



Newfound Landing

THURSDAY, MARCH 9, 2017

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COMPLIMENTARY

Community celebrates former coach for settling construction bill for Newfound football field

BY DONNA RHODES
drhodes@salmonpress.news

BRIDGEWATER — On Feb. 26, Don Willett of Rumney was greeted at the Bridgewater Town Offices by his family, former football players and members of the Friends of Newfound Football organization who celebrated not only his 70th birthday, but thanked him for his recent donation that paid off the debt to Morrison Construction for the high school football field.

"These guys," Willett said, gesturing to former athletes David James, Joe Roach and Matt Richardson, "were my inspiration."

Willett was the first coach for Newfound Regional High School back in 2002 when the

football program initially got underway.

Before Willett signed on to be coach, FoNF was formed to not only support the future of football at NRHS, but to create a suitable facility for the sport on land that was provided by the Newfound Area School District. The district had limited their commitment to the football program by saying they would only provide manpower to mow the field. The rest was up to the nonprofit group to do on their own.

As a grassroots organization they relied heavily on the community to help in their success. Morrison Construction was instrumental in that endeavor when they stepped



Newfound Regional High School's very first football coach, Doug Willett, was joined by former players, school board officials and representatives of the Friends of Newfound Football as they thanked him for his recent donation that paid off the balance due for the construction of the school's football field. From left to right are former football teammates Joe Roach and Matt Richardson, Willett, Bryan Richardson of FoNF, 2002 quarterback David James, and Vince Migliore of Newfound Area School District.

up to build a field for the middle and high school years. They put no time restraints

SEE WILLETT, PAGE A15

Bristol selectmen move ahead with transfer station plans

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The town is moving forward with plans to reconfigure its solid waste transfer station.

Currently located in close proximity to the town's highway garage, the garbage and recycling bins would be moved toward an embankment on the site, with a new traffic route, according to preliminary plans developed in 2010 that are now being revised in light of the findings from test borings of the soil.

The work is being funded through a revolving fund established when the Concord Regional Solid Waste/Resource Recovery Cooperative, of which Bristol is a member, closed the Franklin ash landfill. Town Administrator Nik Coates said Bristol's fund currently has about \$160,000, with another \$40,000 due to the town from the co-op.

Selectmen are looking at both safety and finances in supporting the changes. Currently, vehicles arriving to recycle or dispose of solid waste

pass directly in front of the highway garage, making it dangerous for the highway crew. Highway Superintendent Mark Bucklin told selectmen on March 2 that, if not for the barking of dogs looking for treats from the attendant, the crew often would not know a vehicle was about to come around the corner.

The selectmen's other concern is the amount of solid waste being brought in by landlords and shopkeepers, adding to the tonnage the town

SEE TRANSFER, PAGE A15

'Ramblin' Richard' brings songs and stories of the war years to Minot-Sleeper Library

BRISTOL — People of all ages love the music from the World War II era, 1939-1945. On Thursday, March 9 at 6:30 p.m., Minot-Sleeper Library will host "Songs and Stories from the War Years" presented by Richard Kruppa. This entertaining and informative program focuses on some of the most beloved songs from that era. Songs like "Bluebirds over the White Cliffs of Dover," "Sentimental Journey," "Praise the Lord and Pass the Ammunition," and "Harbor Lights." Richard not only sings the songs, accompanying himself on guitar, five-string banjo, and baritone ukulele, but he tells their fascinating and unfamiliar stories as well; their meaning, how they came to be, and their significance.

Kruppa asks inter-

SEE RAMBLIN', PAGE A15



Richard Kruppa

COURTESY PHOTO



COURTESY

Steam locomotive similar to one that would have been serving Plymouth after 1850. Often, when roads were snowed in, the trains could run.



COURTESY

Steam locomotive similar to one that would have been serving Plymouth after 1850. Often, when roads were snowed in, the trains could run.

New Hampton Historical Society program inspires a look back at region's railroading history

BY TINK TAYLOR
Contributing Writer

NEW HAMPTON

— The recent forum in New Hampton to explore New Hamp-

shire's long history with railroads has sparked interest over

what took place further up the line in Plymouth..

There are many today who can recall the

SEE RAILROADING, PAGE A15

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Conservation Matters

Seasonal migration isn't just "for the birds"

A monthly column focused on conservation education, as the result of collaboration among several area conservation commissions and organizations. If your town's commission or conservation organization would like to contribute articles, please contact Jessica Tabolt Halm jess_tabolt@hotmail.com

BY STEVE WHITMAN

Alexandria Conservation Commission

Spring is almost here; soon, flowers will begin to poke their heads up through the recently thawed ground; the trees and shrubs will bud and soon burst forth into full foliage. Animals will be emerging from their winter dens, and others preparing to begin their journey from their overwinter habitat to their mating territories to reproduce and raise their young. We all know that many species of birds migrate to different habitats over the winter months, but many people don't realize that many mammals, reptiles and amphibians do the same. For these creatures, spring and fall are an especially dangerous time of year.

Exactly how animals navigate migratory routes has long been one of the great mysteries of science. It is believed that some use magnetic fields generated by the earth, some may use light waves or patterns, and others navigate using characteristics of the land such as mountain ranges or bodies of water. Whatever the method, most migratory routes other than for birds often require wildlife to venture into fragmented land [land which is broken up by development or roads] that make it necessary for the animals to leave the protective cover and relative safety of the fields or forest. Highways and roads pose the greatest threat, especially to the slower moving amphibians, turtles, and snakes. In the case of amphibians, motorists often don't see them [especially at night], turtles and snakes, unfortunately, are sometimes targeted as they attempt to cross the road. Larger animals are also at risk; however, because of their size and relative speed and agility, motorists are often able to avoid them or the animal is able to

escape. As drivers, we need to be aware of migratory routes and areas of wildlife activity, and exercise care when driving in these areas, especially during the migration season [both spring and fall]. If you see a "critter" crossing the road, help them out if you can do so without placing yourself in danger; avoid hitting them with your car; and when possible, pull safely off the road and assist in the crossing. Note: always place or direct "the critter" to the side of the road



COURTESY PHOTO

Turtle Rescue League

to which it was headed, as its natural instincts will force it to try to cross again.

Unfragmented segments of land are important for the protection and support of our wildlife. In our area, we have a wide variety of wildlife, some

seasonal, others full-time inhabitants. Some species migrate only a few miles between habitats, while others journey long distances. In the Lakes Region, we are fortunate to have many acres of unfragmented land, which allow wildlife

to move uninhibited and safely between multiple habitats. Residents need to continue working with their towns and the state to conserve unfragmented land through encouraging the designation of undeveloped land as "Town forests" or "State Parks", educating and helping interested property owners enact conservation easements, and working with Planning Boards to incorporate greenways that provide safe passage corridors for wildlife when

developing land.

We all have the privilege of living in a rural area and if we are to protect its character, we need to proactively manage and protect our resources including the land as well as the wildlife that inhabit the area. For information about how you can become actively involved, contact the Conservation Commission in your town or visit the New Hampshire Conservation Commission Web site at: <http://www.nhacc.org>.

Tapply-Thompson Community Center happenings

BRISTOL — The Tapply-Thompson Community Center currently has a wide variety of programs available for area residents.

Youth Cal Ripken Baseball & Babe Ruth Softball Registration is open: The TTCC will be accepting registrations for its Baseball & Softball program for ages four – 12 now through March 9. Check out the TTCC Web site at www.ttccrec.org for more information.

Guitar Lessons: Ongoing program being offered by Ethan Brown. Open to those in grades four through six. Classes run Thursdays afternoons at the TTCC. The cost is \$10/lesson. Contact the TTCC for more info and to get signed up.

Teen trip to Funspot & McDonald's: This trip is open to all teens in the Newfound Area. On Friday, March 3, we'll be leaving the TTCC at 5:45 p.m., and arriving back at approximately 10 p.m. The trip cost is \$5 / teen – but kids must bring their own spending money for games at Funspot & food at McDonald's. Open to kids in grades seven through 12.

More information here - http://www.ttccrec.org/teen_pro

grams/teen-trips/.

Luncheon for Seniors: This event was postponed from Feb. 9, and will now be held on Thursday, March 9 at noon. The Bristol Rotary Club along with the TTCC will be hosting a luncheon for Newfound Area Senior Citizens. Come join the Rotarians for this fun & tasty holiday meal at the TTCC! Door prizes & Bingo will be offered. Cost is just \$2 / person. Call the TTCC at 744-2713 to reserve a spot by Tuesday, March 7.

Youth Indoor Soccer: This program will be held at the Bridge-water Hebron Village School gym on Saturdays from March 11 – April 15. Ages four and five will run from 9 – 9:45 a.m., and ages six and seven from 10 – 11 a.m. The cost is \$10/player. This program offered by TTCC Youth Soccer Coaches for the younger kids interested in learning the game of soccer and having fun!

Special Olympics Young Athletes: This is an innovative sports play program for children with and without disabilities ages two through seven, designed to provide opportunities for young children to be active, have fun, and learn foundational sports

skills. The program supports physical, cognitive and social development — skills important on and off the sports field. It also offers families connections to local Special Olympics Programs. This is a free program that will run from March 11-April 15 from 11:15 a.m. – noon at the TTCC. Registration is required.

Mud Season Mixer: Tired of mud season? Well ditch your muddy boots, put on your dancing shoes and join us for a great evening of dancing to top 40, country and rock & roll with this popular New Hampshire band! Saturday, March 25, 7:30-10:30 p.m. at the Bristol Old Town Hall. There will be a Cash Bar & Snacks and the cost is \$15/person or \$25/Couple. Featuring the band "Club Soda." Tickets are on sale at the Bristol Town Office, TTCC & Minot Sleeper Library. A program offered by the

Bristol Community Events Committee.

Mother & Son Minute to Win It Game Night!: A special night for Mothers & Sons to join in some fun, silly competitions and games. All ages are welcome. Join us on Friday, March 31 from 6:30-8:30 p.m. The cost is \$15/ couple and includes refreshments & prizes. Call 744-2713 to reserve your spot by 3/24.

Babysitter Lessons & Safety Training (BLAST!): On Wednesday, April 26 at the TTCC from 9 a.m.-2 p.m. This class is for ages 12 & up, and costs \$50 per student. Gain the knowledge and skills needed to babysit infants and children. Brought to you by Emergency Care & Safety Institute (ECSI) and developed by the American Academy of Pediatrics, the world's leading authority on child well-being, the BLAST! program provides extensive

training in pediatric first aid, household safety, and the fundamentals of childcare. The BLAST! course is designed for potential babysitters ages 12 and older, their parents, and parents looking to hire a babysitter. This comprehensive training program can prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently. BLAST! features: Most current practices for safety and injury prevention while babysitting, First Aid basics for emergency response, Quick reference tools for babysitters, Fun and easy-to-follow booklet & more! Register through the TTCC at 744-2713 or email ttcc@metrocast.net. Need at least eight for class to run – sign up by Monday, April 24!

Newfound students earn high ratings at NH State Solo and Ensemble Festival

BRISTOL — Several musicians from Newfound Regional High School were recently awarded Superior and Excellent ratings at the New Hampshire State Solo and Ensemble Festival.

The annual festival, sponsored by the New Hampshire Music Educators Association, and held this year at the University of New Hampshire, provides for adjudication settings for soloists and small groups. The NRHS students who received "A" rat-

ings were Makayla Pixley, who sang "Many a New Day" from "Oklahoma"; Deanna Martin, who performed "With You" from "Pippin"; and Lisa Kato, who sang "Someone Like You" from "Jekyll and Hyde."

Receiving "B" ratings were: Rachel Manita, who sang "On My Own" from "Les Miserables," and Madison Martin, who performed "You'll Never Walk Alone" from "Carousel." Violinist, Lisa Kato, earned an "A" rating for her per-

formance of the Mozart Violin Concerto #3; Other Instrumentalists who were awarded "B" ratings include Ethan Pruett, on Alto Saxophone, who performed Schumann's "Fantasy Piece"; Justin Shokal and Michael Doan, who played Voxman's Saxophone Duet #64; and Cassandra McClay and Melissa Bavis, who performed the Mancinelli Flute Duet #5.

All of the students performed before a Master Teacher, who evaluated and rated the performances.

Correction

BRISTOL — In a photo caption that appeared in the Feb. 16 edition of the Newfound Landing, Anthony Ledbetter was incorrectly identified as the owner of the Newfound Trading Post.

The actual owners of the business are Rita and Lester Greenwood of Alexandria.

The Newfound Landing deeply regrets any confusion that may have resulted from this unfortunate but unintentional error.



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Sarah Hendrickson made history on Saturday by soaring off the Nansen Ski jump.



ALAN PLUMMER

Olympian with local ties re-christens long-dormant Nansen Ski Jump

BY JODY HOULE
The Berlin Reporter

Milan – Two ski jumpers made history on Saturday after being the first in 32 years to soar off the Nansen Ski Jump.

Up until Saturday, no one had jumped off the Nansen Ski Jump since 1982. The jump was closed in 1988, and, over the years, the 80 year old structure fell to disrepair

On the frigid morning of Saturday, the Red Bull sponsored event occurred in front of a small crowd as the event was made private. After 16-year-old Anna Hoffman, who is on the US Nordic Junior World Team, soared off the jump a couple of times to test conditions, Olympic Ski Jumper Sarah Hendrickson, 22, flew off the jump and landed safely.

After high-fiving Hoffman, she immediately went inside a vehicle that was ready and warmed up for her. While inside the vehicle she was approached and interviewed. During the interview she said that the strong winds cause her very petite body to be pushed slightly to the right of the hill. She decided not to jump again that day.

“Ski jumping was once a huge part of the

community here, and I can still feel that when I am here,” said Hendrickson according to a press release.

“People are really excited about this project and having this jump restored as a historical landmark, it’s really an honor to come back and jump and hear the stories from families in this area,” she said.

Hendrickson, of Utah, is the first wom-

an ever to compete in the Olympics as a ski jumper. She is the 2013 woman’s ski jumping World Champion. She ranks in 14th place in the World Cup.

After a series of leg injuries, she couldn’t compete in the 2015-16 Olympic season. Her jump on Saturday proved to be quite a comeback for her.

She has ties to New Hampshire – her parents grew up in Plymouth, and her father helped construct the jump at Plymouth Regional High School. Hendrickson visited the Milan structure two years ago, and decided that she wanted to jump off of it. The Los Angeles Times had picked up the story of plans to redevelop the ski jump and this prompted Red Bull Media to set up a metaphorical jump for Hendrickson. The company agreed to provide \$15,000 of funds to have HEB Engineers do a study on the structure of the steel frame to ensure the jump is safe.

all these wonderful memories,” added Wilson.

The 80 meter structure, located on Route 16, was built in 1936, and was one of the largest and highest steel jumps in the U.S. It was named after the oldest ski club, the Nansen Ski Club. In 1938, the jump was used in the first Olympic trials. It went unused after the 1980’s, and fell into disrepair and became dilapidated.

Work began in 2015 to restore the site. Brush clearing by Kelog company in Milan started last summer for the first phase. So far, workers from the Student Conservation Association fixed the judges stand last year which still needs more work, and this year, the crew rebuilt the wooden stairs replacing the ones that lead up to the jump. The wood was donated by White Mountain Lumber. Further plans include constructing an observation deck at the base of the jump to give visitors a visual sense of the experience of jumping off the structure. The retention pond will also be rebuilt.

Area residents embrace the KnockerBall craze

BY DONNA RHODES
drhodes@salmonpress.news

HOLDERNESS — Holderness Recreation Director Wendy Werner provided residents with a great way to get some exercise, and some good laughs at the same time, when she brought “KnockerBall” to town over February vacation week, offering participants a chance to play soccer and other fun games while strapped inside a large plastic bubble as onlookers enjoyed all the humorous action that ensued.

KnockerBall is a sporting activity that has been sweeping the nation since its inception in 2013. While it is a national brand, Matt Millen is the independent owner and operator of KnockerBall North Conway. He said his company has traveled all across northern New Hampshire to bring gaming opportunities to people of all ages.

“We held a tournament in Waterville Valley (two weeks ago) with 48 kids and 16 teams. It was a great time,” said Milliken.

KnockerBall is based on people ducking inside of inflatable balls where they hook into harnesses much like a back pack then grab a set of handholds to hang on to the clear plastic bubble surrounding them. From there they are off and running for some unique gaming opportunities.

Full contact sports take on a new meaning with KnockerBall, Milliken said, as the inflatables take the impact and maneuverability



DONNA RHODES

Eleven-year-old Jack from Holderness peers up from inside an inflatable ball during a Knockerball sporting event sponsored by Holderness Recreation Department over Feb. vacation.



DONNA RHODES

The Holderness Recreation Department held a Knockerball sporting event last week where soccer became a hilarious new kind of challenge once the players were strapped into inflatable balls.

on the playing field becomes a laugh-filled challenge.

The KnockerBalls themselves aren’t light however, with the smaller balls weighing 15-17 pounds and the larger size weighing in at 25 pounds.

“We limit the rounds of play to five to 10 minutes each because you can actually get pretty tired running around

in one of these,” he said.

Each game begins SEE **KNOCKERBALL**, PAGE A15

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For more information call the Church at 744-8132.

Naloxone (NARCAN) distribution events scheduled

BY DEB NARO
Contributor

Naloxone, more widely known as Narcan, can be a life-saving medication in the event of an overdose of heroin, fentanyl or prescription pain relievers. Naloxone is used in emergency situations to block the effects of opioids and reverse overdoses. Research has shown that with basic training, non-medical professionals, such as friends and family members, can administer Naloxone. With the passage of a state law in 2015, trained individuals are allowed to possess and administer Naloxone with immunity from civil, criminal, and professional liability to the prescriber, dispenser, and administrator of Naloxone.

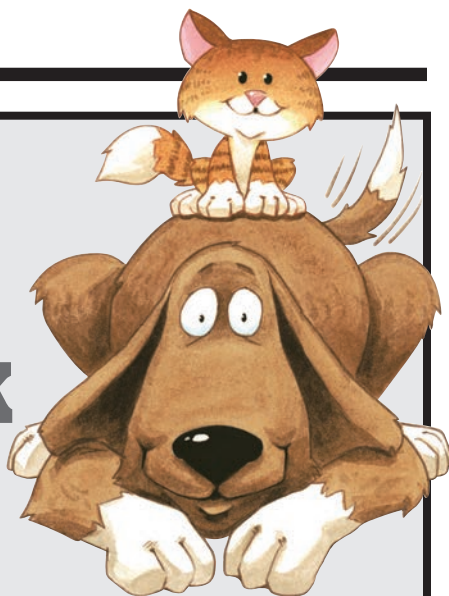
Free emergency Naloxone kits will be distributed locally on Thursday, March 16 from 3:30-5:30 p.m. at Whole Village Family Resource Center in Plymouth and Thursday, March 23 from 4-6:30 p.m. at the Minot-Sleeper Library in Bristol. Individuals

desiring a free Naloxone kit will be required to attend a brief training (training takes about 15 minutes) to review the intranasal naloxone process. No registration is necessary—the process is anonymous and no questions will be asked.

Not a Substitute for Emergency Medical Care. When administering NARCAN® Nasal Spray, always be sure to call 911 right away, even if the person wakes up. Keep the patient under close watch. If breathing does not return to normal or if breathing difficulty resumes, after two to three minutes, give an additional dose of NARCAN® Nasal Spray using a new device in the alternate nostril.

The Central New Hampshire Public Health Network is sponsoring this event as part of a state-wide initiative. For help, seek emergency medical attention by calling 911, call the Poison Help line at 1-800-222-1222, or call the NH Statewide Addiction Crisis Line at 1-844-711-HELP (4357).

PET of the Week Bella Luna



Pensively optimistic that the right home, with the right people is not too far off, Bella Luna, awaits her next adventure at New Hampshire Humane Society.

“Beautiful Moon” in Italian this pretty little dog, with a squishy curled tail like a Boston Terrier, and fetching Brindle markings, like a tiny Boxer, and languid brown eyes like a dog that just wants a permanent home, she requires an adults only home and one where she is the one and only dog.

She'll appear shy when you meet her,



but she has a big personality actually, once you get to know her. Vigorous and en-

ergetic, lots of exercise and constructive play would be her best wish. Come visit and

fall in love. Check www.nhhumane.org for more details.

Letters to the Editor

Newfound voters

To the Editor:

A gentle reminder to all voters in the Newfound School District. Very soon, we will be asked to vote on the financial and other aspects of the operations of the District. March 14. Of great concern to many is the problem of the high school roof. It leaks, and can you believe the roof is at least a couple of years older than its projected lifetime. A complete and thorough discussion can be found on the SAU 4 Web site. For me, the information provided found at the Web site is complete and convincing that we should vote to replace the roof this fiscal year — delay may well result in additional costs. A big thank you to the SAU office and staff for doing the research on this project.

The projected cost for this project and the amount added at the First Session is eight hundred thousand dollars. Yes that is a large sum but it is a one-time expense and should not require additional expense for many years. The estimated tax increase over the seven town is based on the average ADM for each town. A high of eighty nine cents/thousand to less than ten cents/ thousand. A home assessed at \$200,000 would be asked to pay from \$178 to \$20, depending in which of the seven towns the home is located.

I truly believe the roof needs to be repaired this fiscal year, and I hope you will support the budget to have this happen.

Archie L. Auger
Bristol

Excited to offer my experience as a candidate for budget committee

To the Editor:

My name is Janet Cavanagh, and I am a candidate for the Budget Committee in Bristol. I would like to take this opportunity to introduce myself to your readers and share why I believe I can make a meaningful contribution to our town.

I am dedicated to our town and its success. In addition to the fact that my husband and I have been in Bristol for 15 years, having retired here, I recently joined the town's Economic Development Committee. On this Committee, I am responsible for producing a detailed report of types of businesses currently in town and suggest new businesses which would enhance our economic growth. This project will entail working with the State and Dartmouth College to help determine what has helped similar towns and what programs may work well here.

Prior to moving to Bristol, I spent my career as an accountant working with manufacturers, whether it be a small facility or a multimillion dollar division of Johnson & Johnson. Through this work, I was responsible for managing and overseeing budgets and financial reporting. This work was a perfect match for my detail oriented nature. To me, budgets are more than simply numbers and dollars. The hallmark of my work

was to understand what they mean and how they impact an organization. A budget is a reflection of an organization's priorities – and I would like to take this view to Bristol's Budget Committee.

During my career, I also worked with my town's Community Development Office. This work was a great learning experience, as I was able to secure grants from the state to help draw new businesses into the downtown area.

I am known for having a straightforward management style and working well with large groups. Everyone has an opinion and it is important to listen to all of them. I have strong communication skills and a proven ability to work well with others to find common ground when none is readily apparent.

Bristol has several large capital items that have the potential to impact the town's near-term and long-term finances – specifically, the proposal to build a new town hall and replace the current town hall with the Police Department. I am excited to bring my 40-plus years of experience to the town's Budget Committee as it considers these and other important decisions.

Respectfully,

Janet R. Cavanagh
Bristol

Time for SB2

To the Editor:

To me, this is one of those things that if you step back, take a deep breath and really think about it, SB2 is a process who's time has come. We will still have our deliberative sessions where we can voice opinions and make desired changes. We will still hear the same few people blaviate on many subjects.

The big difference is that we wouldn't be constrained by time and commitments to decide on the issues and we would be allowed to go home to research and give some thought to the various ar-

ticles rather than be forced to vote without that consideration. On the second Tuesday in March, SB2 allows us an 11 or 12 hour window to vote on all the questions. As an added benefit anyone who knows they cannot make it to the voting booth can vote by absentee ballot. How can it get any better than that. Please join be in supporting and voting yes for SB2.

Sincerely,

JP Morrison
Bristol

Newfound Landing

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

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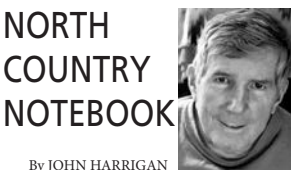
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Universal questions from a rooftop deck

Space exploration and voyages to the moon were the topic on National Public Radio's "1A" show last week, and I hung on every word. From boyhood on I had wondered about the stars, and space, and particu-



NORTH COUNTRY NOTEBOOK
By JOHN HARRIGAN

larly the Moon—and lo and behold, I was here when we walked on it.

After all, people crouched around fires and the mouths of caves for millennia, gazing up at the moon and wondering. And here I was, alive and on the planet for the answers. In school, our knowl-

edge of space was confined to the planets in our own little solar system, a mere speck of sand in the never-ending beach of space. Our neighboring planets' moons may have been known to science, but they weren't discussed.

As for space, I had a lot of questions, some then, some still now. If space goes on forever, then there is no end. In the physical sense, how can that be? If modern theory is correct, however, all light is eventually

bent, and thus by reason it must all amount to a giant sort of bubble? If so, what's beyond the bubble? In sum of all this, if there is a nothing, what is beyond the nothing? SEE **NOTEBOOK**, PAGE A16

Letters to the Editor

Voting yes to SB 2 is a good vote for Bristol

To the Editor:
Voting on issues that face a town is a civic duty that for hundreds of years has been done in a traditional town meeting format. There have been changes to who can legally vote on these issues in the hundreds of years, but not to the format in New Hampshire until NH Senate Bill 2 was adopted in 1995. Pursuant to NH RSA 40:13, any town, school district or cooperative school district that raises and appropriates funds at an annual meeting can adopt a process whereby all warrant articles are given their final vote by official ballot. Should the Town of Bristol voters vote to adopt this approach, it will make the annual decision making on budget and warrant a two session format:

Session 1 - a public meeting to discuss and amend the proposed warrant and then about a month later
Session 2 - to vote on the warrant at the polls.
There are many people touting pros and cons to this change, but I believe that SB 2 is the answer for Bristol for the following reasons.
SB 2 offers a way for MORE Bristol voters to take part in matters that affect the Town
On average only an average of 100 or so Bristol voters who include officials, employees and committee members are attending town meeting
Voters have time between 1st Session Deliberative Meeting and 2nd Session Voting Day to review warrant, research issues and prepare to

vote
With traditional town meeting most people have intimidated not having any idea of the warrant articles and information until the meeting and feeling pressured to vote one way or another by those proponents or opponents to an issue or article
Allows voters who are away to vote by absentee ballot
Many Bristol voters are away in winter and cannot participate in decisions because they cannot physically attend traditional town meeting
Polls being open typically 8 a.m. – 7 p.m. allows for more flexibility to voters to participate
Many Bristol voters are working, own businesses, have childcare issues or have other family obligations that keep

them from attending a sometimes day long Saturday town meeting
Allows voters the privacy of the voting booth to exercise their vote
Many Bristol voters have expressed feeling

intimidated by voice or hand vote process at Town Meeting and some have actually been accosted for positions taken at town meeting causing them to forgo participation

It is time for more voices to be heard for the choices that need to be made in Bristol. Please vote yes to SB 2 at the polls on March 14.
*Janet Cote
Bristol*

Reasons for change on Bristol's Select Board

To the Editor:
After getting elected to the budget committee in 2016, I can say that Bristol has been over taxed for at least a decade. The fact that all the collected, and yet unspent, taxes in recent years continue to be added to this unreserved fund points to the need for a change in direction of leadership. The Select Board has allowed this confiscation of wealth far too long. It is past time for better skilled people to manage this governmental enterprise that we call Bristol. And it is time to give back at least half of this unreserved fund to the rightful owners, we the tax payers of Bristol.
Thank you, Shaun, for the best endorsement that I've seen yet for electing John Sellers to Bristol's Select Board: your op-ed dated March 2 in the Newfound Landing, section A, page 6. Shaun, you simply stated that John has done the

job I expected you and Rick Alpers to do on the Select Board: to provide accountable oversight on spending of the general fund, so that Bristol fulfills its governmental role in providing the necessary governmental services to its people. You and Rick Alpers have failed the Bristol tax payers to the tune of \$1.2 million that are now locked away in an unreserved fund. I applaud the creativity of the departmental managers for wisely spending their budgets, and thank them for their service to the town and its people.
I am encouraging all concerned Bristol residents to come to the town meeting Saturday, March 18 to vote for SB2, which shall allow for greater participation in the democratic process here in Bristol, NH via a ballet vote on all future spending. Furthermore, I urge you to consider who you trust for serv-

ing on the Select Board going forward. Rick Alpers has been on this board for 14 years. Now seeing how much he has led on this confiscation of your wealth through over taxation demonstrates he also lacks the necessary skills to run this town's governmental services. It is time for a major change before we see more people leave Bristol for surrounding towns. We must change to avoid the loss of property value due to unnecessary taxation. Simply put Bristol is not growing, and this is one reason why. But it is not too late to turn this trend around! You can make a difference with your one vote!
It is time to vote for change Tuesday, March 14! I am supporting John Sellers for Select Board, and I am asking you to join with me and cast your vote for him as well.
*Wayne H. Anderson
Bristol*

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Plan for Health Care Costs During Retirement

When you retire, some of your expenses may go down – but health care is not likely to be one of them. In fact, your health care costs during retirement may well increase, so you may want to plan for these costs well before you leave the work force. How much can you expect to spend on health care during your retirement years? Consider these statistics:

- A 65-year-old couple who retired in 2016 will need about \$288,000 (in today's dollars) during retirement just to pay Medicare Parts B, D and supplemental insurance, according to HealthView Services, a company that provides health care cost projections for financial services firms. If out-of-pocket costs such as deductibles, co-pays, hearing, vision and dental are included, the lifetime figure rises to about \$377,000 in today's dollars.
- The national average for a private room in a nursing home is more than \$92,000 per year, according to a survey by Genworth, an insurance company. And the services of a home health aide cost more than \$45,000 per year, according to the same

survey. Medicare typically pays very little of these costs. To cope with these expenses, you'll want to integrate them into your overall retirement saving and investing strategies. Knowing the size of a potential health care burden may help motivate you to put as much as you can afford into your 401(k), IRA and other retirement accounts. Even when you're retired, part of your portfolio should be devoted to growth-oriented investments, such as stocks, to help pay for rising health care costs. It's true that stocks will always fluctuate, and you don't want to be forced to sell them when their price is down. However, you can help yourself avoid this problem by also owning a good mix of other investments, such as investment-grade corporate bonds, government securities and certificates of deposit (CDs), whose value may be more stable than that of stocks.

Another way to help defray the costs of health care is to work part-time a few years after you had originally planned to retire. This added income can help you delay tapping into your IRA and 401(k), thus giving these accounts a chance

to potentially grow further. Plus, you may be able to put off taking Social Security, and the longer you wait until you start collecting benefits, the bigger your checks will be, at least until they top out at age 70. These suggestions may help you meet many of your typical medical costs during retirement, but what about long-term care expenses, such as an extended stay in a nursing home or the need for home health care assistance? As mentioned above, these costs can be enormous. Fortunately, the financial marketplace does provide some cost-effective solutions for long-term care – solutions that may help you avoid "self-insuring." A financial professional can provide you with some recommendations in this area. It's probably unavoidable that your health care costs will rise, and possibly keep rising, when you're retired. But by being aware of these expenses years in advance, and by following a diligent saving and investment strategy – one that may also include a long-term care component – you can improve your "financial fitness" for dealing with health care costs.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



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Sellers and Eichman have the professionalism and sense of responsibility that Alpers lacks

To the Editor:
As we approach the 2017 election date, I would like to throw my support to the following two candidates for the two open positions on the Bristol Select board. Both John Sellers and Fred Eichman have demonstrated to me, through character and professionalism, that they possess these needed attributes for these very important openings. Unlike the incumbent who is seeking re-election to his seat on the Select board, these gentlemen exhibit the following traits that I believe differentiate them from him.
Both John and Fred have shown themselves to be respectful of all people, regardless of their beliefs. Rick, on the other hand, has shown himself to be a bully during his time on the Board, to both the public and fellow members of the Select board.
During purchase negotiations for the boat shop property, Rick exhibited his poor negotiating skills by jumping over the Select board agreed to upper limit purchase price of \$475,000 all the way up to \$550,000, which would have imposed an unnecessarily high price for a property that eventually sold for less than \$500,000. Also during this time, he disclosed pricing and other negotiation strategies during public sessions that should have been discussed in the non-public session. I believe both John and Fred will better respect the principles of oversight of taxpayer money.
Both John and Fred have demonstrated their ability in both leadership and prioritization of the actual

needs of the town over pet projects. Rick has repeatedly shown lack of prioritization in his tenure on the Select board, especially with issues like space needs taking a backseat to the downtown and library projects when presented with the obvious need for updating the police station.
Rick exhibited very childish behavior a few years back when he was not brought back to the chairmanship, as he obviously felt was his due; instead, he spent several months sulking in his corner seat, acting very unprofessionally; in my opinion, neither of these gentlemen share this very unbecoming behavior.
Both John and Fred take the responsibility of attendance to committees they have volunteered for very seriously; minutes will show Rick as a frequent no show to many of the committees he agreed to be Select board representative to.
John and Fred are both dedicated to seeking out the needs of the town of Bristol, prioritizing them and then doing the work to get them implemented. Rick, on the other hand, has admitted during this and

his last run for Select board that in many cases, bandaid fixes were used, which I found quite perplexing, considering Rick has been on the Select board for 12 of the last 13 years, and in my mind, had the box of bandaids in his hand during that time.
Over the last three years, we have lost many valued employees under Rick's watch. The trend continues, even after the poorly presented and implemented wage increases, which he told us was driving this exodus. Both John and Fred have indicated to me a personal desire to get to the bottom of this alarming issue with goals to actually solve the problem instead of just throwing money at it and make our employees feel respected and want to make a career here in Bristol.
This is why I, for the better of the town of Bristol, will be voting for both John Sellers and Fred Eichman this March 14. I believe these two new faces to the Select board would bring a fresh perspective to the many issues and projects anticipated in the next three years.
*Bill Cote
Bristol*

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Letters to the Editor

De-regulation and repeal worked for the airlines — it can work for Obamacare too

To the Editor:

Repeal then reform with de-regulation — it worked before; it can work now.

The airlines were de-regulated and they were once heavily controlled by government subsidies, life safety was first and foremost, and they had high capital needs—all just like health care.

Government got out of the airlines and allowed them to be competitive which drove down pricing by unbelievable amounts to where today you spend less than half on a LAX to New York City ticket than you did in the 1950s in real dollars. The price is the same today as in 1950, around \$650.

Safety was not compromised and free market competition weeded out the greedy, the weak, and or the protected and we all now can afford to fly. So too can insurance compa-

nies compete for your dollars to provide cradle to grave insurance without dumping us on the tax payer when insurance is most needed and used after age 65-Medicare. The insurance providers know exactly what it costs to provide you benefits for life, make them do it with competition.

The only state assistance would be for those most in need and that price would be much less in a deregulated and repealed Obama Care, a failed government socialist system.

It worked spectacularly with air travel — a very comparable industry where safety and lives are at stake- it can for health care.

First Repeal- then Reform with deregulation- back to our American enterprise system that always makes for better affordability when Uncle Sam gets

out of the way.

It will allow for many more people to get health care because it will drive down pricing while keeping safety intact but it must be completely free market like the Airlines were allowed to do to serve us all safely and fairly.

Then Americans can afford to help those most in need and know

To the Editor:

Most of the negative influences that happen are from outside our community. Unfortunately, most of our kids, after they graduate from high school, tend to gravitate outside of our community to go to college, work, or just live. Don't you think they deserve to be prepared when they do so? We have a great community. We have wonderful people who work very hard to help and mentor our kids.

The truth is that we have children in situations that no child should be in. As a community, we come together and help care for them. We know that there are those who are tempted to experiment with things that are destructive to them when they don't have all the facts about their dangers. We aren't trying to put law enforcement officials in schools to spy on our kids. We are looking

to those who can mentor our kids, point them in the right direction, help them to make good choices.

Are we expecting the Bristol PD to take one of their officers, send them to DARE training, and expect them to execute this program in all five of our elementary schools, spend time mentoring NMMS students, and be present at NRHS? If so, I think we are being unrealistic. It is my opinion, and the opinion of Stand Up Newfound that a School Resource Officer could make a positive influence on our kids. An SRO could ensure safety is first in our schools. Who knows? This officer might even convince some of our students to remain in our community. Perhaps become a local police officer themselves.

A School Resource Officer (SRO) can help to provide education programs and prevention activities that can advo-

cate and enable our children and youth to understand and make positive life choices in sometimes very difficult situations. The SRO works with school administrators, educators and counselors based on the needs of the students.

Examples of key roles SRO's play in school districts:

- Promote an atmosphere of safety and order for students and faculty members.
- Foster and promote in students a positive attitude toward law enforcement and good citizenship, including accountability for their actions.
- Educate students in the prevention and consequences of substance misuse and criminal activity.
- Provide security to the school district from outside threats or safety concerns.
- Assist students in problem solving, media-

programs closest to the needs of their neighbors and not filtered by bureaucrats.

Thank you,

*Jeff Frost
Alexandria*

tion, personal safety and accurate information if criminal justice system is involved.

The SRO is involved in a variety of functions aimed at prevention. The SRO is a resource for students, parents, teachers and administration regarding law issues. The SRO is a link to other service agencies which provide preventive and counseling services within the school district.

The duties and responsibilities vary in individual districts. Typically, the SRO works under the general supervision of the Chief of Police and the Superintendent of Schools, based on the needs and resources of the school district.

Please understand all the facts and vote yes on Article 3. Thank you for your consideration and interest in this important topic!

*Bryan and Debbie
Richardson
Stand Up Newfound*

Alpers and Milbrand will move Bristol forward

To the Editor:

I attended the Bristol Candidates Forum, and was impressed with the intelligent answers and vision for Bristol that Rick Alpers and Don Milbrand expressed in their answers to questions from the moderator and the public. They both showed that they have thought about the issues facing Bristol and understand them, both financially and

for the long term benefit to the citizens. They both bring experience in dealing with big projects and planning for the future. The other two candidates did not show the breadth of knowledge needed for a 21st century Bristol.

A vote for Don Milbrand and Rick Alpers for the Select Board will help move Bristol forward.

*Nancy Dowey
Bristol*

MacCaffrie and Carr are valuable assets to Bristol's Budget Committee

To the Editor:

As a concerned citizen, I would like to tell you my reasons for voting for both Kevin MacCaffrie and David Carr for re-election to the Bristol Budget Committee.

Both of these individuals have demon-

strated over the long haul the true meaning of RSA 32, which calls for a budget to be prepared and presented to the town voters by the budget committee. They both have championed the correct process of actually creating its own bud-

get instead of minor changes to the Select board budget that has been presented to us.

For these reasons, I think they are a valuable asset to the budget process for the town of Bristol.

*Bill Cote
Bristol*

Sellers will bring the change in management that Bristol needs

To the Editor:

Does Bristol need a change in management at the Select board level? I think it is about time, and we have the opportunity to make that change. This is why I am endorsing John Sellers for Select board! He would give Bristol a fresh set of eyes; for all too long, we have had the same people in control, with power to protect the status quo. John Sellers has the credentials, along with his analytical and management background to understand what the budget numbers actually represent. He is proactive on the budget committee with investigating and re-

questing back up information for expenditures; even if this is bothersome to some, it is a normal process to question expenditures and he is entitled to do per RSA 32; it's also called doing your job. Having to defend one's expenditures should not become a reason to be upset.

It seems to some Select board members that we are not allowed to question why we are not reducing, instead of constantly increasing, our taxes. Bristol has a limited tax base, our residential areas are being taxed to the max, and our commercial development areas are limited. We need an individual

with vision who will work to attract new businesses; businesses that fit our community and add to our tax base. What we don't need is less taxable property and a bigger tax burden to bear. We need an individual to work with all department heads and make sure they are working in Bristol's best interest. Yes, there are projects that need consideration, but we also need to keep our finite tax base in mind.

What has Bristol gotten for our tax money? Well, lets go over a few things — the downtown was supposed to be the Holy Grail of Bristol's rebirth, that if we built it, they will come! The downtown looks nice, but its still largely empty! The Mica Building and Mill Stream properties that the select board managed and took off

the tax rolls proved to be a real boondoggle. What do we have to show for them? A couple of parks, which we now have to maintain. If not for our voices, they would have taken the Boat Property off the tax rolls also. We have limited infrastructure to work with in Bristol, and we need a Select board that will not outspend our ability to pay taxes. The constant of increased taxes has a common thread; the same selectmen have been involved for a number years, now is an appropriate time to change the direction of Bristol with a Select board more aware and considerate of its tax paying citizens

Do we need new people on our board? You bet we do — vote John Sellers.

Thank you,

*Ernie Richards
Bristol*

it became town policy for anyone requesting public information, including sworn elected officials of the Budget Committee, are required to do so with a formal 91-A request. Now, the truth is that as a private citizen, John has requested information through this process, and he has also been authorized by the Budget Committee to seek information from the town to assist with Budget Committee discussion and budget preparation. It should also be noted that this new policy helped to create the divisiveness that Shaun Lageuex stated in his letter to the editor in the March 2 edition of this newspaper. When sworn elected officials are treated this badly, it is no wonder that new and qualified people do not want run for office or work for our town. People need to pay more attention to the facts...watch the video tapes of meetings on the town Web site if you cannot attend.

I normally would not go down this route, as I always prefer the high road, but comments and influences as they are, and as I have experienced first-hand during my tenure on the Select Board, spur me on to make a statement. I think it is high time for the old guard to move over or accept some new viewpoints, and stop with the negativity. Ask yourself why these people cannot work together with others. Is it simply be-

cause they do not share the same opinion, or is it tied to a personal agenda?

We have some real issues in Bristol, which include loss of employees despite extensive pay raises, lack of timely financial data availability due to ineffective hiring causing a revolving door for financial staff for more than a year, misguided prioritization in the light of crucial space needs issues for our police department vs. other feel nice projects like the multi-use trail touted as economic development to name just a few. I firmly believe that we need stronger leadership to address these and other issues facing Bristol. I also strongly believe that having varied opinions as part of any discussion and action on these issues will bring about better decisions.

With this letter, I do not want to state who you should vote for or try to influence your decision, except to say you should get involved, research the candidates and warrant articles that will require your vote and make your decision based on what you feel is the right decision for you and for the Town. Make up your own mind based on facts folks.

Please vote on March 14!

Don't forget Town Meeting on Saturday, March 18th at 9 am at Newfound Regional High School.

*Janet Cote
Bristol*



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NEW HAMPTON — Elizabeth Louise (Hammond) Moulton, 87, of New Hampton NH passed away peacefully at home on Feb. 22, 2017.

She was born in West Barrington, R.I. on Jan. 9, 1930. Her parents, Everett F. Hammond and Anna (Weinsteiger) Hammond, moved

the family to the farm on Fairgrounds Road in Plymouth when she was one year old. She attended Plymouth schools and worked as a telephone operator in the Plymouth telephone office. In 1951, she married Robert H. Moulton, and shortly thereafter, they moved to Ancestral Acres Farm in New

Hampton.

She is survived by her husband Robert after nearly 66 years of marriage, and her four sons (RJ Moulton and his wife Sandy of Filer, Idaho, William Moulton and his wife Paula of Meredith, Charles Moulton and his partner Frank Clay of New Hampton, and Sher-

man Moulton of New Hampton). She is also survived by her brother, Bob Hammond, and wife Jan of Powell, Wyo.

She has four grandchildren (Adam Moulton and partner Kirsten Wright of Portland, Ore., Ashley Moulton and partner Derek Aanson of Seattle, Wash.,

Tory Moulton and wife Courtney of Pocatello, Idaho, and Matthew Moulton of Meredith NH.

She was predeceased by her brothers Fred and Everett Hammond, and her sisters Mary (Hammond) Goulart and Rita (Hammond) Mitchell.

A gathering of

friends and family and a burial in the family cemetery at the farm will be held later in the spring (in May or early June, between sugaring and haying seasons).

The Mayhew Funeral Home and Crematorium, in Meredith and Plymouth, are assisting the family with their arrangements.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Spring Events

Second session of SB 2 Tuesday March 14, 11 a.m. to 7 p.m. Town Hall, Alexandria Village.

Maple sap is running, syrup is coming.

Day light savings time starts March 12.

Enjoy!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Rev. Gail Kinney will lead the South Danbury Church worship service at 11 a.m. on Sunday, March 12. Conversation and refreshments will follow. All are welcome and encouraged to attend.

Fedco Seed order

Time is almost up to be part of the Danbury Grows fedco seed order. You may also order potato and onion sets through the moose tubers division of the Fedco seed company. The shipping on the Moose Tubers catalog will be approximately an additional 63 cents per pound. These items will be shipped around April 1.

Blazing Star Grange's Winter Farmers Market was held on Saturday, March 4. Homemade yeast waffle sundaes with local toppings were on the breakfast menu. Upstairs, the Danbury grows group had a maple exhibit including a small evaporator that would make any backyard maple producer proud. The weather outside was cold and blustery however the interior was warmed with neighbors chatting and supporting local businesses. The last market of the season is April 1 with the theme "ready, set, grow."

Silent Movie

The annual silent movie night at the grange hall is next Saturday, the 18th at 7 p.m. The first movie will be a short film starring Buster Keaton called the Haunted House, followed by the Phantom of the Opera featuring Lon Chaney. Live music, which makes the movie, is provided by Jeff Rapis. Throughout the night, Jeff interjects silent movie magic and tales of the silent film era. Suggested donation at the door is \$5.

The Blazing Star

grange will be holding a bake sale on town voting day at the town hall. Voting Day is Tuesday, March 14, with polls opening at 11 a.m.

Groton

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

We had a good Select Board meeting tonight, though there were not too many in attendance. I think the icy roads kept people away. It is warming up thankfully so perhaps tomorrow will be easier traveling. Tonight was "Meet the Candidate" night, and we had three candidates there. All candidates are running non-contended.

Kyle Andrews, who is now serving as a Select Board member, has served the Town as Selectman cumulatively for seven years.

Tony Albert, who stepped up to take over as Town Moderator last year when Lou Lieto resigned, is now running for that position. Tony was able to go to a workshop put on by the State and it was very informative. This will be his first Town Meeting and he is looking forward to serving the Town in this capacity.

Deborah Johnson is running again for the Planning Board. She has faithfully and diligently served the Town in many ways over the past years. The Planning Board is working hard on revisions to the Master Plan. A copy of this is on the Town website. There will be another public hearing to discuss the Master Plan on March 29 from 7-8 p.m. at the Town House. Deb mentioned that the Planning Committee is looking to put together a Citizen's Committee to work with the Planning Board. This group will be forming in April and if you have any interest in serving on this committee, please contact the Town Office to submit your name.

The 2017 Town Report was presented and dedicated to Ron Madden who was in attendance at the meeting. Ron and his wife Virginia have lived in Groton since 2004. You have probably seen him driving around Town in one of the Highway Department vehicles as he has worked with the Town Highway Department for about 8 years. We appreciate all that Ron has done for the Town working as a Selectman, helping out in all sorts of ways including flipping burgers at Old Home Days. Thank you, Ron!

The new Town Reports will now be available at the Town House

starting on Wednesday. Come in and pick up your copy.

Meetings Coming Up: Select Board Work Sessions Tuesday, March 14, at 4 p.m. and Tuesday, March 21 at 5 p.m.

The March 21 meeting will include a Joint Loss Management meeting and a Building Committee meeting.

The Retention Committee will meet in the morning on March 14.

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

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

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

Churches

Christian Science Society, Plymouth

Our weekly service is on Sunday at 10 a.m. and Wednesday testimony meeting at 6 p.m. We find that these times to pray together, appreciate the lessons of the Bible and share how they guide and heal are invaluable. We would love to have you come and experience this for yourself. Everyone is welcome. We meet at 7 Emerson St., just off Highland Street in Plymouth.

Hymn singing is for us a joyous and inspiring part of our times together. One of these hymns includes:

From out the darkness and the dream, the haven of rest is nearing.

...With gifts of healing in his wings to light the Christ now guides us,

...His touch the door of Life unseals and bids us freely enter..

We look forward to seeing you.

Holy Trinity (Roman Catholic)

Day Away program

Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver

Elections:

Town Elections are March 14 at the Town House, 754 North Groton Rd. Polls are open from 11 a.m. to 7 p.m.

Town Meeting will be March 18 at the Town House beginning at 9 a.m. and going till Town business is finished. Bring food to share.

Hope to see you at elections!

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Area Women's Group

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

some much needed time off. Please contact Christine Santom at 786-2283 or come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region.

Taize Evening Prayer

There will be an evening of Taize prayer and music hosted by PSU Catholic Campus Ministry and the music ministry of Holy Trinity Parish on Sunday, March 12. The evening starts at 6 p.m. with a simple soup supper at St. Matthew Hall and then a beautiful candlelit service will follow in the church. This year, we will be praying for peace. Please consider attending and praying with us.

Newfound Area Churches Lenten Noontime Service and Luncheon

If school is cancelled, there will not be a service. If school is delayed, there will be a service. • March 1: Our Lady of Grace • March 8: Bristol UCC • March 15: Bristol Baptist • March 22: New Hampton Community • March 29: Alexandria Methodist • April 5: Hebron Union Service begins at noon, followed by a light lunch.

The Stations of the Cross will be prayed every Friday during Lent. The Stations will be prayed at each campus at the following times: St. Matthew Noon St. Agnes 3:30 p.m., Our Lady of Grace 6 p.m.

James Langill Fundraiser

Friday, March 10 from 5-7:30 p.m. at the Bristol Masonic Hall, there will be a Spaghetti Dinner Fundraiser for Bristol resident James Langill. James is a seven year old BES student that lives with a life threatening peanut allergy. He struggles each day, fearing that he might have a bad reaction. He has been granted the chance to get a peanut sniffing service dog from Texas. This dog will go everywhere James goes and will help him detect when something is around him. We would like to thank you in advance for all your help in getting this life saving furry companion. Adult plate is \$7 Kids plate (12U) is \$4.00. Meal includes Spaghetti, Salad, Bread, Drink and Some Desserts. Hope to see you there to support

James. If you can't make the Spaghetti Dinner his Go Fund Me page is <https://www.gofund-me.com/james-peanut-service-dog>.

Town Voting-Tuesday, March 14 and Town Meeting-Saturday, March 18

Voting — Tuesday, March 14

Voting for Hebron town officials, zoning amendment and Newfound Area School District officials and warrant articles will take place on Tuesday, March 14 from 11 a.m. to 7 p.m. in the basement of the Union Congregational Church located at 16 Church Lane in Hebron.

Business meeting — Saturday, March 18

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

663-0148, or email her at mcook@rcbm.org.

Campus Ministry

First Sunday Rosary: Join Campus Ministry students in praying the Rosary on Sunday, March 5, before the 11:30 a.m. Mass at St. Matthew Church. Prayer starts at 11:15 a.m.

Lenten Adult Faith Formation program: Rediscover Catholicism

As Lent approaches, let's start preparing for this year's parish program. Matthew Kelly's "Rediscover Catholicism" program takes us back to the small group format to read and discuss his book, "A Spiritual Guide to Living with Passion and Purpose." Please consider

SEE CHURCHES, PAGE A9

Mud Season Mixer



SATURDAY, MARCH 25TH
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The Asbury Jukes are having a party in Plymouth!

PLYMOUTH —The Flying Monkey Performance Center welcomes back Southside Johnny & The Asbury Jukes on Saturday, March 11 at 7:30 p.m. John “Southside” Lyon is known as a pioneer of New Jersey Rock N Roll with legions of fans from decades of high energy live shows. Tickets for this concert start at \$39.

Southside Johnny and the Asbury Jukes have been a staple of bluesy Rock N Roll since 1975. With a true Jersey Shore sound, John Lyon cut his teeth in Asbury Park, New Jersey, among the likes of Max Weinberg,

Steve Van Zandt, and Bruce Springsteen. In fact, Southside Johnny co-founded the Asbury Jukes band alongside Little Steven Van Zandt.

For Southside Johnny and the Asbury Jukes - ‘comfortable’ has never been a word associated with their brand of raucous, roots-tinged rock and bluesy reverie. The Jukes have more than 30 albums on their resume, thousands of acclaimed live performances across the globe, and a vibrant legacy of classic songs that have become “hits” to their large and famously-dedicated fan base.



With a decades-long successful career, Southside Johnny and the Asbury Jukes continue to deliver their soul-searing brand of raucous blues and R&B, with material mined from their many albums, featuring hits like “I Don’t Want To Go Home,” “Love On The Wrong Side Of Town,” “The Fever,” “This Time It’s For Real,” “Talk To Me” and their definitive fun-time cover of “We’re Having A Party.” The Jukes’ legendary high-energy live performances always

satisfy with their classic blend of Stax-influenced R&B and gritty, Stonesey rock and roll.

“With the Jukes, you’re out there every night leading this great rock n’ roll circus, giving it everything you’ve got,” says Southside Johnny Lyon.

Tickets for Southside Johnny & The Asbury Jukes are \$39, and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

COURTESY

(Left) The Flying Monkey Performance Center welcomes back Southside Johnny & The Asbury Jukes on Saturday, March 11 at 7:30 p.m.

Churches

FROM PAGE A7

taking advantage of this excellent opportunity for your Lenten journey of faith. For additional information, or to register, call or e-mail Tony Fitzherbert, Elena Worrall or Deacon Mike: Tony: 536-2188 or tony-subway@aol.com Elena: 744-0105 or elena@daveelena.com Deacon Mike: 536-4700 or deaconguy1997@gmail.com

Knights Breakfast

To benefit Haven Pregnancy Center The Knights of Columbus will serve their monthly breakfast on Sunday, March 5. Come and enjoy the best breakfast in town. All proceeds for this month’s breakfast will go to the Haven Pregnancy Center.

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

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

Plymouth Episcopal (Church of the Holy Spirit)

Lent has started and we have 40 days to think about the ways we serve others. Join us at our Sunday 8 or 9:30 a.m. service for a time to reflect and renew our commitments to help one other.

Lenten Devotional Booklets

Did you pick up your Lenten Devotion booklet? There are still copies available, so if you haven’t gotten one, come to church on Sunday to pick yours up, or contact Deacon Maryan at maryaneee@msn.com for more options.

Shrove Tuesday Mardi Gras Supper

Our Shrove Tuesday Mardi Gras and Pancake Supper was a great success. People enjoyed pancakes, jambalaya, shrimp etouffee with rice as well as many yummy desserts. Many thanks to all the cooks and all who came to celebrate community!

Ash Wednesday Noon Service and Chowder

Luncheon

The noon time Ash Wednesday service took place at the LCL center and was well attended as was the Chowder luncheon which took place at Griswold Hall directly after the service. Again many thanks to the cooks and all who came!

Lenten Lunch and a Movie

The Lenten lunch and movie series will start on Tuesday, March 7 at 10 a.m. at Griswold Hall. The series will offer the time to watch a popular movie in community and then discuss its contents in the light of our faith. The story line of a film is enhanced by its surroundings and its ability to touch and feed all our senses in a way that captivates us and helps us to understand the story in the way the producer intends. Most of the time we are quite unaware how a film’s music, scenery, color and story create the drama or comedy we behold on the screen. Lunch and discussion follow the movie. Please plan to bring a brown bag lunch and come join us! Questions: email Deacon Maryan @ maryaneee@msn.com.

Donate to the Local Food Bank

Our local food banks are always looking for donated canned goods, and CHS has a collection basket at the church for you to donate! Think of what one can of soup or fruit a week from each of us could do! You may bring items directly to the Food Bank (located at the Community Closet, across the street from Rite-Aid) on Tuesday and Thursday mornings from 9-11 a.m.-or place items in the basket at the back of the church, and Kathy Lennox will collect all items and take them to the Food Bank weekly.

Episcopal Church Women

Because the ECW sponsored the Ash Wednesday chowder luncheon, there will no meeting this month. Their next meeting will be on April 6.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fel-

lowship 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.

“The person who risks nothing, does nothing, has nothing, is nothing. He or she may avoid suffering and sorrow, but he or she simply cannot learn, feel, change, grow, love – live. Only a person who risks is free.”

Janet Rand

Sunday, March 12, 9:30 a.m. The Road Less Traveled By

We are guaranteed nothing in life except life itself, and what we get is an adventure, not always a happy one but always a learning experience as well as joy, fear, and maybe even despair. Come join us as members of our congregation share their spiritual journey on The Road Less Traveled By.

Paul Tierney, Worship Leader
Sarah Dan Jones, Music Director

Children and Youth Religious Education, Meredith Flynn, DRE

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

Room 1: Preschool-Kindergarten: Chalice Children- Core Message- At our church we talk about and value feelings.

Room 2: First-Third grade: In Our Hands- Core Message- Today we explore our wishes of fairness and peace for ourselves, our families, and the world.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Message- It is important to explore and articulate our own religious identity.

Middle school: Neighboring Faiths- The middle school youth meet at 9:30 a.m. in the youth room for an introduction to Unitarian Universalism.

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

Social Justice Community Outreach for March – Plymouth Area Recovery Connection (PARC) is a local, grass-

roots, volunteer based Recovery Community Organization that provides peer support services, referral, education and advocacy for people who are suffering from substance misuse disorders, and their family members. PARC also manages a six to eight bed recovery residence in Plymouth, which seeks to create a supportive alcohol and drug-free living environment for community members early on the path to wellness. PARC welcomes all persons suffering from drug and alcohol misuse into a path of recovery and helps to connect them with services that exist in our community to achieve and sustain sobriety. We seek to build a network of support around individuals who are working to overcome challenges to a drug and alcohol free life. For more information, call Marcia Morris at 254-5090. A collection will be taken later in the month.

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

Ongoing activities

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

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

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

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

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

Starr King Men’s Group meets 6-8 p.m., on the first and third Sundays in classroom #3 downstairs. This is not a closed group so

any interested male can attend. Feel free to drop in.

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

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

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



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MARCH 11TH:
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MVCS Lower El. Campus

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LRSO concert March 18 features Mozart and Dvorak

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to our Welcome Spring! concert on Saturday March 18 at 7:30 p.m. at newly-renovated theater at Inter-Lakes high school in Meredith. The program includes an eclectic mix of selections from the poetic to the magnificent. Selections include the thought-provoking tone poem Anishinaabeg Rhapsody by local composer Ken Piotrowski, the beautiful and haunting “Nimrod” from Elgar’s Enigma Variations, the divine interplay between strings and orchestra in Mozart’s Sinfonia Concertante for Violin and Viola, and the sumptuous, and perhaps Dvorak’s most famous work, “Symphony No. 9 (New World Symphony).”

Many works – many backgrounds. The Anishinaabeg Rhapsody, a tone-poem unlike standard orchestral music, paints images and thoughts of the indigenous tribes that inhabited the upper peninsula of Michigan. LRSO violinist Margaret Hopkins and violist Sally Wituszynski are featured on Sinfonia Concertante, Mozart’s last concerted work for strings, contains rich themes and passion perhaps atypical for its time in the late 1700’s.

Nimrod, from the Enigma Variations, is the most well-loved of Elgar’s Variations, a deeply moving work written for his close friend August Jaeger. And finally Dvorak’s landmark Symphony No. 9 “From the New World” depicts the composer’s bold and inimitable impressions of America during his visit in 1892, building glorious

themes inspired by simple folk songs.

This March 18 concert is the third in the LRSO’s spectacular 2016-2017 season. Reserve the other dates for the remainder of our season now: April 9th Family Concert featuring the Select Chorus from Inter-Lakes High School under the direction of Emily Eynon - this concert is FREE for children and only \$5 for adults; Our season closer May 13 Pops “The Sounds of Sinatra!” speaks for itself, featuring crooner Michael Gallagan. Full concert details are at www.LRSO.org.

Tickets are only \$15 for adults and \$8 for children and students college-age and under. Tickets are available online at www.lrso.org/tickets, or from these ticket outlets: Innisfree Bookshop and the Mobil station across from the town docks in Meredith; Greenlaw’s Music in Laconia; and Bayswater Books in Center Harbor. Any unsold tickets will be available at the door starting one hour before each concert.

We must emphasize – due to the variety of ticket outlets we maintain, including online, if one of the ticket sources is ‘sold out’ please check with other sources. If you typically purchase online and it says “sold out,” check back – we sometimes have the opportunity to move tickets between sources and repopulate online sales.

The LRSO greatly appreciates the support of its March concert sponsor Foley Oil and Propane. Their generous community support is a big part of what makes the LRSO, a community orchestra, possible.



Violinist Margaret Hopkins and Violist Sally Wituszynski perform Mozart Sinfonia Concertante with the Lakes Region Symphony Orchestra on March 18 at Inter-Lakes Auditorium in Meredith

Local businesses support benefit concert for food program

NEW HAMPTON — Local businesses are stepping up to support a Benefit Concert for NH Gleans Program-Belknap County on March 11. “Plant Extra for Hunger” raffle items already donated include gift cards from The Common Man, Hannaford, Hart’s Turkey Farm Restaurant, Osbourne’s AG Way, and Vista Foods. Home Depot is providing a large set of garden tools and seeds and Lowe’s donated a wheel barrow full of gardening supplies.

“These donations help our fund-raising and show great

commitment by the community to alleviate hunger in New Hampshire,” said Donna Hepp, Chair of the Belknap County Conservation District. “We are pleased that local businesses are “investing” in our Gleaning Program and more are still coming forward.”

With St. Patrick’s Day right around the corner, Irish and folk music is right in season. The Plant Extra for Hunger Concert is on Saturday, March 11, at 7 p.m at the Mc Envoy Theater in New Hampton featuring Boston-based band, Peter O’Halloran and the Hired Men. The location is 70 Main St. in New Hampton (Theater and parking GPS

address: 34 Dr. Childs Rd.).

The concert supports NH Gleans-Belknap County, a program run by the Belknap County Conservation District (BCCD). NH Gleans-Belknap County is part of a larger network operated by The Sustainability Institute at the University of New Hampshire. The program coordinates harvest of surplus vegetables and fruit from farms and home gardeners and distributes it to senior centers, food pantries and soup kitchens.

In 2016, Belknap County farmers and gardeners donated more than 5,800 pounds of fresh vegetables and fruit worth \$23,200 which were collected

and distributed by NH Gleans-Belknap County volunteers. Income from this concert will help NH Gleans-Belknap County continue and expand these efforts in 2017. More information about the gleaning program will be available at the concert.

Concert tickets are \$15 before March 6 and \$20 at the door. For ticket information, contact Lisa Morin at 527-5880 or email: lisa.morin@nh.nacdn.net. You can download a ticket order form from the BCCD Web site: www.belknapccd.org.

For more information on NH Gleans-Belknap County, contact Russ Bailey at belknapgleans11@gmail.com.



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Plymouth Pediatric & Adolescent Medicine to become a Speare medical practice

PLYMOUTH — Medicine from D-H to Speare Memorial Hospital and Dartmouth-Hitchcock (D-H) have jointly agreed to transition Plymouth Pediatric & Adolescent

Medicine from D-H to Speare in April 2017. “Speare has been working with Dartmouth-Hitchcock for several months to ensure the greater

Plymouth community continues to have access to high quality, comprehensive care for our newborns, children and adolescents,” says Michelle McEwen, President & CEO of Speare.

The discussions were spurred by recent retirements and changes in the medical providers at the practice,

which potentially impacted D-H’s ability to continue to provide inpatient newborn care at Speare.

“Speare has a highly regarded obstetrics program that would have been put in jeopardy without the support of local pediatricians,” says McEwen. “We are committed to serving the many young families who want to deliver their babies at Speare and have local care thereafter. We have already assembled a great team of pediatric providers to continue serving our communities’ children, from infancy to adulthood.”

The transition to Speare offers a number of opportunities, such as enhanced communications, care coordination, and collaboration. One of the early benefits will be the transition to the same electronic health record as Speare, providing the medical practitioners at Plymouth Pediatric & Adolescent Medicine with the entire clinical view of their patients. D-H will continue to provide specialty pediatric services offered by Children’s Hospital at Dartmouth-Hitchcock (CHaD) as needed.

“Our community has been well served by the Plymouth Pediatric & Adolescent Medicine practice for the past 35 years under Dartmouth-Hitchcock’s leadership,” says McEwen. “The leadership at Speare is committed to continuing their legacy of delivering high quality and accessible patient-centered care.”

Medical providers at Plymouth Pediatric & Adolescent Medicine will include: Drs. Eric Shamansky, Nancy Crocker, David Cunis, Kermit Brunelle and Wilma Hyde, APRN, Gabrielle Gray, APRN. Dr. Oliver Salmon and Ashley Francis, APRN will join the practice in the upcoming months.

Speare Memorial Hospital —a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a Health-StrongTM: Top 100 Critical Access Hospital and a Becker’s Top 50 Critical Access Hospitals to know in 2016. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

Colorectal cancer: Screening and risk reduction for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

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

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

- Adenocarcinomas – Nearly 95% of colorectal cancers fall under this classification. As described above, adenocarcinomas form as a polyp or series of polyps found in the mucus-secreting glands in the colon or rectum.
- Gastrointestinal carcinoid tumors – These slow-growing tumors form within the gastrointestinal (GI) tract from a specific type of neuroendocrine cell. Gastrointestinal carcinoid tumors are considered to be rare, making up approximately 1 percent of colorectal cancers.
- Lymphomas – Even rarer than gastrointestinal carcinoid tumors, lymphomas generally develop in the lymph nodes.
- Certain factors, both controllable and uncontrollable, can increase one’s overall risk of developing colorectal cancer. Those who are both over-

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

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

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

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

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

- Colonoscopy: A flexible, fiber-optic instrument, known as a colonoscope, is used in this test in order to examine the entire length of the colon. Any growths that are detected during the process can be removed immediately. Note that certain medical societies and expert groups recommend that adults at average risk stop screening colonoscopies at age 75.

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

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

Other Ways to Reduce the Risk of Colorectal Cancer
Innovation in medical technology will certainly help pave the way for new and

expanded methods of colorectal cancer screening, with the goal of providing faster and more accurate detection. However, one should not rely solely on screening to support prevention. Seniors can reduce their overall risk by adjusting certain aspects of their lifestyle and by making healthy choices. Here’s how:

- Maintain a healthy weight
- Increase daily vegetable/fruit intake
- Limit or eliminate intake of red/processed meats
- Decrease alcohol consumption
- Test for vitamin D deficiency, and increase intake accordingly
- Consider taking multivitamins containing folate
- Stay physically active
- Quit smoking

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

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com for more information.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	50 Prestige Drive	Single-Family Residential	\$279,000	Kerry M. Williams 1999 RET and Kerry M. Williams	Wayne E. and Kathleen B. Weigold
Bristol	59 Winter St.	Single-Family Residential	\$210,000	Barbara L. and Stanley J. Skeats	Joseph F. and Gail M. Sarto
Campton	405 Beech Hill Rd.	Single-Family Residential	\$376,000	Conrad H. Biber 1993 RET and Marianne R. Biber	Christopher H. De-Ronde
Holderness	98 High Country Way	Mobile Home	\$65,066	Wallace J. and Cheryl A. Scott	Paul and Joanne Nightingale
Holderness	48 Hollows Rd.	Mobile Home	\$45,466	Dave and Mary L. Charron	Darold W. and Melissa R. Dunham
Rumney	597 Dorchester Rd.	Single-Family Residential	\$215,000	Peter and Michele Pizzo	Frank McLain and Pauline McLain
Thornton	49 High Brook Rd.	Single-Family Residential	\$274,533	Richard and Jane Bonomi	Stephen and Holly Kirkpatrick
Thornton	65 Mountain River East Rd., Unit 57	Condominium	\$130,900	Lathorpe Ronald C Est. and Dawn M. Hyland	Thomas H. and Rebecca P. Hagerty
Thornton	2030 NH Route 175	Single-Family Residential	\$170,000	James and Nicole Chesnie	Grant A. Baker and Dana S. Williams
Waterville Valley	7 Pine Tree Way, Unit 41	Condominium	\$149,000	Deirdre Redden	Joseph C. Colangelo and Lisa Parizeau-Colangelo

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Bond Basics



BY MARK PATTERSON

Often times, I have mentioned that I do not care for bond funds, and would much prefer to ladder a bond portfolio to the client's needs and wants. Bond funds are perpetual, which means they really have no maturity date. The problem with not having a maturity date is that you are at interest rate risk that you, as the fund participant, can't control. If you owned individual bonds, bills, notes, agency paper, zero coupons or even CD's then you have the ability to sell the bond for profit or loss, or hold to maturity or if called by a provision in the bond that makes it callable.

You do not defer the decision regarding tax consequences to the fund manager. He or she doesn't know your particular situation and really does not care.

So if you are going to manage a fixed income portfolio or have an asset manager handle it, then you should know something about bonds. Corporate bonds are typically a good blend of yield and reasonable safety. Beware that there are junk bonds in almost all classes of bonds, but typically found in corporate issuance or municipal.

A typical bond offering may look like this: Bristol-Meyers Squibb Co bond 3.250 11/1/2023 A2 A+ 101.434- 101.733 3.011

This offering is pretty straight forward, not callable, just a typical corporate bond. The first section simply tells us who is offering the bond and what the coupon or yield is. Then it shows the date of maturity followed

by two rating agencies grading. These are good quality bonds. Then the bid price for the bond followed by the ask price. Then the yield to maturity. You would notice that the yield to maturity is not as high as the coupon. The reason is that we would pay a premium for this bond which lowers the yield that we receive. Par is considered 100, and if we were buying a lesser quality bond we may get a discount like 960 that would increase yield to

maturity.

When I refer to laddering, I am simply structuring the portfolio so that we have maturities that are spread across a time horizon designed for your needs. Bond prices will fluctuate with changes in interest rates or risks, but if you hold your bond or bonds until maturity you should get exactly what we bargained for in the beginning. Sometimes you may get the opportunity to sell early for capital appreciation

or loss but the point is that it is a choice you maintain, not a fund managers. You are also not at as much interest rate risk because you simply can reinvest the maturing bonds at the current higher or lower rate.

So, if you have bond funds, I encourage you to manage or have an asset manager design and manage your own personal portfolio that just for you and your special situation. Many people are suspicious of bonds because of potentially

rising rates. A well-constructed bond ladder can mitigate some of this interest rate risk by having the bonds mature at specific intervals, thus allowing the portfolio manager to reinvest at current rates. This is referred to as "immunizing" the portfolio against rising interest rates.

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

FSB's SmileSquad provides smiles to 122 participants at annual Webster Lake Ice Fishing Derby

FRANKLIN — FSB's SmileSquad continued its mission of paying it forward recently by purchasing 122 tickets with a total value of \$1,440 to the annual Webster Lake Ice Fish-

ing Derby. Members of the SmileSquad group visited several local businesses to include Camaro Heaven, Bryant & Lawrence, Winnisquam Market & Deli, Grevior Furniture,

Barn Store, Newfound Trading Post and Castaway Bait & Tackle, to buy fishing derby tickets for patrons of these establishments. The locations were announced the day of each event to listeners of Mix 94.1FM and promoted on social media.

"It's truly amazing to see the impact SmileSquad makes in our communities," said Sarah Stanley, community relations officer. "Through this recent random act of kindness, we were able to create smiles for families in support of this annual event, benefitting great organizations including the Webster Lake Ice Fishing Derby, Franklin Outing Club and Every Child is Ours."

Founded in 2013 by Stanley, the Franklin Savings Bank SmileSquad is a program that connects the bank with the communities it serves on another level. The program continues to pay it forward with random acts of kindness to benefit local non-profits, businesses and community members. This altruistic program provides an element of surprise by not disclosing where SmileSquad members will show up in the communities served by FSB. The goal behind the program is to create a ripple effect of random acts of kindness, thereby encouraging others to simply

'pay it forward.'

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Nashua and Rochester, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.



The New Hampshire Maple Experience

March 11, 18, 25, 26, 29, and April 1


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




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

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NH Humane Society welcomes Stephen Miller to its Board of Directors

LACONIA – The New Hampshire Humane Society is pleased to welcome Stephen Miller as the newest member of its Board of Directors. Miller has been a volunteering at the New Hampshire Humane Society since 2015, and joined the Board of Directors in February 2017. He worked for five years at the Newfound Memorial Middle School as a para educator and drama department director. While heading up the drama department, he completed six shows with no less than 60 children per pro-

duction! After leaving Newfound Memorial, he launched Miller Coffman Productions; his first rock musical, Siren's Den, debuts in New York City in May 2017. Growing up in Bridgewater and New York City gave Stephen Miller an inclusive world view, especially given his early years on campus at Plymouth State University, where his father was an academic. Miller's mother was active locally as the Vice-President of the New Hampshire Family Planning Council, instilling in

him a commitment to community involvement. Miller has been very involved with the school system in Bristol, as well as the Tapply Thomson Community Center and Bristol Community Services. A dedicated animal lover, he shares his home with his dog, Cooper; cats, Scarlet and Isabel, and; guinea pigs, Lola Squeaker and Oreo. Already a member of the New Hampshire Humane Society's fundraising committee, Miller is very excited for the bright future that the New Hampshire Hu-



Stephen Miller with his dog, Cooper.

Altrusa of Meredith offering scholarships

MEREDITH — Altrusa of Meredith is offering scholarships to nontraditional students living or working in Meredith, Center Harbor, Moultonborough, New Hampton or Sandwich and 23 years of age and older. Scholarships are intended for individuals upgrading their job skills (for example but

not limited to – LNA programs, recertification programs), undergraduate students and graduate students. Those interested are encouraged to apply by March 31. Applications may be found online at Altrusa of Meredith, Lakes Region Community College, public libraries in Meredith, Moultonborough, Center

Harbor, New Hampton or Sandwich. For further information, contact Linda Matson at 279-5929 or Phyllis Hamblet at 279-6794. In 2016, Altrusa awarded \$5,000 to students and the Altrusa Scholarship Committee looks forward to receiving and reviewing the applications for 2017 scholarship awards.

Franklin Animal Shelter to host Spring Fling Raffle and Dance the Decades Dance

FRANKLIN — This year, the Franklin Animal Shelter is celebrating the coming of spring with a Spring Fling Raffle and a Dance the Decades dance. The raffle ticket prizes include:

- 1st prize – One Night Stay Common Man Inn, Claremont (Pet Friendly Room).
- 2nd prize – One Night Stay Highland Lake Inn, Andover
- 3rd prize – \$50 Gift Certificate Homestead Restaurant, Britol
- 4th prize – Season Pass Bank of NH Pavil-

lion, Guilford Raffle tickets can be purchased for \$5/each or \$10 for three. The drawing will take place on April 1 at the Dance The Decades dance. The Dance the Decades dance is being held on April 1 at the Elks Club from 7 to 11 p.m. Our friend, Jason Wright, will be DJing the evening playing your favorite music from your favorite decade. Come dressed (optional) wearing the clothing style of your favorite decade. Light refreshments will

be served. Advance ticket sales are being sold at \$12 per person. Tickets at the door are \$15 per person. Tickets and raffle tickets are available on line at www.franklinanimalshelter.com, or by calling Christine Dzujna at 934-7163. The Franklin Animal Shelter is a tax-exempt organization. Tax deductible contributions may be made through the Web site, www.franklinanimalshelter.com, or mailed to PO Box 265, Franklin, NH 03235

Retired Educators meet March 21

GILFORD — The Lakes Region Retired Educators' Association will hold a meeting on Tuesday, March 21 at Pheasant Ridge Golf Club in Gilford. The meeting will start at 11 a.m., with check-in starting at 10:30 a.m. A Buffet featuring grilled chicken

breast will be served following the Meeting. The cost of the meal is \$16. The Phone Captains will be calling for your reservations. The program will begin at approximately 12:45 p.m. Our Speaker will be Matt Karsten, known for his many travels and hikes. He will be sharing some

of his many adventures with us. You won't want to miss this presentation. If you don't get a call from a Phone Captain, you may call Susan Karsten at 254-6050 to make a reservation. All reservations must be called in by March 13. Hope to see many of you there.

NH Humane Society to host Spring Rabies Clinic

LACONIA — The New Hampshire Humane Society will host a rabies clinic at the shelter on Meredith Center Road, Saturday, March 18 from 9 a.m. – noon; cats from 9 – 10 a.m., and dogs from 10 a.m. – noon. The Laconia City Clerk will also be present from 10 a.m. – noon to register dogs for Laconia city residents. New Hampshire State law requires all cats and dogs to receive a rabies vaccination and periodic boosters to ensure protection against this debilitating disease. The rabies clinic, held at the New Hampshire Humane Society shelter

at 1305 Meredith Center Rd., Laconia, is open to anyone with a cat or dog older than 12 weeks of age. All cats must be in a carrier, and dogs must be leashed to ensure safety. The cost per animal is \$15. Rabies vaccinations will be for a one-year period, unless proof of prior vaccination is provided, in which case the shot will cover the pet for three years. Microchipping services will also be available, for a cost of \$25 per animal. Vaccines will be given on a first-come, first-served basis, no appointment necessary; cash only.

NHHS Executive Director, Marylee Gorham, says, "This is an important community outreach initiative that we provide - a fast, inexpensive vaccine service for pet owners in and around the Lakes Region. We've vaccinated over 500 animals at our clinics and are happy to continue to offer this valuable service to our community." For more information about the clinic, and to view adoptable pets and learn about other programs offered at the animal welfare organization, call 524-3252 or check nhhumane.org.

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PSU student Initiative addresses North Country community sustainability

‘Lancaster Initiative’ brings together more than 60 students from various disciplines with community and business leaders to identify ways to attract and retain young professionals

PLYMOUTH — Plymouth State University (PSU) and members of the Lancaster, New Hampshire business community today announced an initiative to stimulate entrepreneurial growth in the North Country community. The effort will involve more than 60 PSU students from various academic disciplines, and is the latest such project in the university’s transformation to a collaborative, applied learning model.

Lancaster business leaders Peter Powell of Peter W. Powell Real Estate and Greg Cloutier of Lancaster Main Street Buildings, met with a group of PSU faculty in the fall of 2016 to explore a multifaceted project with student-led support. The project will involve exploring ways to launch and stimulate entrepreneurial ventures in town, developing strategies to attract and retain young professionals, and multi-use planning for the landmark Lancaster National Bank building, recently purchased by Cloutier.

“The Lancaster Initiative is a great expression of collaborative, applied learning in action,” said Roy Stever, professor of business, Plymouth State University. “The aging workforce is a statewide issue, but is particularly acute in the North Coun-



COURTESY

Plymouth State University students are working with members of the Lancaster, New Hampshire business community on an initiative to stimulate entrepreneurial growth in the North Country community. The effort will involve more than 60 students from various academic disciplines, and is the latest such project in the university’s transformation to a collaborative, applied learning model. The project will involve exploring ways to launch and stimulate entrepreneurial ventures in town, developing strategies to attract and retain young professionals, and multi-use planning for the landmark Lancaster National Bank building (center).

try. Through the three areas of this project, PSU students will explore ways in which Lancaster can attract young professionals to live and work

there. What better way to engage students in the North Country than by addressing this issue?” The four-course, cross-collaborative

initiative includes students from 10 different academic disciplines including the arts, communications, adventure education, health promo-

tion, design and a range of business majors. Led by PSU faculty members Stever and Pamela Anneser, and Eric Spieth of the Enterprise Center at Plymouth, the students will travel to Lancaster regularly throughout the semester for field-based research and activities.

“It is exciting to see Plymouth State implementing the integrated cluster model, and that it is reaching into the North Country,” said Cathy Conway, vice president, economic development, Northern Community Investment Corporation (NCIC) and Board of Trustee member, University System of New Hampshire. “Lancaster is located at the intersection of major north-south and east-west routes, it is the county seat, and has many positive assets, including a fabulous downtown area, but it needs to be a place where young people and small businesses can thrive. The PSU Lancaster initiative will

engage students with community partners to address challenges and create sustainable solutions – it is a unique opportunity with great potential.”

The 16-week effort will engage community leaders, business owners, students and young professionals in a design-led approach to evaluating challenges and opportunities to attract young people and small, entrepreneurial businesses to Lancaster. Organizations such as NCIC and the Northern Forest Center will participate in the process, and Passumpsic Bank continues as a strong partner in the development of the landmark Lancaster National Bank building.

For information about Plymouth State University and its integrated cluster education model, visit www.plymouth.edu. For additional information about the Lancaster Initiative, please contact Roy Stever at rrstever@plymouth.edu.

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REGIONAL SCHOOL DISTRICT
PLYMOUTH REGIONAL HIGH SCHOOL**

**COACHING OPPORTUNITY
2016-2017 School Year**

Girls Tennis Coach
Salary \$2,446.99 plus – depending on experience.
Any interested applicants, please send coaching resume and references to:
James Carey, Director of Athletics
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
jcarey@pemibaker.org

Deadline for applications is March 10, 2017.

**PEMI-BAKER REGIONAL SCHOOL DISTRICT
PLYMOUTH REGIONAL HIGH SCHOOL**

**COACHING OPPORTUNITIES
2016-2017 School Year**

Varsity Girls Lacrosse Coach – Salary \$3,011.68 plus – depending on experience.

Junior Varsity Girls Lacrosse Coach – Salary \$2,446.99 plus – depending on experience.

Any interested applicants, please send coaching resume and references to:
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Deadline for applications is March 10, 2017.

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■ **Willett**

FROM PAGE A1

on the repayment plan, but FoNF has worked diligently over the past 15 years to clear that debt.

In the early years businesses like the Cherrydale Company helped by providing candy bars to be sold at the games and the funds raised by that and other initiatives sine that time have supported the team and FoNF.

“I remember pulling up to the field back then with my car filled with their candy bars to sell,” Willett said.

Willett said that with the support of his

wife Barbara he had the opportunity this year to ease the burden of FoNF and was glad they could do so.

“The construction of the field was really a ‘Gift of Love’ from Morrison’s and to pay it off now with this donation by Coach Willett is incredible,” said Bryan Richardson of FoNH.

School Board member Vince Migliore serves as a member of the district’s Football Field Oversight Committee, and was also on hand to thank Willett for his generous donation.

“This relieves the burden of the cost for the field and allows the Friends of Newfound

Football to raise funds for other portions of the program,” Migliore said.

FoNF Secretary Michelle Tait added they can now focus on maintenance of the field along with other added amenities.

“Electricity is a big one for us,” Tait said. “We hope to get that run up to the field in the near future.”

The debt relief will now allow for the possibility of future projects like lighting the field for night games.

“This was a really generous donation and we can’t thank him enough,” said Richardson.

Green State University in Ohio.

The event will be held at Minot-Sleeper Library on Thursday, March 9 at 6:30 p.m. The event is free and all are welcome. For more information, call the library at 744-3352 or email librarian@townofbristolnh.org.

Ramblin’

FROM PAGE A1

esting and thought-provoking questions, such as "What popular song was written in response to the bombing of Pearl Harbor?" "What song was popular worldwide and thought to be from each country

where it was popular?" and "What WW II-era song was a top hit written and recorded by a state governor?"

Richard Kruppa, known musically as “Ramblin’ Richard,” is a member of the New England Foundation for the Arts, and a retired professor from Bowling

Railroading

FROM PAGE A1

glory days of railroads in Plymouth; maybe not as far back as

1844 when the New Hampshire legislature chartered the Boston, Concord and Montreal Railroad, or when the rails first reached Plymouth in 1850, but certainly as far back as the early 1940s. That was when the town's school students would rush down the hill from their school (today's Memorial Hall at PSU) to the railroad station (today's Senior Center) during lunch break to meet the northbound train Alouette which carried members of the Boston Bruins hockey team en route to and from Montreal -- all to get their autographs.

Seven years after the rails had first reached Plymouth in 1850, the B.C. & M. RR established its headquarters in Plymouth near the Pemigewasset Hotel alongside the tracks near where Rands is today. That hotel burned in 1863 but was rebuilt. North and southbound trains, as many as five a day, commonly made stops for meals there, and the school kids knew that gave them time to work the train cars for team autographs. Many players spoke only French.

Trains headed to Montreal went via the Baker River Valley past where railroad president Josiah Quincy lived, but not before stopping three times at stations Quincy, Rumney, West Rumney (Swainboro) and It was the only town with three stops. Then onto Wells River, Vt. for the connection into Montreal. Mr. Quincy's portrait still hangs in the State House at Concord.

There was a locomotive round house with turntable in Plymouth north of where today's sewage treatment plant is located. For the 30,000 cords of firewood -- at \$2.50 per -- needed to fire its stable of steam engines, the railroad turned to Warren where nearly 100 men

were employed to fill the order. Coal was far more costly and there was amply firewood supply in these parts. Those wood-burning, fire-breathing monsters of the rails carried such names as Pe-haungun, Moosilauk, Winnipiseogie, Chocorua and Ahquedanken and could burn wood as fast as the fireman could keep the firebox full.

A wood stove heated each coach while sperm oil lamps lighted them by night. Plymouth's rail depot, which won an architectural award for its design, was completed in 1910. It became the center of town. Today it stands almost exactly as it did back then minus some bowling alley's in the basement and a lunch counter, the outline of which is still visible in the main (waiting) room.

Some locals became stockholders of the B.C. & M. Railroad (later taken over by the Boston and Maine Railroad) by swapping shares for wooden ties or the firewood they produced. In 1869 U.S. President Ulysses S. Grant passed through Plymouth by rail en route to the grand opening of the Cog Railway up Mt. Washington conceived, designed and constructed by Sylvester Marsh, a Campton native. An 1882 head-on crash between two trains (only a single track) at Ashland Hill's Long Pond between a passenger and cattle train shut down the line. There were other mishaps.

In 1960, the Baker Valley Line was abandoned and the tracks were torn up to be laid elsewhere, mostly along the alternative Northern Railroad from Concord through Andover/Enfield/Canaan and on to White River Junction. In the mid-1960s rail service, which continued onto Lincoln for a short while thereafter with mostly freight, ceased operations altogether ending the rail era in Plymouth.

Today, only tourist

excursion trains run out of Meredith and Lincoln are all that is left although efforts are underway in the southern tier of New Hampshire to bring passenger service back into Nashua/the Manchester Airport/Manchester downtown from Lowell, Mass.

KnockerBall

FROM PAGE A3

with instructions that include no further contact when someone is tipped over. Once someone does roll over in their ball, he also advises that they roll onto their stomach before they try to stand back up with the inflatable.

“If you don’t, you’ll be like a turtle on its back,” Milliken said.

Approximately two-dozen people from several local towns took part in last week’s KnockerBall games at Holderness Central School, and just as many more sat on the bleachers to watch and even videotape all the action.

“This is a riot! I don’t want to do it, but I’m having a great time watching,” said one spectator.

Emily and Elsa were part of a crew from Bristol who came to

Transfer

FROM PAGE A1

must pay to have hauled away. As part of the re-configuration, selectmen hope to install scales to weigh large loads and charge appropriate fees for the extra material being brought in.

The town is starting to address that issue with an article on this year’s town warrant that would set load limits and impose fees for items and loads that exceed what a typical family would generate.

Selectmen want to avoid an unpopular “pay-as-you-throw” program such as many municipalities have adopted, which requires people to purchase special trash bags to help the town or city to recoup the cost of disposing of their trash — a program that critics condemn as forcing people to pay twice: once through taxes and again through special fees.

The original plan called for establishing three lanes of traffic to speed up the disposal process, but engineer Michael McNally reported that the test borings revealed some of the ground surface is not sufficiently solid to support the weight it would have to bear. Moving the disposal area 30 feet closer to the highway garage would be necessary, which would narrow the space for the traffic lanes.

The new configu-

try out the sport. Emily said she heard about KnockerBall and had decided she wanted to try it out for herself.

“I’ve never done this before but it looks like so much fun,” she said.

Isaiah was among the first to play a roly-poly game of soccer and confessed that while it was indeed a lot of fun, it also was tiring.

“It’s a bit nerve-racking when someone pushes you over because you instantly think your head is going to hit the floor, but it doesn’t. Being in the ball also bounces your organs around a bit, but it was definitely a lot of fun,” the 11-year-old said.

Seventeen-year-old Ruthie of Campton came to the event with a group of friends and was excited that she finally had a chance to try out the new sport sensation she had been following for some

ration would provide safety fencing alongside the solid waste and recycling bins, with a new attendant’s building between them to oversee the disposal. The bins for demolition material and metals, currently located at the bottom of the hill by the burnables area, would be incorporated topside with the other disposal bins.

Once McNally and Bucklin have adjusted the plans to accommodate the information from the test borings, they can begin the permitting process. They hope to have final plans they can present to the voters at Town Meeting 2018.

Selectmen approved the transfer of \$7,900 from the revolving fund to cover the cost of the test pits and engineering work to date.

Also on March 2, selectmen approved the hiring of Donna Lane as grant administrator for the community development block grant obtained in support of New England Family Housing’s building project off Lake Street. The workforce housing grant includes money to pay a grant administrator, and the \$13,000 approved includes \$11,500 for her and \$1,500 to cover the work of other town employees.

Selectmen accepted the Plymouth Area Chamber of Commerce’s donation of the booth at the foot of Newfound Lake. The booth fell into

time now.

“I’ve been watching videos about this since 2013, and the fact that I actually just did it was awesome,” she said.

As a field hockey player, she was aggressive during her KnockerBall Soccer game, saying she never got knocked down but she managed to knock over everyone else who got in her way.

“I would absolutely love to do this again,” said Ruthie.

Werner said she first learned of KnockerBall during a Parks and Recreation seminar she attended. She contacted Milliken to set it up and was glad she had the opportunity to let both children and adults enjoy the activity.

“I’m hoping I can bring this back for our Summer Escape program. I think all of the kids would really love it,” said Werner.

Milliken said that

disrepair after the Newfound Region Chamber of Commerce, which operated it during the summer months, merged with the Plymouth group. The town hopes to staff it part-time during the summer and provide information about the area to tourists and other visitors.

In discussing economic development, selectmen agreed to meet with the planning and zoning boards to discuss their common vision for the town. Selectman Rick Alpers said the discussion should include whether the town is sufficiently business-friendly and whether it should make changes in some of its regulations to promote further business development.

Coates said the town is working on a maintenance plan for the municipal buildings, downtown common, town beaches, cemeteries, and bike path, and will plan to have the areas cleaned up by Memorial Day.

Newfound Pathways obtained assurance that its planned bike safety and health fair, to take place in June before schools close, would not require special insurance. As a community event, the selectmen said activities would be covered under the town’s insurance policy, but cautioned that, if the event grows in future years, it might be necessary for the group to take out its own insurance.

his company will bring their KnockerBalls to all types of venues, such as schools programs, recreational organizations, and even fundraising events. In addition to soccer they also provide other games, which include relay races, musical chairs and a bit of “full contact” hoola hoop fun.

“It’s not like renting a bouncy house for a party though; we have someone come to supervise every event. We cater to everyone from 7-8 year-olds to adults but quite frankly I think the adults sometimes have even more fun with this than the kids sometimes,” said Milliken.

To learn more about KnockerBall in New Hampshire, please visit his Web site, www.knockerballnorthconway.com, or call Milliken at 662-0326 to arrange for an event.



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Notebook

FROM PAGE A5

+++++

The nearest galaxy is often described as about 4.2 light years away. Other stars and galaxies are described as hundreds of millions and sometimes billions of light years away.

A light year is how far light can travel in one year--around six trillion miles, and that's "trillion," with a "t." How far is that? You figure it out. I can barely measure my fencelines.

Okay, so given these almost unfathomable distances, and how long it takes light from one of the more distant stars or galaxies to get here, (a) am I actually looking at 100-million-year old light, and (b) if it took the light I'm looking at that long to reach my eyes, could I be seeing a star that is actually long gone, as in blown up, or sucked into a black hole?

Could I be, in essence, seeing a ghost?

+++++

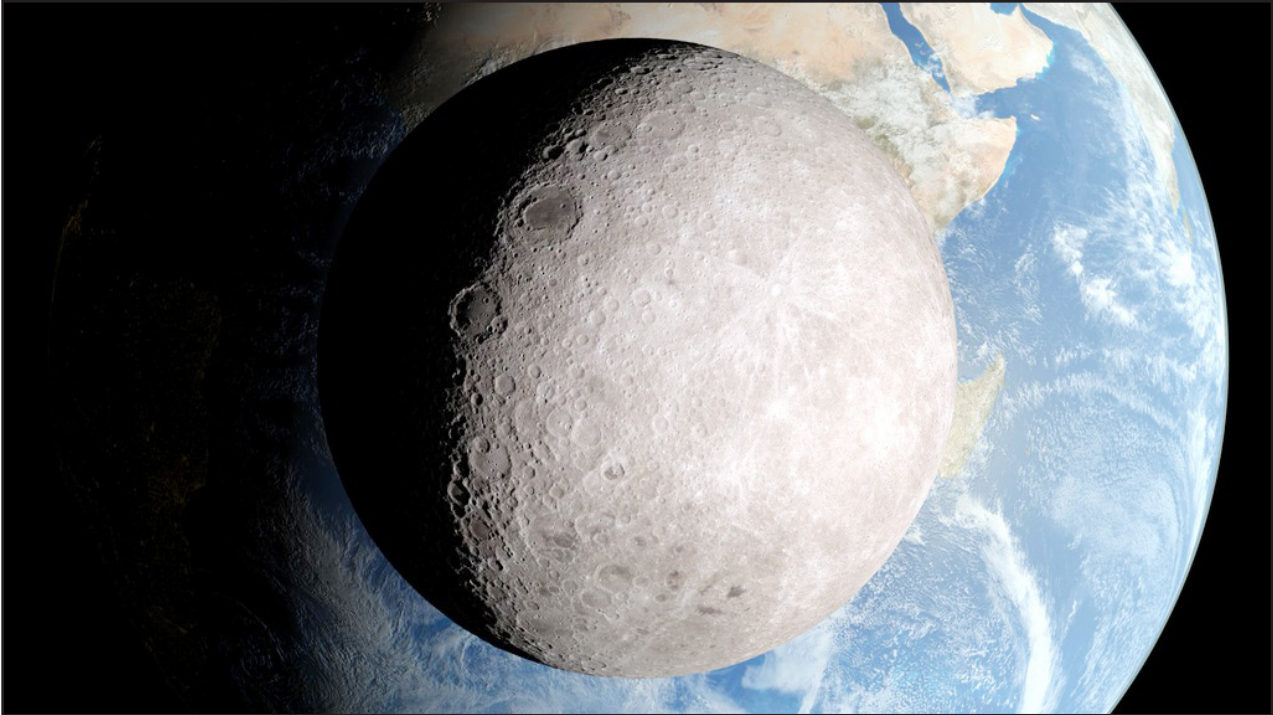
I have a rooftop deck, where supine guests and I, on a crisp and clear night, can

behold the heavens unimpeded by any ambient light whatsoever. To achieve this, I run around and turn off or shield every single source of light in barns, sheds and house, and get back up to the deck by flashlight.

I try to orchestrate these occasions around the times of the most noted meteor showers--the Perseids and the Leonids of August and November. There, recumbent on the deck, armed with mere binoculars, we are inevitably blown away by the brightness and vastness of the Milky Way, and the scope of the all-enveloping blackness, pricked by millions of little pinholes of light.

Who gets to do this kind of thing any more? How many of us are able to escape the ever-advancing ambient light--the lights of today, and the new lights winking on all over the land, the very symbol of what passes for progress?

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should



COURTESY — NASA

The moon as the ancients could not have imagined it, in orbit over Africa and the world.



COURTESY — SPACE.COM

The Milky Way, over ridge-top palms.

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Tryout times:

Monday, March 20th:

Squirts 5:30-6:30 (Birth year 2007 and 2008)

Peewee 6:50-7:50 (Birth year 2005 and 2006)

Tuesday, March 21st:

Mites 5:00-5:50 (Birth year 2009 and younger based on experience)

Squirts 6:10-7:00 (Birth year 2007 and 2008)

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

Wednesday, March 22nd:

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

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

All skaters must register on-line BY MARCH 17!

PLAYER TRYOUT REGISTRATION:

on our website www.lryha.org

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

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Rabies \$15

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nhhumane.org

include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

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March 14, 2017

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Meet faculty in your areas of interest, talk with current PSU students, check out residence halls, have lunch in the dining hall, explore the campus, ask questions—find out what it's like to be a Panther!

SATURDAY, APRIL 1

FRIDAY, APRIL 7

MONDAY, APRIL 17

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Newfound Landing Sports

Section **B**
Thursday,
Thursday, March 9, 2017

What's On Tap

Playoffs are all that's left on the sports scene for the high school teams.

The Division II boys' basketball tournament quarterfinals are Saturday, March 11, at the home of the higher seed at 7 p.m. The semifinals are Wednesday, March 15, at UNH at 5:30 and 7:30 p.m.

The Division II girls' basketball finals are set for Friday, March 10, at 7 p.m. at Southern New Hampshire University.

The unified basketball tournament second round is tonight, March 9, at the home of the higher seed at 5 p.m., followed by the quarterfinals on Tuesday, March 14, at 5 p.m. at the home of the higher seed. The semifinals are Thursday, March 16, at the home of the higher seed at 5 p.m.

The ice hockey state finals will be held on Saturday, March 11, at Southern New Hampshire University Arena in Manchester. The girls' championship starts at 10 a.m., followed by Division III at 12:15 p.m., Division II at 2:30 p.m. and Division I at 4:30 p.m.

The Nordic skiing Meet of Champions will be held on Tuesday, March 14, at 4 p.m. at the Dublin cross-country track.

Sudden ending Newfound hoop girls see perfect season end with semifinal buzzer-beater

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — And just like that, it was over.

After an undefeated regular season and a pair of playoff wins, the Newfound girls' basketball team could do nothing but walk off the Southern New Hampshire University court in stunned silence as Conant's last second drive to the basket fell through the net, giving them the 52-50 win on Tuesday, Feb. 28, sending Newfound home a game short of their ultimate goal.

"We had a nice lead and then our inexperience started to show," said Newfound coach Karri Peterson, referencing her team's lack of time in the big game. "We got rattled at the end and they didn't."

The veteran coach noted that losing senior Amanda Johnston to an injury was a key part of the game. Johnston had been a force on the



JOSHUA SPAULDING

The Newfound bench celebrates a late basket during semifinal action on Feb. 28.

boards and going to the hoop but she suffered a wrist injury midway through the third quarter. She tried to fight

through the injury but was having a hard time gripping the basketball.

"Amanda getting hurt was key," Peterson said.



JOSHUA SPAULDING

Amanda Johnston puts up a shot during action against Conant last week.

"That was a key part in our game. To have her on the bench hurt.

"But we didn't want to do further damage to

her wrist, obviously," Peterson added. Johnston was seen on the sidelines with the train-

SEE **HOOPS** PAGE B3



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Bobcats start strong but can't finish in finale

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — In the final game of the regular season, with playoffs not in the cards for either team, both the Plymouth and Kennett boys' basketball teams were looking to end the season on a positive note. On Thursday, March 2, it was the Eagles doing just that, as they recovered from an early hole and went on to roll past the Bobcats by a 53-32 score in North Conway. "We played great defense for 32 minutes, but we gave up offensive rebounds early," said Kennett coach Jack Loynd. "But we really took those away later. Most of the second, third and fourth we didn't allow many second chances. "We hit a couple of banked shots that went in and that kind of got us back in it," Loynd said of the early game.

"We just aren't able to put teams away when we're ready," said Plymouth coach Mike Sullivan. "The same thing happened against ConVal, a game we won, and against Bow on Tuesday. "You get down and you get a little frustrated," Sullivan continued. "Things kind of snowball from there."

Out of the gate it was all Plymouth, as the Bobcats scored the game's first eight points. However, it was all Kennett after that, as the Eagles went on a 25-7 run to close out the first half and never looked back. Nick Qualey's three-pointer got the scoring started for the Bobcats and Jake Lamb followed with a pair of baskets and a free throw for the 8-0 lead for Plymouth.

A Ryan Meader three-pointer got the Eagles on the board with just less than two minutes to play in the quarter. An Owen Brickley



Joshua Spaulding
Chad Merrill pulls down a rebound in action against Kennett last week.

hoop pushed Plymouth's lead to 10-3 after the first quarter. Pat Cullen, the lone senior for the Eagles, scored the first hoop of the second quarter but a Colby Moore free throw answered for the Bobcats. Jack Thompson hit a hoop for Kennett but Lamb came back with a hoop for Plymouth. Cullen converted a three-point play to cut the lead to 13-10 before Qualey hit a hoop for the Bobcats to push the lead back to five. That, however, was the final hoop for the Bobcats in the first half. Colby Livingston got Kennett's run started with a hoop and then a Trey Snowden three-pointer with 2:16 to go in the half tied the game at 15. Justin Olson hit a hoop and then sunk a three-pointer for a 20-15 lead and a Livingston three pushed it to 23-15. Brett Miller closed out Kennett's 15-0 run to the halftime break with a bucket and Kennett led 25-15 at halftime.

Dan Carey hit a hoop to get the Bobcats started in the second half but Kennett came back with a 13-0 spurt that sent the lead soaring to 38-17. Cullen got the run started with a hoop and then buckets from Thompson and Foster Piotrow made it 31-17. Snowden sank a three-pointer and Miller and Thompson each hit hoops to finish out the 13-0 run. Carey stopped the run with a free throw but Olson came right back with a three for the Eagles. Mike Hogan drilled a three for the Bobcats and Carey and Lamb each hit a pair of free throws to finish out the third quarter and Kennett's lead stood at 41-25 heading to the final eight minutes. Lamb got the first basket of the fourth quarter but Thompson hit two free throws and Piotrow hit one. Cullen also hit a hoop for Kennett to push the lead to 46-27. After Lamb hit a hoop for the Bobcats,



Joshua Spaulding
Colby Moore soars through traffic on his way to the net in action on Thursday.

Miller and Cullen hit back-to-back baskets and Alex Butts drained a three-pointer from the corner to push the lead to 53-29. Qualey, who started the scoring with a three-pointer, ended it with a three-pointer and the final stood at 53-32. "I thought we took care of the ball really well," Loynd said. "Early in the season, we turned that ball over in pressure situations. "But we were pretty good tonight," he added. "And things were pretty evenly distributed." The Eagle coach touted the fact that, like the Bobcats, he has just one senior and he hopes the kids have learned a lot over the course of the season. "We went into the year with almost no var-

sity experience," Loynd said. "They're pretty committed and I never felt down." The 4-6 finish to the end of the season reminded him of a team he coached in the 90s that started slow and finished well and he hopes that the strong finish is a sign of things to come moving forward. "We've come a long way," he said. "We grew a lot on the defensive end." "Our confidence was pretty high to start the game, we hit a couple of shots," Sullivan noted. "I didn't think our defense was that good, they were getting good shots but weren't making them. "And then they started hitting them," the Bobcat coach continued. Sullivan also noted that when they got a hoop

to open the second half, he thought things would start to turn around, only to see the Eagles bounce right back. "Credit to Kennett, they let us get our looks knowing we weren't not making them," Sullivan stated. Graduating just the one senior in Chad Merrill, Sullivan hopes there is a commitment in the offseason that will help his team grow. "We'll need to grow and mature in the next nine months in order to compete at a high level in Division II," Sullivan stated. "If we're going to be competitive than we'll have to put some time in to improve." Cullen led the Eagles with 11 points in his final game, while Lamb led the Bobcats with 13 points.

JV action
The Kennett JV boys also defeated the Plymouth squad by a 63-39 score. Noah Fitzsimmons and Wyatt Arriaga led the way for Kennett with 11 points each, while Jackson Palombo had 13 to lead Plymouth.

**KHS 3-22-16-12-53
PRHS 10-5-10-7-32**

Kennett 53
Snowden 2-0-6, Livingston 2-0-5, Miller 3-0-6, Meader 1-0-3, Olson 3-0-8, Butts 1-0-3, Cullen 5-1-11, Thompson 3-2-8, Piotrow 1-1-3, Totals 21-4-53

Plymouth 32
Qualey 3-0-8, Moore 0-1-1, Hogan 1-0-3, Carey 1-3-5, Lamb 5-3-13, Brickely 1-0-3, Totals 11-7-32

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Curling open houses at PSU March 12 and 15

PLYMOUTH — If you are one of the many who have witnessed the nail-biting intensity, unyielding pressure, and the fiery spirit of the sport of curling and wanted the opportunity to deliver a stone down the ice, well now is your chance. With the Pyeongchang 2018 Winter Olympics only one year away, the interest for

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SEE **CURLING** PAGE B6

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JOSHUA SPAULDING

Alexis Vantil drives to the basket in her team's semifinal game with Conant.



JOSHUA SPAULDING

Savanna Bony looks to put the ball over a Conant defender in action on Feb. 28 in Manchester.



JOSHUA SPAULDING

Ashlee Dukette pulls down one of her 18 rebounds in action against Conant.

Hoops

FROM PAGE B1

er, asking if she could go back in the game late in the fourth and she did re-enter the game in the final few minutes.

The first quarter was a back and forth affair, with Conant jumping out to an early lead and the Bears coming back to retake the lead before Conant took it back again.

After the Orioles scored the first three points of the game, a Johnston rebound and hoop got Newfound on the board. Conant scored the next five points, including a three-pointer and they took an 8-2 lead before a three-pointer from Savanna Bony got the Bears within three at 8-5. Conant hit a free throw to go up by four but Johnston converted a three-point play to get Newfound within one and then gave her team the lead with a bucket.

The Orioles came back with a three-pointer and a hoop for a 14-10 lead before Alexis Vantil hit a hoop for the Bears. Conant responded with two more hoops to go up 18-12 but an Ashlee Dukette three-pointer cut the Conant lead to 18-15 after one.

Bony drilled another three-pointer coming out of the break, tying the score at 18 and then Vantil put back a rebound and Dukette hit another three, giving the Bears a 23-18 lead.

Conant didn't back down, as they converted a three-pointe play to get within two and then got a three-pointer to take a one-point lead at 24-23.

A hoop from Madison Dalphonse put Newfound back on top but the Orioles got the final basket of the half and they took the 26-25 lead to the halftime break.

Newfound came right back to start the third quarter with Vantil putting back a rebound and Bony draining her third three of the game, giving Newfound a 30-26 lead.

After a three from the Orioles cut the lead to just one, the Bears went on an 8-0 run to finish out the third quarter. After Gracie Schilling drained a free throw, Dukette put back a rebound for a 33-29 lead. Schilling then hit a three-pointer from the corner and Johnston put back a rebound to give Newfound a 38-29 lead heading to the fourth quarter.



JOSHUA SPAULDING

The Newfound student section cheers a big basket during semifinal action in Manchester.

The Orioles opened the fourth quarter with a three-pointer, cutting the lead to six but Dukette came back with a putback of a rebound and Schilling hit another three-pointer for a 43-32 lead for the Bears.

Conant hit a three-pointer to keep them in the game and after Dalphonse drained a three to put Newfound back up by 11, Conant hit another three-pointer with five minutes to go, cutting the lead to 46-38. A minute later the Orioles added another hoop to make it 46-40.

Dukette responded by putting back a rebound to get the Bears back on the board but Conant responded with a hoop with 2:23 to go and then a three-pointer with two minutes to go to cut the Newfound lead to just three at 48-45. The Orioles then sank another three with just 59 seconds to play, tying the game at 48.

Conant hit two free throws with 43 seconds to play to take the 50-48 lead but Vantil came back and hit a hoop for Newfound with 35 seconds to go, tying the game at 50.

Off a jump ball, Conant had an inbound play with 2.6 seconds on the clock and made a last ditch dive to the hoop. The ball went in the air moments before

the buzzer sounded and it bounced through the rim for the game-winning shot, sending the Orioles on to the finals.

Peterson said she didn't think her team was intimidated by the Orioles, a perennial Final Four team, but noted the inexperience in big games may have cost her team.

"They just show up and they play basketball and they leave," she said of her team's work. "They're just here to play basketball.

"It's not like we weren't in the game, we obviously fought to the last second," Peterson continued. "If the jump ball goes our way, we go to overtime, the jump ball goes their way, it is what it is."

She noted that like Gilford did in the quarterfinals, the Orioles played solid defense on Dukette, Newfound's leading scorer, but didn't completely shut her down.

"They made sure they knew where she was," Peterson said. "She gets a lot of points off of offensive rebounds and those are tough to get in the corner."

And the veteran coach also noted that after such a strong third quarter, it was even tougher to take the loss.

"It's heartbreaking," Peterson said. "I

thought the girls played a phenomenal third quarter and we got it up to 11 with four minutes to go."

While she noted there was plenty to be proud of in the season, the girls had their hearts set on reaching the finals.

"I think as the season progressed, they believed that they could make it to the finals," Peterson said. "It's difficult to lose it that way."

Dukette was the lone Bear to score in double figures, as she put down 12 points, while Bony and Johnston each added nine points.

Semifinal notes

Newfound was dominant on the boards, as they outrebounded the Orioles 45-32. On the defensive boards the difference was 29-18 and Newfound held a slight advantage on the offensive boards, 16-14.

The Bears also shot better from the field, shooting 37.7 percent to Conant's 31.7 percent, while the Orioles were slightly better from beyond the arc, shooting 25.7 percent to Newfound's 25 percent.

The Bears attempted just three free throws the entire game (made two of them) while Conant attempted just eight (made five).

The start of the game was delayed by the first

semifinal game, which went into four overtimes before third-seeded Monadnock was able to defeat second-seeded Prospect Mountain.

Both Dukette (18) and Vantil (10) finished in double digits in rebounding.

Conant had three players in double figures in Meghan Wheeler (16), Daria Aho (15) and Taylor Banish (11).

Newfound 50

Bony 3-0-9, Johnston 4-1-9, Vantil 4-0-8, Dukette 5-0-12, Dalphonse 2-0-5, Schilling 2-1-7, Totals 20-2-50

Conant 52

Wheeler 6-2-16, Aho 6-0-15, Banish 3-3-11, Chamberlain 2-0-4, Chadbourne 1-0-3, Bernier 1-0-3, Totals 19-5-52

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CHS 18-8-3-23-52

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Prep cook; 6AM - 2:30PM
5 day schedule, includes one weekend shift
Bkgd ck; drug screen; benefits
call 603-286-1771

The Mill Fudge Factory and Ice Cream Cafe is hiring Cafe Operations and Customer Service Staff. Must be dependable, energetic and friendly. Retail and or Food Experience Required. Details and application available at TheMillFudgeFactory.com

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.
To complain of discrimination call HUD toll free at 1-800-669-9777
For The Washington DC area, please call HUD at 275-9200.
The toll free telephone number for the hearing impaired is 1-800-927-9275.
You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301
Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Rentals

Office space for rent in town Plymouth, Plymouth Professional Place. 4 rooms including large waiting area. Recently remodeled with plenty of parking, close to downtown Plymouth. \$600 per month. Call Russ 536-1422

Comm. Space For Rent

COMMERCIAL SPACE PLYMOUTH Exit 25 off I-93. 3,750 - 30,000 square feet. Big garage doors, high ceiling, 480v. options. Well Insulated. Also 12'x34' heated garage docks. Call Don 844-478-6773 Ext.1


Rental Sharing

LACONIA: 2 ROOMMATES WANTED.
Clean, quiet, sober environment. Will go Fast!
\$130-\$150 week. Call 603-455-2014

Mobile/Modular Homes

\$28,995, 2 bed.
\$48,995, 28 wide 3 bed,
\$71,995, Modular Cape,
WWW.CM-H.Com. Open 7 days.
Camelot Homes. RT. 3, Tilton NH

THINK
UNDERAGE
DRINKING
DOESN'T
AFFECT
A TEEN'S
BRAIN?



THINK
AGAIN.

PARTNERSHIP FOR
drugfreeNH.org
1-800-804-0909

ANYONE.
ANYTIME.
NEW HAMPSHIRE

Can experience addiction • Can ask for help
Can recover • Can save a life
www.anyoneanytimenrh.org

FOR HELP:

www.nhtreatment.org

Get Immediate Help

AnyoneAnytimeNH is an initiative of the New Hampshire Department of Health and Human Services

Automobiles

GIGUIERE AUTO 2
315 Laconia Road,
Tilton, NH
603-286-4800

2008 Honda CRV EX-L
Leather, Moonroof
\$9,995

2014 Jeep Wrangler Sport
6-Speed, Hard Top, V-6
\$21,995

2013 Ford Taurus
4-Door, All Wheel Drive, Loaded
\$9,995

2000 Jeep Wrangler
Sport, 4.0L, 6 Cylinder, Hard Top
\$8,995

2011 Honda Element EX
2.4L, Automatic, Loaded
\$14,995

2008 Toyota Tacoma
Reg. Cab, SR5, 4x4, 5-Speed,
4-Cylinder
\$11,995

2005 Toyota Tundra
SR5, Access Cab, 4.7L, 4x4,
Loaded
\$13,995

2005 Nissan Frontier LT
Crew Cab, 4-Door, 4x4,
6 Cylinder
\$11,995

2007 Ford Explorer
Sport Trac, Limited, 4x4, Leather,
V-8
\$10,995

2005 Chevy Colorado
3.5L, Automatic, 4x4, Loaded,
4-Door
\$11,995

2007 Dodge Dakota
Ex-Cab, 4-Door, Automatic, V-8,
A/C
\$7,995

2006 Chevy 1500
4-Door, Ex-Cab, V-8
\$10,995

2008 Ford F-150
Super Crew, 4-Door, 4x4, FX-4
\$15,995

2014 Chevy 1500
Double Cab, 4-Door, 4x4, Loaded
\$25,995

2011 GMC 1500
Ex-Cab, 4-Door, 4x4, 5.3L,
Loaded
\$16,995

2007 GMC Sierra
Auto, 4x4, Z-71
\$13,995

2007 Ford F-150
Super Crew, 4-Door, 4x4, Loaded,
Leather
\$16,995

2010 Toyota Tacoma
Double Cab, 4-Door, 4x4, Auto
\$17,995

2006 Dodge Ram 2500
4-Door, 4x4, SLT, Loaded, Black
Beauty
\$16,995

2010 GMC 2500 HD
Ex-Cab, 4-Door, 4x4, Fisher Plow
\$23,995

LAKE REGION COMMUNITY SERVICES
Engage. Empower. Inspire.

**WE ARE HIRING!
LOCAL JOB FAIR**

Friday, March 10th
9am-12pm
258 Highland Street, Plymouth
(Whole Village Family Resource Center)

Stop in, fill out an application, and meet our staff!

Lakes Region Community Services is now offering a hiring bonus of \$250 after 60 days of employment to all newly hired Direct Support Professionals

Come see why Lakes Region Community Services (LRCS) is the employer of choice for Belknap and Southern Grafton County.

We offer a great benefit package to FT employees (30+hours)
10 paid holidays
Earned Time Off
Weekend Shift Differential
.42 Mileage reimbursement

Never done this type of work? Not a problem!
We offer paid training & med certification to our Direct Support Professionals!
Monday- Friday 1st shift positions!
Full and Part time
All shifts hiring, including overnights

Qualified Candidates must have: a minimum of a High School diploma, clean criminal record, good driving record, reliable vehicle, auto insurance and a valid drivers' license. For more information, visit www.lrccs.org. We are an EEO employer

UPPER CONNECTICUT VALLEY HOSPITAL
Compassionate Healthcare...Close to Home

CARE MANAGER – PER DIEM

Reports to the Director of Nursing. The Care Manager has responsibility for activities and operations associated with the provision of high quality and cost effective patient care in accordance with UCVH's mission and values. The Care Manager is accountable for ensuring efficient and professional social work services for patients and families that are designed to promote and enhance their physical and psychosocial functioning with attention to the social and emotional impact of illness. Responsible for establishing and maintaining productive working relationships with the Medical Staff, the health care team and community agencies and resource providers. Responsible for ensuring appropriate levels of care thru utilization review, chart review and documentation. The care manager is responsible to provide linkage to community resources that support the patients overall well-being.

Job Requirements: BSW / MSW - or other human service related field; or NH LPN/RN Licensure, BSN Preferred

Background in social services or care management.

If interested please apply online:
www.ucvh.org
Human Resources
Upper Connecticut Valley Hospital
181 Corliss Lane
Colebrook, NH 03576
603.388.4236
ucvh-hr@ucvh.org
EOE



YOU JUST BLEW \$10,000.

Buzzed. Busted. Broke.

Get caught, and you could be paying around \$10,000 in fines, legal fees and increased insurance rates.

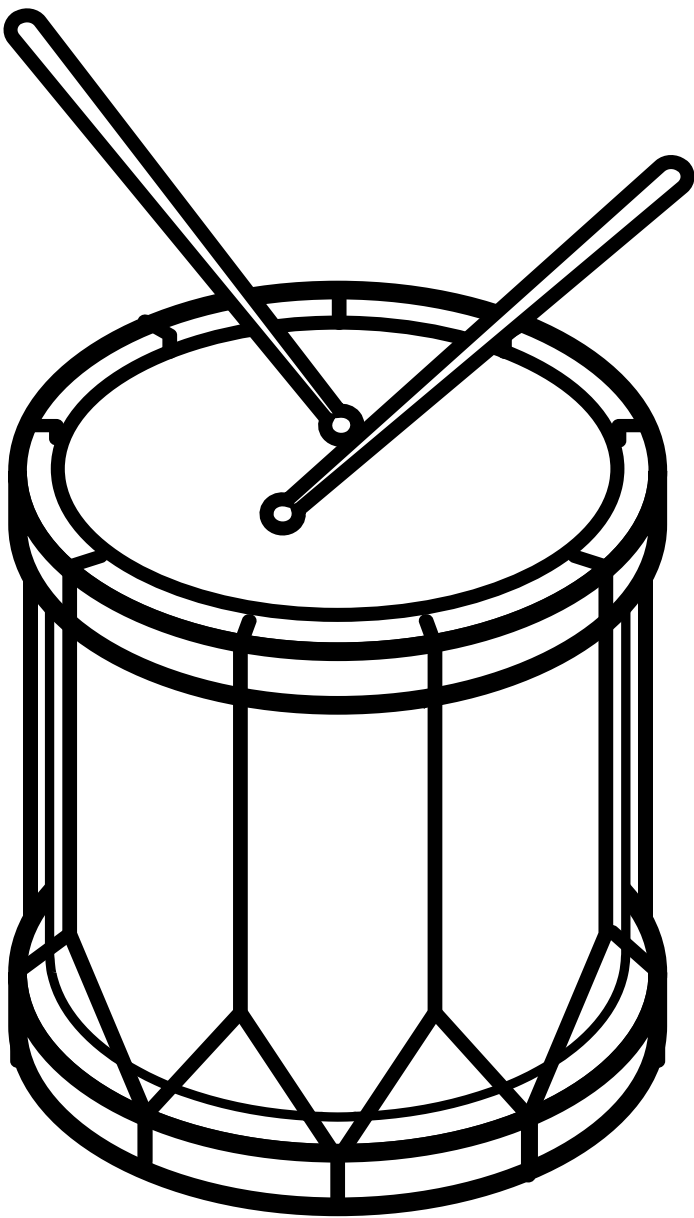
Buzzed driving is drunk driving.
buzzeddriving.adcouncil.org





Creative Coloring

Celebrate music in schools.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1912:** JULIETTE GORDON LOW FOUNDS THE GIRL SCOUTS.
- **1930:** MAHATMA GANDHI BEGINS HIS 200-MILE MARCH TO PROTEST THE BRITISH SALT TAX.
- **1993:** JANET RENO IS SWORN IN AS THE FIRST FEMALE ATTORNEY GENERAL OF THE U.S.



THIS MUSICAL INSTRUMENT IS A SYMBOL OF IRELAND.

ANSWER: HARP



NOTE

certain sounds produced in music

How they SAY that in...

ENGLISH: Piano

SPANISH: Piano

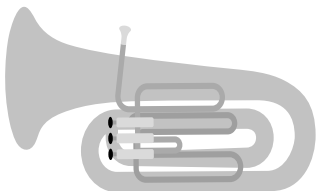
ITALIAN: Piano

FRENCH: Piano

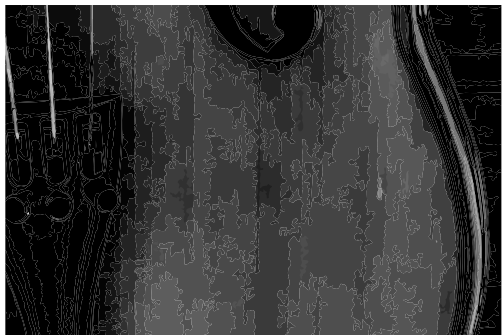
GERMAN: Klavier

Did you know?

MUSIC ENGAGES AREAS OF THE BRAIN INVOLVED WITH CONCENTRATION AND MAKING PREDICTIONS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: VIOLIN

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to frozen foods.
Each number corresponds to a letter.
(Hint: 3 = r)

A. 16 3 23 23 12 23 3

Clue: Chilly place

B. 16 3 26 21 1

Clue: Ice crystals

C. 25 26 11 7

Clue: Frigid

D. 16 11 10 9 26 3

Clue: Taste

Answers: A. freezer B. frost C. cold D. flavor

SUDOKU

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Fishing guide to speak at Trout Unlimited meeting

PLYMOUTH — Before venturing out on a fishing adventure its best to have your gear in proper order, that is having “all your ducks in a row,” so to speak. Angus Boezeman will share his experience as a licensed fishing guide in New Hampshire for more than 20 years in preparing you for the start of the upcoming fishing season. His talk will help you take your flyfishing to the next level, so bring your questions and get the answers you’ve been wondering about. You’ll find that a different approach to flyfishing may help build your confidence on the water and add to your fishing enjoyment.

Come early to the Pemigewasset Chapter of Trout Unlimited,



Angus Boezeman will speak at the Trout Unlimited meeting on March 21.

March 21, meeting, 7 p.m. at the Common Man Inn in Plymouth and meet Boezeman and fellow fishermen and share some of your experiences. There will be a raffle and a silent auction for a 3-wt fly rod and a few other nice items with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp.

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. Membership is open to all, meetings are free and open to the public. Visit www.pemigewasset.tu.org and like the group on Facebook.

Newfound sports awards Tuesday

BRISTOL — The Newfound winter sports awards will be held on Tuesday, March 14, at 6:30 p.m. at the high school.

Curling

FROM PAGE B2

you can find out just how much fun you can have on ice. On Sunday, March 12, from 1 to 3 p.m. and on Wednesday March 15, from 6 to 8 p.m. p.m. the arena will be hosting “learn to curl” open houses. These sessions will teach you the basics of curling and by the end of the night, you will be delivering a curling stone down the ice with the greatest of ease. All of the equipment will be provided and admission is free (donations are gratefully accepted.) All that is required is that you bring

footwear that is clean and free of salt and sand.

More than one session may be attended if desired. Pre-registration is appreciated but walk-ins will also be accepted. E-mail psu-icearena@plymouth.edu or call 535-2SK8 (2758) to reserve your spot.

Join in for the spring curling open house to watch, play and even sign up for a team. See what all the hype is about. Discover the joy and laughter shared amongst teammates and adversaries alike. Curling is an experience that will have people talking, cheering and everyone smiling.

Interesting storylines from a week of postseason action

SPORTING CHANCE



By JOSHUA SPAULDING

round was on Friday and I was free to make the trip to Lebanon.

The Division III semifinal games were quite a lot of fun, if not a bit draining.

Prospect played Monadnock in the first game and the two teams had to go to overtime to find a winner. Not just one overtime, or two, or even three. They went to four overtime periods before the Huskies were able to defeat the Timber Wolves and move on the championship game, which they would eventually win.

The second game saw Newfound put its undefeated record on the line and the Bears had a lead in the fourth quarter but couldn’t hang on and it appeared that there would be more overtime, as the teams were tied at 50 with two seconds to play. However, Conant drove to the basket and

threw the ball at the hoop and it went through, giving the Orioles the win and ending Newfound’s season.

Thursday was the alpine Meet of Champions and I was looking forward to this race because it was being held on the Taft Training Slope at Mittersill and I had never been on that side of Cannon Mountain.

Of course, after a number of warm days, Thursday brought freezing temperatures and as I arrived at the base, the snow started falling, which teamed with the whipping wind, made it a bit difficult to take pictures in the early going.

That would not be my biggest problem on the day, however, as the snow stopped and the pictures became easier. However, the trail was complete ice, which does not suit my style of skiing terribly well. I skied part way down the slope and got my pictures and when the giant slalom was finished decided to see if the entire mountain was the same way.

I tested out the Baron’s Run trail that is used for USSA training and found even more ice, so decided to retire my skis for the day and shoot the slalom by walking up from the bottom a little.

Overall, it was a busy week and one that brought plenty of good stories. And by the time this comes out (in the southern papers anyway), the new season of Survivor (500th episode) will have premiered, so this was bound to be a good week too.

Finally, have a great day and thanks for all the help, Joe Souza.

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

SPEARE MEMORIAL HOSPITAL

invites you to the fourth annual

A cartoon illustration of a leprechaun in a green suit and hat, running and leaving a trail of shamrocks behind him.

SPEARE'S Shamrock Shuffle 5k

Leapin' Leprechauns spring is just around the corner. Time to get up, get out, and get moving with our 5K health walk/ fun run for all ages!

A photograph showing a large group of people, many wearing green shirts, gathered at the starting line of a race on a paved road.

SATURDAY, MARCH 18

PLYMOUTH REGIONAL HIGH SCHOOL • 86 OLD WARD BRIDGE RD, PLYMOUTH NH

REGISTRATION: 8 AM • RACE STARTS: 9 AM

REGISTRATION FEE \$10

CHILDREN AGE 5 AND UNDER FREE

FREE T-SHIRT FOR THE FIRST 150 PEOPLE WHO REGISTER!

THANK YOU TO OUR SPONSOR:

The logo for MRS (Medical Reimbursement Specialist), featuring the letters "MRS" in a large, stylized font.

Medical Reimbursement Specialist

The logo for Spear Memorial Hospital, featuring the word "SPEARE" in a large serif font, "Memorial Hospital" below it, and a small tree icon to the right.

A Critical Access Hospital

REGISTER ONLINE AT: WWW.SPEAREHOSPITAL.COM/SHAMROCK

OR AT EVENT

FOR MORE INFO CALL: 603-238-2329