

# MAE’s Place residents grateful to call Bristol facility home

**BY DONNA RHODES**  
drhodes@salmonpress.news

BRISTOL – MAE’s Place is one of only two assisted living facilities in the Newfound region, and the facility’s residents appreciate all the community does to brighten lives of people in their senior years.

MAE’s Place, located at 212 Summer St. in downtown Bristol, was founded several years ago under the ownership of Marsha and Art Elder, who named it with their initials and welcomed people in need of a bit of assistance in their everyday living.

In 2017, Jake and Elizabeth McCleary then purchased the facility, one of three assisted living plac-



MAE’s Place administrator Megan Hewitt poses in the television room for a photo with Roger, one of 11 residents happy to call the assisted living facility in Bristol their home.

family, each of the residents have to be capable of taking care of basic personal hygiene, yet receive guidance with their medication as well as nutritional and general health oversight.

Megan Hewitt is the new administrator of MAE’s Place and praised the McCleary’s for all they do to make their residents feel safe and right at home.

“We have unbelievable staff, with someone always available for the men and women who live here, and I thank God for them every day,” she said. “The people here mean a lot to me and I like knowing they’re getting such good care.”

As the renovations got underway, the newly redecorated television room became a popular spot for everyone to gather. Many of the bedrooms were painted

SEE **MAE’S PLACE**, PAGE A9

## North Branch Construction conducting renovations at Draper & Maynard Building

PLYMOUTH — North Branch Construction of Concord is currently conducting the renovation of the fourth floor of Plymouth State University’s (PSU) Draper & Maynard Building on Main Street in Plymouth.

The 4,716 square foot renovation is limited to the fourth floor, while the remaining

three floors remain in use. The scope of work includes selective demolition; new interior partitions, doors, frames, and hardware; updating of HVAC and sprinkler systems; electrical, lighting, fire alarm, and tele/com; plumbing, new flooring, carpentry finishes and the installation of whiteboards

SEE **D&M**, PAGE A9

es they operate in the state, and have continued that care for others who can no longer live alone.

After the purchase, the McClearys brought in fresh staff members and begun to upgrade the living space they

provide for up to 11 people at this time. Their facility isn’t a nursing home though. In order to join the MAE’s Place

# Local author drawing rave reviews

**BY DONNA RHODES**  
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PLYMOUTH – Plymouth resident Doug “Smitty” Smith is retired from a career in sales and marketing, and has taken his longtime hobby of making up short stories about people he’d see in his travels to a whole new level — writing entire books about characters he has created with twisting, suspenseful plots



Local author Doug “Smitty” Smith is pleased that both of his novels, “Five Minutes of Blackness” and its recent successor, “One More, That’s It!” have been receiving five star reviews on Amazon.com.

charged with investigating her crimes but has demons of his own to battle, too.

“Detective Jesse Collins is an alcoholic. I am, too, although I’ve been sober for 22 years now. Because of my past though, I was able to put some of the struggles and stories of others that I’d heard into him,” said Smith.

That first novel, “Five Minutes of Blackness,” was published in 2013, and took him four years to write. During that time, it also took him on a special journey through those characters he developed and now knows so well.

“I’ve fallen in love with some of them. They’re flawed, dangerous and off the rail but they’ve come to mean a lot to me,” he said.

To briefly sum up the plotline, as Kiki begins tracking down lost loves and murdering them in a distinct and vile manner, Det. Collins of San Diego is called upon to investigate. Her trail of death takes him from the first murder in San Diego to others in places like New Hampshire, North Carolina, Massachusetts and New Jersey.

“His biggest challenge is to figure out how she is getting the same gun from place to place in such a short time without being caught,” Smith said.

SEE **SMITH**, PAGE A9

# Turnout strong for Fishing Derby despite wintry weather

**BY ERIN PLUMMER**  
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MEREDITH — Despite wild weather, the 41st annual Great Meredith Rotary Ice Fishing Derby brought anglers by the hundreds to Meredith Bay.

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14 pages in 1 section  
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Spectators take a look at the board on Sunday morning.

Anglers took to the ice Saturday and Sunday on fresh waterbodies across New Hampshire. The Rotary set up its headquarters in Hesky Park, and Meredith Bay was a big center of activity though the weekend.

Derby Chair Heidi Barrett-Kitchen said the derby itself went well overall. There was some great weather during the weekend itself, though the snowy and icy weather on Friday posed significant prob-

lems.

Pre-sales in general were up, though the weather seemed to keep a lot of other people away.

“I think we have fewer spectators this year,”

SEE **DERBY**, PAGE A10

intertwined in their lives. The result, so far, has been two novels, “Five Minutes of Blackness” and “One More, That’s It!”

Smith said he always wanted to write a novel, so when he retired, he sat down and began developing characters with no idea at the time what was going to happen to them or where the storyline would lead him. He did have imagination and some life experiences to draw from though so he began with Kiki. Kiki is a deaf girl who, while very attractive, found herself used by men all her life so she decides it’s time to get even with them for all the heartache and pain they caused. When the first ex-lover is killed in San Diego, enter the police detective who is



# Annual Squam Lakes Winterfest is this Saturday

**HOLDERNESS** — Join the Squam Lakes Association for the 23rd Annual Squam Lakes Winterfest this Saturday at the Squam Lakes Association in Holderness! Grab your ice skates and favorite sled and swing from noon-3 p.m. to skate, sled, play snow mini golf, learn about ice fishing, see some winter sport demos, and more. You will also have the chance to taste test numerous styles of chili from local restaurants and vote for who you think should win the Annual Chili Cook-Off. This year, the following establishments have generously donated to participate in the 2020 Chili Cook-Off: Common Man Ashland, Golden Pond Country Store, Hart's Turkey Farm, the Inn on Golden Pond, the Manor on



Golden Pond, Lucky Dog Tavern & Grill, Rubbin' Butts BBQ, and Six Burner Bistro. This year, in an effort to be more sustain-

able, we ask that participants either bring their own reusable

cups or bowls for the chili contest or purchase a Winterfest mug

at the event. Wash stations will be provided for cups, bowls, and

utensils. Winterfest is a special event that supports the important mission-focused work of the Squam Lakes Association in conservation, education, watershed wellness, and low-impact access to the most beautiful lakes and trails in New Hampshire. Please join us in keeping our Squam Lakes protected and preserved, by celebrating winter with our Squam community. Winterfest takes place at the Squam Lakes Association Headquarters, 534 Route 3 in Holderness. It's free and open to the public. So grab the kids and swing on by. There's something for everyone!



## Donaldson-Dwight

The parents of Aberdine R. Donaldson, Virginia M. Donaldson of Meredith and Roderick S. Donaldson of Moultonborough, announce her engagement to Lawrence (Lance) E. Dwight III of Kennebunk, Maine. Aberdine graduated from Boston University Magna Cum Laude in 2014 with a Bachelor's degree in Psychology. She is now pursuing a Doctorate degree in School Psychology at Northeastern University. Lance is the son of Sandra Dwight-Barris of Wayne, Maine and the son of the late Lawrence E. Dwight Jr. of Wilton, Maine. Lance works for a telecommunications company and recently founded Dwight Investment Counsel in Boston, Mass. Lance attended Plymouth State University, and is an Eagle Scout. Robert and Carol Huber of Bristol are the proud grandparents. A September 2020 wedding is planned.

## Artistic Roots to host Visiting Artist reception

**PLYMOUTH** — Artistic Roots welcomes five new visiting artists to the gallery including: William Janelle, carver; Sarah Silviera, fiber; Jeffrey LeBlanc, wood; and student, Dorothy Crowell, acrylics and clay. The opening reception is being held on Feb. 20 from 5-7 p.m. All are invited and refreshments will be served. William Janelle is a self-taught sculptor who works primarily in wood. As a subtractive sculptor, he takes away from a single block with hand tools, often leaving tool marks behind as a sort of fingerprint. His preferences of wood are apple, cherry, butternut and walnut. These are hardwoods with very distinctive grains and colors. We also work in

marble, soapstone, alabaster, pumpkin, ice and snow. Her style is a fusion of realism and neo-classicism. This enables the viewer to recognize the subject matter and at the same time allows him the freedom of self-expression. The goal of each piece is to show motion in the subject matter. The sculpture's emotion allows the viewer to recognize a bit of humanity in the subject portrayed. Silviera is a fiber artist from Rumney. She first discovered the fiber arts when her grandmother taught her to knit at the age of five. From there the seed was sown, and her love of everything fiber continued to flower and blossom throughout her life. She is mostly self taught, and

enjoys experimenting to create all sorts of fiber arts. She finds a peaceful 'moving meditation' in the creative process. Many times, starting with the raw fleece, cleaning and preparing the wool before spinning, dyeing, and then finally working the yarn into a finished product. Sarah loves the creativity that "playing" with fiber allows her to have, and getting to share it with others brings her great joy. New Hampshire artist Jeffrey LeBlanc, a longtime resident of the White Mountain region creates art in various mediums, occasionally with overlap from one to another. With no formal art training, Jeffrey has been involved numerous group shows as well as

solo exhibits and been awarded with Jurors' choice, as well as People's Choice. His recent and current works include fluid, liquid paint pours, and the combination of wood and resin with the goal of achieving functional, unique, personalized custom art/furnishings. Dorothy Crowell is currently attending Lakes Region Community College. As an artist who is also an art student, Dorothy likes exploring different materials. Her favorite mediums to work with are ceramics and acrylic paint. In ceramics, she works in a 2D form by cutting out slabs and then creating tiles to paint. Animals are the main inspirations behind her art. She loves drawing them and painting them. Martha Stevermer recently moved to New Hampshire. My mosaics are based on the ornamentation of items used in everyday life (table tops, mirrors, trays, etc.) The mosaics are put together with found objects giving these pieces a second life and perspective even if it is only to the memory of the user. She has integrated jewelry and other objects of meaning. She wants her work to amuse the user with memories or a fun new way to see an object. Art deco lines and the spatial placement of detailed pieces that construct the whole inspire her.

## Local students named to Dean's List at the University of New Haven

**WEST HAVEN, Conn.** — Emma Lagueux of Bristol has been named to the Dean's List at the University of New Haven for the fall, 2019. **About the University of New Haven** The University of New Haven, founded on

the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It is a diverse and vibrant community of more than 7,000 students, with campuses around the country and around the world.

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# Derby a new experience for many anglers

**BY ERIN PLUMMER**  
mnews@salmonpress.news

**MEREDITH** — The 41st annual Great Meredith Rotary Ice Fishing Derby brought anglers of all ages to the ice, many traveling long distances to spend time on New Hampshire lakes and ponds.

Anglers set up bob-houses and tip-ups on fresh waterbodies all around the state. Meredith Bay was an especially popular draw for many of the anglers.

Members of the Middleton family from Saugus, Mass., came to the derby. Richard Middleton has been coming to the derby since he was a kid and brought his family. Daughters Chloe, 10, and Cassidy, eight, said they also came up to visit “papa” in the area.

Erin Middleton said the girls took a fishing class hosted by Fish and Game, which she thought was a great



**Rick Middleton does some fishing with his daughters Cassidy and Chloe during the 41st annual Great Meredith Rotary Ice Fishing Derby.**

opportunity for kids to learn how to fish. She said she also noticed how many women were part of Fish and Game and how many were at the derby in general.

“I thought it was amazing to see so many women on the ice,” Middleton said.

The girls put those lessons to good use and caught some of their own fish.

“I caught a fish today and Chloe caught one yesterday,” Cassidy said.

Erin said the kids loved watching the board.

A group of six came up from the areas of Mashpee, Mass., through Hooksett. Some had been to the derby a few years while one had been



**Jaden Booth, nine, stands with his sister Kyra Booth, 4, holding the fish he caught.**



**The Inter-Lakes High School class of 2020 sold homemade food and printed t-shirts to raise money for the After Prom with the help of parent volunteers. From left to right Lisa Pendergast, Becca Leberman, Catelyn Bousquet, and Monica Edgar.**

coming for 28 years. Tim McCarthy of Mashpee, Mass., said they had back to beautiful days for fish-

ing. McCarthy said this is the only fishing trip he goes on all year. “Definitely right

SEE **FISHING**, PAGE A10



## PSU Dance Team ranked 16th in the country

The Plymouth State University Dance Team has ranked 16th in the nation! This past January, 12 dance team members competed at the Universal Dance Association in Orlando, Florida and made our community and the university proud. This is their third year traveling to Orlando, and it is the team's personal best competing. Each year, a choreographer is brought in to put a routine on the dancers and three months is spent practicing and perfecting their skills. A tremendous amount of effort and dedication is given from each teammate and their Coach, Lea King. Prior to attending the national event, they competed in New Jersey for “Battle of the Northeast,” and will now be traveling to Westfield University for Regionals. If they rank in the top three, they will receive a bid to next year's nationals. The PSU Dance Team is considered a sports club at the university and receives limited funding from the school. The team works as a whole to participate in many fundraiser events to raise money for their trip to Orlando each year. The dance team is excited for what next year's successes may bring!

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## CADY Corner

### *Mixing alcohol and medicines*

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 older 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 LRGHealthcare (934-8905) for help.

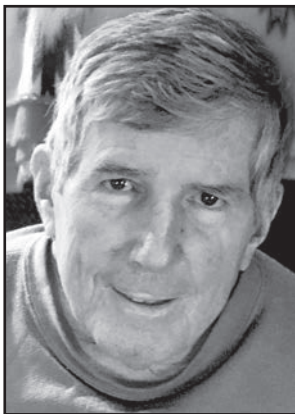


DONNA RHODES

For the very first time, voters in Bristol cast their ballots for the 2020 Presidential Primary in their new town office building Tuesday. To learn how the votes tallied in not only Bristol, but other towns throughout the region, please see next week's edition of the Newfound Landing.

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



Once in a while, I feel like staying up late, and instead of reading a book, stacks of which are always awaiting, or delving back into a half-read magazine, ditto, I decide to veg out with late-night television. As adventurous readers and insomniacs will attest, it's a whole different world.

First, right up front, to get the ugly side of things out of the way, late-night TV is where the scam artists prowl. Many of their commercials are finely focused on the now-budding bloom of Baby Boomers, a demographic anomaly that the great social planners and fixers should have seen coming but didn't, or at least didn't plan for very well--or didn't plan for at all.

The most prevalent of the predatory ads focus on Medicare. We've all seen them, even sandwiched in around the evening news. Many begin with a dramatic "announcement" that Medicare is offering this or that new "coverage" for a predictable list of longstanding issues: co-pay-free doctor's appointments, hearing aid coverage, coverage for eyesight issues, even doctors' visits at home.

Complaints about lack of hearing and eyesight coverage are nothing new, and people on Medicare have always been able to buy extra insurance. And it is all going to cost extra money, of course, and you will wind up paying.

The ads promise the Promised Land, and are so slick and seductive that you can almost envision hordes of seniors lining up to

### *Ads to pry your money away, and the craziest sport of all*



JOHN HARRIGAN

The snow was finally just right, sculpted by wind and sun at the old Charlie Andrews place, now the Brooks place, overlooking the Mohawk River valley between Colebrook and Dixville Notch.

buy extra coverage for everything under the sun--and a never-ending array of gadgets and gizmos, too.

These "announcements" of "new coverage" are a cruel hoax, aimed at hornswogling senior citizens into parting with some of their retirement funds.

I'm a Baby Boomer, the very demographic that these ads target, and I'd suggest one thing for families that want to stop this insidious form of white-collar theft. It is that I'd never even think about signing up for anything at all, whatsoever, without first running it by my kids. After they get done laughing and rolling their eyes, they're always ready to get serious and listen.

Seniors, if your youngsters have fled the nest, unload some questions onto your hapless grandchildren instead--that's a big part of why the Great Creator invented grandchildren. They're great for loading up with computer problems, too. None of the above applies to grandchildren still on pacifiers or pabulum.

+++++

Fellow columnist Gary Moore, who lives on the wrong side of the river but is a nice guy anyway, served as Commissioner of Ver-

mont's Fish & Wildlife Department, but now focuses on his syndicated column and on haz-mat training for far-flung companies and government entities. He trains and updates North Country and Northeast Kingdom fire departments as well.

Gary's column runs in the Caledonian-Record and several other Vermont newspapers. He travels all over the continent, and sometimes fetches up on this side of the Connecticut for lunch at the Black Bear Tavern in Colebrook, at which point I'm fond of asking if he's carrying his Green Card.

Once in a while, Bob Vashaw shows up to see whatever wisdom might be flowing off the table, armed with a teaspoon in case he wants to preserve it. This little group usually holds forth at a corner table (the first one, to cut down on travel time) on various issues confronting what passes for civilization.

Most recently, Gary reminded his readers that we have gained about 50 minutes of daylight since the Winter Solstice. I'd never thought of it that way, sort of as a bulk commodity, but it has a certain panache.[i][ii]

Gary also reminded readers who fish through the ice and haul shelters out

there--i.e., the certifiably insane--not to use corrugated paper, otherwise known as cardboard, to insulate their ice-houses, which are also known as bob-houses, ice-shanties, fishing shacks, and a host of other terms. The cardboard tends to warm in the sun and sink into the ice, and get left behind to wind up as big gooey foul-smelling messes on beaches.

The cardboard is often relegated to the far recesses of what little brain remains after someone has decided to take up ice-fishing, a torturous process--the decision, not the ice-fishing. Ice-fishing, for the ill-informed, is described as a "sport," which involves boring holes through the ice and trying to catch fish, for sure, but more to the point, encourages socializing, whether among a necessarily small group within a single gasping hot shanty, or a large number of aficionados wandering around on what are often referred to as "visitations" to other fishing domiciles near and far.

Visitations are often interrupted by furious sprinting, in an often vicious race involving punching and kicking, for a flag that's gone up, which sometimes means a fish has hit the bait a glancing blow or is on, but often

SEE NOTEBOOK, PAGE A10

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# Towns

## Alexandria

Mary Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

Well hello everyone! Thank you to all my readers who have been patiently waiting for my return! I am well and in one piece, have no fear. You know me and the cyber world, sometimes like oil and water and always so much fun, full of bits, bytes, mega this and giga that's. You computer whizzes, go ahead and laugh; I certainly am!

### Town

It was wonderful to see so many in attendance at the First Deliberative Session on Feb. 1. Second Deliberative Session, Town Voting Day, will be Tuesday, March 10 from 11 a.m. until 7 p.m. at the Town Hall. You can also vote by Absentee Ballot. For more information, please stop in or call the Town Clerk at 744-3288 during regular business hours. Please note, the Town Clerk/Tax Collectors Office will be closed on March 10.

Stay tuned for the Warrant Articles and list of those running for Public Office. You may also get a copy of the Warrant Articles at the Municipal Building during regular business hours.

Board of Selectmen Meeting Tuesday, Feb. 18 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, Feb. 19 at 6 p.m. in the Municipal Building.

### Alexandria UMC

Sunday, Feb. 16, services begin at 9 a.m. Sunday School will follow at 10:15 a.m.

Wednesday, Feb. 19, Office Hours and Visitation from 11 a.m. until 6 p.m. Bible Study begins at 6 p.m., and all are welcome. If you wish to reach Pastor Faith at other times, please call or text her at 491-4028, or email her at faithgreene83@gmail.com.

There, now I feel as though my week is complete! Please note that I do have a new email address, merrysunshine51@yahoo.com if you would like to reach out with some news or upcoming events. After all, this is your column too! My telephone number remains the same, 744-5383, and if I'm not there, kindly leave a message, and I'll get back to you.

Have a wonderful week ahead, be safe in your travels and kind to those around you.

## Bristol

Al Blakeley  
adblakeley0@gmail.com

Well, that nasty weather made it, eh? This is getting old, fast! With hints of Spring now and then, it would be nice to be winding down the nasty weather and thaw things out so we can really think Spring! In the meantime, please drive very carefully and help one another out when walking anywhere on the snow and ice.

The TTCC and The Bristol Rotary Club will be hosting two holiday-themed luncheons for any Newfound Area Senior Citizens that may be interested. The dates are: February 13 and March 12. They will be held at noon at the TTCC at a cost of \$2. Come enjoy these fun and tasty holiday meals! Door prizes and Bingo will be offered. Call the TTCC at 744-2723 to reserve a spot.

The Father and Daughter Valentines Dance will be held at the TTCC on Friday, February 14 from 6:30 - 8:30pm. Cost is \$20/couple, \$5 each additional child. This annual event brings together fathers and daughters for an evening of dancing, refreshments, contests, prizes, corsages for the girls and more!

The TTCC is hosting a Parents Night Out on Feb. 15, from 5 until 10 p.m. Drop the kids (ages four and up) off at the TTCC and parents can enjoy a night out! The Teen Council always has fun-filled nights planned for your youngsters - including a special dinner, gym games, bingo, crafts themes and much more! Cost is just \$10 per child!

On Thursday, Feb. 13 at 6:30 p.m., the Newfound Lake Region Association will host a special event at the Minot-Sleeper Library to discuss the current state of Newfound Lake, issues affecting the lake and to take questions from attendees. All are invited to this free event.

The MSL will hold a Candidates' Forum on Saturday, Feb. 29 at 2 p.m. with local candidates running for local offices.

Weekly events at the MSL include Storytime on Wednesdays and Fridays at 10:45 a.m., and Tech Help on Thursdays from 2-5pm. Community Groups also meet weekly, including Mah Jong on Mondays from noon - 2 p.m. and Knot Only Knitters every Monday from 2:30 - 4:30 p.m.

All are welcome to attend the MSL book group discussions. The Non-fiction Book Group will meet Thursday, Feb. 13 at 3pm to discuss "Hillbilly Elegy" by J.D. Vance and the Third Monday Book Group will meet on Monday, Feb. 17 at 10 am to discuss "Midwives" by Chris Bohjalian. The MSL Movie Group will meet on Tuesday, Feb. 25 to discuss "Robot and Frank."

### Ongoing events:

Adult badminton - TTCC - Mondays, 7 p.m.  
Adult billiards - TTCC - Monday and Wednesday, 6:30 - 8:30 p.m.

Adult kickboxing - TTCC - M, W, & F, 5:45 - 7 p.m.  
Pickleball - TTCC - Tuesday and Thursday, 9:30 a.m.

Shape up Newfound exercise classes - BES - Tuesday and Thursday, 6 p.m.

Karate for kids ages four and up - TTCC - Tue. and Thur.

Adult Volleyball - BHVS - Tuesday and Friday, 7 p.m.

Adult Karate - TTCC - Wednesday, 7 p.m.  
Roll out fitness skating class -

TTCC - Wednesdays, 5:30 p.m.

Shape up Newfound exercise classes - BES - Saturdays 8am.

I hope you can take a deep breath and be optimistic after the results of the primary are known.

We all need a fresh look at our political situations and cling to the hope that better things are on the horizon, no matter what the outcome of the elections. Work hard to make a difference!

## Groton

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

The Select Board held the Budget Hearing on Feb. 4. This year's budget was proposed to be \$116,529 over last year. There is a copy available online and this will be voted on at the Town Meeting on March 14. There is also a draft of the Town Warrants on the Web site as well. There were a few residents in attendance at the hearing, though not as many as in years past. We hope to have a good turn-out for the Town Meeting/Deliberative Session this year. Please mark your calendar and plan to be there that Saturday.

The Road Agent was asked if he would inspect roads before and after logging projects to determine any damage caused by the project.

The Rumney and Hebron perambulations have been done by Miles Sinclair. It was a tough job and we thank Miles for his service to the Town. This finishes the Perambulations which are on a schedule to be done every seven years.

A building permit was submitted for map7, lot52 on Blood Road, this permit will be submitted to the Planning Board for review.

### Scheduled meetings and closures for the town of Groton:

Select Board Work Sessions -Tuesday, Feb. 18 and March 3 and 17- 5 p.m. at the Town House.

Select Board Meetings - Tuesday, Feb. 18 and March 3 and 17- 5 p.m. at the Town House.

Planning Board Meet-

ing - Wednesday, Jan. 22 at 7 p.m. at the Town House

Conservation Commission Meeting - Thursday, Feb. 13 at 7 p.m. at the Town House

The Select Board Office will be closing at 1:30 p.m. on Wednesday, Feb. 12.

All Town Offices will be closed Jan. 20 for Martin Luther King Day

Town Elections will be held March 10, polls open 11 a.m. to 7 p.m. at the Town House, 754 N. Groton Rd.

Town Meeting at the Town House, Saturday, March 14 at 9 a.m. till deliberation is over. Please bring some food to share for lunch. Thank you.

## Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

### NAC Lenten Service Schedule

Newfound Area Churches (NAC) will be holding their annual Lenten services in February, March, and April of 2020. These services will be held at the churches on the following Wednesdays at noon to be followed by a light lunch. The church rotation is as follows: Feb. 26 at Our Lady of Grace Chapel, March 4 at Alexandria United Methodist Church, March 11 at Bristol Baptist Church, March 18 at Bristol United Church of Christ, March 25 at United Congregational Church of Hebron, and April 1 at New Hampton Commu-

nity Church. For more information, please call 744-3885.

### "Cockermouth Chorus" rehearsing weekly

Rehearsals are now underway with the newly formed Cockermouth Chorus. Open to all residents of the Newfound area, the chorus accompanied by David Raycroft, Music Director at Union Congregational Church, features a wide mixture of contemporary and gospel selections.

Rehearsals are Tuesday evenings at 7 p.m. at the Union Congregational Church in Hebron.

All voices are welcome and no audition is necessary. For additional information, contact Bill York at 744-6033 or bill48nh@gmail.com.

# Churches

## Ashland Community Church

communitychurch.com

Sundays: 10 a.m. Worship - Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 - September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants - five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad

to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

SEE CHURCHES, PAGE A6

18<sup>th</sup> Annual

Summer Camp 2020





11 Publications for 4 Weeks!

March 11<sup>th</sup> & 12<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>  
March 25<sup>th</sup> & 26<sup>th</sup>, April 1<sup>st</sup> & 2<sup>nd</sup>

The Meredith News, The Record Enterprise, Granite State News, The Baysider, Carroll County Independent, Coos County Democrat, The Littleton Courier, Gifford Steamer, Winnisquam Echo, Berlin Reporter, and Newfound Landing.

Looking for Summer Help? Counselors, Life Guards or Ice Cream Window Help?

Advertise Your Summer Registration: **SPACE IS LIMITED!**


Advertise your Day Camp, Sleepaway, Summer Daycare Program, Tennis and More!

**Deadline: March 4<sup>th</sup>**

\* Price Per Week: 2x2-\$80 | 2x3-\$120 | 2x4-\$160 | 2x6-\$250 | 2x8-\$300 | 3x5-\$250 | 3x10.5-\$400

\* Four Week Buy Required

Contact Tracy or Lori at 444-3927 | tracy@salmonpress.news or lori@salmonpress.news



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# 14 helpful acts of kindness for a friend in need

**BY ANNA SWANSON**  
Pemi-Baker Community Health

Recently, a friend of mine going through some health issues invited me to join her page on CaringBridge, a nonprofit platform that helps families going through a health crisis communicate with friends and family, in one spot. Families and caregivers have many needs:

meals, transportation etc., but sometimes it's hard to know how you can help. During this Valentine's week, I want to give you 14 suggestions from CaringBridge:

1. Bare Basics. Grocery Shopping. Think paper towels, laundry detergent, bread, juice, eggs, and bananas. Shop in-store or online, and have the

order shipped to their home. Forget about brands, specific tastes or questioning whether it is something your loved one would like. Indecisiveness like that prevents your follow-through. When a family caregiver can't be away long enough to run out and purchase toilet paper or milk to settle a patient's queasy stomach, they will

kiss you for bringing it to their door.

2. Offer Rides to Treatment. Many caregivers juggle full-time jobs and have added hurdles, such as busy meeting or travel schedules. Receiving the gift of transportation on a hectic day brings a huge sigh of relief.

3. Bring a Meal. Basic dishes that are easy

to freeze and reheat become lifesavers. Recyclable aluminum pans or reusable plastic containers that don't need to be returned are a plus. Since even well-meaning visitors can tire out a patient, and germs are a factor, offer to leave meals in a cooler outside their door.

4. Pet-Sit or Plant-Water. It is expensive to board pets in a kennel. So if you know that a loved one has to go out of town for a procedure or appointment, offer to care for their furry family member. And should you be one of the green thumbs of the world wishing to help, volunteer to water interior or exterior plants.

meals out, astronomical medical bills—take a huge toll on every patient's budget. A gift card for gas, groceries, restaurants, hardware stores or hobby/craft stores is a welcome surprise. If your loved one appreciates reading or music, an Amazon or iTunes card could provide new entertainment to get them through long treatment sessions. A prepaid Visa gift card could be perfect for helping out with medical co-pays.

8. Take on Some Chores. Pay for a one-time service, or volunteer a few hours to help with cleaning, moving, snow-shoveling, washing windows or holiday decorating. This also could be a perfect service opportunity for a teenager. If the kids have adult supervision, the chores could be done while the patients and caregivers are at the hospital or clinic or out of town.

9. Donate Some Vacation. Unpaid leave from work is sure to cause additional financial hardship. If donating a vacation day or two is an option for you, ask some other co-workers if they also might be willing to donate time, too. This could be a huge help to a patient or a caregiver who has to be away from work.

10. Think Soft and Cuddly. If knitting is your thing, consider making a prayer shawl, soft cap or socks. Thoughtful gifts like a new set of slippers, pajamas, pull-on pants or v-neck shirts that allow chemo-port access would be a definite plus. Pamper your

SEE **KINDNESS**, PAGE A10

## Comfort Keepers

### Living with Arthritis

**BY MARTHA SWATS**  
Owner/Administrator  
Comfort Keepers

One in five adults suffer from arthritis, and the majority of these are seniors.

For those that live with arthritis every day, the symptoms can be a barrier to doing the hobbies they love. But with management strategies and lifestyle changes, many seniors find that they can continue the activities that bring them hope, purpose and joy.

For older adults to understand the stages of living with arthritis, it's helpful to talk about how the disease is identified, diagnosed and managed.

**Signs and symptoms:** Generally, symptoms of arthritis can include any of the following: joint redness, swelling, pain, stiffness, warmth, or difficulty with movement. Many people are familiar with arthritis of the hands and feet, but they don't always realize that it can affect any joint in the body. Anyone experiencing these symptoms should visit their physician.

**Diagnosis:** When diagnosing arthritis, medical professionals will typically conduct a physical exam, and gather medical history and genetics information to help

identify the type of arthritis. Blood tests and imaging may be necessary as well. While arthritis cannot be cured, it can be managed to limit the impact it has on seniors.

Strategies for arthritis management:

A physician can recommend arthritis management strategies and approve all plans to change or increase physical activity.

- Lifestyle changes: Seniors with arthritis may need to stop performing certain activities, or limit them. Depending on the area of the body affected, some hobbies may become more difficult. However, planning ahead can be helpful – for example, having a stool to sit on in the kitchen can help seniors that want to cook but have difficulty standing for long periods of time due to arthritis pain.
- Movement: For some types of arthritis, sitting or working in one position for too long can cause the condition to worsen. Moving, walking and stretching every 15 minutes can be helpful. For some, setting an alarm as a reminder to prompt movement can be helpful. A doctor should be consulted before seniors begin any exercise regimen.
- Weight – Maintaining a healthy weight can be helpful in man-

aging arthritis. Excess weight can cause strain on joints, worsening the condition. Anyone concerned about this should consult their physician for exercise and diet recommendations.

Education and awareness are critical – seniors that may have arthritis, or have already been diagnosed, should engage their care team to develop management strategies.

#### Comfort Keepers® Can Help

A care plan for arthritis can minimize the impact of the disease on a senior's life, and Comfort Keepers can provide support for a management program. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. As part of an individualized care plan, caregivers can also help with activities like

cooking, cleaning and physical care. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

#### About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at [www.nhcomfortkeepers.com](http://www.nhcomfortkeepers.com) for more information.

## Churches

FROM PAGE A5

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change.

Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or [accernie@hotmail.com](mailto:accernie@hotmail.com).

**We look forward to seeing you soon!**

### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at [hello@restorationchurch.cc](mailto:hello@restorationchurch.cc). Our church phone num-

ber is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service  
Monday: First and third Monday of the Month  
Noon-2 p.m. Helping Hands Food Pantry  
Friday: Second Friday of the month  
6 p.m. Food, Fun, Fellowship

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

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

### Starr King Unitarian Universalist Fellowship


Starr King Unitarian Universalist Fellow-

ship, 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. 16 Spiritual Journeys**  
Paul Tierney, Worship Leader

Sarah Dan Jones, Music Director, and Choir  
"Where Do We Come From, Where Are We Going" is a hymn that we are all quite familiar with. It embodies our Spiritual Journey as we seek the truths that will find meaning and sustenance to each of us. On this Sunday, Fellowship members, Jennifer Legier, Ed Van Dorn, and Jessica Dutille will share their journeys with the Fellowship. When we hear each other's stories, it can illuminate our own stories. Come hear from other Starr King UU Fellowship members who will offer a glimpse of their own spiritual experiences and learnings.

For more details, visit our Web site [www.starrkingfellowship.org](http://www.starrkingfellowship.org) 536-8908



## How to Submit Obituaries & Announcements To Salmon Press Publications

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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*Photos are also welcome, but must be submitted in jpeg format.*

*Please contact Executive Editor*  
*Brendan Berube at (603) 279-4516, ext. 111*  
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## RECENT REAL ESTATE TRANSACTIONS

<i>Town</i>	<i>Address</i>	<i>Type</i>	<i>Price</i>	<i>Seller</i>	<i>Buyer</i>
Alexandria	Washburn Road	N/A	\$90,000	Sylvia G. Dow	D.H. Hardwick & Sons
Alexandria	Washburn Road (lot 2)	N/A	\$170,000	Sylvia G. Dow	Forever Forestlands LLC
Ashland	Main Street	N/A	\$33,000	Robert P. and Terry M. Comeau	High Life Building Co. Inc.
Campton	4 Dubeau Circle	Single-Family Residence	\$275,000	Lloyd J. and Lynn H. Willey	Sandeep Basnet
Campton	Hogback Road	N/A	\$87,533	Danielle L. Bragdon	Christopher Mohan
Campton	N/A	N/A	\$10,000	Diane Lucente	Daman Chadha
Campton	N/A	N/A	\$180,000	Anne M. Kurriss and Jean P. Bisson	Paul G. Stutzman
Groton	Province Road	N/A	\$90,000	Loretta Hayden	Marc Beaulieu
Plymouth	28 Langdon St.	Single-Family Residence	\$161,000	Runnymede Investments LLC	Jeffrey G. and Nicole M. Hannum
Rumney	Hooper Hill Road	N/A	\$90,000	Michael McKinnon	Icer LLC
Thornton	55 Birch Bend Dr., Unit 5	Condominium	\$93,000	Elizabeth A. Terp	Julia Sheehan
Thornton	23 Falls Rd., Unit 9	Condominium	\$145,000	Mountain River Development Association	Vanasse Fiscal Trust and Robert M. Vanasse
Thornton	6 Pappys Trail	Single-Family Residence	\$219,000	Nancy M. Kennison	Kimberly A. Thibault
Waterville Valley	29 Forest Rim Way, Unit 5	Condominium	\$168,000	Robert J. and Jodi M. Dugas	David T. and Joyce A. Lawton
Wentworth	26 NH Route 25a	Single-Family Residence	\$54,000	FNMA	Scott R. Plimpton and M.E. Galante-Plucenik
Wentworth	68 Pond Brook Rd.	Single-Family Residence	\$85,000	Mark T. and Jeanne T. Buccelli	Michael P. and Deborah A. Westgate

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

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

data from Department of Revenue Administration forms is available at [www.real-data.com](http://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.

*It's just math*



BY MARK PATTERSON

Why does risk matter? The risk that I am referring to is investment risk made up primarily of market risk when dealing with equities or stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concepts that I've expressed in previous articles, are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation (more risk and potential return) and portfolio two has

a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60 percent.

The second-year portfolio one sustained a minus 40 percent loss. The average return for this portfolio over two years is 10 percent. Not a bad return!

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10% second year loss. Again, a 10 percent average return over the two-year span, again, not a bad return!

But let's look at the compounded annual growth which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to \$160,000, 40 percent loss of \$60,000 brings our dollars down to \$96,000!

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss or \$13,000 brings us down to \$117,000.

I prefer portfolio number two, how about you?

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these assets for income.

What these numbers illustrate is a simple concept of avoiding big losses which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange traded funds or individual stocks and bonds, you can assume they are probably working for your best interest.

Risk management is only part of the story. The purpose of your money is more important than risk assessment in my opinion. It's very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income is needed soon; your portfolio will not be designed what its purpose really is!

It is common for

my client that is near or in retirement to reminisce about the returns of their investment portfolio 25 years ago, as a retail broker I was not really concerned about losses at that time either.

LACONIA - Lakes Region Community College will host an open house Saturday, April 4th, featuring campus and housing tours, financial aid guidance, program information, and much more. The program will start at 9 a.m., and ends at noon; registration begins at 8:30. Admission is free, and faculty and staff representing each program and department will be on hand to answer questions and help prospective students through the process, from start to finish.

"This event is the perfect opportunity for anyone interested in LRCC to come and see what the College has to offer, ask questions, and meet our faculty and staff," said Joyce Larson, Director of Enrollment and Onboarding. "The Open House is a great way for prospective students to explore op-

I didn't really understand the concept of compounded annual growth versus average returns.

Staying away from big losses in your investment portfolio not only maintains your

monetary capital but  
preserves emotional  
capital!

*Mark Patterson advisor MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

*Lakes Region Community College  
open house scheduled for April 4*

tions for enrolling for our upcoming Summer or Fall semesters. We offer the lowest tuition in the state, as well as a high-quality education that is also transferrable to many four-year schools."

Special workshops on financial aid and career exploration will be available. Classrooms and labs on the campus will be open for viewing.

Lakes Region Community College offers many associate degree and certificate programs, including Business, Accounting, Culinary Arts, Hotel and Restaurant Operations, Electrical, Automotive, Nursing, Graphic Design, Advanced Manufacturing, and Fire Science, just to name a few. In

addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available.

Lakes Region Community College is a fully-accredited, comprehensive community college located in the Lakes Region of New Hampshire and serves over 1,200 students annually. LRCC is part of the Community College System of New Hampshire. For more information, contact the Admissions Office at 366-5210.

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## Edward Jones: Financial Focus

### Valentine's Day: Financial Protection Can Be a Great Valentine's Day Gift

On Valentine's Day, you can give your spouse or life partner a traditional gift such as candy or flowers. But once you've done that, why not think about something that can provide longer-lasting benefits for your loved one? Specifically, think about ways to provide a lifetime of financial protection.

You can do this in several ways, including:

- Protection while you're alive – As you know, it's usually necessary for both partners or spouses to work to maintain a household – so if your income were to disappear, even temporarily, it could present a big problem. Your current employer could offer disability income insurance as an employee benefit, but it might not be enough for your needs, so you may want to consider purchasing your own policy. Keep in mind, though,

that disability coverage typically only lasts for a few years, and, in any case, probably won't completely replace your income. Consequently, it's a good idea to build up your financial resources in other ways, so contribute as much as you can afford to your 401(k) or IRA during your working years. If you do become disabled, it may be possible for you to tap into these funds without incurring a tax penalty, though regular taxes may still be due.

- Protection if you need care – If you were ever to need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care worker, you might find the costs to be considerable – and possibly a severe burden on your spouse or partner. In fact, the average cost for a private room in a nursing home is

about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company. And Medicare typically pays only a small percentage of these expenses. To protect your spouse or partner – not to mention your grown children – from possibly having to deal with these costs, you might consider purchasing long-term care insurance. As an alternative, you could purchase a "hybrid" policy that combines long-term care benefits with those offered by a traditional life insurance policy. So, if you never needed long-term care, your policy would pay a death benefit to your spouse or partner or another beneficiary you've named.

- Protection when you're gone – If you were to pass away, would your spouse or partner have the financial resources to continue the same lifestyle, pay

the mortgage or, if you have children, provide for their education? If the answer is no, then you need to maintain adequate life insurance. How much is enough? There's no one right answer for everyone. You might hear that you need a death benefit that's worth seven or eight times your annual income, but the actual amount should be based on a variety of factors – your age, size of family, current income, spouse or partner's income, and so on. A financial professional can help you determine the appropriate amount of coverage.

Valentine's Day is just one day on the calendar. But if it serves as another reminder of how much you value your spouse or partner and spurs you into action to protect her or him throughout your lifetime – and beyond – then it will be an important day indeed.

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This article was written by Edward Jones

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Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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## **NOTICE OF PUBLIC HEARING**

The Bristol Select Board will hold a public hearing regarding a petition warrant article received to be placed on the ballot in March: “Shall we adopt the provisions of RSA 40:13 (known as SB2) to allow ballot voting on all issues before the Town of Bristol on the second Tuesday of March? Passage requires a 3/5 majority vote of those voting.” The hearing will be held Thursday, February 20, 6:00 PM at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. Snow date is Friday February 21, at the Town Office at 6:00 PM.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Town Office.

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MAE's Place

FROM PAGE A1

and refurnished, but Hewitt said a few of the residents preferred to keep the nostalgic wallpaper and furniture they have right now. Overall though, the residents are excited about changes yet to come. Many like to linger in the dining area where a lot of good-natured ribbing occurs as they sip coffee, swap stories and enjoy snacks throughout the day; an adjoining sitting room find others working each day on craft, jigsaw puzzles, painting and knitting projects. Each of those rooms will get a face-lift in the near future to add to that enjoyment.

Men and women at MAE's Place have nothing but praise for the home-cooked meals they enjoy, the care they receive and the company they keep with both staff and their fellow residents.

Seventy-nine-year-old Army veteran Roger, one of the resident comedians, said he has been at MAE's Place for just six months but he's adapting well.

"So far, so good! I really like the food," he said, while poking fun at Hewitt at the same time.

Alice, who has lived at MAE's since April of 2016, chimed in to say that while the food is one of her favorite things about living there, the staff who prepares their meals and assists them with their daily needs is really the best part.

Like Roger, Mark is another newer resident who said he came to MAE's Place from another facility just 10 months ago and is glad he made the change.

"I like it here. There's less people [than the place I was in]. It's quieter, the people seem nice and the food and staff are better, too," he said.

Hewitt said that most of all her residents enjoy interacting with their Newfound community members. While the Newfound Area Visiting Nurses Association is always in close contact with them, other nonprofit groups, children, teens and adults help brighten their days as well. Local Girl Scout Troops have hosted luncheons and brought them cookies and holiday decorations for the home. People also drop off baked goods, while musicians and other entertainers have stopped by on occasion to bring added smiles to their faces. Jennifer Tuthill of Patten Brook Pony Rides in nearby Alexandria has even trailered her gentle Icelandic horses to MAE's Place for a few visits.

"That's such a great time for me. The residents come out to pet the horses and it's so amazing to see how much they enjoy it. Some of them were farmers and miss being around animals and others have never even touched a horse before. It's terrific to see their reactions," she said.

For Valentine's Day this year, Hewitt said she has gone overboard

to make sure that her men and women at MAE's Place know they are loved.

"We reached out to Jenny D. Blake School in Hill, Bristol Elementary School and more. They're all making Valentines for our residents. I think there's a local guitarist stopping by that day and other people are baking things," she said. "I want Valentine's Day to be better than Christmas; I want my residents to wake up and smile all day long. These people are like my family and I want them to know how much they're loved."

Anyone interested in volunteering their own talents or services in support of the residents of MAE's Place is invited to contact Hewitt at 744-8402.

Smith

FROM PAGE A1

"The other problem is trying to discover how the victims are all connected."

In the meantime, Collins has lost his wife to his alcoholism, is in danger of losing his job, and struggles every day to stay sober as he tracks down a murderer. Some days are better than others.

Smith thought his book would be a "one-hit wonder" and initially didn't anticipate following it up with a second. As he neared the end of "Five Minutes of Blackness" however, he realized he couldn't let it go. The story instead ends with questions unanswered that carry over to the next novel, "One More, That's It!" which was just published in November. Since it's a continuation of the first book, Smith said he doesn't want to give away how that tie-in unfolds. He would say that Det. Jesse Collins appears in the second book but is also joined by a whole host of other characters that he enjoyed creating. Among them is a female named Flower, who Smith admits is his favorite.

"I'd like people to know her. She's the girl next door except that she has a whole truckload of secrets," said Smith.

Like the first book, it, too, is filled with

D&M

FROM PAGE A1

and projector screens in multi-purpose classrooms. In addition, the renovation will provide expanded bathroom facilities. Large windows, sixteen-foot ceilings and exposed ductwork pay homage to the building's original use as a sporting goods factory.

Currently serving as the home to the PSU Art Department, the Draper & Maynard Building has an illustrious history as the home to the Draper & Maynard Company, ranked as one of the largest sporting goods makers in the country in the late-19th through early 20th centuries. The company produced baseball gloves, bats, baseballs, uniforms, and a variety of other items related to the sports industry. It

is estimated that more than 90 percent of major league baseball players of the era used gloves and bats made by the company. A large mural on the fourth floor of the building shows a photo of Babe Ruth just days after winning the 1916 World Series greeting students of the Plymouth Normal School (now PSU) and others that had turned out for his visit.

The building currently offers painting, drawing, printmaking, sculpture, ceramics, graphic design, and photography studios to PSU students and faculty. The building is also home to PSU's new "makerspace" on the first floor, which boasts a range of high-tech equipment including a plasma-cutting table, laser cutter, Computer Numerical Control (CNC) table, and 3D printers,

already knows how it will begin.

Smith was born in New Jersey, and met his wife Sharon when he was attending St. Anselm's College in Manchester where he majored in business. While the couple moved around the country early on in their marriage, they have lived for more than 30 years now in Holderness and Plymouth, where their family once owned Jigger Johnson's Restaurant.

His first two novels are now are on sale in both paperback and electronic editions at Amazon.com and are also available at Pease and other local libraries.

suspense. Smith has always enjoyed that genre of literature and was inspired in his own writing by the likes of authors Lee Child, James Lee Burke, and especially Thomas Harris, who wrote "Silence of the Lambs."

"He showed that someone born with a defect (like Kiki) can become a monster because of the abuse they suffered when they were young," he said.

The second title, "One More, That's It!" is not indicative of it being Smith's last book however. In fact he said he is busy working on ideas for the next novel, and



COURTESY

The Draper & Maynard Building, Plymouth State University, Plymouth.

and features an area devoted to the University's new Electromechanical Technology and Robotics (EMTR) discipline. In addition, the building provides classrooms, faculty offices, and is also

home to exhibitions and events as well as the Collins Gallery for the exhibition of student work.

The architect for this project is Cowan Goudreau Architects, LLC of Concord.

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Derby

FROM PAGE A1

Barrett-Kitchen said. “I think the anglers are used to this, but the spectator portion is definitely down.”

The snow, ice, and winds made for some significant power and technology disruptions. Friday night, the power went out across the entirety of Meredith Village for around four hours. Barrett-Kitchen said as a result of the power outage and power spikes their systems had a lot of glitches such as database crashes and repeated losses in internet connection. There was another power outage on Sunday afternoon that created more problems.

Barrett-Kitchen said a number of rumors floated around social media that the derby was canceled and the volunteers had to put the word out that everything was running as scheduled.

Barrett-Kitchen said with the derby in its 41st year this has become a tradition for many.

“It’s something that people look forward to every year and this year is no exception,” Barrett-Kitchen said. “We have a lot of excited fishermen.”

New Hampshire Fish and Game held its kids fishing clinic on Saturday, which Barrett-Kitchen said drew a lot of kids. he said they try to provide as many things for the whole family as possible.

“We have some kids on the board that fish have got,” Barrett-Kitchen said.

The winners of the heaviest fish of the weekend went into a drawing for the grand prizes.

Michael Steffen of Wells, Maine, won the grand prize of \$15,000 (which will come to \$11,250 after taxes). Steffen caught a 2.54 pound,



Volunteers from the Meredith Rotary weighed fish as they came in on Sunday morning.



Bob houses dotted Meredith Bay during the Great Meredith Rotary Ice Fishing Derby.



Michael Steffan of Wells, Maine (joined by derby chair Heidi Barrett-Kitchen) won the grand prize at the 41st annual Great Meredith Rotary Ice Fishing Derby.

16 inch long black crap-pie.

Second place of \$5,000 went to Travis Williams of Center Harbor, who caught a white perch weighing 2.64 pounds and was 16 inches long.

Third place went to

Bill Glowik of Lynnfield, Mass., who won \$3,000. Glowick caught 5.38 pound, 27-inch long pickerel.

The weekend's heaviest fish overall was a 12.1 pound, 30-inch long lake trout caught by

Bradley Sargent of Concord.

Adam Hamilton of Derry caught the largest cusk of the weekend at 7.31 pounds, 30.25 inches.

The biggest rainbow trout of the weekend at 5.25 pounds and 22.75 inches was caught by Michael Hogan of Derry. Eric Bouchard of Newfields caught the biggest yellow perch at 1.71 pounds and 15 inches.

All fish on the board that weren't claimed will make for tasty treats for the animals at the Squam lakes Natural Science Center.

The derby is the Meredith Rotary Club's biggest fundraiser and the money goes toward charitable efforts such as scholarships, community projects, youth programs, international relief, and so many more.

Fishing

FROM PAGE A3

here on the bay, it's great,” McCarthy said.

Members of the Booth family came to their first derby. Jared Booth said members of the family had the weekend off and it was good timing to check out the derby. Members of the group came down on Friday night from New London when it was pretty windy out on Meredith Bay.

“We’ve had a good time,” Jared said.

Jared said it was great to get out with the family.

“We met some interesting people out there,” said Jared's dad, Peter Booth.

Scott Bowie of Gorham said they spent the night in the bob house, which was kept warm by a heater.

“The location is ideal fishing with people you haven't fished with before,” Bowie said.

They said they'll try to get out another year.

Gabrielle Grilo of East Providence, Rhode Island, came to the derby for the first time with her boyfriend Nicholas Botella and his family from Coventry, Rhode Island.

“I’ve been (fishing) a handful of times, my grandfather likes to fish,” Grilo said.

She said she thought it was a great experience.

“It's really cool how

people are coming out from the community,” Grilo said.

Nicholas' mom Donna Botella said this is her second time at the derby and said it's fun.

“We like ice fishing, just coming out with everybody is kind of cool,” Donna said.

Members of the Inter-Lakes High School senior class sold t-shirts and home-made food to benefit the After Prom Party. Families made meals in slow cookers and brought them to the ice. Senior Damon Patraw designed a t-shirt for the derby and Just Hit Print donated its services.

The table drew a good crowd through the weekend.

“I would definitely want to say thank you to the community for its support,” said parent volunteer Monica Edgar.

Senior Becca Leberman said she had a lot of fun at the table and said she really appreciated the parents' work.

“The fact parents can help has been really awesome,” Leberman said.

Senior Katelyn Bousquet said she also appreciated everyone's support.

“We're just trying to have a fun senior year,” she said.

The senior class will have another benefit on March 25 with a silent auction and trivia night.

Notebook

FROM PAGE A4

is caused by the wind or a passing snowmobile.

However, this is not the only exciting thing about ice-fishing. There is all that visiting. Sometimes, too, people make guessing games out of other people's names. Sometimes there is a certain loss of direction, as in a blizzard or a white-out. Arguments erupt

over bait: “No---hook it under the dorsal fin!”, and like that.

I still have all my traps and trappings, and may well decide to give a friend a call, pull on my mukluks, and go.

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

Kindness

FROM PAGE A6

loved ones with items that are cozy and comfortable.

11. Send Snail Mail. -Nothing brightens a day more than finding a hand-addressed note in the mailbox, among the medical bills. Recognizing the handwriting and return address will instantly bring you to your loved ones' hearts.

12. Donate Blood in Their Name. -Cancer and other illnesses prohibit patients from donating, so they appreciate those of you who donate in their honor.

13. Host a Scarf and Hat Party. -If chemo is going to bring about hair loss or someone you love, bring together some close friends, serve some light refreshments and shower your patient with a variety of headwear options. It is sure to make the transition easier.

14. Help With the Kids. -Taking the kids for an impromptu sleepover or a Saturday-morning outing

may give your struggling loved one a little bit of rest and quiet that they desperately need.

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Caregiver support groups are held every 3rd Wednesday of the month at the Plymouth Regional Senior Center from 12:30-2. Feel Free to drop in!

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# Newfound Landing Sports

Section **A**  
Thursday,

Thursday, February 13, 2020

## What's On Tap

There is more postseason action on the docket in the coming week.

The ski jumping state championships are today, Feb. 13, at Hanover at 6 p.m.

The gymnastics state championships will take place at Pinkerton Academy on Saturday, Feb. 15, with a time to be determined.

The swimming championships will be on Saturday, Feb. 15 at the University of New Hampshire at 3 p.m.

In regular season action, the Newfound hoop teams are at Newport today, Feb. 13, with the girls at 5:30 p.m. and the boys at 7 p.m.

The Newfound boys will also be hosting Gilford on Tuesday, Feb. 18, at 6:30 p.m.

The Bear hoop girls will be at Gilford on Tuesday, Feb. 18, at 6 p.m. and will be hosting Somersworth at 6:30 p.m. on Thursday, Feb. 20.

The Newfound unified basketball team will be at Keene for a 3:30 p.m. game on Friday, Feb. 14.

The Plymouth hoop boys will be at Sanborn today, Feb. 13, at 6:30 p.m., will be hosting Kennett at 6:30 p.m. on Tuesday, Feb. 18, and will be at Merrimack Valley on Thursday, Feb. 20, at 6 p.m.

The Bobcat girls' basketball team will be hosting Sanborn on Friday, Feb. 14, at 6 p.m. and will be at Kennett at 6:30 p.m. on Tuesday, Feb. 18. The Plymouth Nordic team will be at Bow at 3:30 p.m. today, Feb. 13, and will be at Jackson at 2:30 p.m. on Wednesday, Feb. 19.

The unified Bobcat basketball team will be hosting Kennett today, Feb. 13, at 3 p.m. and will be hosting Prospect Mountain at 3:15 p.m. on Thursday, Feb. 20.

The Kearsarge-Plymouth hockey team will be hosting Belrin at Plymouth State at 11:45 a.m. on Saturday, Feb. 15, and will be at Sanborn at 8:05 p.m. on Tuesday, Feb. 18.

The Plymouth wrestling team will be at Salem at 9 a.m. on Saturday, Feb. 15.

## Huckins powers Bears by Lakers



JOSHUA SPAULDING

Paulina Huckins was a force in Newfound's lone game of the week.

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound girls' hoop team had a lighter than expected week last week, as the team's second game on the week was postponed by Friday's storm.

However, the team's game with Inter-Lakes on Tuesday, Feb. 4, saw the Bears earn another win.

"The first time we played Inter-Lakes was a very low-scoring game, tonight was a very different story," said coach Kammi Williams. "Both teams

came out hot, not missing a shot. I kept thinking who is going to miss the first shot."

It was the biggest half of the season for the Bears, as they scored 43 points on the way to the 72-48 win.

The Lakers cooled off in the second quarter and Newfound had a 43-25 lead at the half-time break. The Bears got up by 32 points during the second half but the Lakers closed it to 24 by the time the game came to a close.

"Best offensive performance of the season by all," said Wil-

liams. "Inter-Lakes changed defenses halfway through the third and we didn't adjust as well as I would have liked.

"We know that's one area we need to continue to improve upon," the Bear coach added.

Paulina Huckins had a monster day, finishing with 27 points and pulled down 12 rebounds for another double-double. Malina Bohlmann had 15 points, five rebounds, eight assists and three steals. Bailey Fairbank finished with nine points, eight re-

bounds and seven assists. Tiffany Doan had four three-pointers to put in 12 points.

The Bears will be in action today, Feb. 13, at Newport at 6:30 p.m., will be playing a make-up with Mascoma at 6:30 p.m. on Monday,

Feb. 17, and will be at Gilford at 6 p.m. on Tuesday, Feb. 18.

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

## Newfound celebrating championship hoop team

BRISTOL — Newfound Regional High School will be celebrating the 25th anniversary of the 1994-1995 boys' basketball state championship team with a celebratory basketball game on Friday, Feb. 21, at 6:30 p.m. the school

gymnasium. The game will feature members of the 1994-1995 team against current Newfound staff. Admission is free but there will be concessions, raffles, halftime games and fun for everyone.

## Bill Bernhardt to address Trout Unlimited meeting

PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited will feature guest speaker Bill Bernhardt at the Feb. 18, meeting, 7 p.m., Common Man Inn, Plymouth. Come early and meet Bernhardt and fellow anglers.

Bernhardt began his flyfishing journey at the age of eight, when he

caught his first fish on a fly. He became a NH registered guide in 1994, and became head-fishing guide at Lopstick Outfitters. He has designed a variety of flies sold at Lopstick. Bernhardt is a devoted fly angler and will share his experiences and knowledge on the unique fishing opportunities of the Up-

per Connecticut River and headwater system of Pittsburg.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit [www.pemigewasset.tu.org](http://www.pemigewasset.tu.org) and like the group on Facebook. Meetings

are free and open to the public. There will be a raffle supporting sending a lucky boy or girl to the Barry Conservation/Fishing Camp.

## Lakes Region United accepting registrations for spring season

REGION — Lakes Region United Soccer Club is now registering athletes for the upcoming spring outdoor season with the New Hampshire Soccer League (NHSL) and to compete in the annual Amherst Memorial Day Classic Soccer Tournament. For the upcoming spring 2020 season, Lakes Region United has openings for boys and girls aged U10 to U18. Players can sign up on the Lakes Region United web site at [lrusoccer.com](http://lrusoccer.com). Partial or full scholarships available from the Brackett Scholarship

Fund. Registration is open until Feb. 29.

Lakes Region United is a 100 percent parent and volunteer-run soccer club drawing athletes from around the Lakes Region. For more than a decade, LRU has been developing players who aspire to play soccer at high levels, as they move through elementary and middle school and beyond. Many LRU players go on to play varsity high school soccer, and there's a growing list of players who have competed in college soccer at various levels.

Lakes Region United

receives support from Grappone Automotive Group in Bow as its primary uniform sponsor, helping to keep competitive travel soccer affordable and accessible in the Lakes Region. LRU is always looking for new volunteers and coaches to help existing teams or build new teams - especially at the younger age groups. The club offers support and opportunities for coach education and development. E-mail [info@lrusoccer.com](mailto:info@lrusoccer.com) with any questions or for more information.

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# Bobcats take second in Plymouth Invitational

**BY JOSHUA SPAULDING**  
Sports Editor

PLYMOUTH — A total of 16 teams took part in the Plymouth Invitational on Saturday, including teams from both Massachusetts and Vermont.

Out of all those teams, the Plymouth wrestling team came home second overall behind only Natick, Mass.

The Bobcats were led by a quartet of first place finishes.

Joe Cleary finished first at 152 pounds, getting pins over ConVal, and Souhegan before pinning a pair of Natick wrestlers in the final two rounds to claim the victory.

Cole Johnston finished in first at 170 pounds, also pinning four opponents on his way to the win. He started with a pin over Lebanon then got pins over ConVal, Mascoma and Souhegan.

At 120 pounds, Charlie Comeau took the win with three consecutive wins, pinning wrestlers from Natick, Kearsarge and Spaulding (Vt.).

Aaron Comeau won at 113 pounds, which was a round-robin tournament. Comeau pinned teammates Jake Heath and Joe Peters and then got pins of wrestlers from Natick and ConVal.

JC Gaumer wrestled at 145 pounds and finished in second place overall. He got pins over Stevens and Oyster River and then won



Joe Cleary picked up the win in his weight class in Saturday's Plymouth Invitational.



Gianni Ciotti finished fourth in his weight class on Saturday.

8-1 over Spaulding before falling to a Natick wrestler in the finals to finish in second place.

At 160 pounds, Joe D'Ambruoso finished in second place, getting a pin over John Stark and a disqualification win over Souhegan before falling to a Natick wrestler in the finals to finish second.

Joe Peters finished in third place at 113 pounds, starting with a pin over ConVal. He lost to Aaron Comeau, got a pin of Heath and then fell to a Natick wrestler to finish in third place.

Also at 113 pounds, Heath finished in fourth place. He was pinned by Andrew Comeau then pinned Peters before losing to Natick and pinning a ConVal wrestler to close his day.

Gianni Ciotti finished in fourth place at 106 pounds. He got a major decision win over Natick to start,

lost to Spaulding, came back with a pin of ConVal and was pinned by Newport, finishing fourth overall.

Matt Cleary also picked up a fourth place at 160 pounds. After being pinned by a Natick wrestler to start, got a forfeit win over John Stark and then pinned teammate Caden Sanborn and a Littleton wrestler before falling to Souhegan to finish in fourth.

At 120 pounds, Ty Beauchemin was pinned by wrestlers from Campbell and White Mountains Regional.

The Bobcats had three wrestlers at 132 pounds. Nate Philbin fell to Natick and Spaulding and James Philbin started with a pin of Spaulding before falling to Kearsarge and Natick. Brock Tanner started with a loss to Conant but came back to beat Newport and Lebanon before falling to Natick to finish out his day.

Cole Ahern lost to Newport at 138 pounds, came back to get a pin over Kearsarge and then lost to Mascoma. Mason Lessard was also at 138 pounds and started with a pin over Newport. After being pinned by a Natick wrestlers, he was pinned by another Natick wrestler before beating Mascoma. He was pinned by Spaulding to close out the day.

At 145 pounds, Nate Ruff was pinned by Natick to start the day, came back to pin White Mountains and Oyster River before falling to White Mountains, Rob Petryki was pinned by wrestlers from Newport and Spaulding and Anthony Ciotti was pinned by wrestlers from Spaulding and Newport.

At 152 pounds, Luc Bisson was pinned by wrestlers from Lebanon and Spaulding.

Sanborn started with a pin by Souhegan at 160 pounds, came back to get a 4-3 win over Conant before being pinned by Matt Cleary.

Matt Tallman wrestled at 170 pounds and was pinned by wrestlers from Souhegan and Lebanon and at 182 pounds, Jaivon Cadore was pinned by wrestlers from Natick and Kearsarge.

The Bobcats will be back in action on Saturday, Feb. 15, at 9 a.m. at Salem.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## A disappointing, but likely necessary, move

I love Mookie Betts. He is a dynamic player with charisma that is hard to match.

However, it had become fairly clear that he was not resigning with the Red Sox at the end of this season. Losing such a great player and getting nothing in return would be a tough pill to swallow.

Reported accounts have stated that the Red Sox made a huge offer to Mookie in order to get him to sign a new deal, but he was determined to go to free agency and it became more and more apparent this offseason that he was likely getting traded at some point.

Well, that day came on Tuesday. I was at the Village Players Theater in Wolfeboro finishing up set build when the notification came through from the ESPN app on my iPad that the trade was made.

It's disappointing to lose Mookie Betts, without a question. The Red Sox are not as good without him as they were with him,



By JOSHUA SPAULDING

but I completely understand the reasoning for trading him. Chaim Bloom has had a tough first few months on the job, first having to deal with the cheating scandal that led to Alex Cora being relieved of his duties and now with this massive trade.

But, in my opinion, the Red Sox did the best they could with this trade. They got a solid Major League outfielder to fill the void left by Mookie's departure and they got a pitcher with plenty of power who has Major League ability and should be a key piece of the puzzle going forward.

The fact is that the Red Sox farm system was decimated by the regime of Dave Dombrowski. Bringing in two young pieces to add to the fairly young crew of Major League players, such as Xander Bogaerts, Christian

Vazquez, Rafael Devers and Jackie Bradley should have the Sox in a decent position moving forward. Though, Mookie would still be a better piece than both of those new pieces.

While Mookie was the big name in the trade, the fact that the Sox also got the Dodgers to take most of the massive contract of David Price is also a blessing. Not only does it give the Sox some financial flexibility, it also clears the team of what most people have viewed as a clubhouse cancer over the last few years. His fights with perhaps one of the most iconic Red Sox players of all time, Dennis Eckersley, pretty much proved that he was not the right fit in Boston.

Obviously, Price was instrumental in the 2018 World Series championship but being able to rid themselves of the presence and the contract is a positive moving forward.

I'm not going to say this is the best move in Red Sox history, but

unfortunately, it was a necessary move given what Mookie was looking for in free agency. It's apparent now that this is Chaim Bloom's team. It is going to be interesting to see just how this season unfolds.

Then again, as the weekend progressed came word that the third team involved in the trade was backing out. There's always drama.

Of course, it would be nice if there was a manager named at some point soon.

Finally, have a great day, Luke LaFreniere.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at [josh@salmonpress.news](mailto:josh@salmonpress.news) at 279-4516, or PO Box 729, Meredith, NH 03253.





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New word

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How they SAY that in...

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SPANISH: Afecto  
ITALIAN: Affetto  
FRENCH: Affection  
GERMAN: Zuneigung

Did you know?

FEBRUARY 14 IS A POPULAR DAY TO EXCHANGE GREETING CARDS.

GET THE PICTURE?

Can you guess what the bigger picture is?  
ANSWER: RED ROSE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the library. Each number corresponds to a letter. (Hint: 21 = a)

A. 4 24 24 14 6  
Clue: Volumes  
B. 22 21 10 21 17 24 7  
Clue: List of items  
C. 21 17 15 2 21 4 13 10 25 12 13  
Clue: Sort by letter  
D. 5 13 21 20 25 11 7  
Clue: Interpreting printed words

Answers: A. books B. catalog C. alphabetize D. reading

SUDOKU

5		9				6		8
		7					9	
4					6			
				2				
1	7	4						3
	9				5		4	
7		8	6		1			
	4							6
	3	5			9	2	4	

Level: Intermediate

Fun By The Numbers

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1	8	4	2	6	7	5	3	9
9	2	7	8	9	1	4	6	3
3	5	6	1	4	8	9	2	7
7	4	8	9	1	6	9	6	2
2	3	5	6	9	2	8	4	1
6	9	1	7	2	4	3	5	8
5	1	3	9	7	6	2	8	4
4	6	2	8	5	1	7	9	3
8	7	9	4	3	5	1	9	2

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