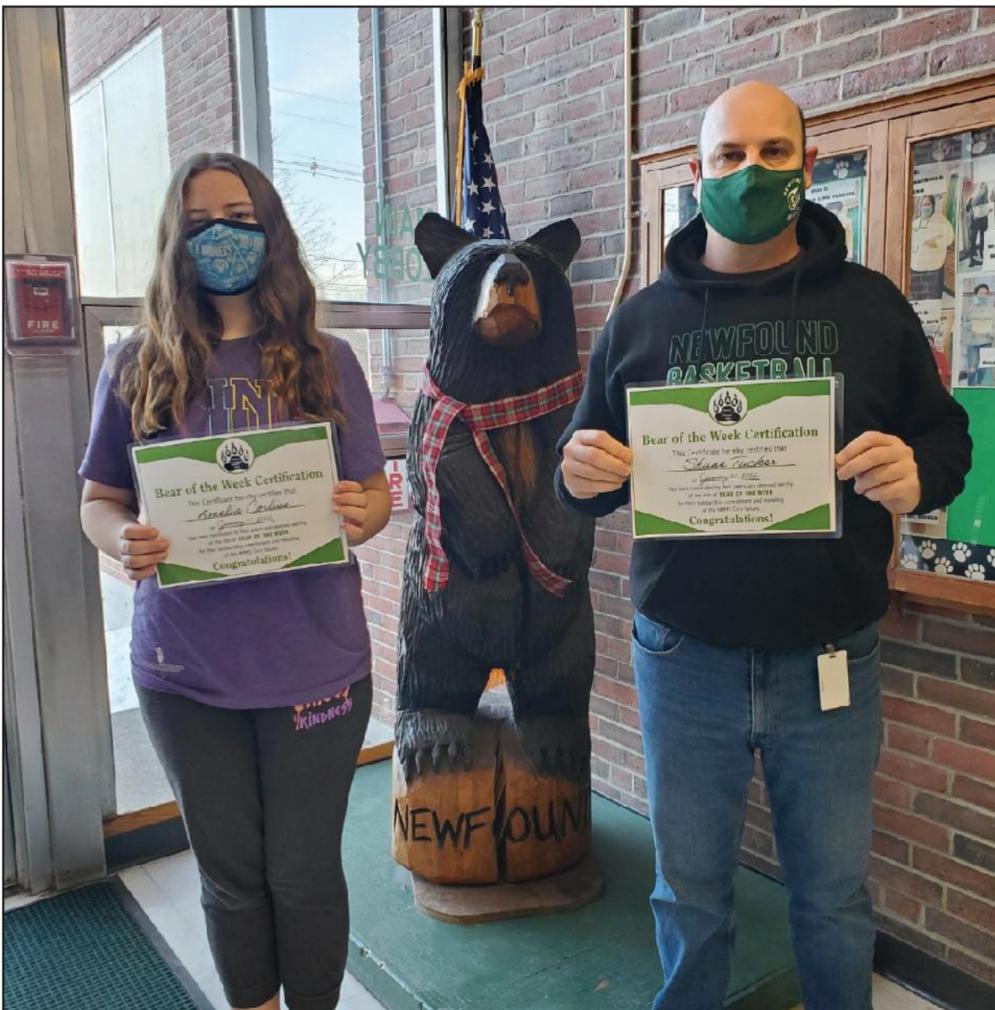


Newfound Landing

THURSDAY, JANUARY 27, 2022

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COMPLIMENTARY



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of Jan. 21 are Amelia Corliss and Shane Tucker. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners!

Alexandria seeks to restructure school funding formula

BY DONNA RHODES
Contributing Writer

ALEXANDRIA — On Wednesday, Feb. 2, the Newfound Regional School District (SAU 4) will host an informational meeting for a petitioned warrant article to be presented on the March ballot concerning the formula for capital outlay and operational costs for the district.

SAU 4 is comprised of the towns of Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron and New Hampton. After hearing complaints from residents about the school portion of their tax bill, however, Alexandria town officials began taking a second look at the formula through which district taxes are assessed.

They found that when the tax formula was first developed in 1963, the intention was that it be re-examined every five years for adjustments as needed.

SEE FUNDING PAGE A6

Ehmann leads Bear boys, Austin, Karkheck pace girls at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound alpine ski team took to the slopes of Gunstock on Friday to battle the cold as well as teams from around the region.

In the morning giant slalom, Newfound finished in fourth place, led by Jack Ehmann with a time of 1:10.53 for 20th place.

Beckett Van Lenten finished in 22nd place in 1:12.84 and Trevor Sanshagrin was 23rd overall with a time of 1:14.64.

Josh Blouin rounded out the scoring with a time of 1:17.81 for 25th place.

The Bear boys were fifth in the afternoon slalom, with Ehmann again leading the way, this time with an 11th place finish in 1:53.39.

Blouin skied to 13th overall in a time of 2:00.96 and Van Lenten was 20th overall with a time of 2:15.3.

For the Newfound girls in the morning giant slalom, Mika Austin led the way with a 12th place finish in a time of 1:12.8.

Lily Karkheck finished in 14th place overall with a time of 1:16.42.

Karkheck was the only girl to finish both

runs of slalom, finishing in a time of 2:17.68, which placed her in 15th place overall.

The Bears are back in race action on Friday, Feb. 4, at Waterville Valley.

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

Bears return from break with win over Gilford

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound hoop girls were able to come out of a 14-day shutdown and took care of business against Gilford on Saturday afternoon, 50-40.

"More than tough coming off a 14-day shutdown with no practice, but the girls went out and did their thing," coach Danielle Wilkins said. "They ran the floor hard, stayed aggressive and had an extremely successful shooting night."

Malina Bohlmann had a good day shooting around the perimeter while Paulina Huckins was a double threat down low and at the foul line. Rylee Barney had a great shooting night as well and MollyLu McKellar came down with 10 offensive rebounds.

NHEC sets deadline for candidates seeking nomination to Board of Directors

PLYMOUTH — Members of the New Hampshire Electric Cooperative (NHEC) interested in being considered for nomination to the NHEC Board of Directors should submit their candidate material to the NHEC Nominating Committee by Feb. 10.

Any NHEC member in good standing can run for a seat on the board. NHEC members vote annually to fill open seats on the board. To learn more about the director elec-

tion process, please visit <https://www.nhec.com/board-of-directors/director-election-process/>. To apply, please contact Sharon Yeaton (yeatons@nhec.com) for a candidate packet.

"This is an exciting time to be involved with NHEC," said Interim General Manager James Bakas. "At a time of great change in the way energy and information is shared, our board and employees are embracing new

ways to support the lives of our member-owners. It's 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 are mailed to all members in May. Winners will be seated at the Annual Meeting of Members in June.

The NHEC Nominating Committee meets each year to review applications and interview candidates for

the board of directors. Committee members consider the needs of the cooperative and nominate a slate of candidates they feel can best meet those needs. The candidates selected will be identified on the ballot as having been nominated by the nominating committee.

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118 New Hampshire communities.



RC GREENWOOD

MollyLu McKellar works hard under the net in action against Gilford on Saturday.

Public invited to take part in NH Audubon Backyard Bird Survey

BY DONNA RHODES
Contributing Writer

REGION – On the weekend of Feb. 13 & 14, bird lovers are being encouraged to take part in the 2022 Backyard Winter Bird Survey, conducted annually by N.H. Audubon since 1987.

Their original studies began as the “Cardinal-Tufted Titmouse Survey” in 1967 before it expanded to include all species found in people’s back yards. Today it not only includes the birds and waterfowl that can be seen from a person’s backyard, but squirrels, too, since they are well-known to make an impact on winter bird feeding stations.

To take part in this year’s survey is easy. People can go online to www.nhbirdrecords.org/backyard-winter-bird-survey where they will find downloadable survey forms and information on how they can participate in this fun and educational research project.

Basically, participants over that weekend in mid-February will be asked to spend as much time as they choose watching their yard and counting species of birds that they can correctly identify, be it five minutes or 20 minutes at a time throughout the weekend. The amount of that time

should be documented, however.

The goal for the survey is not to count how many of each species they see over the two-day period, but to count the most of any one species they see together at one time. For example, if there are ten blue jays in their yard when they look out Saturday and/or Sunday morning, then five in the afternoon and only three blue jays before sunset, the number they would write on the Audubon survey form would be ten, the most seen gathered together in their yard when they looked outside.

Should someone’s house overlook open water and they can correctly identify the species of waterfowl there, that should also be counted, as well as birds flying overhead.

Squirrels (specified on the survey as either a gray or red squirrel) should be counted in the same manner, with the greatest number spotted at any one given noted.

The key is that if someone is not sure what species they saw, they should not guess. Simply leave it off the survey.

The survey includes a count list of the more common species that frequent New Hampshire in the winter, but there

can be many more birds that observers might see. Blank spaces are available to write-in a particular bird that is spotted and N.H. Audubon also has a special section for unusual sightings of species seldom seen in the state.

Should anyone be fortunate enough to encounter such a sight, NHA asks that you try to provide a photo of the bird so it can be verified for their count. Details on how to present such information for the survey is available on their website along with a brief guide on bird identification and a few other helpful tips about some common, look-a-like species that will help designate observers distinguish which one was seen.

All submissions assist bird experts at NHA in their assessment of the status of the state’s bird populations. Songbirds, woodpeckers, hawks, owls, ducks and eagles are all on their radar for the survey.

Anyone who would like to take part in the 2022 Backyard Winter Bird Survey is asked to go to www.nhbirdrecords.org/backyard-winter-bird-survey for survey forms and further details.

In addition to participation, bird lovers can



COURTESY

People with birds like this brilliant cardinal visiting their backyard feeders are invited to take part in New Hampshire Audubon’s 2022 Backyard Winter Bird Survey, which will take place statewide the weekend of Feb. 13 & 14.

also contribution to New Hampshire Audubon by making a donation to them when mailing in their survey or by calling their membership department at 603-224-9909,

ext. 310 to use a credit card. Donations are also accepted through their website.

Results of this year’s survey will be available online when the final

tally is completed or will be mailed next January to those who are members of New Hampshire Audubon or have participated in this year’s survey.

PSU partners with NH GEAR UP Alliance to expand college access through “On the Move” scholarships

PLYMOUTH — Plymouth State University (PSU) is partnering with the New Hampshire GEAR UP Alliance to make college more accessible for students in the Granite State. As part

of this statewide effort, PSU has created “On the Move” Scholarships for all students who participate in New Hampshire GEAR UP Alliance academic programs. The “On the Move” Scholar-

ships, which are the first created exclusively for GEAR UP students, will offer \$2,000 per year, or \$8,000 over four years, to low-income students who enroll at PSU in 2022 through 2025.

GEAR UP, or Gaining Early Awareness and Readiness for Undergraduate Programs, is a federally funded program designed to help low-income students prepare for and succeed in college. The New Hampshire GEAR UP Alliance provides scholarships, academic support, skill development,

mentoring, college planning and other services to more than 3,000 middle and high school students across the state.

“Supporting GEAR UP students with this scholarship was an obvious choice for Plymouth State University,” said Matthew Wallace, PSU Director of Admissions. “We always strive to make college more accessible and affordable for New Hampshire residents. We are proud of our partnership with GEAR UP and hope this financial assistance will open the door for more New Hampshire high school graduates to pursue a college education.”

Approximately 50 percent of PSU students are the first in their families to attend college.

PSU’s “On the Move” Scholarships will be available to all New Hampshire GEAR UP Alliance students in 12 urban and rural high schools throughout the state. Participating students who apply to PSU will receive \$2,000 per year upon acceptance to the university, which will be put toward tuition. These funds will supplement \$7 million in scholarships available to qualifying New Hampshire students through one of the Alliance’s two federal grants.

The New Hampshire GEAR UP Alliance is administered through a partnership between

two higher education associations, Campus Compact for New Hampshire (CCNH) and the New Hampshire College & University Council (NHCUC). Both organizations are dedicated to expanding education opportunities for students while building strong communities. Their member colleges and universities comprise 21 two-year, four-year, public and private higher education institutions across the state.

“We are delighted that Plymouth State University is partnering with the New Hampshire GEAR UP Alliance to help students from all backgrounds succeed,” said CCNH Executive Director Debby Scire. “The ‘On the Move’ Scholarships will pave the way for significantly more students to access a great college education. It also supports our ongoing work to develop a deep pool of talented students who choose to stay in New Hampshire for college and careers.”

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate

education that deepens and advances knowledge and enhances professional development. The “Plymouth State Learning Model” is organized around seven dynamic, theme-based hubs called “Integrated Clusters,” which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

About the New Hampshire GEAR UP Alliance
The New Hampshire GEAR UP Alliance is a community-based initiative that helps low-income students prepare for and succeed in college. Managed jointly by Campus Compact for New Hampshire and the New Hampshire College & University Council, the Alliance engages a broad coalition of colleges and universities, secondary schools, businesses, and volunteers to develop students’ academic and life skills.

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Betty White Challenge raises thousands for local animal shelters

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — On Jan. 17, animal charities across the world saw an outpouring of support and donations in honor of the legendary actress Betty White on what would have been her 100th birthday, including many local animal shelters and humane societies.

Betty White passed away on Dec. 31, at the age of 99. As White was a strong advocate and supporter of animals, a viral campaign swept across social media called “The Betty White Challenge” or #BettyWhiteChallenge asking people to donate at least \$5 to their local animal shelter on what would have been her 100th birthday. Published reports have estimated the

campaign raised more than \$12 million for animal charities.

Local animal shelters and rescue organizations saw several thousand dollars in donations in White’s memory. The New Hampshire Humane Society in Laco- nia received over \$22,000 in donations through the challenge.

NH Humane Society Executive Director Charles Stanton said by the end of the day on Jan. 20 they had received \$19,100.

“When we posted that result on social media, three people reached out to donate the \$900 remaining to get us to \$20,000!” Stanton said. “Each person still donat- ing knowing we would exceed the \$20,000 mark.”

As of Friday after- noon, the NH Humane

Society had received \$22,400 in Betty’s memo- ry, with more donations coming in.

“A lifelong fan of Bet- ty’s, I realize her amaz- ing career was so much more than Rose Nylund on ‘The Golden Girls,’ but that is how so many of us came to love her so much,” Stanton said. “I offer my sincere grati- tude to each person who generously donated to us and to other animal wel- fare groups. We all owe Betty White a sincere ‘thank you for being a friend’ to animals.”

The Lakes Region Humane Society in Os- sipee raised more than \$8,000 as of Friday after- noon. Executive Direc- tor Megan Williams said as soon as they heard about the Betty White Challenge, they spread the word about the cam-

paign.

“Alongside thousands of non-profit animal organizations, we mar- keted the #BettyWhiteChallenge campaign on our Facebook and Instagram Pages,” Williams said. “We had no idea what sort of response this challenge would re- ceive.”

As of Jan. 21, the Lakes Region Humane Society had raised \$8,309.

“The outpouring of support for animals in Betty’s honor has been nothing short of incred- ible!” Williams said, adding, “We are thrilled to be a part of this PAW- some tribute and hope it becomes an annual tra- dition. To those of you who participated, ‘thank you for being a friend,’ we are honored to have your support.”

Donors gave over

\$7,000 to the Franklin Animal Shelter. Presi- dent Tom Seymour said they also jumped on the social media campaign for the Betty White Chal- lenge for the week of Jan. 17.

“We thought there was a chance we might pull in a few dollars to help our efforts and the donations trickled in,” Seymour said. “How- ever, when the 17th ar- rived, we were in awe! That day set a record for Franklin Animal Shelter single day donations! We accepted 80 donations specifically designated for this one cause on the 17th. Never have we ever experienced such a mas- sive single day response to an event...of any kind. To date we have received \$7,000...and the donations continue to roll in.”

Seymour expressed his appreciation for White’s devotion to ani- mals and the campaign that did a lot of good.

“Betty White was a tremendous advocate for animals of every kind,” Seymour said. “To have an event of this scale, this magnitude, stretch- ing across the nation speaks to the impact she had on the humane treat- ment of animals. We are truly honored to be one of thousands of benefi- ciaries of this effort. We could not be more happy or more proud to carry Betty White’s message forward into our sup- porting community. We are hoping to turn this into an annual event so that Betty White’s mes- sage does not gentlest over time.”

Mid-State Health Center expands access to specialty services through Visiting Specialist Program

PLYMOUTH — Mid- State’s Visiting Special- ist Program is expand- ing to increase access to specialty services in the region. Mid-State is pleased to partner with Littleton Regional Healthcare to provide access to General Sur- gery by welcoming Dr. Underbakke from LRH Surgical Associates.

In addition to his of- fice in Littleton, Daniel Underbakke, MD will begin seeing patients in early February at Mid- State Health Center’s Plymouth location and will offer minor surgi- cal procedures, surgical consults, endoscopies, and colonoscopies. Dr. Underbakke is a board certified general sur- geon who earned his Doctor of Medicine from

the University of Wis- consin School of Medi- cine and Public Health. He completed both his residency and fellowship at Dartmouth Hitchcock Medical Center.

The Visiting Special- ist Program allows board-certified special- ists and other health care professionals to provide services at a Mid-State location. These provid- ers are partners from local health care facili- ties which help increase access to services that residents may otherwise have difficulty obtain- ing or may have to travel a great distance to receive.

Other specialty ser- vices currently offered at Mid-State under the Visiting Specialist Pro- gram include:

Dr. David Biss of Con-

cord Podiatry provid- ing Podiatry services in the Plymouth office.

Dr. Daniel O’Neill of the Alpine Clinic provid- ing Orthopedic services in both Plymouth and Bristol.

Mid-State looks for- ward to continuing to expand the Visiting Specialist Program by exploring a variety of specialties to bring spe- cialized care to you.

Visiting Specialists appointments are sched- uled directly with the specialist’s office. To schedule with Dr. Underbakke, please call LRH at 603-444-0997. To learn more about this program and scheduling with additional special- ist services, visit [www. midstatehealth.org](http://www.midstatehealth.org).

SLA to host ice hike to the Islands

H O L D E R N E S S

— Join the Squam Lakes Association (SLA) and LRCC members Bri and Paul for an icy hike out across the lake to Bowman Island on Feb. 5 from 8 a.m. to noon. Meet us at the west park- ing lot of Chamberlain Reynolds Memorial For- est for a short half-mile hike out to the beach, where we’ll strap on some snowshoes (or mi- cros spikes, depending on the amount of snow) and venture out on the lake ice for a 1.5 mile hike out to the islands (round trip, we’ll hike four miles). Participants may bring their own snow- shoes and microspikes, though the SLA will provide pairs to those who need them. Make sure to bring plenty of warm layers and water. Regis- tration is required.

For more informa- tion or to sign up for this guided hike, visit the SLA Web site (squam- lakes.org) or contact the SLA directly (603- 968-7336). The SLA also offers other guided hikes and Adventure Ecology



programming through- out 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 Association’s mission.

The Squam Lakes As-

sociation is dedicated to conserving for public benefit the natural beau- ty, peaceful character and resources of the wa- tershed. In collaboration with local and state part- ners, the SLA promotes the protection, careful use, and shared enjoy- ment of the lakes, moun- tains, forests, open spaces, and wildlife of the Squam Lakes Region.

SLA to host virtual Squam Lakes Trivia Night

H O L D E R N E S S — Join the Squam Lakes Association (SLA) and Lakes Region Conser- vation Corps members Kaela and Bri on Jan. 29 from 6 to 8 p.m. for an evening of trivia. Ques- tions will range from Leave No Trace to local wildlife and at the end of the night you could be crowned the Squam Trivia Champion. Gather your brainiest bud- dies and login to zoom for trivia night!

For more informa- tion, or to sign up for this Adventure Ecology pro- gram, visit the SLA Web site (squam- lakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other Advent- ure 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 Association’s mission.

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Vitamin D is more important than ever now

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, winter brings a challenge, with shorter days reducing the ability to absorb the much needed vitamin.

During a hike last weekend, we encountered a doctor who went on to explain how during winter months the vitamin D, the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of vitamin D.

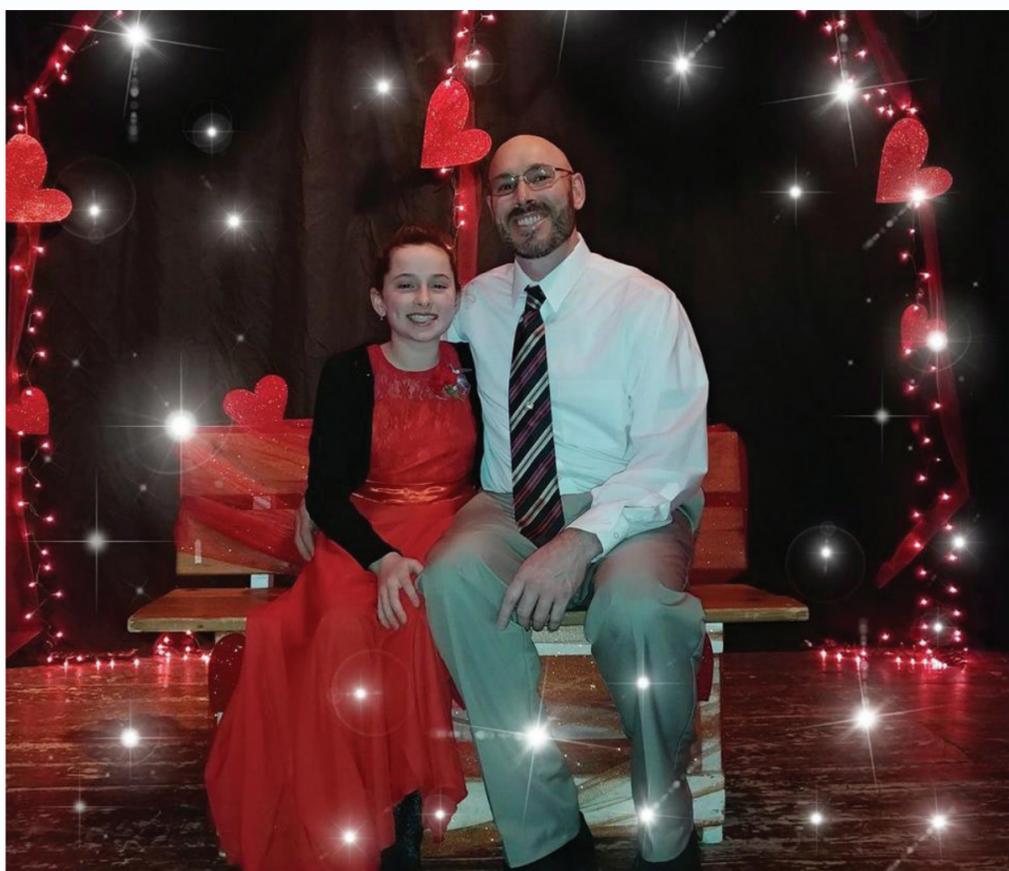
It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays have come and gone in a flash. We are just one week away from what many call the longest month of the winter, the dreaded February. Usually, temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer, or maybe not.

We can't let this week's Editorial slide without mentioning Superbowl LVI. This year's game will take place at the SoFi Stadium in Inglewood, California. This year's logo seems to have received a lot of attention, as some say the red palm trees look like something out of a commercial for CSI. Championship Sunday will take place on Jan. 30. The big game is slated for Feb. 13. Teams that are in the running to win, according to football fans, include the Green Bay Packers, Kansas City Chiefs, Buffalo Bills, Tampa Bay, LA Rams and the Tennessee Titans. Halftime guests are a throwback to the '90's with legends such as Mary J. Blige, Dr. Dre, Snoop Dogg and Eminem performing.

Whatever team you end up rooting for, it's sure to be one for the ages.



COURTESY

TTCC Father & Daughter Valentine Dance returns Feb. 11

The awesome Annual Father & Daughter Dance will be held on Friday, Feb. 11 at the Tapply-Thompson Community Center. Due to current COVID safety precautions, we will be doing two reservation times to limit the amount of people in the building at one time. Reservations for Pre-K to 2nd grade will be taken for the 6 – 7:15 p.m. slot. Reservations for 3rd grade and older will be taken for the 7:45 – 9 p.m. slot. This event is open to all ages. The cost is \$20/couple and \$5 for each additional child. Substitute Dads are welcome. There will be corsages for the girls, contests, prizes and refreshments. Masks will be required. Come create wonderful memories with that special girl in your life. Pre-registration is required & can be done online at www.ttccrec.org.

CADY Corner

Alcohol and medicines don't mix

BY DEB NARO
Contributor

You've probably seen warnings on medicines advising you against combining certain meds with alcohol. Mixing alcohol with certain medications can cause nausea, vomiting, headaches, drowsiness, fainting or loss of coordination. It can also put you at risk for internal bleeding, heart problems and difficulty breathing that can lead to death. In addition to these dangers, alcohol can make a medication less effective or even useless, or it may have adverse effects, making it harmful or toxic to your body.

Alcohol, like some medicines can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify

these effects leading to trouble concentrating or performing mechanical skills. Small amounts of alcohol can make it dangerous to drive and when you mix alcohol with certain medications you put yourself, and others, at even greater risk.

Some medication including popular painkillers and cough, cold and allergy medicines contain multiple ingredients that can react with alcohol. Be sure to read the label on the medication bottle to find out exactly what ingredients a medicine contains and be sure to ask your pharmacist if you have any questions about how your medication might interact with alcohol.

When it comes to mixing alcohol and medications, women and old-

er adults have elevated risks. Women have less body fluid than men, creating higher levels of blood alcohol concentration in their bodies. As a result, women are more susceptible to alcohol-related damage to organs such as the liver. Older adults are at particularly high risk for harmful-medication interactions. Aging slows the body's ability to break down the alcohol, therefore, it remains in a person's body longer. This means alcohol and medicines can interact harmfully even if they are not taken at the same time. Older people are also more likely to take a medication that might interact with alcohol.

It's important to understand that mixing alcohol and medication can put you at risk for dangerous interactions.

You can protect yourself by avoiding alcohol if you are taking a medication and don't know its interaction effect. A good rule to follow, is if the warning label on our medication directs us to avoid alcohol, then do so. To learn more about medicines and interactions with alcohol, talk to your pharmacist or other health care provider.

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

Changing the Conversation

Moving beyond stigma

BY TARA GRAHAM
Central NH Community Opioid Response Program

What is stigma? According to the National Institute on Drug Abuse, "stigma is a discrimination against an identifiable group of people, a place, or a nation. Stigma, when it comes to substance misuse, might include inaccurate or unfounded thoughts like they are dangerous, incapable of managing treatment, or at fault for their condition." Stigma does not just happen on an individual level, it

can be based on the beliefs of groups of people or can be at an institutional level.

Stigma, or discrimination, harms those afflicted with substance use disorders. It sets invisible barriers to treatment and promotes a feeling of hopelessness. Often stigma based around people with substance use disorders stems from outdated beliefs that substance misuse is a moral failing, or that people have a choice in the matter of whether or not to be addicted.

Science has shown

that this is simply not the case. Addiction is a disease. A process that physically changes the brain at a neurological level. Those afflicted with this disease need treatment and recovery options, and most importantly – they need support. Support comes in many forms through our interpersonal relationships, communities and organizations. Not giving these individuals the support and positive reinforcement they need to recover sets up a cycle of relapse and a negative picture of their

own self-worth.

What does stigma look like? It looks like using inappropriate language, such as "junkie." It looks like blame. It looks like promoting inaccurate information because you don't have all the facts, or basing your words and actions on opinions, instead of scientific fact. It looks like a lack of compassion, denial of care, and prejudice.

Everyone has pre-conceived notions about different things. Everyone has opinions, and

SEE CHANGING PAGE A6

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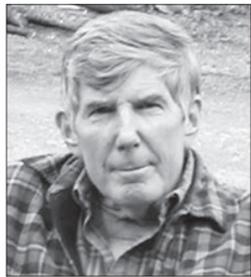
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North Country Notebook

Making history come alive: Just turn around, and point



By JOHN HARRIGAN
COLUMNIST

How to make history mean something to today's students--make a connection with something visible today--is one of teaching's great challenges. The "head-wall" on the 7th fairway at the Colebrook Country Club is a clear example of the last glacier's work, and is a great lesson right there for all to see, golfers or not.

Audubon magazine is published quarterly and is one of the best publications in the country. The Winter edition now being circulated contains a fine feature on the Big Bend region along the Rio Grande River; a wild and barely accessible region that just happens to harbor millions of birds, numbering hundreds upon hundreds of species.

How to bring a story like that home? You might know that Neil Tillotson, who was born in Hereford, Quebec, just across the line from Beecher Falls, Vermont, and who bought and saved the Balsams Grand Resort Hotel from rack and ruin and ran it for several generations of ordinary mortals and was a friend to many people still around today, was a pretty active guy back around the turn of the last century and served in the U.S. Cavalry along the Rio Grande. An outlaw named Pon-

cho Villa gave U.S. troops in the region a tough time for several years, and Mr. T's cavalry unit finally chased him back across the border.

Mr. and Mrs. Tillotson were regular guests in many local homes during young people's growing-up years, and we learned to call them, as instructed, "Neil and Louise." While Jeanette Shatney and I entertained ourselves after wolfing down supper one night by digging deep snow-holes in the front lawn of their bungalow at the Balsams, we watched the newly launched Sputnik etching its atmosphere-induced zig-zag course against the sub-zero January night sky.

Despite the fact that evidence of the last glacier to scrape the area was all around us, and for all to see every single day of our lives, I cannot recall a single solitary line on the subject during school. All that I know came from reading every book I could get my hands on, and conversations with kindred spirits all over the country.

I can tell you that there is not much in print for the layman, although that body of work is slowly growing. A simple Google search will now turn up several extremely informative books on what went on in North America some 15,000 years ago, when the mile-deep Wisconsin ice sheet covered the lion's share of the continent, and so much of Earth's water was locked up in ice that the Bering Strait land bridge linking today's Siberian coast with northwestern Alaska was high and dry.

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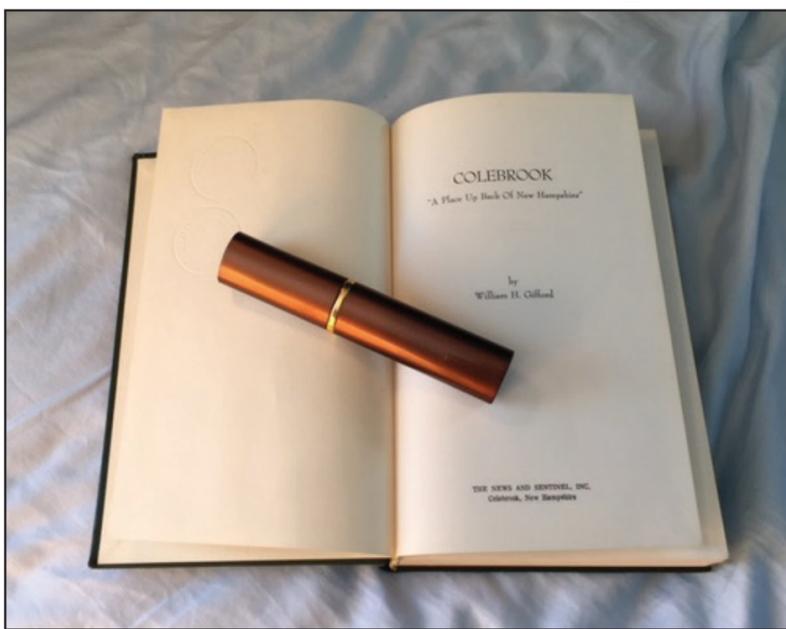
William Herbert Gifford married into the family of one of Colebrook's pioneer clans, and exhibited great curiosity about what shaped the land during the all too brief time he was on it. His history of the region, "Colebrook: A Place Up Back of New Hampshire," is an odd book that is organized alphabetically and is often improperly catalogued, hence its shaky perch among the region's records.

During my growing-up years, I was fortunate to be exposed to people who were curious as to what shaped the land, and knew something about it. There was not much in the way of scientific papers and such--a pretty thin paper-trail--but these were people who knew enough to get a kid started.

A genial Marine we all called "Sarge"--when we were old enough--was Tom Carlson, a career Fish and Game officer who also happened to be one of the best birders in the territory. He was also a Lewis & Clark buff who'd read everything written on the topic and with wife Joanne traced many of the explorers' routes west of the Mississippi.

Sarge had heard about the incredible prehistoric tool Dr. Gifford had. "You oughtta see if Doc will show it to you," he said.

I went straight up to Rocky Knoll, Doc and Parsie's home on an ancient bedrock outcrop just north of town, and buttonholed Herb, who as usual jumped at any



JOHN HARRIGAN

Herb Gifford's book on the history of one of the state's northernmost towns contains a wealth of information on everything from language left by early Portuguese fishermen to examples of Paleo-Indian tools

chance to discuss anything having utterly nothing to do with medicine. "Here," he said, sliding a heavy cabinet door open and handing me a heavy object wrapped in gauze. It was a mastodon flensing tool, a round, extremely sharp-edged, palm-sized, purplish piece of quartz--jasper; actually--quarried from the ancient Paleo-Indian vein near the top of Mount Jasper in Berlin, three-quarters of the way up the sinuous Androscoggin River.

The flensing tool's story was pretty straightforward. When it was completed in 1911, the Azischohos Dam on the Androscoggin's headwaters flooded the valley of the Little Magalloway, rich in prehistoric artifacts. In the 1970s, workers drained Azischohos for dam repairs, and paleontologists jumped at the opportunity to investigate. They found a trove of implements at ancient campsites throughout the valley, and the flensing tool that

Dr. Gifford wound up with was among them.

Doc's eyeballs danced as he watched me turn the stone tool over and over in my hands. I could see giant beasts stomping around in my head. "Jee-zus," I said as reverently as possible under my breath.

+++++

Every digging season, somewhere in this vast region a few thousand hardy souls call home, archaeological teams from universities or institutions are quietly at work, uncovering the past bit by bit. They are slowly layering a thread here, some scrapings there, ancient hulls of grass or grain, microscopic bits of sinew and skin.

Woodland caribou were here then, a species that survived up to the turn of the last century and still roam the Pacific Northwest.

When I lived in Jef-

erson toward the end of my stewardship of a regional institution (the Coös County Democrat), near the end of the last century, State Archaeologist Dick Boisvert and his crew were working on a major Paleo-Indian dig not far from my home. I'd grouse-hunted the area for years, and wanted to visit the dig and experience the site with a hunter's ears, eyes, nose, and all other senses in play.

With the usual precautions, Dick and his diggers and sifters put up with my wanderings, and after a while in the alder swamps, along the tributaries of Israel's River, I could see the woodland caribou, shoveling up the succulents with their hooves, moving along slowly, their noses into the wind.

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

Kaylan Santamaria earns Dean's List honors at Roger Williams University

BRISTOL, R.I. — Kaylan Santamaria, of Hebron, has been named to the Fall 2021 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

About RWU

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.



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HIGH SCHOOL SLATE

Thursday, Jan. 27

NEWFOUND
Boys' Hoops vs. Somersworth; 6
Unified Hoops at Berlin; 3:30
PLYMOUTH
Wrestling vs. White Mountains; 6

Friday, Jan. 28

NEWFOUND
Girls' Hoops at Somersworth; 7
PLYMOUTH
Alpine Skiing at Gunstock; 10
Boys' Hoops vs. Laconia; 6:30
Girls' Hoops at Laconia; 6

Saturday, Jan. 29

NEWFOUND
Boys' Hoops at White Mountains; 12:30
Girls' Hoops vs. White Mountains; 12:30
PLYMOUTH
Gymnastics Home Meet; 1
Hockey vs. Belmont-Gilford (PSU); 2
Wrestling at Concord; 8:15

Monday, Jan. 31

NEWFOUND
Boys' Hoops at Berlin; 6:30
Girls' Hoops vs. Berlin; 6
Unified Hoops vs. Berlin; 3:30

Tuesday, Feb. 1

PLYMOUTH
Boys' Hoops at Lebanon; 6:30
Girls' Hoops vs. Timberlane; 6:30
Gymnastics at Londonderry; 7
Unified Hoops vs. Laconia; 3

Wednesday, Feb. 2

NEWFOUND
Boys' Hoops vs. Kearsarge; 6
Girls' Hoops at Kearsarge; 6
PLYMOUTH
Nordic Skiing at Bedford; 3
Ski Jumping Home Meet; 6
Wrestling vs. Bow; 6

All schedules are subject to change.

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Edward Jones: Financial Focus

Does your business have an exit strategy?

If you're a business owner, you've got so much to think about, and you work so hard, that it might be difficult to envision the day when you're in a different place in life. However, that day will likely arrive, so you'll want to be prepared for it, which means you'll need an exit strategy. But how do you create one? Here are some steps that can prove helpful:

- Start planning early. Making a quick exit is probably not a viable strategy for most business owners. Instead, you'll want to plan far ahead for when you want to leave your business behind. This will require some thinking about the big picture: What will the company look like when you're gone? Are you essential to its survival? If not, do you want to sell it to a key employee or an outsider? Or would you prefer to keep it in the family? After you've answered these types of questions, you can then move on to consider specific solutions, such as creating a buy-sell agreement with an employee or gradually transferring the business to family members.
- Determine how to fill a retirement income gap. You could spend two, or even three, decades in retirement - so you'll want to be sure you'll have an adequate income stream to cover all those years. You may be able to draw on Social Security and whatever retirement plan you might have established, such as an SEP-IRA or an owner-only 401(k), but these sources may still leave you short of what you'll need to live on during your retirement. However, your business will probably be your biggest asset, especially if you own some real estate connected with your operations. So, if you're planning to sell your business, how much will you need to get for it to fill any retirement income gap you may face? Of course, it can be somewhat tricky to place a valuation on a business that may not be sold for several years, but with some research and the right forecasting tools, you should be able to develop a pretty good estimate.
- Get professional help. Creating and executing a business exit strategy takes time - and expertise. So, as you think about your own situation, you might want to assemble a team that includes your financial, tax and legal advisors and an expert in business valuation. This last position - business valuation professional - will obviously be particularly beneficial in estimating the value of your business for a future sale.
- Include the next generation in your plans. If you're planning on transferring your business to the next generation of your family, you'll certainly need to involve them in every step of the process. But even if you're going to sell the business to an outsider, or liquidate it entirely, you should keep your grown children informed of what you're doing, since they may be affected by the outcome. You also may want to include them in any meetings you have with your financial, tax and legal advisors. Selling or transferring your business will be one of the most important financial moves you'll make - so plan ahead, get the help you need and find the exit strategy that's right for you.

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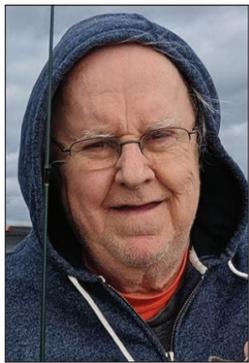
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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor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

Gilman Ouellette, 78

Gilman Ouellette, 78, of Alexandria New Hampshire died peacefully Wednesday January 19th 2022 at Concord Hospital surrounded by his loving family.

Gilman was born in Madawaska, Maine on April 17, 1943. The son of Joseph Ouellette and Laura (Cyr) Ouellette. Gilman was the second youngest of sixteen siblings. Growing up in northern Maine, Gilman developed a love for the outdoors and became a spunky and adventurous young man. After graduating Madawaska High School in 1962, he moved to Greenville, New Hampshire and met his wife of 57 years, Charlene (Jones) Ouellette.

Gilman raised his family with his wife, Charlene, and in the early 80's moved to the Bristol area. Gilman loved the outdoors. You could always find him ice fishing, snowmobiling, boating, or four wheeling at Newfound Lake. He enjoyed spending time with friends and family.



Another passion was his love for classic cars. Any given day you could see Gilman bopping down the road in his 1932 bright orange hot rod.

Gilman worked for Hitchiner Manufacturing Company for 43 years. During his tenure, Gilman worked at the Milford, Littleton, and Plymouth plants. After retirement, he and his wife moved to Alexandria and enjoyed watching their four grandchildren grow into young adults.

Family members include his wife, Charlene Ouellette of Alexandria, NH; his daughters, Shelley Doucette and her husband Scott of Bristol, NH; Raejean Philip-

py and her husband Jason of Northfield, NH; and predeceased by both his daughter, Sherri Doucette and son-in-law, Jean of Alexandria, NH. His grandchildren include, Lauren Doucette of Knoxville, TN, Ben Doucette of Bristol, NH, Charlotte Philippy and Sydney Philippy of Northfield, NH; his sister, Laurette Wilkins of Deering, NH; sister-in-law, Georgette Ouellette of Townsend, Delaware, and many nieces and nephews that he cherished.

There are no calling hours. A celebration of life will happen in late spring.

Those wishing to make donations in his memory are asked to consider either Alexandria Volunteer Fire Department, 158 Washburn Road, Alexandria NH 03222, or Lakes Region Visiting Nursing Association (NANA), 214 Lake Street, Bristol NH 03222. To share a memory or leave a condolence, please go to www.EmmonsFuneralHome.com

Funding

FROM PAGE A1

That, Alexandria officials believe, has not happened in the last 60 years, even though the population along the lake has expanded, while other towns have evolved into an older population and are therefore paying less under a student population based tax formula.

In the meantime, taxpayers in Alexandria have 65-percent of their budget "eaten up by the school," officials said, limiting funds for other town services due to that perceived inequity.

Unfortunately, there was not much the selectmen or budget committee could do about that except take a long hard look at the formula for SAU 4, and they now feel they've come up with a favorable solution to the issue.

Currently, the school tax is determined by a formula using the Average Daily Membership (ADM) of students from each town attending school within the district. Bristol has the

highest student population, followed by Alexandria. In the past the district has had a high mark of 1,400 students attending the six schools under its jurisdiction, but is now down to 1,100 students. At last count, Alexandria reported they have 200 children attending SAU 4 schools and selectmen report they write a check to the district each month for \$262,000, which is 22-percent of the district's budget.

Their petitioned warrant article asks voters to approve a 50/50 school tax formula, which is based on 50-percent of the real estate valuations of each town and 50-percent of their student population; a move they feel would be more equitable in supporting the school district.

The article (#5 on the 2022 Warrant) reads as follows: "To see if the voters of the Newfound Area School District ("the District") will vote to accept the following formula to reapportion the capital outlay costs and operational costs

("Costs") for the District pursuant to N.H. RSA 195:8 so that the new apportionment formula shall be: one-half of all costs shall be apportioned on the basis of the ratio that the equalized valuation of each pre-existing District Member town bears to that of the District as a whole for the preceding calendar year; and the other half of all costs shall be apportioned on the basis of the average daily attendance of each District Member town bears to that of the District as a whole for the preceding school year pursuant to N.H. RSA 195:7 I (b)."

All residents of the Newfound Area School District are being asked to attend the informational meeting on this article at 6 p.m. on Wednesday, Feb. 2 at Newfound Regional High School where they can learn more about this article, why it is being brought forward for the March district vote, and how it might possibly affect the district as a whole.

Changing

FROM PAGE A4

of course this is fine and is what makes us all unique as human beings. However, when it becomes harmful to another person is when we must reexamine our beliefs, learn, and adjust to make a positive impact.

The first step to overcoming stigma is to educate yourself on the facts. Learn what actually causes people to slip into the chronic disease of addiction. There are many factors including trauma throughout life, but especially in childhood – also called adverse childhood events. Neglect, poverty, genetics, and co-occurring mental health disorders also have a direct link to substance use disorders.

You should also be aware of your own beliefs and choose your words carefully. Know that just as in other walks of life, no one person is the same or going through the same things, there is no one size fits all roadmap as to why someone may try substances, or how they will react once the disease has set in. In turn, people need varied support systems and treatment and recovery options.

Everyone wants to be treated with respect, when we promote the belief that a person can succeed, it has been shown they will have better outcomes. Time and time again we hear success stories that are focused around that one person who believed in the individual enough to inspire them to seek help. Positive reinforcement is not enabling, it is telling someone you care and you believe they can get better, even if they themselves may not believe it at that moment.

According to a study published by The US National Library of Medicine and the National Institutes of Health, "The detrimental effects of stigma on people with substance use disorders are acute and far-reaching. Stigma ascribed to people with substance use disorders exacerbates social alienation and has the potential to impact adversely all domains of life, such as employment, housing and social relationships. Research indicates that stigma contributes to a host of adverse outcomes for people with substance use disorders, including poor mental

and physical health, non-completion of substance use treatment, delayed recovery and reintegration processes and increased involvement in risky behavior."

We can do better. We can help improve the lives of those afflicted with this disease and not unintentionally harm the recovery process. In turn, as we start to break down these stigmas, we improve our community as a whole in the process.

Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on a path to wellness. You can visit findwellnh.org any time, or speak to someone directly during regular business hours by calling 603-236-1873. Please reach out for more information and to explore the many options available right here in our own community.

Our local recovery community organization, Plymouth Area Recovery Connection, is available to provide in-person support and answer questions about treatment and recovery. You can reach them at info@parcnh.org or by phone at 603-238-3555.

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Wizard of Wash

HILL:

Hill Public Library

NEW HAMPTON:

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Danbury Country Store

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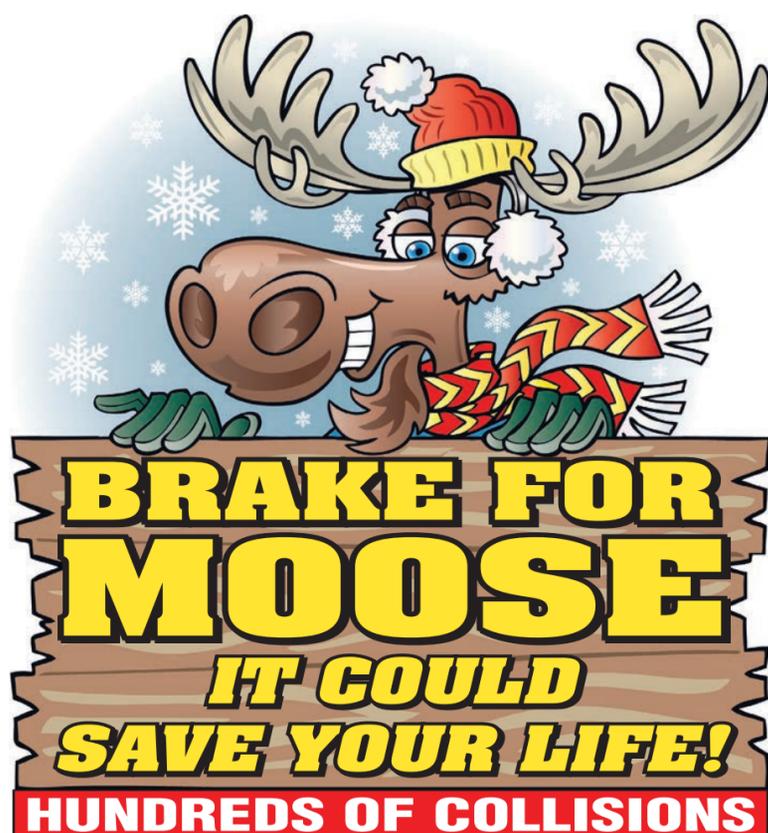
A new publication full of local news, sports & happenings from the following communities:

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	321 John Smith Hill Rd.	Single-Family Residence	\$419,000	Kirk M. Stone	Stephanie C. Simpson
Bristol	Summer Street	N/A	\$108,000	Kimberly A. Chadwick and Charles R. Shaffner	Charles R. Shaffner
Bristol	Upper Birch Drive	Residential Open Land	\$150,000	Paul and Cheryl Sikora	Richard M. and Andrea K. Baril
Bristol	N/A	N/A	\$240,000	Fourth M. Selma Nettles Trust and M. Selma Nettles	Richard B. Kirby
Campton	Blair Road	N/A	\$56,000	Jeffrey A. Fontaine	Mackay Fiscal Trust and William J. St. Germain
Campton	Route 175	N/A	\$56,000	Jeffrey A. Fontaine	Mackay Fiscal Trust and William J. St. Germain
Campton	14 Ryan Rd.	N/A	\$344,000	Jason D. Yust and Kelly Cannon	Meghan Dooley and Brandon Micala
Hebron	High Cliffs Circle	Residential Open Land	\$249,933	Hcenh LLC	Alexander and Marina O. Raikman
Hebron	High Cliffs Circle	Residential Open Land	\$249,933	Hcenh LLC	Bearloga LLC
Hebron	Skyline Drive	Residential Open Land	\$199,933	Hcenh LLC	Lynne Townsend
Holderness	253 NH Route 175	Single-Family Residence	\$30,266	Dorothea G. Zimmer	Daniel C. Zimmer
Holderness	Route 175	N/A	\$30,250	Jeremy S. Zimmer Estate and Dorothea G. Zimmer	Daniel C. Zimmer
Plymouth	9 Blueberry Hill Rd., Unit 4	Condominium	\$228,000	James and Carolyn Desmarais	Megan Maron
Plymouth	N/A	N/A	\$59,933	JF Lane LLC	Dustin J. Fleury
Rumney	Buffalo Road	N/A	\$145,000	Douglas and Jean Bishop	Zachary R. Richards
Rumney	67 Meadow Brook Rd.	Single-Family Residence	\$375,000	Silence S. Triplett RET and Luke A. Glavey	Jonathan R. Pinkham and Jennifer L. Malouin
Rumney	N. Dorchester Road, Lot 13-4-1	N/A	\$80,000	Rumtown Speedway LLC	R&B Motorsports LLC
Rumney	N. Dorchester Road, Lot 13-4-8	N/A	\$80,000	Rumtown Speedway LLC	R&B Motorsports LLC
Rumney	Route 25, Lot 13-4-8	N/A	\$80,000	Rumtown Speedway	R&B Motorsports LLC
Rumney	Route 25, Lot 13-4-1	N/A	\$80,000	Rumtown Speedway	R&B Motorsports LLC
Rumney	Salvation Ave., Lot 18	N/A	\$40,000	Kathryn C. White	Lianne and Charles Dyck
Rumney	Salvation Ave., Lot 20	N/A	\$40,000	Kathryn C. White	Lianne and Charles Dyck
Rumney	Salvation Ave., Lot 17	N/A	\$40,000	Kathryn C. White	Lianne and Charles Dyck
Rumney	Salvation Ave., Lot 19	N/A	\$40,000	Kathryn C. White	Lianne and Charles Dyck
Rumney	N/A	N/A	\$140,000	Kim M. Young	Devin and Carol Skelly
Warren	209 Gould Hill Rd.	Single-Family Residence	\$315,000	FNMA	Christos Gogas

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.thewarngroup.com

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The TTCC Annual Father & Daughter Dance will be held on Friday, Feb. 11 at the TTCC. Due to current COVID safety precautions there will be two reservation times to limit the amount of people in the building at one time. Reservations for Pre-K to second grade will be taken for the 6-7:15 p.m. time slot. Reservations for third grade and older will be taken for the 7:45-9 p.m. slot. This event is open to all ages. The cost is \$20 per couple and \$5 for each additional child. Substitute Dads are welcome. There will be corsages for the girls, contests prizes and refreshments. Masks will be required. Come create wonderful memories with that special girl in your life. Pre-registration is required and can be done online at www.ttccrec.org.

TTCC youth basketball players have been invited to the high school by NRHS Athletics to watch and cheer on the high school teams! All TTCC basketball players and their families will be admitted free of charge to the game on Friday, Feb. 4. The girls will play St. Thomas at 4:30 p.m. for the JV and the Varsity will follow at 6 p.m. TTCC players in attendance may get a chance to play in some fun half time contests, so please wear your TTCC basketball shirt!

A reminder that there is a lot going on at the TTCC: Dance, Yoga and Karate Lessons, Middle

and High School Teen nights, Li'l Hoops basketball all underway this month. A reminder that there is the Shape Up Newfound Exercise Classes on Mondays, Thursdays and Saturdays, Hannaford's has the Bloomin' 4 Good Program this month as well as there is the Lakes Region Epoxy raffle underway to benefit the TTCC building repairs as well.

The Bristol Sustainability Committee has joined the 10 Tens Towns Ten Actions Group for Rethinking Plastic Waste in Your Community. The other towns are Cornish, Dalton, Dover, Durham, Harrisville/Nelson, Hopkinton, Pittsfield and Portsmouth. A toolkit has been created with concrete actions, readymade templates and technical support for towns in NH to reduce waste and plastic pollution in New Hampshire. The Bristol Sustainability Committee will be doing some of those actions over the next two years. The virtual kickoff is Feb. 7. Plastics and the chemicals involved are harming the environment and people. It is a forever material never fully deteriorating - in our water, soil, the air we breathe. It is estimated that individuals are ingesting a credit cards worth of plastic each week! (World Wildlife Fund International 2019).

The Minot-Sleeper Library has recurring events that include Knot Only Knitters, Mahjong and Tech Help Drop In weekly. Youth and Family Events include: Let's Learn About Braille, and

the Home School Support Group. The Board of Trustees Meeting is tonight (Thursday) at 5 p.m.

Anyone wishing to file for any of the openings in the Town of Bristol must sign up with the Town Clerk at 5 School St., Bristol, starting Jan. 19 through Jan. 28 by 5 p.m.

The Newfound Area School Board announces that anyone filing for district offices must do so between Jan. 19 and Jan. 28. Such filing must be made with their respective Town Clerks who will in turn notify the School District Clerk of their intent.

I would encourage folks to attend the informational meeting of the Newfound Area School District at NRHS on Wednesday, Feb. 2 at 6 p.m. in the Auditorium to discuss a petition article that calls for a reapportionment of funds for the district. As I understand it, the agreement the district has with the Bridgewater/Hebron School will greatly affect the end result of this proposal.

Groton

Ann Joyce
AMJ8347@gmail.com

The upcoming Select Board Meetings are Tuesday Feb. 1 after the public budget hearing at 6 p.m. & Tuesday, Feb.

15 at 7 p.m. The Select Board Work Sessions are Feb. 1 & Feb. 15 at 5 p.m.

The Planning Board Final Public Hearing on the Zoning Ordinance is scheduled for Wednesday, Jan. 26 at 7 p.m. with the planning board meeting to follow.

The Select Board public, non-public & meeting meetings from Jan. 4 were approved.

Under new business. The open positions for the town were read:

The filing period for the March 8 election of officers is Jan. 19 - Jan. 28 at the Town Clerk's office. The open positions are:

- (1) Board of Selectmen 3-year term
- (1) Moderator 2-year term
- (1) Trustee of the Trust Fund 3-year term
- (2) Planning Board 3-year terms
- (1) Cemetery Trustee 2-year term
- (1) Cemetery Trustee 3-year term
- (1) Supervisor of the Checklist 6-year term
- (2) Zoning Board 2-year terms
- (1) Local Auditor 1-year term

An intent to cut for Map 6 Lot 110 for a 3-acre cut was signed.

A report of cut/yard certificate for Map 9, Lot 8 was also approved. The total amount due is \$494.77 for a 5-acre cut.

A building permit for Map 2, Lot 91 was submitted & approved.

A compliance letter for the junkyard was signed along with an in-

voice.

The timeline for broadband scope of work needed further review.

A land use change tax form was signed for Map 2, Lot 97. The amount of land being removed is .025 which amounts to a tax of \$210.00.

The final item under new business was the school funding appropriation formula-petition warrant article. The current formula is 100% based on the average daily membership (ADM) which is the number of pupils. The current student count in Groton is 46. The warrant article that is being proposed changes the formula to 50 percent of the average daily membership (ADM) & 50% of the equalized property value of the town. According to current data this means an increase to the town of Groton for \$120,000 next year. The towns of Groton, Hebron & Bridgewater will realize an increase. This warrant article was turned into the school board 30 minutes before the deadline. The Newfound Area School District will be hosting an

informational meeting at Newfound Regional High School Wed. Feb 2 at 6 p.m. to discuss this petition warrant article #5.

Under department items: Robert (Bubba) Ellis stated they have been plowing & sanding the roads.

The planning board public hearing for the zoning ordinance was held on Jan. 17 at 7 p.m. It began with the reasoning for this which is to keep the rural residential feel that is the character of our town. Districts will be established to allow growth within the town that will contribute to the tax basis without overtaxing the town resources. Questions were raised regarding the size of accessory dwelling units (ADU), length of variances, accessory buildings versus outbuilding, home businesses, tiny houses, solar installations & definitions. This zoning document will be revised before the final public hearing on Jan. 26, 7 p.m. at the Groton Town House.

Any town events, please let me know.



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Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

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

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We will also train those who don't yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.



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SCHOOL PSYCHOLOGIST (GRADES PRE-K-8)

Full time school or clinical psychologist to provide psycho-educational evaluations, recommendations for services and interventions, provide counseling and oversight of social/emotional services for all elementary school students. The Psychologist will serve on the Student Support Team. Professional License and/or Certification through the State Department of Education as a School Psychologist required for the position.

Interested applicants please send letter of intent, resume, license and/or certification, and letters of recommendation to:

Tonia Orlando, Principal
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
torlando@pemibaker.org



Help Wanted

Harris Family Furniture in Plymouth is looking for the right person to join our sales team.

Experience with furniture sales is helpful, but not required.

We are looking for a team player that enjoys working with people. Weekends are a must.

Harris Family Furniture offers benefits to full time employees.

If you are interested, please email your resume to russ@harrisfamilyfurniture.com, or stop by Harris Family Furniture in Plymouth to pick up an application.

Town of Danbury Help Wanted

Highway Driver/Laborer

The Town Danbury is seeking a qualified individual to fill the position of Highway Driver/Laborer. Qualifications include a valid CDL-B license and the ability to run heavy equipment. Snowplowing experience on town roads a plus. This position is full-time, year-round. Must pass a physical and a drug & alcohol test.

Applications are available online at www.townofdanburynh.com.

Call 603 768-3313 or danbury_selectmen@comcast.net for more information.

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TOWN OF BRISTOL NOTICE OF PUBLIC HEARING

The Bristol Budget Committee will hold a public hearing in accordance with RSA 32:5 on the proposed operating budget and warrant articles for 2022 on **Tuesday, February 8, 6:00 PM** at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. If a snow date or second public hearing is necessary, it will be held on Wednesday, February 9, at 6:00 PM at Town Office.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Bristol Town Office.

TOWN OF BRISTOL NOTICE

February 1, 2022 at 5:00 PM is the deadline for 25 or more voters or 2% of the total, whichever is less, but in no case fewer than 10 voters, to petition the Bristol Select Board to include an article in the warrant.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Bristol Town Office located at 5 School Street, Bristol, NH 03222.

HEBRON PLANNING BOARD Notice of Hearing

**APPLICATION FOR SITE PLAN REVIEW
Newfound Serenity RV Park
Matthews Lane, Hebron, NH 03241**

You are hereby notified that the following **Application for Site Plan Review** will be heard at a Public Hearing to be held on Wednesday, February 2, 2022 at 7:00 PM. To be held at the Hebron Town Office, Second Floor, 7 School Street, Hebron, NH 03241

Application for Site Plan Review for Newfound Serenity RV Park to be located on Matthews Lane, Hebron, NH 03241 Tax Map #24 Lot #25-1. The purpose of the application is for a seasonal RV Park with full hookups containing nine (9) sites.

To join Hebron Planning Board remotely on GoTo from your computer using the Chrome browser. <https://app.goto.com/meet/598805965>

Fiber-Optic Network: Design, Engineering, Permitting and Construction

The Town of Hebron in partnership with the Town of Bristol is inviting qualified companies to submit proposals for design, engineering, permitting, construction, and construction management for a fiber-optic network. The network will have two priorities: functioning as a municipal and County network and a FTTX network. The project must be completely constructed, fully operational and tested, paid for and paperwork closed out by February 28, 2023.

It is expected that the project will deliver high speed symmetrical fiber optic internet: minimum 100mb synchronous, 1 gig available. The service is for businesses, municipal and school buildings and residences along the corridor who need fast, reliable internet for everyday operations, home needs, telework, telemedicine, distance learning, and research. The selected company is expected to technical assistance in other aspects of the project which will be determined after the company is chosen.

Proposals are due no later than January 31, 2022, 12:00pm. For additional information, go to the Bids & Proposals section of the Town of Bristol website, www.townofbristolnh.org.

NOTICE TO THE RESIDENTS OF BRISTOL

**FILING PERIOD FOR
TOWN ELECTIONS**

Anyone wishing to file for any of the following openings in the Town of Bristol must sign up with the Town Clerk at 5 School St. Bristol, NH starting January 19, 2022 - January 28, 2022 by 5:00 PM.

- 2 Selectmen for 3 years
- 1 Moderator for 2 years
- 1 Trustee of the Trust Funds for 3 years
- 1 Cemetery Trustee for 2 years
- 1 Cemetery Trustee for 3 years
- 1 Supervisor of the Checklist for 6 years
- 1 Budget Committee member for 1 year
- 2 Budget Committee members for 3 years
- 3 Library Trustees for 3 years

Regular Business Hours: Monday, Tuesday, Thursday and Friday 8:00am-4:00pm; Wednesday 8:00am-7:00pm. The office will be open until 5:00 pm on January 28, 2022. Warrant articles must be in by February 1, 2022. The office will be open until 5:00 pm.

Raymah Simpson
Town Clerk/Tax Collector

HEBRON PLANNING BOARD NOTICE OF PUBLIC HEARING ON PROPOSED ZONING AMENDMENTS

**Wednesday, February 9, 2022 at 7:00 PM
Hebron Town Office, 7 School Street, Hebron, NH 03241**

Notice is hereby given that the Hebron Planning Board will hold the first public hearing at the above date, time and place on proposed Zoning Ordinance Amendments that the Board intends to present to the voters of Hebron at the Town Meeting. Copies of the complete text of the zoning amendments are available in the Town Hall, Town Website and with the Town Clerk. A summary of the proposed zoning amendments is as follows:

The adoption of Appendix B to the Hebron Zoning Ordinances for the addition of a Solar Ordinance.

Respectfully,
Hebron Planning Board
Ivan Quinchia, Chairperson

The Hebron Planning Board will be available on GoTo from your computer using the Chrome browser. <https://app.goto.com/meet/598805965>



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TOWN OF BRISTOL NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing in accordance with RSA 33:8-a for the purpose of discussing the proposed authorization of a bond or note in excess of \$100,000 relating to the construction of a Public Safety Building. The hearing will be held **Thursday, February 3, 5:30 PM** at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. Snow date is Friday, February 4, at the Bristol Town Office at 5:30 PM.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Bristol Town Office.

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Join guided hike at Whitten Woods with the SLA

HOLDERNESS — Join the Squam Lakes Association (SLA) and Lakes Region Conservation Corps (LRCC) members Eric and Kyle for a guided hike around Whitten Woods on Feb. 2 from 10 a.m. to 1 p.m. Our goal is to cover all of the hiking trails in Whitten Woods and summit both the south and the north peaks. We'll enjoy a picnic lunch on the north peak as long as the weather is nice and take in the scenic view. Participants will meet at the Witten Woods parking lot located off of Highland Street in Ashland. Plan for a three-mile hike over moderately difficult terrain with moderate changes in elevation. Make sure to bring weather appropriate hiking clothes, extra layers, water, something to sit on, and your lunch. Registration is required.

For more information or to sign up for this guided hike, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming 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 Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.

Hebron Area Women's Group meets Feb. 17

HEBRON — The Hebron Area Women's Group (HAWGS) would like to invite residents of Hebron and neighboring towns to join as a guest for our upcoming luncheon/speaker on Thursday, Feb. 17, noon-2 p.m. Attendees may bring their own lunch while desserts and hot drinks will be provided. After lunch and a business meeting, there will be a speaker, Paul Connor, who will talk about his experience "Fishing in Alaska."

The meeting will be held in the Community Hall, located in the lower level of the Union Congregational Church in Hebron.

HAWGS is a social club of local area women focused on supporting our community and local charities through various fund-raising activities. Monthly business meetings with speakers are held from September to May. Yearly dues are \$15. For questions, please email: hebronwomensgroup@gmail.com.

2022 To Your Health

In this special section, local healthcare providers and businesses will provide information on the latest advancements and practices.

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