

# Blairs offer firsthand look at effects of Australian fires

BY DONNA RHODES  
dhrhodes@salmonpress.news

HEBRON – In last week’s edition, we brought readers a report from Hebron residents John and Becky Blair, who spend their winters in Australia and have been caught up in the fires that are devastating that country this winter. This week, the couple have provided us with an update on the situation as they see it from their winter home in Tura Beach.

To date, they said on Tuesday that the death toll in Australia is now up to 28 people, more than half a billion animals have perished in the fire and that 16 million acres have burned.

SEE BLAIR, PAGE A10



COURTESY — JOHN AND BECKY BLAIR  
John and Becky Blair of Hebron shared this photo of an Australian volunteer fire fighter rescuing a koala bear. So far fires in Australia are reported to have killed 28 people, a billion animals (both wild and domestic) and burned 16 million acres of land.



COURTESY — JOHN AND BECKY BLAIR  
John and Becky Blair of Hebron took this photo of Merimbula, Australia the day the fires came close to that area. “It went dark after this, night and day,” they said.

## BHVS Principal offered position with SAU 48

PLYMOUTH — At its Dec. 12 meeting, the SAU 48 school board unanimously appointed Dana Andrews as the incoming Assistant Superintendent.

For the last 11 years, Andrews has served as Principal of the Bridgewater-Hebron Village School. Prior to that, he was an assistant principal, a high school teacher, and a school resource officer.

Over the past three years, he completed his CAGS degree from SNHU in Educational Leadership and also participated in the Granite State Leadership Academy.

He is married and has three wonderful children, Aubrie, Alex, and Allison.

SAU Board Chair Danny Desrosiers stated “I am particularly

SEE ANDREWS, PAGE A10



DONNA RHODES  
Robotics Club members from Newfound Regional High School looked over a prototype for a ball tossing component they may incorporate in their own robot that will be part of this year’s FIRST Robotics competitions. From left to right are Sam Sanborn, Sophia Pettit, Chris Drew and Ashlar Dotson.



COURTESY — JOHN AND BECKY BLAIR  
The Blairs of Hebron shared this photo of a friend standing at a normally pristine Australian beach that is now covered in ash. The grey sky behind her was also due to smoke from the wild fires and not clouds.

## Keep The Heat On gala raises \$60,000

BY DONNA RHODES  
dhrhodes@salmonpress.news

PLYMOUTH – It was a Wizard of Oz theme, designed by Francesca Diggs and Norma Jean Morrison, that set the tone for this year’s Keep the Heat on fundraising dinner at the Common Man restaurant in Plymouth, bringing a nostalgic yet fun filled atmosphere to an important cause.

Keep the Heat On, a partnership with the Plymouth Area Community Closet, has been a vital part of the Plymouth area for the past 15 years, already providing just over \$25,500 in fuel assistance to 76 requests from 13 area towns this year alone. The program allows people to receive help with their heating costs each winter, no questions asked, whether that be through 125 gallons of fuel, a cord of wood, a pallet of wood pellets or a ton of coal. In order to help their neighbors in need with those benefits, co-founder and committee Chair Martha



BRENDAN BERUBE  
Keep The Heat On Chair Martha Richards recognizes Denise Castonguay for her 15 years of service to the annual fundraising campaign.

Richards said KTHO has been able to raise more than \$536,000 over the past 15 years.

“I think that’s quite an accomplishment,” she said.

Before this year’s fundraiser even began, Richards said people

had already stepped up to the plate by making early donations and she hoped that that philanthropy would carry on throughout the evening as they sought to raise another \$50,000 to \$55,000 for the fund. The eve-

SEE KTHO, PAGE A10

## Robotics program at NRHS generates growing interest

BY DONNA RHODES  
dhrhodes@salmonpress.news

BRISTOL – Winter months are not just for

### INDEX

Volume 7 • Number 4

Opinion.....A4 & A6

Obituaries .....A6

Towns .....A7

Churches.....A7,A9 & A10

Business.....A9

Sports .....B1-B3 & B6

Classifieds.....B4-B5

20 pages in 2 sections

©2019, Salmon Press, LLC.

Call us at (603) 279-4516

email: newfound@salmonpress.news

www.salmonpress.com

high school basketball. They also signal the start of inter-scholastic robotics competitions, an exciting challenge that is drawing more and more interest from schools everywhere, and for the second year in a row, Newfound Regional High School is among them, thanks to a generous grant from the New Hampshire Department of Education’s Robotics Education Development Program.

The NRHS Robotics team is under the direction of faculty members Don White and Lorie Mayo. Local engineering mentor Paul Bemis is assisting the two, while also

lending professional expertise to the students are Roger Keezer and Karen MacLeod of Freudenberg NOK.

Bemis said he is glad to see a lot of students returning to the program this year after a successful introduction in 2019. Despite being new to robotics competition, last year’s robotics team from NRHS brought home a Rookie All Star Award last spring, one of only five given out that year.

“We all had a good time last year and learned a lot. With experience under our belts now, we know what to expect now and we’re in live to have a

SEE ROBOTICS, PAGE A10

# Save the date for Squam Lakes Winterfest

**HOLDERNESS** — Join us on Saturday, Feb. 15 from noon-3 p.m. for one of the most exciting winter events around Squam Lake, all while supporting a good cause! From skating, pond hockey, cross country skiing, sledding, mini golf in Piper Cove, ice fishing, a fire pit, winter sports demos, amazing raffle prizes, and loads of fun—this event is not to be missed.

Come celebrate the best of what the season has to offer. During our Annual Chili contest (the perfect meal on a cold winter day) you can try a number of unique styles of chili from local partic-



ipating restaurants and vote for your favorites. Here you're the judge!

There will also be an outside bonfire to warm up by, marshmallows to roast, and hot cocoa for sipping.

Winterfest is a special

event that supports the important mission-focused work of the Squam Lakes Association in conservation, education, watershed wellness, and low-impact access to the most beautiful lakes and trails in New Hampshire. Please join us in keeping our Squam Lakes protected and preserved, by celebrating winter with our Squam community.

Winterfest takes place at the Squam Lakes Association Headquarters, 534 Route 3 in Holderness. It's free and open to the public. So grab the kids and swing on by. There's something for everyone! Interested in volunteering during the event? Email [volunteer@squamlakes.org](mailto:volunteer@squamlakes.org) or call us at 968-7336.

## Bristol Police Log

**BRISTOL** — The Bristol Police Department handled 210 calls for service from Dec. 8-21, resulting in two adult criminal arrests, and 10 criminal offense investigations. Officers also performed 72 motor vehicle stops, investigated 10 motor vehicle accidents, and conducted 153 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included: domestic disturbances, mental health emergency, intoxicated persons, welfare checks, warrant checks, criminal investigation follow-ups, theft, 911 investigations, assaults, criminal threatening, , thefts, burglary, harassment, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, drug investigations, motor vehicle complaints, DWI complaints, residen-

tial alarms, business alarms, parking complaints, abandoned vehicles, civil matters, paperwork service, animal complaints, dog bite, public assists, motorist assists, fingerprints, sex offender registration, VIN verifications, road hazards, juvenile complaints, assist other police agencies, and assist the fire department.

**Arrests:**

Matthew Robie, 34, Hill- Driving While Intoxicated 2nd Offense, Operate w/ out interlock device, Operating After Suspension for DUI.

William Taylor-Swartwout, 23, Danbury- Conduct After an Accident, Open Container

Identifying information for juveniles, and persons placed into protective custody are not released.

## Local students named to President's List at Plymouth State University

**PLYMOUTH** — 807 students have been named to the Plymouth State University President's List for the Fall 2019 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2019 semester and must have attempted at least 12 credit hours during the semester.

Gwendolyn Hoyt, of Holderness

Ian Kim, of Plymouth

Ho Ching Suez Lai, of Bristol

Sheyenne Lester, of Campton

Isabella McDonald, of Bristol

Mary Patten, of Plymouth

Thomas Perkins, of Holderness

Nicholas Prescott, of Plymouth

Ethan Pruett, of Alexandria

Dalton Puffer, of Plymouth

Megan Steimer, of Campton

Ruthie White, of Campton

Abigail Clark, of Warren

Hailey Crowley, of Campton

Makayla Dalphonse, of Bristol

Maddisyn Decormier, of Alexandria

Emily Haselton, of Wentworth

Lauren Hughes, of Campton

Michael McLaughlin, of Holderness

Saoirse Gaulocher-Bergmann, of Holderness

Emery Ames, of Plymouth

Maria Bode, of Plymouth

Macallan Camara, of Plymouth

Justin Campbell, of Campton

Matthew Dillon, of Hebron

Evan Finnegan, of Bristol

Sean Harris, of Rumney

Robert Kelly, of Campton

Zachary Patten, of Bristol

Emma Woodbury, of Rumney

Montana Bassett, of

Bristol

Lauren Boisvert, of Alexandria

Todd Gustaitis, of Plymouth

Katelyn Heath, of Wentworth

Moriah Lang, of Plymouth

Julianne Lewis, of Plymouth

Nicole Lheureux, of Campton

Morgan Maxner, of Plymouth

Madison Paige, of Bristol

Randall Scroggins, of Rumney

Andreas Beckman Pettersson, of Plymouth

Hailey Botelho, of Rumney

Elliot Economides, of Bristol

Megan Gebhardt, of Hebron

Joni Hongisto, of Plymouth

William Johnstone, of Holderness

Garrett Macomber, of Holderness

Tate Miller, of Hebron

Nicholas Kulig, of Plymouth

David Littlejohn, of Holderness

Jasmine Patten, of Bristol

Emma Smith, of

Plymouth

Alexia Gonzalez, of Plymouth

Bridget McCarthy, of Thornton

Sarah Merrill, of Rumney

Grace Page, of Bristol

Raymond Steenbeke, of Plymouth

Clayton Titus, of Holderness

**About Plymouth State University**

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



**MEREDITH CINEMAS**  
Meredith Shopping Ctr. • 279-7836  
844-4BARNZS

### CALL THEATER FOR SHOWS & TIMES

Find us online at: [BarnZs.com](https://www.barnzs.com) 

### CASS INSURANCE INC.

'Nanc' & Michelle  
PO Box 406 • Newport, Vermont 05855  
**PERSONAL AUTOS, WORKMAN'S COMP.  
GENERAL LIABILITY AND EQUIPMENT  
HOMEOWNERS, SNOWMOBILES, ATVS**



802.334.6944-Work  
802.334.6934-FAX  
[cassinsurance@myfairpoint.net](mailto:cassinsurance@myfairpoint.net)



## Newfound Landing

WWW.SALMONPRESS.COM  
(603) 279-4516

A SALMON PRESS PUBLICATION  
NEWFOUND LANDING STAFF DIRECTORY

<b>ADVERTISE WITH US</b> ADVERTISING EXECUTIVE TracyLewis (603) 575-9127 <a href="mailto:tracy@salmonpress.news">tracy@salmonpress.news</a>	<b>SEND US YOUR NEWS AND PICS</b> <a href="mailto:news@SalmonPress.news">news@SalmonPress.news</a>	<b>PRESIDENT &amp; PUBLISHER</b> FRANK G. CHILINSKI (603) 677-9083 <a href="mailto:frank@salmonpress.news">frank@salmonpress.news</a>	<b>EDITOR</b> BRENDAN BERUBE (603) 677-9081 <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>
<b>TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:</b> SAM LOVETT (603) 677-9085 <a href="mailto:sam@salmonpress.news">sam@salmonpress.news</a>	<b>TO FAX THE GRANITE STATE NEWS:</b> CALL (603) 279-3331	<b>BUSINESS MANAGER</b> RYAN CORNEAU (603) 677-9082 <a href="mailto:ryan@salmonpress.news">ryan@salmonpress.news</a>	<b>SPORTS EDITOR</b> JOSHUA SPAULDING (603) 941-9155 <a href="mailto:josh@salmonpress.news">josh@salmonpress.news</a>
<b>TO PRINT AN OBITUARY:</b> E-MAIL: <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>	<b>TO SUBMIT A LETTER TO THE EDITOR:</b> E-MAIL: <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>	<b>OPERATIONS DIRECTOR</b> JIM DiNICOLA (508) 764-4325	<b>PRODUCTION MANAGER</b> JULIE CLARKE (603) 677-9092 <a href="mailto:julie@salmonpress.news">julie@salmonpress.news</a>
<b>TO SUBMIT CALENDAR ITEMS:</b> E-MAIL: <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>		<b>DISTRIBUTION MANAGER</b> JIM HINCKLEY (603) 279-4516	

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





## MOUNTAIN VILLAGE CHARTER SCHOOL

A Nature-based, Montessori Elementary School

Plymouth's only tuition free public charter

### 2020/2021 Open Enrollment

**WHEN:**  
February 3 through March 6, 2020

**Grades:**  
1st - 8th for 2020/2021 school year

**Open House Dates:**  
Tuesday, February 5th at 5:30 p.m.  
Monday, February 11th at 5:30 p.m.  
Wednesday, February 13th at 5:30 p.m.

*All families who are interested in enrolling their child at MVCS, should attend an Open House.*

**Public Lottery closes March 6th  
Drawing: Friday March 20th**

**[www.mountainvillagecharterschool.org](http://www.mountainvillagecharterschool.org)**  
13 Route 25 Plymouth, NH 03264 | 536-3900

# This month’s SLA Family Hike: Whitten Woods

**H O L D E R N E S S** — This Saturday (Jan. 25), we invite you and your family to join the SLA on a family-oriented hike in the Squam Lakes region. For this third outing in a series of family hikes—which recur on the fourth Saturday of each month—we’ll explore the winding trails of Whitten Woods. This easy loop hike is 1.9 miles round-trip, with some beautiful views of the Squam Lakes. We will take our time, follow the children’s curiosities, and enjoy being

outside. Program end time is somewhat flexible, as it is dependent on weather conditions and the group’s hiking speed. Whether your family is new to hiking or seasoned hikers, this is a fun way to get outside and explore! Participants will meet at 9 a.m. at the Squam Lakes Association Headquarters (534 US Route 3 in Holderness) before carpooling to the Whitten Woods trailhead. We’ll aim to wrap up around noon, but exact timing is hard to predict as it

depends on the individual hikers. Each of our family hikes will begin with a brief discussion on how we can all stay safe and have fun while hiking—especially in the winter. This hike is for all ages, but children must be accompanied by an adult. Participants should bring appropriate clothing, extra layers, comfortable water-resistant shoes for hiking, water, snacks, and micro-spikes and/or snowshoes. The SLA can provide snowshoes for up to six par-



## SLA to host Goldsworthy-inspired outdoor art program

**H O L D E R N E S S** — Ever wonder what it means to be an artist? Sometimes intimidated by art? Believe that you’re not “artistic”? Or maybe you’re an artistic genius? Regardless, come on out to beautiful Belknap Woods on Sunday, Jan. 26 to chuck those conceptions out the window and dive into the playful and wonderfully unconventional world of Andy Goldsworthy. Goldsworthy, an enigmatic bloke hailing from Scotland, challenges traditional art mediums and creates site-specific constructions using found natural materials - ice, snow, sticks, rocks, leaves, moss. As we explore Belknap woods, we’ll make our own Goldsworthy style creations and discover new frames to view the natural world through. Bring a camera to capture a souvenir of your work, since we will not be removing any material from the forest—part of the magic of these creations is that they remain in place and

eventually fade back into the forest floor. Folks should plan to arrive at the Squam Lakes Association at 12:45 p.m. to meet Lakes Region Conservation Corps member, Elijah Schumacher, who will be leading the day’s activities. We will begin by looking at some of Andy Goldsworthy’s work and talking about what his style of art could look like at Belknap Woods. Parking is limited at Belknap, so we’ll carpool over and spend a couple hours creating our own nature artwork. Belknap is a particularly personable and engaging plot of woods with varying landscapes to turn to for inspiration and the free-style format of Goldsworthy style art is great for kids! Snow and ice sculptures, twig houses, and cairns are all fun ways to engage with the natural world and families are encouraged to attend. Please be sure to bring lots of warm clothes, extra gloves, and hand warmers. Snacks and/or

a thermos of something hot are also encouraged. After a couple hours of art/play/artistic endeavors, we will return to SLA for hot chocolate, a discussion of the day, and to show off snapshots of our artwork. We’ll wrap up by 3 p.m. We hope to see you there! Registration is required. For more information, or to sign up for this Adventure Ecology Program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology trips throughout the year every Tuesday and Saturday. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the Lakes Region Conservation Corps members at the SLA who participate in an AmeriCorps program performing important conservation work in support of the Association’s mission.

ticipants. Although this hike is of moderate intensity, the difficulty may increase with any icy, snowy, or rainy weather. For more information about these hikes, or to sign up, visit the SLA website (squamlakes.org) or contact

the SLA directly at 968-7336. Since this hike is on an SLA trail, it can count towards the Squam Ranger program where hikers can earn a patch and become Squam Rangers by hiking all 50 miles of SLA trails. The SLA also offers

other Squam Ranger hikes and environmental programs throughout the year. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character, and resources of the Squam Watershed.

## Local students named to Dean's List at Plymouth State University

**PLYMOUTH** — 424 students have been named to the Plymouth State University Dean's List for the Fall 2019 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2019 semester and must have attempted at least 12 credit hours during the semester. Dylan Amburg of Plymouth Sylvie Donnell of Warren Steven Ducheneau of Wentworth Ursula Hoyt of Holderness Phoenix McIntyre of Plymouth Baker Palmer of Holderness Robert Pfeffer of Rumney Sydney Pogue of Holderness David Varney of Holderness Amanda Fleury of Plymouth Owen MacDonald of Plymouth Patrick Mignanelli of Campton Jonathan Dickson of Campton Olivia Economides of Plymouth

Dillon Therrien of Alexandria Benjamin Vachon of Ashland Kadirah Abdul-Jabbar of Ashland Kobe Briand of Hebron Nathaniel Duba of Bristol Jonathan Bowman of Ashland Klyde Karmello Canabano of Plymouth Sarah Chalmers of Ashland Ashley Lester of Ashland Kailee Smith of Ashland Gary Zirpolo of Plymouth Brandon Conlon of Rumney Paige Dostie of Bristol Nathan Gamans of Plymouth

**About Plymouth State University** Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

## Bank of New Hampshire welcomes Jonathan Winters

**LACONIA** — Bank of New Hampshire is proud to announce that Jonathan “JJ” Winters has joined the Information Security and Risk Management team as Assistant Vice President – Information Security Administrator. Winters will be responsible for the administration of the Bank’s vendor management program and information security related regulatory compliance and governance in the risk management division. He brings over 15 years of experience in the financial services industry with the past eight years focused on risk management and compliance. “JJ is a fantastic addition to our team,” stated Paul Falvey, President & CEO for Bank of New Hampshire. “His knowledge and experience will complement the experienced and dedicated team we have in place today.”



COURTESY

**Jonathan Winters** Winter holds a Bachelor’s degree in Mathematics from the University of New Hampshire, is a graduate of the Northern New England School of Banking, the New England School of Financial Studies, the Graduate School of Banking at Colorado and holds a BSA-AML professional certification. He is active in the community and is currently the co-treasurer of the Franklin Animal Shelter, chair of the fraud committee and member of the risk management and security committees for the NH Bankers Association in addition

to serving as a member of the NH Financial Abuse Specialty Team (FAST). Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices and assets under management in excess of \$2.7 billion, including almost \$1.8 billion in bank assets and over \$900 million managed by the Wealth Management Group. Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

**PLYMOUTH OPTICAL SHOPPE**

**Martin D. Kass, Registered Optician**

• Repairs Done on Premises •

607 Tenney Mtn. Hwy., Suite 101  
Plymouth, NH 03264 • 603 / 536-3569

**SCHWARTZBERG LAW**

Experienced Family Lawyers who care about –

- Your Children
- Your Financial Security
- Your Business
- Your Long Term Interests

Counsellors at Law offering the best legal advice when you need it the most.

Ora Schwartzberg

John T. Katsirebas, Jr.

Plymouth, NH

**603-536-2700 | www.NHLAWYER.NET**

## CADY Corner

### *Vaping of marijuana on the rise among teens*

BY DEB NARO  
Contributor

Findings from the 2019 Monitoring the Future (MTF) survey, a national representative sample of eighth, 10th and 12th graders in hundreds of U.S. schools demonstrate the appeal of vaping to teens, as seen in the increased prevalence of marijuana use as well as nicotine vaping. The self-report survey is given annually to students who respond to questions about their drug use and attitudes.

Past year vaping of marijuana, which has more than doubled in the past two years, was reported at 20.8 percent among 12th graders, with 10th graders not far behind at 19.4 percent and eighth graders at 7.0 percent. Past month marijuana vaping among 12th graders nearly doubled in a single year to 14 percent from 7.5 percent—the second largest one-year jump ever tracked for any substance in the history of the survey. For the first time, the survey measured daily marijuana vaping, which was reported at 3.5 percent among 12th graders, 3.0 percent among 10th graders, and eighth tenths of a percent among eighth graders.

Marijuana continues to be the most used illicit drug by adolescents. After remaining mostly stable for many years, daily use of marijuana increased significantly since 2018 among eighth and 10th graders. However, other drug use including the misuse of prescription drugs and the use of alcohol as well as tobacco cigarettes continues to decline.

"We are heartened to see the continuing decline in the use of many drugs, particularly non-medical use of prescription opioids; however, teens are clearly attracted to vaping products, which are often concentrated amounts of drugs disguised as electronic gadgets," said NIDA Director Dr. Nora Vol-

kow. "Their growing popularity threatens to undo years of progress protecting the health of adolescents in the U.S."

According to the CDC, marijuana use may have long-lasting or permanent effects on the developing adolescent brain. When teens begin using marijuana, it can affect how the brain builds connections between the areas of thinking, memory and learning. Vaping marijuana has also been connected with lung illnesses. The CDC reports the outbreak of e-cigarette lung illness has been associated with vitamin E acetate, an additive in some THC-containing e-cigarettes, or vaping products. As of Dec. 27, a total of 2,261 cases have been reported from all 50 states with 55 deaths confirmed.

How do I know if my child is vaping marijuana? Vaping can be difficult to detect as there is no smoke, minimal odor (although you may catch a whiff) and the vapor produced dissipates rapidly. However, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that were once enjoyed. You may also find vaping paraphernalia such as devices that look like flash drives and pods or cartridges that contain THC oil. There's a lot of high-tech-looking equipment that can accompany vaping, so if you're not sure, it might be time to talk to your child about what you found.

For more tips on how to talk to your child about vaping marijuana or nicotine products, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



COURTESY

### Art and Autos

The Lakes Region Art Association is venturing out with a new strategy to attract more people who are looking for quality paintings and/or photography. The new approach is to find venues where many people congregate, including businesses, theaters, transportation hubs, etc. and exhibit many works of art and photos for sale to the public for a full month at a time. The marketing program is called "The Artists Road Show." The first business to participate is Belknap Subaru, Tilton. Beginning Feb. 3, they will host the LRAA "Art and Autos" exhibit in their showroom, until Feb. 29. The juxtaposition of paintings and photos with new 2020 Subaru models is sure to add a new dimension and interest for people who love art and/or looking to purchase a new or used Subaru. "We are excited about how this idea of working with the Lakes Region Art Association can benefit us both," said Scott Ives, (C) General Manager of Belknap Subaru. Pat Edsall (L) LRAA Vice President, thanks Mr. Ives for Subaru's participation. LRAA member and creator of the Artists Road Show event, Duane Hammond (R), will oversee the grand opening reception held Feb. 3, 2-6 p.m. in the dealerships showroom. Public is invited, includes refreshments. Belknap Subaru, located off Route 140, 35 Tilton Rd. Lakes Region Art Association located in the Tanger Mall, 120 Laconia Rd., Suite 132. Gallery open: Thursday-Sunday, 10 a.m.-6 p.m.

## Strategies for Living

### *Freedom and the American Dream*

BY LARRY SCOTT

"Free societies," writes Os Guinness in "A Free People's Choice," "must always maintain their freedom on two levels at

once: the level of their nation's constitution and the level of their citizens' convictions."

And both levels are, indeed, being impacted in

modern America.

An active, liberal judiciary has, "succeeded in completely redefining its own constitutional role and usurped Executive,

Legislative, and State powers, centralizing them in its own hands. ... The means used by the Judiciary to increase its scope SEE STRATEGIES, PAGE A10

## Letters to the Editor

### All voters should have a say on capital projects

To the Editor:

With all the national news and voting, it's easy to forget that municipal elections will be coming up in about six weeks.

Attendance at town meetings has been declining over the past decade. Voters just don't have the time or the interest to sit through marathon sessions to decide the minutia of Town government. As a result, a small number of voters can make decisions that aren't necessarily the best policy for the majority of residents and taxpayers.

As an example, at last year's Bristol Town Meeting, 110 voters approved a \$20 million sewer to the lake project. This article was presented as necessary to preserve the quality of Newfound Lake. What it will do is exactly the opposite of its stated purpose. This plan will increase density and development along the

shore front. This current plan utilizes a pressurized sewer line that will allow contractors to forego blasting ledge necessary in the previous gravity flow plan.

The cost for this is now downshifted onto the local property owner who will be required to install a grinder pump system at about \$15,000 a pop. In addition, a \$610 "betterment tax" will be placed on those residents served yearly for the next 30 years. This whole project should have never been passed.

There will be a petitioned warrant article on the ballot this year to adopt SB 2 (RSA 40:13), which places projects such as this one on the official ballot and gives all registered voters whether absentee ballot or in person a chance to be heard.

Paul Simard  
Bristol

### Danger: Legislature in session

To the Editor:

The State House is busy again taking your rights and responsibilities away. We can't seem to believe that you know what you doing. I am deeply disappointed on what we have done. Fortunately, we may have a backstop in the Governor who we can hope will again use his veto pen so we can undo the nonsense foisted on us by the Democrats.

HB 687, the Red Flag made it to the full legislature after a summer of painful subcommittee meetings. This is part of nation wide effort to disarm you and me by taking away our constitutional rights to due process. In the Criminal Law Committee, it could not make its way out with even a recommendation to pass or kill and was opposed even by the ACLU. Despite this, and riding on thousands of dollars invested in lobbyists, the bill passed the House and was sent to the Senate. It will be vetoed by the Governor along with seven other anti gun bills that are wending their way through the process. Last year five anti gun bill were vetoed and we upheld the vetoes. We will kill all eight this year.

Drinking among minors had always been a problem and this year we have a misguided bill that attempts to curb some effects. HB 1351 would give immunity to an underage participant in a drinking party if they report activity they feel could lead to alcohol overdose or to other dangerous results. What happened to teaching kids that alcohol is dangerous and that attendance at these parties have consequences. Telling a kid that they have a free pass if they remember to call the police is wrong. I know it would have when I was younger. We will vote as a committee later this week and then it heads to the full House and Senate. Contact the Criminal Law Committee and tell them no on HB 1351,

Call or contact me if you want to talk about these or other things. My email is dave@sanbornhall.net or 290-9524. Have a great winter and enjoy the snow!

Cheers!

Dave Testerman  
State Representative  
Franklin and Hill

### 15th Annual Keep The Heat On sizzles!

To the Editor:

It is with great joy, appreciation, and gratitude that I let you all know the news of this year's Keep The Heat On, our 15th, was a huge success that has broken all previous records. Our event topped \$60,000! Just imagine how many families throughout the fifteen towns that the Plymouth Area Community Closet serves and can help with fuel assistance as we come into the coldest time of winter!

Some of these funds will also help PACC's other programs like the food pantry, financial assistance, and Meals for Many on Thursdays at the Plymouth Congregational Church. This year's record donations from sponsors, auction items from individuals and area businesses, our twenty plus restaurants, and the many volunteers who make this happen really shows how it does "take a village" to make things happen -

good things that we all need to know still can happen despite the negativity so prevalent these days.

We also gratefully acknowledge and thank Alex Ray and his stellar staff at the Common Man Inn for their help, food donations, many other extras, and outstanding service which all helped make the event successful.

On behalf of the fabulous KTHO Committee, please know how deeply grateful we are to everyone who made this year's event so special - we are truly blessed to have many people care and help our needy neighbors so generously. Please know what a difference you have made for many!

See you in 2021!

Sincerely yours,

Martha Richards  
Chair, Keep The Heat On  
Holderness

### Power Outage Tips

#### BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

#### DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

#### AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



Who to Call



Where to Meet



What to Pack



# As president, I'll do three big things that the other candidates won't.



**First**, I'll make climate change my number one priority. I've spent the last decade beating the big oil companies and fighting for climate justice. I'll declare a national emergency on day one of my presidency to give the climate crisis the attention it deserves.

**Second**, I'll support term limits for Congress. Congress shouldn't be a lifetime appointment, and by enacting term limits, we'll give the people the power to hold our elected officials accountable. It's time for Congress to deliver on health care for all; a wealth tax; a free, quality education; sensible gun laws; and more.

**Third**, I'll cut taxes by 10% for 95% of taxpayers by making sure the wealthy and corporations pay their fair share — giving every American the chance to thrive.

If you're ready to solve the climate crisis, take back our democracy, and reform our tax system, join our campaign.

PAID FOR BY TOM STEYER 2020

**TOM** 2020  
tomsteyer.com



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Electric trucks far behind buyers, and a bobcat visits Washington

I'm on the leading edge of the Baby Boomer tsunami, meaning well into geezerhood. I'm also a prime candidate for an EV (electric vehicle) pickup, on account of carbon-footprint guilt-trips and all that. I'd buy or lease one in a heartbeat.

Well, don't be still, my beating heart, because a search for EV pickups turns up zilch, nada, nothing. The only make and model even close to rolling out of a production line is the Rivian, an all-new-vehicle venture by design-mogul R.J. Scaringe and backed by Ford, Amazon and a host of other heavy-hitters. It will have a range of more than 400 miles, reach 60 mph in three seconds, and carry a beginning price of \$69,000, minus tax credits. Tesla, meanwhile, is scrambling to start producing its Cybertruck, said to sport an "angular, futuristic



The Rivian electric pickup, with its fold-down step serving as a seat for man and dog, and easier access to rooftop and bed.



Tesla's Cybertruck will, the company says, offer good range and the ability to read the road.

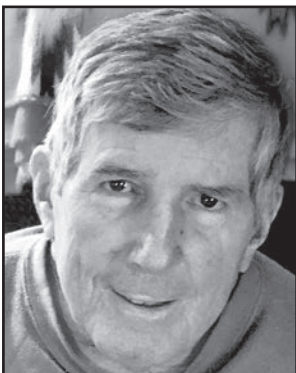
strolling along downtown streets, it's often because cyclic prey populations have crashed, and hunger overrides caution.

Not so with the bobcat that showed up on a trail camera in Washington, D.C. this past Nov. 9, part of a network of cameras maintained by naturalists to see what kind of creatures might be calling the city's green spaces home, or just passing through.

But the bobcat's appearance came as no great surprise to those who focus regionally and nationally on wild felines great and small. Bobcats inhabit all of their ancestral range in North America, save (mostly) for highly urbanized areas, where noise, traffic, household pets and large concentrations of people are just not the bobcat's bag.

Bobcats are largely nocturnal, and unlike coyotes, are not omnivorous, and do not readily adapt to humans and their activities. The D.C. bobcat generated lots of attention because it was seen as such an interloper.

To which I'd add, in bobcat-speak, "Get out of town, especially that town, for your own good."



and never wash her face.

Cosmopolitan then surveyed some skin care specialists. "My aunt had the exact same regimen and had similarly fantastic skin," said Jennifer Mancuso, a dermatologist at Michigan Medicine. "That being said, this skin-care regimen certainly doesn't work for everyone."

Right away here, we're expected to take women in politics seriously (who can't?), and we have a major article in a women's magazine focusing on the candidate's complexion? Huh. But at least it gets us out of the regimen of regime.

+++++

A note from reader Jane Moody Labbe of Intervale referred to snow and its sometime strange formations. I, for one, have seen snow-rollers, which occur with sticky snow that is pushed into a downhill roll by the wind. The result looks like a hand-muff.

"If you look at the snow coming off the roof," she said, referring to a photo of my main barn, "it looks like a heart." She sent a clipping, and so it did.

The photo also showed part of my house, a farmhouse of common design built around 1860. It has floor-joists hewn out of red maple, probably right on the front lawn.

"The old farm houses like the one I grew up in, and yours," she added, "have real heart. These big houses they build today are very cold, nothing warm and cozy."

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

Obituary

Evalyn S. Sylvester, 81

FRANKLIN — Evalyn S. Sylvester, 81 of Franklin, died unexpectedly at Franklin Regional Hospital on Jan. 18, 2020.

She was born in Conway on Jan. 22, 1938 the daughter of Harold and Eleanor (Whitman) Shaw.

Evalyn resided was raised in New Hampton, and later resided in Danbury and Bristol prior to moving to Franklin.

For 33 years, she was employed at IPC later Freudenberg NOK in Bristol until her retirement.

She was a longtime member of the Franklin Elks Emblem Club and a member of the Franklin Lodge of Elks #1280. Evalyn was also a member of Franklin VFW Post 1698 Ladies Auxiliary.

She enjoyed knitting



and crocheting.

Family members include her seven children (Sandra Daughen of Danbury, Marie DeLaet of Pittsburg, Sheila Spiller of Chesapeake, Va., Sylvia Heath of Warren, Leila McMahon of Fall River, Mass., and Charles Trask and Frank Trask, both of Alexandria); 23 grandchildren; several great grandchildren; a brother, Richard Shaw of

Franklin; stepchildren Dan Sylvester and Patricia Prescott of Franklin; and nieces and nephews.

She was predeceased by her husband, Donald "Bugsy" Sylvester, Sr., who died in 1996; her parents; brothers Harold, Wayne, and Phillip Shaw; and stepson Donald "Skinny" Sylvester, Jr.

Visiting hours will be held on Friday, Jan. 24, 2020 at Thibault-Neun Funeral Home, 143 Franklin St., Franklin, from 4-7 p.m.

The Franklin Elks will hold a service following the visiting hours at 7 p.m.

Spring burial will be in Holy Cross Cemetery.

Donations in memory of Evalyn may be made to the Franklin Emblem Club (Elks), 125 South Main St., Franklin, NH 03235.

For directions and an online guestbook, please visit [www.neunfuneralhomes.com](http://www.neunfuneralhomes.com).


tic design." There are at least six other EV pickups in the offing.

I think this is another case of the public being way out in front of the politicians, pundits, and pollsters. The EV industry has made great strides in reducing battery size and increasing range and power; meanwhile, charging stations are sprouting like mushrooms in the night.

As happy as I am with my truck, I'd jump ship in a hot second if I could get hold of an EV pickup that would get me from frozen tundra to public transportation. I'm ready, and so, I'd bet, are plenty of others. It's the future, and as everyone loves to say, the future is now.

+++++

When bobcats do unusual things, like hanging around backyard birdfeeders or



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

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

**Obituaries** can be sent to: [obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)

**Wedding, engagement, and anniversary announcements** are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

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

*Please contact Executive Editor*

*Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.*



**NORTH COUNTRY COINS, LLC**

BUYING • SELLING • APPRAISALS  
Est. 1989

[WWW.NCCNH.COM](http://WWW.NCCNH.COM)  
TUES • FRI 10 • 5 • SAT 10 • 3

---

**HIGHEST PRICES PAID**

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

**NORTH COUNTRY COINS.**  
Main St., Plymouth, NH 536-2625.





**Not the time to check your child's car seat.**

[safercar.gov/TheRightSeat](http://safercar.gov/TheRightSeat)

# Churches

## Ashland Community Church

### Real Church. Real People. Real Simple.

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

Pastor: Ernie Madden  
Worship Pastor: Aaron Stout  
Phone: 968-9464  
Email: accernie@hotmail.com  
Website: ashlandcommunitychurch.com

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

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

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

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

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

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

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

experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

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

We look forward to seeing you soon!

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

### Weekly Worship Services

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

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

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

### Tremendous thanks...

...to all who gave of their time and energy to prepare for and offer Advent, Blue Christmas, and Christmas Eve worship. You cleaned, tidied, brought plants & flowers, decorated, designed, folded, managed candles, guided children & costumes, performed, welcomed, played & sang in the choir, read & prayed, sang from the pews and served at the altar...all to the Glory of God. Your work blessed our worship. Thank you. Thanks as well to all who contributed to our Advent & Epiphany "Feed My Sheep" project, in support of the Ashland and Plymouth community food pantries.

### Faith@Home

Do you know of a household who might be on the "fringes of faith," who are curious about church, but not yet able or ready to attend a Sunday gathering? Or: Are you a parent or grandparent or neighbor who wants to grow more confident in your own ability to share and talk about following Jesus with the young people in

your life? Our Faith@Home packets are a fun and inspiring way to learn and grow as Christians. Contact Deacon Maryan about being part of Faith@Home.

The next quilting date is Friday, Jan. 24 from 10 a.m. to 2 p.m. at Griswold Hall. All are welcome!

### Ashland Community Breakfasts return: Jan. 25, 2020

Mark your calendar for Saturday, Jan. 25 (the fourth Saturday of the month) from 8-9 a.m. Join in the fun, food, and fellowship; bring (or make!) a friend at the table.

News of Rev. Kelly's call as Dean (half-time) of the Episcopal Church in New Hampshire's School for Ministry: Recognizing the changing needs of the diocese's congregations and evolving trends in vocations for ministry throughout the region, the Episcopal Church of New Hampshire has announced it is creating a School for Ministry. Its curriculum and educational design will focus on the local and regional formation of priests and licensed lay ministers.

The School for Ministry's teaching model will utilize curriculum from the Iona Collaborative and combine online, internet-based learning with monthly, weekend in-person classes and student meetings. The in-person portion of the program will be held at Trinity Episcopal Church in the central Lakes Region of New Hampshire.

The Rev. Kelly Sundberg Seaman has been appointed the School's Dean by Bishop A. Robert Hirschfeld. She began her duties December 1 and will lead in the development and launch of the School. Classes will begin in 2020. She currently serves at Holy Spirit & St. Mark's in Plymouth & Ashland, roles she will continue to maintain.

### 2020 Annual Meeting

With the permission of the Standing Committee and the Bishop, we will be holding our annual meeting on Sunday, Feb. 23. This one-time rescheduling (the norm for all NH Episcopal congregations is a January meeting) allows us to have a robust time of discussion, conversations, and small- and large-group meetings

SEE CHURCHES, PAGE A9

# Towns

## Bristol

Al Blakeley  
adblakeley0@gmail.com

Talk about a cold snap! Wow! At least we didn't get the blizzard that NewfoundLAND had to deal with. That baby was measured in feet! I worry about folks venturing out on the ice and hope there are no more serious mishaps. It is easy to misjudge the ice due to the snow cover now and thinking that because of the cold snap, it must be safe. Please be careful.

Special Children's Storytime with Newfound Lake Association on Wednesday, Jan. 29 at 10:45 a.m. at the Minot-Sleeper Library. Special guest, Audrey West, membership manager for Newfound Lake Association will read "Over and Under the Pond," talk about lake life and guide listeners through a children's craft. As always, a snack will be provided thanks to the generosity of Friends of the Library.

Newfound Regional High School will present One Act Plays at the school on Jan. 24, at 7 p.m. This 'friendly competition' between the 4 classes is always fun and the performers work very hard to present their very best for their classmates and the audience.

Find out about being a Census Taker or Field Supervisor at one of these application and tip sessions. Simply drop in or sign up for an appointment by calling the Concord 2020 Census Office at 603-369-5605. You can also apply online at: www.2020census.gov/jobs. Drop in information sessions will be held at 3 locations: Plymouth, Ashland and Bristol. Plymouth: Whole Family Resource Center (258 Highland St.) Wednesdays, 1/22 & 1/29, from 9 - 11:30am. Also Plymouth at Pease Public Library (1 Russell St.) Friday, 1/31, 2 - 5pm. Ashland: Ashland Town Library (41 Main St.), Saturday, 1/25, 11am - 1pm. Bristol: Minot-Sleeper Library, Friday, 1/31, 10am - 12:30pm. You can come and go at times listed.

Anyone wishing to file for any of the fol-

lowing openings in the town of Bristol must sign up with the Town Clerk at 5 School St., Bristol starting January 22, 2020 until January 31, 2020 by 5:00pm.

2 Select Board members for 3 years, 1 Town Clerk/ Tax Collector for 3 years, 1 Moderator for 3 years, 1 Treasurer for 3 years, 1 Trustee of the Trust Funds for 3 years, 1 Supervisor of the Checklist for 6 years, 1 Supervisor of the Checklist for 4 years, 1 Supervisor of the Checklist for 2 years, 1 Cemetery Trustee for 3 years, 2 Budget Committee members for 3 years, 1 Budget Committee member for 1 year, 3 Library Trustees for 3 years.

Regular business hours: Monday, Tuesday, Thursday and Friday 8am - 4pm; Wednesday, 8am - 7pm. The office will be open until 5pm on January 31, 2020. Petition Warrent Articles must be in by February 4, 2020. The office will be open until 5pm.

### Ongoing events:

Adult basketball - NMMS- Sundays 6-8pm. Adult badminton - TTCC - Mondays 7pm. Adult billiards - TTCC - Mon. & Wed., 6:30 - 8:30 p.m. Adult kickboxing - M, W & F, 5:45 - 7 p.m. Pickle ball - TTCC - Tue. & Thur., 9:30 a.m. Shape up Newfound exercise classes - BES - Tue. & Thur., 6 p.m. Karate for kids ages 4 and up - TTCC - Tue. & Thur. Adult volleyball - BHVS - Tue. & Fri., 7pm. Adult Karate - TTCC - Wed., 7 p.m. Roll Out fitness skating class - TTCC - Wednesday, 5:30 p.m. Shape up Newfound exercise classes - BES - Saturdays, 8 a.m.

January is winding down and February is 'round the corner. 2020 seems to be off to a pretty good start and I hope it continues to be a good year. The Bicentennial year was

fun and we are starting on a new batch of memorable years to be proud of. Let's make it so.

## Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### South Danbury

Rev. Gray Fitzgerald will lead Sunday worship at the South Danbury Church on Jan. 26 with refreshments and conversation afterward. All are welcome!

### Winter Market

The Feb. 1 Farmer's Market at the grange hall is coming soon. Plan to stop by to have some ice cream for breakfast or lunch if you are so inclined. There will be a fill in jewelry vendor and Mountain Side Creations hopes to have their oven fixed in order to bring some gluten free treats. Huntoon Farm has ham this month, Of-fabit Farm will have goat meat and their hens have begun to lay eggs again. Cardigan Mt Soapworks will be there, and then not likely to be there again until November. Nancy's chocolates will have sweets for your Valentine. The market runs from 9am to 1pm, rain or shine with a blizzard date of Feb. 8.

### Pizza Planning Night

The grange is holding a planning evening on Jan. 27 at 6 p.m. at the grange hall for the Leap into Wellness Day which is scheduled for Leap Day, Feb. 29 from 9 a.m. to noon. Helpers interested in working to put together this day to focus on putting ourselves first, taking time for ourselves and getting ourselves on track both spiritually and health wise are invited to attend. RSVP so we can order enough pizza. Bring your own drink. Call Donna at 768-5579 or email blazingstar-grange71@gmail.com.

## TOWN OF ALEXANDRIA

### PUBLIC NOTICE

#### First Deliberative Session

Saturday, February 1, 2020 at 2:00 pm

Held at the Old Town Hall

45 Washburn Road

## TOWN OF ALEXANDRIA

### First Day to File for Candidacy January 22, 2020

Positions to be filled this year:

- Selectman 3-year term
- Cemetery Trustee 3-year term
- Trustee of Trust Funds 3-year term
- Planning Board (2 positions) 3-year term
- Planning Board (1 position) 1-year term
- Budget Committee (3 positions) 3-year term
- Town Moderator 2-year term
- Supervisor of Checklist 6-year term

### Last Day to File for Candidacy January 31, 2020

Town Clerk's Office will be open from 3pm to 5pm on Friday, January 31, 2020

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

## Edward Jones: Financial Focus

### Business Owners: Plan for Next Phase of Life

As a business owner, you're always thinking of what you need to do now. But you can't forget about the future – yours and that of your business. So it may be a good idea to consider your personal retirement plan and business succession strategy. Let's start by looking at a few retirement plan possibilities:

- Solo 401(k) – This plan, which is also known as an Owner-only 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. A Solo 401(k) offers many of the same advantages of a traditional 401(k): a range of investment options, tax-deductible contributions and the opportunity for tax-deferred earnings growth. You may even be able to choose a Roth option, which allows you to make after-tax contri-

butions that can grow tax-free. Your Solo 401(k) contributions consist of two parts: salary deferral and profit sharing. In 2020, you can defer up to \$19,500 of income, or \$26,000 if you're 50 or older. Your profit-sharing contribution is based on your earnings. The sum of your salary deferral and profit sharing can't exceed \$57,000 (or \$63,500 if you're 50 or older). If your spouse is employed by your business, you each can contribute the maximum amount allowed.- SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to think about a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can generally contribute up to 25% of compensation, up to \$57,000 annu-

ally. And you can fund your SEP IRA with virtually any type of investment.- Solo defined benefit plan – Not many businesses still offer pension plans, also known as defined benefit plans, but you can set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible. A financial professional can help you choose the appropriate retirement plan. But you'll still need to think about succession planning. Of course, you can always sell your business outright at any time you like. Or you could leave your business to your children in your will, but if you give it to them gradually during your lifetime, you can become more confident they'll be able to manage the business on their own.

Another alternative might be to transfer the business with a buy-sell agreement, which allows you to determine when, to whom, and at what price you can sell it. Because you can establish the purchase price as your business's taxable value, a buy-sell agreement is useful in estate planning. If you want to keep the business in your family, you might want to consider funding the buy-sell agreement with life insurance, so family members can use the death benefit proceeds to buy your ownership stake.

In any case, given the complexities and tax issues involved with succession planning, you'll need to consult with your legal and tax advisors when creating a strategy. But don't wait too long. You can't predict the future, but by planning ahead, you can help achieve the outcomes you desire.

Devon Sullivan  
Financial Advisor  
164 NH RTE 25  
Suite 1A  
Meredith NH 03253  
603-279-3284  
Fax 964-544-4469  
devon.sullivan@edwardjones.com



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC



Jacqueline Taylor  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 966-532-8685  
jacqueline.taylor@edwardjones.com



# Looking for the Newfound Landing?

*Covering the Newfound Lake Area & Surrounding Communities*

Find it **FREE** Online at:  
**www.NewfoundLanding.com**

Or **FREE** at these  
fine local businesses:

**BRIDGEWATER:**

Newfound Grocery

**BRISTOL:**

Bristol Post Office (Outside Box)  
Bristol Town Hall  
Bristol Laundry  
Cumberland Farms Bristol  
Park & Go Bristol  
Shacketts  
Rite Aid Bristol  
Hannaford  
Wizard of Wash

**DANBURY:**

Danbury Country Store

**HEBRON:**

Hebron Post Office(Outside Box)  
Hebron Town Hall  
Hebron Village Store

**HILL:**

Hill Public Library

**NEW HAMPTON:**

Mobil Gas Station  
Irving Gas Station  
Gordon Nash Library

**PLYMOUTH:**

Tenney Mt. Store

**RUMNEY:**

Common Café  
Stinson Lake Store

**PUBLISHED  
EVERY  
THURSDAY!**

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

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



**www.NewfoundLanding.com**

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A (Lot 2)	N/A	\$56,000	Brian and Nancy A. Powers	Eric E. and Lara C. Peterson
Ashland	113 Riverside Dr.	Restaurant/Bar	\$265,000	James and Sarayn O'Leary	Mountain Vista Properties
Ashland	49 Thompson St.	Single-Family Residence	\$175,000	Prentice Hammond	Linda L. Barnes and Antonio M. Thibeault
Bristol	Chestnut Street	N/A	\$34,000	21 Pleasant Street Place LLC	Stephen R. and Christene R. Metheney
Bristol	N/A	N/A	\$40,000	Scott E. and Marybeth Forbes	John P. McCaffery
Campton	8 Streamside Rd., Unit 1	Condominium	\$120,000	Peter H. and Judith S. Jenney	Todd Gross
Campton	34 Weetamoo Trail, Unit 4	Condominium	\$81,000	I&J Enterprises Inc.	Stone Cottage LLC
Groton	55 Snoburk Lane	Single-Famiy Residence	\$229,533	Snow Fiscal Trust and Edward A. Snow	Robert and Sharon Merrill
Hebron	N/A (Lot 2)	N/A	\$175,000	Paul E. Sughrue	Ryan P. Cahill and Sarah Pierce
New Hampton	234 Carter Mountain Rd.	Single-Family Residence	\$450,000	Robert B. and Carole A. Curry	Nathan K. and Karen Romanek
Plymouth	43 Main St.	Retail Store	\$325,000	Peppercorn Natural Foods	39 Main Street LLC
Plymouth	12 Randolph St.	Single-Family Residence	\$150,000	Bridget A. Regan	Pamela J. Plotte and Brian M. MacNeil
Rumney	Old Route 25	N/A	\$80,000	Patrick Hannigan	Jody D. Ray and Kessa Singh
Thornton	N/A (Lot C3)	N/A	\$130,000	Equity Trust Co.	Vidvud and Annie Valdmanis
Waterville Valley	Valley Road	N/A	\$34,000	Waterville Co. Inc.	Michael S. and Clara Szczekowski
Waterville Valley	N/A (Lot 1)	N/A	\$103,533	Waterville Co. Inc.	Peter V. and Jennifer W. Lucas

### 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 par-

ties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

# MARK ON THE MARKETS



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in

good, or up market. Current research states that up to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and

needs. One of the most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund. Risk tolerance and objective and purpose for your money are very distinct and many times different portfolios. Purpose for the asset is more important than the risk tolerance almost all the time!

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk,

interest rate risk and the risk that is not discussed as much as it should be which is; sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment go to my web-

site, [www.MHP-asset.com](http://www.MHP-asset.com), go to risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

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

## Churches

FROM PAGE A7

during January and February.

**Office Hours in Plymouth & Ashland**  
Office hours are by appointment.  
Email: [rectorpb@gmail.com](mailto:rectorpb@gmail.com)

### Plymouth Congregational UCC

**Save the Date**  
Jan. 31 - Coffee House at 6 p.m.  
Feb. 26 - Ash Wednesday  
March 9 - New Hampshire Master Chorale Concert  
April 15 - New Hampshire Chamber Singers at 7:30 p.m.

**Prayer Requests**  
Rev. Bret Myers receives prayer requests at [revbmyers@yahoo.com](mailto:revbmyers@yahoo.com).

Live-Streamed and More! Don't miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. "Like" the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook, "Plymouth Congregational United Church

of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

**Feeding Our Children Together**  
We provide 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School during the academic year. Every Friday, grocery bags are delivered to the children so that they will have enough to eat over the weekend. If you would like to find out more on how you can help packing, delivering, or shopping for Feeding Our Children together, email [office@uccplymouth.org](mailto:office@uccplymouth.org).

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God's love through worship, study and service.

SEE CHURCHES, PAGE A10

## Risk and you

## Flying Monkey presents "A Mother of a Comedy Show"

PLYMOUTH — The Flying Monkey presents A Mother of a Comedy Show on Feb. 1. Three of Boston's funniest ladies, Christine Hurley, Kelly MacFarland and Kerri Louise, are coming to Plymouth for one Mother of a show. Tickets start at \$20.

It's safe to say it's not easy being a Mom. Any Mother will tell you that, but not every mother can make you laugh till you cry about it.

These ladies travel the country as true professional stand-up comedians, each having their own long list of impressive credits, here in a Mother of a Comedy Show they come together as friends! Christine Hurley, Kelly MacFarland and Kerri Louise have all battled in the

comedy clubs and done hundreds of theatre shows. The Mother of a Comedy Show gets all these comedic talents together on one stage.

Kerri Louise, who just filmed the hit, new stand-up show "Gotham Live," was a regular correspondent on the "Oprah Winfrey Show," and that led her to be a guest on the very first episode of "The Dr. OZ Show." She went all the way to the finals in the hit show "Last Comic Standing." Other guest appearances include... TV Guide's "Stand-Up In Stilettoes," NBC's "The Apprentice," "The Montel Show," Nickelodeon's "Nick Mom Night Out," Comedy Central, NBC's "Access Hollywood," ABC's "The View," among many more.


Christine Hurley's maiden voyage into the world of stand-up comedy was an open audition in New York City for Nick at Nite's "America's Funniest Mom." Out of thousands of entries, Hurley was selected to be a finalist on the nationally televised show. Since then she's quickly become a favorite in the Boston comedy world. She just got a standing ovation at Denis Leary's "Comics Come Home."

Kelly MacFarland is an experienced stand-up comedian, currently touring clubs and colleges across the country and has entertained our US troops overseas. She headlined the 2009 Boston Women in Comedy Festival, was first runner up in the 2009 Boston Comedy Festival,

and performed at Boston Calling 2016 and 2017. Most recently, she was part of the Top 100 Comedians of "Last Comic Standing" Season 9, and won first in the professional category of the Ladies of Laughter 2016 competition.

Grab your girlfriends, sisters, husband, spouse, partner, hairdresser, neighbors and everyone in between and don't miss this rare opportunity to see three of the funniest women in comedy on stage for one Mother of a Show!

Tickets for a Mother of a Comedy Show range from \$20 - \$30. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).







# PLYMOUTH

## GENERAL DENTISTRY, PLLC

With over 20 years experience, Dr. Kirschner combines cutting edge dental technology, with a caring & gentle touch. We give our patients something to smile about!

*Call for an Appointment Today*

**Now Accepting:**



**Joan Kirschner D.D.S.**  
65 Highland Street, Plymouth, NH 03264  
(603) 536-4301  
[pgdentistry.com](http://pgdentistry.com)

Blair

FROM PAGE A1

The couple then went on to say that as of their last writing, the bush fire crisis continues, but the citizens of Australia also continue to show strength and a willingness to help others in the midst of the crisis.

The Blairs were able to make it to their apartment in Tura Beach at long last, and while they were met with smoky conditions along Australia’s South Coast, winds finally shifted on Thursday, Jan. 9, and the air was cleared for a while.

“We spent the day cleaning up our place, as all outdoor areas were covered with black ash. It was surreal sitting on our deck on a nice day as we watched all the activity around us,” they wrote.

From their location, the Blairs were able to see Naval ships headed in both directions, docking at Eden wharf in preparation for any necessary evacuations. Helicopters were also flying overhead. Some were military, some were for rescue purposes, while others were busy water bombing the fires. Those helicopters would refuel at Merimbula Airport or scoop water up in their buckets to help douse the flames.

“There were and still are fires burning north and south of us, but amazingly, our area is one of the only places along the coast which has not burned; at least so far. Bringing in the military has been a big help,” the couple said.

On the 9th, they also reported that John Blair had been asked to take up a position on the Uniting Church Disaster Relief Team at the Bega Evacuation Center, approximately 30 minutes north of their home. It could be an extended assignment, they added.

The following day

was predicted to be a dangerous time when the fires could spread even further out of control.

“It’s a pattern of hot days with northerly winds, followed by a ‘cool change,’ which often makes a violent transition with erratic, strong southerly winds, causing the fires to flare up and blow quickly in all different directions,” the couple reported.

Throughout the evening hours on Friday, the Blairs said they could hear those winds howling. After visiting with their next door neighbor that night, by 9:30 p.m. they found it nearly impossible to walk home due to strong winds, cooler air and heavy smoke.

“We assumed the worst, that the fire was advancing in our direction,” they wrote.

Once home, they immediately began assembling their emergency bag (which every Australian is asked to keep by their door to grab at a moment’s notice) and prepared to evacuate. John was on call that night, but fortunately was not asked to respond to the evacuation center.

They wrote, “We can’t imagine what it was like for so many people who had to evacuate under such circumstances in the middle of the night. Very frightening. And we realize the fire fighters are out working in those hard conditions. They must be Super Human!”

Southerly winds continued to blow thick smoke over their town from the Victoria fires so the next day they decided it was better to stay indoors. By Sunday afternoon, the smoke had lifted but they could still see large clouds of smoke off in the distance.

The good news, they said, was that the fire front had been contained and the area had even received just

SEE BLAIR, PAGE A14

Robotics

FROM PAGE A1

good year,” Bemis said.

Senior Ashlar Dotson is one of the returning team members, and he said that although he is excited to be part of the program, he’s been even more excited to see a lot of new faces from the freshmen and sophomore classes join their team this year.

“It’s nice to know that as the juniors and seniors filter out over the next couple of years the team won’t be losing a lot of members,” said Dotson.

NRHS is part of the FIRST Robotics competitions, which were founded by renowned New Hampshire inventor and

engineer Dean Kamen. This year the theme for the inter-scholastic competition is “Star Wars.” Participants will be challenged to create robots that will deliver power cells to a shield generator; then flip the generator switch that will activate a shield to protect a city from “annihilation.”

Senior team member Sophia Pettit said they will also be required to have their robot run in an autonomous mode for 15 seconds of competition, while the remaining two and a quarter minutes of each match will allow them to either continue in the unmanned autonomous mode, or drive it themselves through remote controls.

Andrews

FROM PAGE A1

pleased that SAU 48 has attracted such an outstanding educator as Dana Andrews. Our SAU continues to grow and thrive.”

Superintendent of

Schools Mark Halloran stated, “We are very pleased to have Dana join our staff. He has a wide range of experiences that will benefit our students and their families. We look forward to him joining our staff in July.”

Mr. Andrews will be assuming his role on July 1. He will be replacing Kyla Welch, who will become the Superintendent of Schools upon the retirement of current Superintendent Mark Halloran.

shadowing of the future.

“This is real, what they’re doing. It’s a part of what is looming ahead of us now and I find it exciting for them,” he said.

That realization is having an impact in the students. Pettit enjoys the programming aspect of robotics and hopes to major in either engineering or computer science next year when she heads off to college. While Sam Sanborn and Chris Drew are freshmen members of the team they are also becoming interested in Science, Technology, Engineering and Math. Sanborn said his older brother enjoyed being on the robotics team last year so, with an interest in build-

SEE ROBOTICS, PAGE A14

Strategies

FROM PAGE A4

of power is to judge laws according to the “spirit,” or what it calls the “penumbra,” or shadow, of the Constitution. This has enabled the Judiciary to impute any meaning it wishes to the Constitution,” (David Barton, “Original Intent,” pp. 261, 262).

And our self-centered society, which I have christened the McFirst Generation, has been vocal in demanding its rights. Pregnant women have rights, transgenders have rights, the accused have rights, and PETA tells me animals have rights. Everyone has rights and we expect our rights to be respected, no matter what the cost.

We have become an angry, divided, and bitter nation, caught up in a free-for-all that is threatening to destroy us. We

are debating – and I am astounded that it is a serious debate – what kind of nation we want to be. And that debate is not going to be settled in the courts or in Washington. That debate is going to be settled in the arena of public opinion.

We tout free speech, a free press, freedom to vote, and freedom of religion and these we often take for granted. But freedom is not a license to do as we please. With freedom comes responsibility – and should I say, common sense – and I fear we are sacrificing our freedoms in America for the sake of political expediency.

The progressive left, hoping to gain the White House with the support of a gullible public, is promising free health care, a free college education, and even a free income

for the unemployed. Sorry, but there is no free ride in life. Someone has to pay and to postulate the “rich” can balance the budget is ignorant and bogus.

And at a time when America needs the influence of a Bible-believing church, mainstream Christianity has compromised its message. The drive to be socially relevant has caused it to abandon principles of morality clearly given in God’s Word. And the Evangelical community, itself struggling on how to respond to the moral issues of our day, is becoming more and more isolated.

God does not revoke our freedom. When a man becomes a Christian, he is not in bondage to a narrow, self-serving God Who restricts him from the pleasures of life.

God created us with a free will and He respects our autonomy. But He disciplines our drives and sanctifies our interests, for left to ourselves, we are prone to self-destruct.

Here is where our society has missed what Christianity is all about. We have rejected God’s authority and we have claimed the right to independence and self-determination. But we are not free.

Real freedom is not the ability to do as we please, but the power to be what we ought. “If the Son sets you free,” Jesus said, “you are free indeed.” God’s transforming power is available to all, but it comes through, and only through, Jesus Christ. Give Him a chance in your life.

For more thoughts like these, follow me at indenseoftruth.net.

Churches

FROM PAGE A9

Support Our Church

If you shop at any Hannafords, please purchase a pre-paid grocery card from our Finance Committee. The church receives 5% of each card purchased. Cards are available on Sunday mornings and come in denominations of \$100, \$200 and \$250.

Meals for Many

Please enjoy a free wonderful dinner prepared by Chef Mike on every Thursday between 5-7 p.m. All are welcome!

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Resto-

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

Our Mission Statement: Just One More!

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

Starr King Unitarian Universalist

Fellowship

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

This week at Starr King: Jan. 26

And Then There Was Light

Rev. Bruce Taylor, Guest Worship Leader  
William Gunn, Guest Musician

Born in Paris and blinded at the age of seven, Jacques Lusseyran never lost his sense of vision. Guided by the vivid experience of an inner light, he drew upon prodigious gifts of empathy and emotional intelligence to make his way in a war-torn world. Today’s sermon traces the path and significance of an exemplary life.

For more details, visit our Web site  
www.starrkingfellowship.org  
536-8908

**THE FLYING MONKEY**  
A COMMON MAN FAMILY PRODUCTION  
Movie House & Performance Center

**UNDERWORLD**  
Jan 23

**The Pollinators**  
Jan 27-30

**SHORTS TV**  
2020 OSCAR NOMINATED SHORT FILMS  
Feb 2-6

**LIVE EVENTS**  
Sat, Jan 25 - DENNY LAINE & MOODY WINGS BAND  
Founding member of The Moody Blues & Wings  
Sun, Jan 26 - RED HOT CHILLI PIPERS  
It's bagpipes, it's rock, it's kilned bagrock from Scotland  
Fri, Jan 31 - BROKEN ARROW: Music of Neil Young  
Sat, Feb 1 - MOTHER OF A COMEDY SHOW  
Bring in this ad to receive TWO tickets for the price of one to see "THE POLLINATORS" on January 28!

FlyingMonkeyNH.com - 39 Main Street, Plymouth NH 03264 (603) 536-2551

**At Your ServiceNH**  
Waste & Recycling

**\$300**  
7 DAY RENTAL  
15 Yard Stump & Brush Dumpster

**15 Yard ~ \$450.00** Includes up to 2 tons 2 Week Rental

**Clean out the...**  
Garage • Shed • Attic • Man Cave  
**Common Uses...**  
Construction • Renovations • Roofing Debris • Demolition

**Curbside Trash Services**

**WEEKLY • BIWEEKLY • MONTHLY SERVICE**  
96 Gallon Tote Service Included  
No Separation Required  
Local Family Owned & Operated  
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website [www.AtYourServiceNH.com](http://www.AtYourServiceNH.com)

# Senior Living

## What are Annuities?

**By Edward H. Adamsky, Attorney at Law**

Watch the nightly news or look at any publication for older folks and you will see ads for annuities or “income for life.” Annuities are big business and heavily marketed to seniors. There is nothing wrong with annuities, they are a perfectly valid financial tool, but you need to understand what they are and decide carefully if they should be part of your financial plan.

An Annuity is a contract with an investment company. You give them a lump sum of money and they agree to pay you interest (in some fashion) and either hold the funds until you tell them what to do, or immediately start sending you a check each month. There are many varieties of annuities, so you have to sort out the options to see which is right for you.

The first variation is the interest. It can be fixed, variable or indexed to the stock market. In the past, most annuities paid fixed interest. Newer ones often use variable and indexed rates. Fixed is nice as you know what you are getting. But you can make more with a variable or indexed rate. However, variable rate annuities can go down to zero interest and some can even have losses. Most indexed annuities have zero as a floor so you cannot lose your principal. Be sure you understand what type of interest rate you are choosing.

You should check on any fees and sales commissions with your choice of annuity. They can be expensive and may be hidden. The most common fee is a “sur-

render charge.” You don’t pay any fee to get the annuity, but if you change your mind and want your money back, then they charge a fee; usually around 7% at first but lessening over time.

Next, you need to decide if you want a deferred or immediate annuity. Those names mean pretty much what they sound like. An immediate annuity will start giving you a monthly payment right away. A deferred annuity won’t pay you until later or when you ask them to. If you don’t need a monthly check right now, you might choose deferred. If you want a



monthly income right now, then an immediate annuity might be the right choice for you. The next choice is

whether the annuity will be for a period of years (“term certain”) or for an indefinite period (like your lifetime). Each has its advantages. You can be sure of an exact amount for an exact amount of time if you get a term-certain annuity. Even if you die, the money will go to your heirs or named beneficiaries. But, when the time runs out, the payments will end. A lifetime annuity can give you a monthly check for the rest of your life. You

cannot outlive that monthly check, and that’s a great thing. Of course, if you die too soon, your family may lose out while the annuity company benefits. They may keep the money left in a lifetime annuity, not your heirs (some lifetime annuities have a fixed guarantee period like 10 or 20 years).

Be sure you consult with a professional advisor before you buy an annuity or make any kind of investment.

### Did you know?

Over the last decade, seniors have become increasingly more savvy in regard to social media usage. The Pew Research Center found that, in 2015, around 35 percent of people age 65 and older reported using social media. That’s a large jump from just 2 percent in 2005. As of 2016, 65 percent of people between the ages 50 and 64

reported using social media, according to Pew. Social media usage among seniors continues to climb, although young adults still comprise the demographic most likely to use it. Among seniors ages 50 and older, Facebook is by far the most popular social media platform used, followed by Pinterest and LinkedIn.

Artistic Roots is the place to find unique handcrafted gifts. And take a class!

More info at [artisticroots.com](http://artisticroots.com)  
73 Main Street • Plymouth, NH  
Open 10-5 Daily



I have been in the medicare supplement business for the past 30+ years and have found that there are many, many people paying too much for their medicare

supplements. They often don’t realize that they have the opportunity to change plans, save money and have no pre-existing conditions.

**Give me a call, we can talk, or email**  
**[pattystewart@myfairpoint.net](mailto:pattystewart@myfairpoint.net)**

**Patty Stewart and Associates**

Patricia M. Stewart, President  
35 Main Street, Plymouth, NH 03264  
603-536-3691

### ADAMSKY LAW OFFICES

#### Life & Estate Planning ♦ Elder Law

**Edward H. Adamsky, Esq.**

*Assisting Families with*

*Aging and Disability issues since 1992.*

**Life & Estate Planning:** Wills, Powers of Attorney, Health Care Directives (Proxies), Trusts

**Elder Law (Long Term Care Planning):** Medicaid Planning, Irrevocable Trusts, Life-Estate Deeds

**Special Needs and Disability Law:** Special Needs Trusts, Supplemental Needs Trusts, First and Third-party Trusts

**Estate Settlement and Trust Management:** Probate

1-888-649-6477

[www.adamskylaw.com](http://www.adamskylaw.com)

**Offices in Tyngsboro, Mass.  
and Ashland, NH**



### HUD Subsidized Apartments

Managed by

**Beno Management Company LLC**

603-744-3890

NH Relay 711

Three Locations: Bristol, Canaan and Enfield, NH  
Choose apartments in a community setting in Bristol, where you are within walking distance to services and near Newfound Lake or country settings in Canaan and Enfield and enjoy the Upper Valley area near Dartmouth Hitchcock Medical Center and the Lebanon/Hanover area. The majority of apartments are one bedroom apartments. There are a limited number of Handicapped Accessible and 2 bedroom apartments available at most properties. Rent is 30% of adjusted income. Income limits apply. Person who meet Targeted Income requirements will receive priority up to 40 percent of new tenants per year. Qualified applicants must pass credit, criminal and prior landlord checks as well as a DOJ sex offender check. Non smoking communities. Elderly Preferred Housing. For an application or information call 603-744-3890. Non smoking communities.

For information or an application contact:  
**Beno Management Company LLC**  
**603-744-3890 or 711 NH Relay**



### Pine Shores Real Estate

1120 Scenic View Road

Holderness, NH 03245

968-7796 (ph)

968-3299 (fax)

[www.pineshoresllc.com](http://www.pineshoresllc.com)



**Selling Central New Hampshire  
Lakes & Mountains**

*Barbara Currier 2015 Realtor of the year for the Lakes Region Board of Realtors, and Lakes Region Board of Realtors 2017 President*

*Debbi Ward name REALTOR OF THE YEAR 2019*

**Come see**

• Barbara Currier, REALTOR Broker/Owner  
• Debbi Ward, Associate Broker

• Kim Gould, Sales Associate  
• Mike Bagge, Sales Associate

# Senior Living

## Seniors can improve mobility via “Rolfing®”

Self care is essential as we age. Daily life, injuries and surgeries wreak havoc on the body. Often, the physical challenges associated with these events translate into emotional distress. Rolfing® (the application of light pressure on muscle tissue) can reverse damage leaving clients feeling better and increasing energy! Certified Advanced Rolfer® Sarah McClennen says, “Rolfing® teaches you to move with grace and ease... This gives rise to more coordinated movement, better balance and comfort.” Ida Rolf (originator of Rolfing®) said when the body is aligned properly, functions are restored and degenerative conditions (such as arthritis) can be reversed making the aging process gentler. One of Sarah’s clients says, “After



a session my body feels taller, stronger and more confident with my feet firmly placed with each step. To my great delight, Rolfing® has replaced my needs for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking AND sitting. After two hip replacement surgeries and several Rolfing® sessions, I am feeling like a new woman at age 80 plus.”



### Fight the Winter Blues with a visit from a Comfort Keeper®

Comfort Keepers® provides compassionate in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes. We call our approach Interactive Caregiving™, a unique system of care, which keeps our clients mentally and physically engaged while focusing on their safety and nutrition needs.

- Services**
- Personal Care • Private Duty Nursing
  - Companion Care • SafetyChoice® Safety Solutions

Call today to chase the blues away  
**(603) 536-6060**



Another says, “About a year after finishing the ten part series, I had hip replacement surgery. The recovery...was not easy... Everything was all out of whack!... I couldn’t believe how much her work helped immediately!” Sarah has 28 years of body work experience and is dedicated to continual education to better serve her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.

**EXPERIENCE THE DIFFERENCE!**

*Choice Physical Therapy been serving communities of New Hampshire for over 13 years. We provide a wide variety of physical therapy services and proudly offer:*

- NEXT DAY APPOINTMENTS
- ONE-ON-ONE MANUAL THERAPY
- SUPERIOR CONTINUITY OF CARE

*Your treatment is provided by the same physical therapist from initial evaluation to discharge.*

- DIRECT ACCESS

*Physical Therapy can serve as an ideal point of entry for the rapid assessment and treatment of musculoskeletal injuries without the need for a physician's referral. After an initial evaluation, we can refer you to a physician specialist should other services be required.*

- COMMUNICATION

*We work closely with your physician to help achieve your goals and get you back to health as soon as possible.*

**NEED PHYSICAL THERAPY?**  
Call us today and we'll get you started right away!

790 Lake Street • Bristol • 603.744.0275      103 Boulder Point Drive • Plymouth • 603.238.2225  
[www.choicephysicaltherapyofbristol.com](http://www.choicephysicaltherapyofbristol.com) • [facebook/choiceptnh](https://facebook.com/choiceptnh)

**HOME HEALTH - VISITING NURSE**

- Healing occurs best at home.
- Our nurses and PT's will come to you.

**HOSPICE & PALLIATIVE CARE**

- Let us help you live life to the fullest and focus on the quality rather than the quantity of life.

**PHYSICAL THERAPY**

- Expert therapists help you reach your goal of pre-injury health so you may return to work and normal activity.

**AQUATIC & FITNESS**

- Gym & Pool Memberships, aquatic classes,
- Joint Mobility in the pool

**COMMUNITY PROGRAMS**

- Foot Clinics
- Advanced Care Planning
- Caregiver & Bereavement Support Groups
- CPR & First Aid Training

**PEMI-BAKER COMMUNITY HEALTH**

**101 Boulder Point Drive, Suite 3  
Plymouth NH 03264  
603-536-2232 • [www.pbhha.org](http://www.pbhha.org)**

**Personalized Care**  
(You Will Always See Dr. Kirschner)

**We Offer:**

- Caring and Compassionate Team Members That You Expect and Deserve
- A Relaxed Atmosphere With Modern Comforts and Conveniences Designed For You
- A Selection of Complimentary Coffees and Teas, Hot Towels, Pillows, Blankets, Customized Music Channels From Pandora®
- Digital X-Ray Technology Providing Instant Imaging and Reduced Radiation
- Digital Intraoral Camera Allowing You to See, in Real Time, What The Dentist Sees

**Dr. Joan Kirschner**  
welcomes you to  
**Plymouth General Dentistry**  
Over 25 years of experience

Now Accepting...

**MetLife** **DELTA DENTAL** **Cigna. aetna**

Plymouth General Dentistry, PLLC  
[www.pgdentistry.com](http://www.pgdentistry.com) • 65 Highland Street, Plymouth NH  
603-536-4301

# Senior Living

## When It's Time To Move: Tips to Help You Navigate the Process

by Shannon Lynch

As seniors age, housing needs inevitably change. For many older people, living in the family home where they've raised a family may no longer be feasible because of health, mobility or financial concerns. Other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy without the worry of home maintenance and yard work.

Each individual's situation is different, but for most seniors there will come a time when downsizing and moving to a smaller place — an apartment, an independent or assisted living community, or perhaps clear across the country to live near the kids and grandkids — makes sense.

Making decisions about what to do with your furniture and other possessions can be stressful, both emotionally and physically, but moving is manageable taken in small doses over a period of time and with a little plan-

ning and organization on your part. We've gathered a few tips to help you make the move as painlessly as possible.

- **Start Early:** It's unrealistic to think that you can pare down the contents of your home in just a couple of weekends. Give yourself the gift of time so that you can make wise decisions about the items you want to keep and take with you, give away to your children, grandchildren and friends, donate to a thrift store or charity, or sell.

- **Start Small:** Pick one drawer, one closet or one collection of items. Go through those things and decide if they will go in the "keep" or "let go" box. When you've finished, move on to the next. Enlist the help of any children or grandchildren who are willing to assist you. This can be a great bonding time, as you share stories of your life, how you acquired some of the belongings in your home and why they



hold a special meaning for you.

- **Be Realistic:** Downsizing from a large home to a small apartment means that you won't be able to take all your belongings with you. Knowing the size of the rooms and storage space in your new home will help you understand what furniture, clothing and keepsakes will fit.

- **Family Heirlooms:** You love Aunt Dot's wedding china, your grandma's button collection, and are very sentimental

about the 40-year-old couch — with just a few stains, but still perfectly good — that you and your husband purchased just after you married. But let's face it, your family may not feel the same way. Ask family members if they have special pieces they'd like gifted to them, but don't be offended if they don't want any of your belongings. Each generation has its own ideas of what a home should look and feel like. If it's going to be hard to part with these items, take a photo and write a descrip-

tion of each piece so that you can look at it later and enjoy the memory of it.

- **Create Lists:** Make a list of all the things you have to do. Along with deciding what items to keep, give away, donate or sell, moving to a new home includes filling out change of address forms at the post office, transferring magazine and newspaper subscriptions, arranging to have the utilities shut off at your old home, contacting home and car insurers, and multiple other tasks. Lists help you stay organized!

- **Pack A "First**

Day" Box: Follow this great advice from the American Senior Communities organization and you'll be prepared when you reach your new home with all of the items you'll need that first day and night: toiletries, prescriptions, cleaning and kitchen supplies, toilet paper, and basic tools like a hammer and screwdriver. You might also add your nightgown or pajamas and a change of clothes for the next day. Having all of these items in one place will help your move go smoothly as you settle into your new home.

Shannon Lynch is the Executive Director of Summit by Morrison, a senior living community offering independent living, assisted living, memory care, and respite care.

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. For more information, go to [www.themorrison-communities.org](http://www.themorrison-communities.org).

## LRH and the Alzheimer's Association Offers Education on Leading Signs of Alzheimer's Disease

Littleton, NH - How does one know if a person's memory loss is just normal aging, or a sign of something more serious? Alzheimer's disease (AD) is an age-related disorder that develops over a period of years. It progresses over time. First off, people experience memory loss and confusion. The symptoms of AD gradually lead to behavior and personality changes, a decline in cognitive abilities such as decision-making and language skills,

and problems recognizing family and friends. Alzheimer's ultimately leads to a severe loss of mental function.

Here is a list of some of the early signs of Alzheimer's:

- Forgetting recently learned facts.
- Asking the same questions over and over.
- Problem solving (keeping track of monthly bills, following a recipe).
- Forgetting how to get to a familiar location.

- Loss of ability to follow conversations.

- Misplacing things and not able to retrace steps to find them.

- Poor judgment (in dealing with money or grooming).

- Lack of interest in work, family, or social commitments.

- Changes in mood.

If you notice any of these AD warning signs in yourself or someone you know, schedule an appointment with your doctor.

Littleton Regional Healthcare (LRH) and the Alzheimer's Association

invite you to a series of programs that cover many aspects of this disorder. You are welcome at one or all of the programs. The first one is scheduled for Tuesday, March 17, 2020 from 1-2:30pm. The programs will run at LRH in Conference Rooms 1 and 2 (beside the cafeteria).

To learn more, contact Carrie Amorim Good at the MA/NH Chapter of the Alzheimer's Association. You can reach her at 603.606.6590 x2124.

*"It truly feels like home..."*

*...the entire staff, ranging from leadership to cleaning, do all they can to make Mom feel loved and cared for. Peabody Home is everything I thought it might be and more. With Mom there, we have a great deal of peace of mind. We have been on the dementia journey with her for ten years and now that she's at Peabody, we feel comfortable enough to finally go on vacation."*

*~Lori Salvi, daughter of Peabody Home resident, Mary Censato*

Assisted Living • Nursing Care • Memory Care  
Elder Care • Respite Care • Hospice

24 Peabody Place, Franklin, NH  
[peabodyhome.org](http://peabodyhome.org)

**Schedule a tour today! 603.934.3718**  
*Immediate openings, no entrance fee, the most affordable rates in NH*

# NANA

Newfound Area Nursing Association

*Celebrating 60 yrs in 2020!*

## Home Health Care and Hospice

*Skilled Nursing, Physical & Occupational Therapy,  
Home Health Aide, Medical Social Services*

*Serving the Newfound Area*

**Alexandria, Bristol, Bridgewater, Danbury,  
Hebron, Hill, New Hampton, and Groton**

214 Lake Street  
Bristol, NH 03222  
(603)744-2733, [www.nanainc.org](http://www.nanainc.org)



**SCHWARTZBERG LAW**  
EXPERIENCE THAT MATTERS

*Advising clients about  
Wills and Trusts  
since 1985.*



Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy, Plymouth, NH 03264  
**603-536-2700 | [WWW.NHLAWYER.NET](http://WWW.NHLAWYER.NET)**



Photos from the South Coast of Australia show Hebron residents John and Becky Blair's view of the beach before the fires, during the fires when the beach was covered by smoke and ash, and a third shot of it later when the smoke had lifted for a day, but another smoke cloud can be seen coming across the sea and blocking out the blue sky as it heads in their direction again.

Blair

FROM PAGE A10

under an inch of much needed rain, which did

help somewhat in the battle to stop the fires.

"Looking at the weather forecast, we should be good for another week,"

they reported.

They then decided to take a trip to the seaside resort of Merimbula where one would

normally expect to see crowds of beachgoers since January is Australia's peak vacation month. Sadly, this time it

was deserted, taking yet another hard hit on the area's economy.

Thus far, the Blairs said they consider themselves fortunate however, looking at it all as just another adventure in their life's journey. Despite being caught up in the midst of a national crisis there, they are grateful that they have managed to even maintain power at their residence, yet saddened to hear about others who have lost all their own.

At the end of their latest letter to us, they concluded with a brief but harrowing tidbit from the region that thankfully had a heartwarming ending.

"One couple took shelter in their pond as they watched their property

burn. What a surprise when it was over to find their cat had survived by taking shelter in their outdoor pizza oven. Clever cat!"

We look forward to bringing you more reports from John and Becky Blair in the near future and thank them for sharing their experiences with neighbors and friends back here in New Hampshire.

Correction: In last week's report from the Blair's we erroneously stated that the fires were burning an area that was approximately the size of the United States. It should have said that Australia is approximately the size of the U.S., and the fires right now have burnt an area equivalent to the size

Robotics

FROM PAGE A10

ing and programming as well, Sam decided to give the club a shot, too. So far, he said, he's really enjoying the challenges.

Drew also likes electronics and robotics and it was White's high school robotics class that convinced him this year to become a part of the team, too.

The Robotics Club is a dedicated group of students who are now meeting after school from 3-5 p.m. each weekday. Pettit said they also meet occasionally on the weekends as competitions draw near.

Their first meet for the 2020 season will be held for three days over February vacation in Salem then the regular season will continue on at other high school venues until March 27. Should they perform well enough in those regular season meets, White said they could even continue on to higher level competitions from there.

Bemis said the group is always looking for additional mentors or people who would like to donate to the team's equipment and travel expenses. He said it would be great if they could even have tee shirts made that the students could wear to the competitions.

"We're open to any input or assistance anyone would like to provide. I think this is an important part of a kid's education today," he said.

Those who are interested in bringing their



DONNA RHODES

In just their first year of competition, Newfound Regional High School's robotics team brought home a Rookie All Star Award in 2019. Representing last year's team with their plaque and trophy were coach Don White (far left), mentor Paul Bemis and coach Lora Mayo (far right), along with returning 2020 team members (front row) Sophia Pettit and Brian Watson, and (back row) students Isaiah Dokus, Luke Wade and Ashlar Dotson.

own knowledge and skills to the students, or would

like to support the team in any way, are asked to

contact Don White at 744-6006, ext. 1312.

KTHO

FROM PAGE A1

ed some high bids, as did a watercolor of the sea-coast by artist Murray Wentworth.

Ken Weidman of Bridgewater was one of many who were hoping to take home a fine piece of art that night.

"This is my first time here, and it's pretty impressive," he said. "I'm just keeping my eye on the bidding right now!"

For those who wanted to up their odds for taking home a great prize that night, there was also a raffle. Tickets, selling for \$5 each, three for \$10, or 10 for \$20, gave people a chance to win either a handmade quilt by Sherry Sinclair, a three-course dinner for four prepared by local gourmet chef Wavell Fogelman, a Cam Sinclair oil painting or an exciting Sno-Cat Tour for four people.



DONNA RHODES

Volunteers Tink Taylor, Doug "Smitty" Smith and Bob Gannett were busy selling raffle tickets at last week's Keep the Heat On Fundraiser in Plymouth. This year's theme for the evening was "Wizard of Oz."

The evening also included appetizers and a buffet dinner comprised of specialty dishes from 22 area restaurants. Among the entree items that night were Big Daddy Joe's pulled pork sliders, and clam chowder from PHAT Fish. Mad River Tavern brought meatballs and sausage to the buffet table and Lucky Dog Tavern offered some of their delicious steak tips. Other delicious dishes were

provided by The Grotto, Sunset Grill, Covered Bridge Farm to Table, Fugaky, The Common Man in Ashland and the Italian Farmhouse. Desserts included Yummy Cakes from Annie's Over Flow, Pies from Chase Street Market and Rumney Village Store, Carmelitta Bars courtesy of Burrito Me, White Chocolate Bread Pudding from Walter's Basin and locally produced ice cream from Frosty



DONNA RHODES

Susan Jacobs of Bridgewater was among the 200 people who were bidding on silent auction items at this year's Keep the Heat On fundraiser, which provides area residents with fuel assistance each winter.

Scoops.

"The food is just incredible," said one attendee.

Over the past years, the evening also included a live auction but Richards said the KTHO committee decided to change things up a bit this year by inviting English storyteller Simon Brooks to provide some after-dinner entertainment instead.

One other highlight of the evening was

recognition of Denise Castonguay, who, along with Richards, was one of the original founders of Keep the Heat On. Through her special relationships with area restaurants, her knowledge and love of cooking, and her close ties with the community, she was acknowledged for maintaining KTHO as an important fundraiser for the Plymouth Area Community Closet over the past 15 years.



DANCE OF GRATITUDE, MARCIA SANTORE, 2018, ACRYLIC ON CANVAS. COURTESY OF THE ARTIST.

At the Museum of the White Mountains

NOURISH?  
Arts Address Mind,  
Body, Spirit

Creative work from across New Hampshire demonstrates how art engages people in the pursuit of health, wellness, and understanding. On exhibit through February 15.

Arts and Health Panel Discussion

Learn how the arts can help address and treat illness and support well-being.

Free and open to the public.

Wednesday, January 29, 6-7:30 p.m.

Visit [plymouth.edu/mwm](https://plymouth.edu/mwm)  
or call (603) 535-3210  
for more information.



## Bear girls can't keep up with Spartans

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — Early in the season, the Newfound hoop girls traveled to Whitefield and dropped a 52-45 decision to White Mountains Regional.

The Bears were looking to exact a little revenge when the Spartans visited Bristol on Friday, Jan. 17, but White Mountains had other ideas.

Behind a monster game from Avi Challinor, the Spartans pulled away in the second half and took a 54-31 win.

"We've been trying to focus on taking care of the ball," said Spartan coach Ian Boyko. "And we're really trying to stress intensity throughout the whole game."

"We've put together quarters but not a full game," he continued. "We always seem to lapse coming out of the half."

"We're not healthy," said Newfound coach Kammi Williams. "Not to make excuses, but I think that's legit."

"Number two (Challinor), she killed us, she worked hard for those points, she had a great game, kudos to her," Williams added. "They outworked us tonight, they outplayed us."

Bailey Fairbank started the scoring for the Bears with two free throws but White Mountains got the next



JOSHUA SPAULDING  
Paulina Huckins drives through the middle in action Friday night.

five points on a three from Lily Kenison and two free throws from Challinor. After Paulina Huckins hit a free throw for the hosts, Challinor hit another hoop, then Kelsey Graham added a hoop and Challinor finished off a Makenzie Treamer steal with a three-point play, pushing the Spartan lead to 12-3.

Tiffany Doan responded with a three

for the Bears but a free throw from Jaycee Murray closed out the first quarter and White Mountains has the 13-6 lead after eight minutes.

Malina Bohlmann got Newfound on the board first in the second period but Challinor followed with a hoop of her own. After Huckins hit two free throws for the hosts, Danica Watson hit



JOSHUA SPAULDING  
Leah Bunnell takes a shot in action against White Mountains Regional.

one from the stripe for White Mountains. Bohlmann finished off a steal with a hoop but Treamer came right back and hit a hoop for the Spartans.

Matti Douville hit a free throw and Fairbank hit a hoop to get the Bears within 18-15 but Challinor put the Spartans on her shoulders and scored the next eight points, the first two coming

off a finish of her own steal and White Mountains had a 26-15 lead. A Douville three and a Bohlmann hoop got Newfound within 26-20 at the halftime break.

Bohlmann drained a free throw to start the second half but Kenison answered with a basket for the Spartans. Challinor then hit a pair of baskets, the first off her own steal, stretching the

Spartan lead to 32-21. A Bohlmann three kept the Newfound SEE GIRLS PAGE B3

### What's On Tap

The month of January comes to a close with a full slate of games on the docket.

The Newfound unified basketball team will be hosting Berlin at 3:30 p.m. on Monday, Jan. 27.

The Newfound ski team will be at Gunstock on Friday, Jan. 24, at 10 a.m. and will be at Sunapee at 1 p.m. on Monday, Jan. 27.

The Newfound basketball teams will be taking on Prospect Mountain on Tuesday, Jan. 28, with the boys on the road at 6 p.m. and the girls at home at 6:30 p.m.

The Plymouth alpine ski team will be at King Pine on Friday, Jan. 24, at 10 a.m.

The Bobcat hoop girls will be hosting ConVal at 6 p.m. on Friday, Jan. 24, and will be at Manchester West on Monday, Jan. 27, at 6:30 p.m.

The Plymouth boys' basketball team will be at ConVal at 6:30 p.m. on Friday, Jan. 24, and will be hosting Pembroke at 6:30 p.m. on Tuesday, Jan. 28.

The Bobcat ski jumpers will be at Kennett for a 6 p.m. meet on Friday, Jan. 24, and will be at Newport at 6 p.m. on Wednesday, Jan. 29.

The Nordic skiing Bobcats will be at ConVal at 10:30 a.m. on Saturday, Jan. 25, and will be at Whitaker Woods in North Conway at 2:30 p.m. on Wednesday, Jan. 29.

The Kearsarge-Plymouth hockey team will be hosting Sanborn-Epping at 11:30 a.m. on Saturday, Jan. 25, at Plymouth State and will be at Pembroke-Campbell at 6:30 p.m. on Wednesday, Jan. 29.

The Bobcat wrestlers will be at Concord for a 10 a.m. meet on Saturday, Jan. 25, and will be at White Mountains at 6 p.m. on Wednesday, Jan. 29.

The Plymouth gymnastics team will be at Goffstown for a 7 p.m. meet on Thursday, Jan. 30.

## Turnovers haunt Newfound boys against Winnisquam

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound boys' hoop team welcomed Winnisquam to town on Tuesday, Jan. 14.

The hosts trailed by just two points at the end of the first quarter before the visitors were able to open the lead up to nine at the halftime break, 27-18.

"In the third we struggled with turning the ball over and we got in a 21-point hole by the end of the third," said coach Jesse Mitchell. "The guys fought hard in the fourth and got it down to eight with four minutes left."

"We just couldn't make that deficit back," he continued. "We are working hard and it will soon click and come together."

Winnisquam eventually got the 56-43 win.

Tyler Boulanger had a good game for the Bears, putting in 20 points and grabbing six rebounds while



RC GREENWOOD  
Jack Gosson works hard under the hoop during action in Bristol last Tuesday.

Malaki Ingram added 11 points to the tally.

The Bears traveled to Whitefield on Friday night and gave the Spartans of White Mountains a big scare, though the hosts eventually pulled away for the win.

White Mountains led 17-10 after one but the Bears pulled things even at halftime, tying the score at 31. White Mountains was able to go up by six after three, 49-43

and eventually got the 67-57 win.

Ingram scored 25 points to lead the way for Newfound while Boulanger added 17.

The Bears will be at Prospect Mountain for a 6 p.m. game on Tuesday, Jan. 28.

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

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

**DUMPSTER RENTALS STARTING AT \$395**

**Clean House, Clear Mind**

**HAPPY NEW YEAR!**

NO HIDDEN FEES  
NO FUEL CHARGE  
NO TRICKY LONG TERM CONTRACTS TO SIGN

**SAVE WITH OUR DUMPSTER DEPOT BUCKS**

**THE DUMPSTER DEPOT®**  
Great Service at "YOUR" Convenience. Not Ours!  
Waste Recycling Services

**Got a trashy question? CALL US TODAY**  
TOLL FREE 1-866-56-DEPOT  
LOCAL 603-783-8050

**WWW.DUMPSTERDEPOT.COM**

Like us on Facebook

Roofing Materials • Small Dumpsters • Front Load Dumpsters • Rear Load Dumpsters

# Late hoop lifts Bobcats past Knights

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — Amanda Daugherty is the Plymouth girls' hoop team's lockdown defender.

But on Tuesday, Jan. 14, it was her offensive prowess that got the spotlight. Daugherty drilled a three-pointer with 1:05 to go in the game, moments after Kingswood had tied things up, then was one of three Bobcats hitting free throws in the final minute to seal the 50-42 win for the Bobcats. "She's our best defender," coach Dave Levesque said of Daugherty. "Anything she gives us on offense is a bonus.

"She had missed a shot just before that, so it was nice to see her have that big moment at home," Levesque added.

"It's still turnovers with us," said Kingswood coach Marty Garabedian. "They were told to do some things and some do and some don't.

"If one person doesn't do their part in a play, it makes it difficult," the Knight coach continued. "Hopefully they use it and move on."

Kingswood got out to the early lead after Jordan Levesque hit the first hoop of the game for Plymouth. Annalise Cataldo, Ana Ekstrom and Alexis Copp all followed with hoops for the Knights and Ekstrom added a free throw to give Kingswood a 7-2 lead.

Levesque added another hoop and then Gwen Merrifield drained a free throw to cut the lead to 7-5. Kingswood's Rachel Bonneau hit a hoop and a free throw to stretch Kingswood's lead to 10-5.

Levesque and Ekstrom exchanged free throws and then Cataldo and Merrifield exchanged field goals, giving the Knights the 13-8 lead after one quarter.



Gwen Merrifield looks to dribble around a Kingswood defender in action last week.

JOSHUA SPAULDING



Kingswood's Catie Shannon plays defense against Plymouth's Jordan Levesque in action last week.

JOSHUA SPAULDING

Plymouth got out to a quick start in the second quarter with Merrifield getting the first hoop and then Daugherty following with consecutive baskets, the second coming off her own steal, putting the Bobcats into the lead at 14-13.

Grace Saunders put back a rebound for the Knights to put them

back in the lead but Merrifield finished off a nice pass from Elaina Manson to put the Bobcats back in front.

Catie Shannon drilled a three-pointer to give Kingswood an 18-16 lead before Levesque hit a hoop for Plymouth to tie the game. A Cataldo basket gave Kingswood a 20-18 lead but the Bob-

cats got the final three points of the quarter, with Levesque hitting two free throws and a three-pointer to give Plymouth a 23-20 lead at the halftime break.

Saunders got the Knights back within one with the first basket of the second half but Levesque and Merrifield both put back rebounds to give Plymouth a 27-22 lead.

Cataldo and Saunders each had free throws for the Knights but Molly Edmark answered at the other end with a pair of free throws and a hoop for a 31-24 lead for the Bobcats.

Shannon hit her second three-pointer of the night to cut the lead to four but Merrifield got a pair from the charity stripe for the hosts. After Bonneau hit two from the free throw line for Kingswood, Edmark knocked down another hoop for Plymouth.

Kingswood would score the final four points of the third quarter, as Saunders got a hoop and then Shannon converted a Saunders steal, cutting Plymouth's lead to 35-33 heading to the final eight minutes of the game.

Manson got Plymouth on the board to start the fourth quar-

ter but Shannon answered with a three to cut the lead to one. After a Merrifield basket, Shannon brought Kingswood back to within one with a hoop.

Levesque sank a three-pointer to put the Bobcats up by four points but Saunders came back and drained consecutive baskets for the Knights, tying the game at 42 with 1:50 to go.

Daugherty then did her thing, calmly draining a three to put the Bobcats up by three and then Manson came up with a steal to get the hosts the ball back.

Daugherty and Levesque each hit two free throws in the final minute and Merrifield added another to seal the 50-42 win.

Levesque led all scorers with 19 points and Merrifield added 14. Shannon led the Knights with 13 points and Saunders finished with 11 points.

"Before the game and at halftime, I told them when you're playing a team that's 0-5, they're going to keep coming," Levesque said. "Kingswood does not stop coming. Every time we threw a punch, they counter-punched."

The Bobcat coach

was pleased with the balanced attack from this squad, with two players in double figures and others close.

"We were more balanced across the board," he said. "Molly (Edmark) hit a couple of big shots for us.

"But we struggle with rebounding," he continued. "And we're still not shooting as well as we can, but we made the shots we needed to."

"At least we're starting to score some points," said Garabedian. "That has been a struggle for us.

"And some of the girls are really picking up their defense," he continued. "The more we have five people out there playing defense, the better it will go.

"We've been talking about effort and hustle and getting back," he added.

Garabedian also noted that Shannon has a good shot so the team is looking to get her the ball.

"She's a good shooter so we're trying to get her in a good position to get some shots off the ball," he said.

The Bobcats will be back in action on Friday, Jan. 24, at home against ConVal at 6 p.m. and will be at Manchester West at 6:30 p.m. on Monday, Jan. 27.

The Knights will be in action on Friday, Jan. 24, at Pelham at 6:30 p.m.

**PRHS 8-15-12-25-50**  
**KRHS 13-7-13-9-42**

## Plymouth 50

Daugherty 3-2-9, Merrifield 5-4-14, Levesque 6-5-19, Manson 1-0-2, Edmark 2-2-6, Totals 17-13-50

## Kingswood 42

Copp 1-0-2, Ekstrom 1-2-4, Bonneau 1-3-5, Saunders 5-1-11, Cataldo 3-1-7, Shannon 5-0-13, Totals 16-7-42

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

## Lacrosse demo days coming to Inter-Lakes

MEREDITH — Come see if lacrosse is for you. All area first through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's Demo Days at Inter-Lakes High School.

All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready for the spring 2020 season. The clinics are free and will be held at the ILHS gym on Feb. 1 and 15 and

March 7. Boys will run 2-3 p.m. and girls will run 3-4 p.m. Newbies and returning players alike are welcome. Registration is required. Visit [www.lrlacrosse.org](http://www.lrlacrosse.org) for details and to register.

## Registration opens Feb. 10 for Mt Washington Road Race

PINKHAM NOTCH — Registration for the 60th running of the Northeast Delta Dental Mount Washington Road Race will be open from Feb. 10 at 8 a.m. to Feb. 24 at 11:59 p.m. Following the close of registration, a computer will randomly select the runners who will be entered in the race. The entry fee, charged to those who are selected, is \$95, not including administra-

tive fees. Notification of acceptance or rejection by the lottery will be sent via e-mail to each applicant on Feb. 27.

Lottery registration is at <https://mtwashingtonautoroad.com/mount-washington-road-race/for-racers/race-registration>. Runners may register individually or as a group with other friends. Runners registering as a group (up to 25 run-

ners) will either all be selected together or all be turned down by the lottery.

Sponsored by Northeast Delta Dental, the race ascends the Mt. Washington Auto Road, at an average grade of 12 percent, from Pinkham Notch, for 7.6 miles to the 6,288-foot summit of Mt. Washington. The race will take place on June 20, starting at 9 a.m.

# Hiring?

# Reach

# More

# Local Applicants

Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

- The Baysider
- Gilford Steamer
- Record Enterprise
- Coös County Democrat

- Meredith News
- Granite State News
- Winnisquam Echo
- Carrol County Independent

- Berlin Reporter
- Littleton Courier
- Newfound Landing

**Email:** [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

**Phone:** (603) 616-7103

# Doherty leads US biathlon in Germany

BY BILL KELLICK  
US Biathlon

RUHPOLDING, Germany — Sean Doherty (Center Conway) led three Americans in qualifying for Sunday's pursuit during Thursday's men's 10-kilometer sprint at the BMW IBU World Cup in Ruhpolding. Doherty placed a season-best 21st in the 111-athlete field and will be joined in Sunday's pursuit by Jake Brown (Saint Paul, Minn.) and Leif Nordgren (Hinesburg, Vt.), who finished just inside the top-60 cutoff at 58th and 59th, respectively. For Brown, it will be just his second career World Cup pursuit race.

"Today's race was great, full attack from the start to the finish line," said Doherty. "It is a lot of fun to have a strong skiing day like today. I was very happy to see Jake sneak into the pursuit at the end there."

Doherty had just a single prone penalty on the range to finish one minute, 2.8 seconds back of winner Martin Fourcade of France. He also had the seventh-best range time among the

field in standing where he shot clean. Brown had two prone penalties to finish 2:02.2 back, while Nordgren was 2:03.8 behind Fourcade with two prone penalties and one in standing. Paul Schommer (Appleton, Wis.) was less than five seconds away from qualifying in 65th position with two standing penalties, 2:09.2 off the pace.

Fourcade remained unbeaten in 2020, shooting clean to win the men's sprint in 22:41.5. The win for Fourcade follows last week's sprint and mass start victories in Oberhof. Teammate Quentin Fillon Maillet matched Fourcade on the shooting range to finish a close second, 3.1 seconds back. Germany's Benedikt Doll shot clean for the second time this season to place third, 12 seconds behind Fourcade.

Not to be outdone by the top-10 finish of the U.S. women's relay team on Friday, the U.S. men's relay team put on their own top-10 performance on Saturday in Ruhpolding. The foursome of Nordgren, Doherty, Schommer and Brown placed 10th in the 4x7.5-kilome-

ter race, four minutes, 9.8 seconds off the winning pace, with no penalties and nine spare rounds. It marked the best finish for a U.S. men's relay team since March of 2018.

"Overall, I think we can be really happy with this relay," said Nordgren. "It was pretty tough conditions with the new snow falling, but every guy on the team had a decent race and we were able to get away

with a top-10 result."

Light, wet snow that fell overnight turned into a light rain/snow mix at the start, but by the time the men reached the first prone stage, the mix had turned into heavy, wet snow, which continued to pick up throughout the competition. The increasingly deep snow made the tracks slower and more demanding as the race progressed.

Undaunted, Nordgren used just one spare in

prone and cleaned from standing. Clean stages were also turned in by Doherty in standing and Schommer in prone.

"Good shooting definitely helped us today," Nordgren added. "Anytime the whole team can have a maximum of nine spare rounds with these conditions is good. This relay team has a lot of potential given the right day, so I think we're looking forward to the next chance at World Cham-

pionships in Antholz."

The French quartet of Emilien Jacquelin, Fourcade, Simon Desthieux and Quentin Fillon Maillet went wire-to-wire to win the men's relay, using six spare rounds in their 1:18:11.2 victory. Norway finished second, with 10 spare rounds, 1:12.2 back. Austria, with their first podium of the season, finished third with just four spare rounds, 1:24.3 behind France.

## The hammer comes down

### SPORTING CHANCE



By JOSHUA SPAULDING

It isn't really baseball season, but without a question baseball has been a dominating topic in my social media feeds, in the newspapers and on the radio the last few days.

Of course, when baseball is dominating the discussion during the winter months, there's a good chance it's not for a good reason.

The Red Sox and manager Alex Cora parted ways after his name was released as part of the investigation into the Houston Astros and sign-stealing allegations in the 2017 season. While the Red Sox are also under investigation and no decision had been handed down by Major League Baseball as I wrote this, it was a safe bet that Cora was going to get at least the same amount of suspension (one year) as his former boss, Astros manager AJ Hinch, received. And there's a chance he would've received more since the report seemed to indicate that Cora was the person who came up with the system to try and steal signs from opposing teams.

First and foremost, the use of technology to steal signs is against the rules and Cora had been

warned before about doing it. So the simple fact that he was doing it again in Boston is reason for him to receive a punishment from Major League Baseball.

However, it seems to me that MLB's punishment of the Astros went a little over the top, especially when you compare it to their reaction to other problems within the organization.

Major League Baseball essentially slapped the hands of some of the biggest steroid users in the game, seemingly denying that there was a problem when it was quite obvious that there were issues. Steroid users (also breaking the rules) received suspensions of varying lengths, but MLB never really came down hard on any of the major offenders.

Numerous players have been arrested for domestic violence and yet have received minor suspensions for their actions. Yes, this is outside of the game, but the players are still part of Ma-

jor League Baseball and by not coming down on them, MLB is almost saying what they did is OK.

Commissioner Rob Manfred has instead chosen sign stealing to be the issue on which to plant his flag and make a big stand. Hinch and his general manager were both suspended a year and subsequently fired by the Astros. That action really left the Red Sox with no choice unless they wanted to face extra scrutiny from all sides this coming season.

But why now? Why is the commissioner making this his big fish? My guess? He doesn't have to deal with the players' union. A few years ago Manfred said a pitch clock was coming, no questions asked. The players' union balked and he folded like a cheap tent. The players' union has a good deal of power and the commissioner is afraid of upsetting it.

Along came an issue that doesn't necessarily involve players (why Carlos Beltran has not received the same scrutiny as Cora and Hinch is beyond me), so here was Manfred's chance to prove he's the big man on campus without upsetting the players' union.

Yes, Alex Cora broke the rules. Yes, he deserved to be punished, as did AJ Hinch. But a year ban seems like a lot to me given the position MLB has taken on past issues.

After last season, a total disaster for the Sox, I wondered why Alex Cora was not getting any heat. Had John Farrell been at the helm of the team that had last year's results, he easily would've been fired. But Cora seemed to get no heat and that seemed strange to me.

I was intrigued to see how he got his team to bounce back this year. I guess that's somebody else's job to handle now.

Finally, have a great day, Christian and Bobbi Boudman.

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

## Girls

FROM PAGE B1

hopes alive but White Mountains got the next seven points, with Challinor and Morgan Doolan each hitting a basket and Kenison sinking a three-pointer, pushing the White Mountains' lead to 39-24.

Bohlmann got the final basket of the quarter for the Newfound girls and the score was 39-26 as the teams headed for the final eight minutes of the game.

It was Treamer that helped build the White Mountains lead in the fourth quarter. She hit two three-pointers and a field goal early on, with the lone Bear point coming on a Huckins free throw and White Mountains led by 20, 47-27.

Free throws from Kenison and Challinor pushed the lead over 20 but Douville hit a hoop for the Bears. White Mountains got baskets from Watson and Madeline Huntoon and two Watson free throws to push the lead to 54-29 before Bohlmann closed out the game with a hoop for Newfound, setting the final score at 54-31.

Challinor put in 24 points on the night while Treamer added 10 for the Spartans. Bohlmann led the Bears with 14 points.

"Avi had a tremendous game," Boyko said. "I hope that stays around, we need that."

"They tried to double-team her but I told her to keep finishing," the Spartan coach said. "And I think Lily did a good job setting the pace."

"It was very remarkable we were able to do this considering the week we had," Boyko continued. "We had two practices cancelled due to weather and a tough loss at Colebrook. I wasn't sure

what I was going to run into in this game. They responded really well."

"They overplayed Malina, they overplayed Bailey, they were letting the three and four have a field day," said Williams. "But we missed the shots."

"I knew going in to tonight that we were playing shorthanded," Williams continued. "Matti had to play some extra minutes. Bailey and Malina played hard and I appreciate that."

"Hopefully we'll be able to bounce back, that's what we need to do," the Bear coach continued. "We're not going to beat many teams scoring 31 points."

Earlier in the week, the Bears defeated Winnisquam 65-10. Bohlmann had 21 points and Molly Lu McKellar added 15 points. Huckins added 11 and Haley Dukette put in six.

The Bears will be back in action on Tuesday, Jan. 28, hosting Prospect Mountain at 6:30 p.m. The Spartans will face Belmont on the road on Jan. 24 for a 6:30 p.m. start. On Jan. 27, the team will be close to home when they travel to Groveton for a 5:30 p.m. start.

**WMRHS 13-13-13-15-54**  
**NRHS 6-14-6-5-31**

**White Mountains 54**  
Challinor 10-4-24, Treamer 4-0-10, Kenison 3-0-9, Murray 0-1-1, Huntoon 1-0-2, Doolan 1-0-2, Graham 1-0-2, Watson 1-2-4, Totals 21-7-54

**Newfound 31**  
Bohlmann 6-1-14, Fairbank 1-2-4, Doan 1-0-3, Huckins 0-4-4, Douville 2-1-6, Totals 10-8-31

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

2020

To your Health

\$10.95 PCI FOR A 5-PAPER BUY

Published:  
February 12 & 13, 2020

Sales Deadline:  
January 29, 2020

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

Showcase your business - press release and pictures encouraged with the purchase of an ad.

Please limit press release to under 500 words. They may be edited for clarity and space.

A Special Supplement to:

The Littleton Courier,  
Coös County Democrat,  
Berlin Reporter,  
Plymouth Record Enterprise,  
and Newfound Landing

Contact us today to reserve your advertising space!

Tracy Lewis

603-616-7103 tracy@salmonpress.news



Town-to-Town  
CLASSIFIEDS

www.salmonpress.com | 603.279.4516  
Call to place your ad today or visit our website!



Misc. For Sale

**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

Lost & Found

**Found Ads**  
Are published Free of Charge.  
30 words for 1 week.

**Lost Ads**  
Are Charged at our regular classified rates.

**Call Toll Free**  
**Mon-Fri 8:00-4:00**  
**1-877-766-6891**  
or go to  
**www.salmonpress.com**  
**24/7**

**Still Lost!**  
Shane - Shetland Sheepdog  
White/Tan/Black  
10 Years old  
We are hoping someone may have him or have seen him?  
-Lost in Laconia NH-  
August 27, 2016  
Do not chase. Old and New Leads appreciated.  
For more info see  
www.facebook.com/  
shanesetlandssheepdog  
  
Call Owner 603-365-1778  
or Granite State Dog  
Recovery  
1-855-639-5678

Thank-You

**Our line ad classifieds**  
are on our website!  
  
**www.salmonpress.com**  
  
is the place to check our weekly  
classifieds online!  
More great coverage  
and information from the  
  
**Salmon Press**  
**Town To Town**  
**Classifieds!**  
  
Why place your ads  
anywhere else?  
**1-877-766-6891**

Thank you  
for browsing  
**The Town To Town**  
Classifieds in the  
  
**West**  
**Meredith News**  
**Record Enterprise**  
**Winnisquam Echo**  
**Newfound Landing**  
  
**Publication Rates (30 words)**  
\$12 - 1 Week  
\$20 - 2 Weeks  
\$27 - 3 Weeks  
\$36 - 4 Weeks  
  
Call Our main Call Center  
**1-877-766-6891**  
**Mon-Fri 8:00-4:00**  
  
or place online 24/7 at  
**www.salmonpress.com**  
  
**Deadline:**  
**Monday 10:30 am**

Pets/Breeders

**LOW COST SPAY/NEUTER**  
Mobile Feline Fix It Wagon,  
Cats \$70-\$85. Dogs at Conway clinic,  
starting at \$100. NH and Maine  
income qualified plans. Military  
discounts. Rozzie May Animal  
Alliance, a dedicated spay/neuter  
nonprofit. Sign up on line  
www.RozzieMay.org or call  
603-447-1373

**THANK YOU**  
**FOR READING**  
**THE CLASSIFIEDS**

General Help  
Wanted

**Bald Peak Colony Club Seeks  
Sous Chef...**  
Become a true culinary leader!  
Are you a professional with a  
great attitude and a willingness to  
share what you know? Move up  
the hospitality ladder of success.  
Join a winning team! A unique  
opportunity to be a culinary leader  
at one of New England's finest  
private clubs. Be a team leader!  
Be able to work with a wide  
variety of foods that many may  
never experience. Be able to  
express your artistry through  
food. This is an unbelievable, rare  
opportunity of a lifetime for the  
right candidate. Be able to order  
your product, create memories  
and lead your culinary brigade to  
be the best. Train under a Cer-  
tified Executive Chef, member of  
the American Academy of Chefs  
and an elected member of the  
exclusive Honor of the Golden  
Toque Society. The salary is paid  
year-round. The operating season  
is from May through October.  
Benefits available. Salary is  
commensurate with experience.  
Email resume and cover letter to  
chefpaul@baldpeak.org

**Plymouth State**  
**UNIVERSITY**  
  
Plymouth State University has the  
following positions available:  
  
Financial Aid Specialist  
Finance and Budget Analyst  
Theatre Technician  
Billing Manager  
Student Financial Billing Specialist  
Windows Client & Server Systems  
Administrator

**FACILITIES:**  
General Maintenance Mechanic  
Building Service Worker (Custodian)  
- All Shifts

To view full descriptions of the  
positions and to apply, please visit  
<https://jobs.usnh.edu>

Plymouth State University is an  
Equal Opportunity/Equal Access/  
Affirmative Action institution.



The homeowners association of  
Property Owners Association at  
Suissevale, Inc. is currently  
seeking applications from  
qualified persons interested in  
providing support to the Business  
Manager, as the Administrative  
Assistant. This position will be  
directly interacting with Associa-  
tion member, contractors and the  
Board of Directors.

Candidates must have:  
-Proficiency in verbal and written  
skills.  
-Proficiency in computer skills -  
Microsoft Office, Word, Excel,  
Power Point.  
-Experience with graphics and  
WEB based postings is highly  
desirable.  
-Strong organizational skills, filing,  
including electronic document  
filing.  
-Must be timely and reliable.  
-Coordinating meetings.  
-Assisting with scheduling and  
supervising the summer staff.

This is a 20-30 hour a week  
position. More hours are required  
during the summer months.  
Usual work schedule: Monday,  
Wednesday, Friday and Saturday  
9:00 am to 3:00 pm.

Applications will be accepted until  
the position has been filled.  
Please send cover letter explain-  
ing why you feel you are qualified  
for this position and a resume to:  
Suissevaleom@gmail.com.



General Help  
Wanted

**THE KALLED GALLERY** will  
be hiring a full-time seasonal  
employee and a second part-time  
seasonal employee for the 2020  
summer/fall season. We will look  
for qualities in someone that will  
compliment our team and the  
culture of the gallery. Your love &  
appreciation of artisan work and  
ability with sharing your learned  
knowledge will be a plus. The  
right candidates will have retail  
experience, strong computer  
skills, some knowledge of a POS  
system, great customer service  
skills, great communication skills,  
willingness to learn, a sense of  
humor, a great attitude, AND will  
love to work week-ends. We will  
train you to excel at your job. Pick  
up your application at the gallery  
Thurs-Sat 10-5:30. Our email is:  
kalledgallery@kalledjewelrystu-  
dio.com if you would like to send  
your resume and a cover letter.  
Please direct all inquiries to Mal  
Stirt.

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 prefer-  
ence, 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 misinfor-  
mation, typographically errors, etc.  
herein contained. The Publisher  
reserves the right to refuse any  
advertising.

Comm. Space  
For Rent

**OFFICE SPACE**  
Route 25 Moultonboro. 1,740 sq ft.  
\$1,100/month. 3 baths, kitchen,  
conference room, 2 private offices,  
large reception area, tenant pays  
heat & electric. Robin 603-401-7602

Houses For Rent

**House in Sandwich:** Year round.  
Very large 2BR, 1 bath, all first floor.  
On 50 acres. \$1,650 + utilities. Jim,  
284-6676.

Land/Lots

Rambling Woods Co-op has an  
empty lot ready for your mobile  
home. The lot has a 24 x 48 slab  
already there but it can be modified  
to fit a 14 x 70 home. Come join  
our community owned park and  
have a say in how it runs.  
Call 603-991-8826 or write to  
PO Box 38 Bethlehem, NH 03574.

Time Share Sales

**The Windrifter Resort -**  
Wolfeboro, NH  
Week 42 Yacht Club #2 -  
\$599.00. 1 BR Queen Bed  
plus double & twin. Full  
kitchen. Amenities included:  
heated indoor pool, fitness  
center/sauna, tennis courts,  
and boat mooring available.  
Yearly maintenance \$600.00  
Great for locals who want to  
use amenities year round  
Contact (603) 986-7045.

**PLACE YOUR AD,**  
**Get Read,**  
**GET RESULTS!**

**Tuba City**  
Regional Health Care Corporation  
*Have a Career that Changes Lives*

Live and work on the beautiful Navajo Reservation,  
near national parks and forests, canyon country.  
ski area a day trip away.

The unique community of Tuba City offers a culturally rich  
environment and a rewarding career in an underserved area.

**Emergency Physicians**  
**CAREERS**

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our  
Human Resources at 928-283-2432 or e-mail [TCRHCHRR@TCHEALTH.ORG](mailto:TCRHCHRR@TCHEALTH.ORG)

**WWW.TCHEALTH.ORG**



**Place Your Classified Line Ads**

**ONLINE!**

24-Hours A Day • 7-Days A Week

**www.salmonpress.com**

**Ashland Lumber**  
A division of Belletetes, Inc.  
**Hardware Sales**

We are looking for a full-time hardware sales person who enjoys people  
and has good customer service skills. Knowledge of paint, plumbing and  
electrical as well as a basic understanding and knowledge of hardware  
preferred but not required. Weekend hours required on a rotating basis.

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

Rick Ash, Hardware Manager  
20 West Street, Ashland, NH 03217  
or you may email to [rash@belletetes.com](mailto:rash@belletetes.com).

Competitive Wages	Paid Vacation	Paid Holidays	Paid Time Off
Health Insurance	Profit Sharing	Store Discounts	Much More!

**Looking for New Customers?**

**FROM THE LAKES REGION  
TO THE GREAT NORTH WOODS.**

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coos County Democrat
- Carroll County Independent

**CALL**  
**603-279-4516**  
**TO PLACE**  
**YOUR AD**  
**TODAY!**



TOWN-TO-TOWN CLASSIFIEDS

\*\*\*\*\*  
Bring your  
classified ad  
right into  
the office  
located  
nearest to  
you and  
drop it off.  
We'd love to  
see you!  
\*\*\*\*\*

Principal Opening  
Starting July 1, 2020

**Newfound Area School District**  
We are looking for an Educational Leader for **Bridgewater-Hebron Village School**. The next leader should have a strong background in an elementary educational setting, experience in the use of data to drive instructional decision making, and knowledge of the role of Principal in building level management. This Pre-K through 5 school is located in Bridgewater, NH and right next to the beautiful Newfound Lake.  
**Salary: \$90,000 with an excellent benefits package**  
Certified candidates should provide a letter of interest, resume, transcripts, job application, and three (3) current letters of recommendation no later than February 7, 2020 to be considered.  
**Mail to:** Newfound Area School District  
Attn: Superintendent Stacy Buckley  
20 North Main Street  
Bristol NH 03222

Application is available at:  
<http://www.sau4.org/human-resources/employment-information>

White Mountains Regional School District  
Central Office Vacancies for 2020-2021

Administrative Position: Business Administrator  
Central Office Personnel: Human Resources/Payroll

White Mountains Regional School District, SAU #36, is located in the heart of the beautiful White Mountains. SAU#36 has one Board serving the communities of Carroll, Dalton, Jefferson, Lancaster, and Whitefield.  
**The WMRSB Business Administrator** will facilitate and oversee all financial aspects of the District. There is a comprehensive job description on the SAU36.org website. A candidate with experience, a Master's Degree in business, and holder of the Business Administrator certification from the NHDOE (0038) is desired. This is a 261-day salaried position with a generous benefits package. We may make accommodations for qualifications and experience. Start Date: July 1, 2020  
**Human Resources/Payroll** person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020  
Please apply on SchoolSpring; paper applications are not accepted. Positions opened until filled.

**The Inn on Newfound Lake**  
**HELP WANTED**  
**Dishwasher and Waitstaff**  
Call for an interview, (603) 744-9111 email resume to [innonlake@metrocast.net](mailto:innonlake@metrocast.net)  
1030 Mayhew Turnpike, Bridgewater, NH 03222

EXTRA! EXTRA!

Steel Erectors,  
Metal Roof & Siding Installers  
Foreman, Leadmen  
And Laborer Positions

Will Train. Valid Driver's License required.  
Application available at:

**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533  
Leading Pre Engineered Metal Building Co.

NOTICE  
ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall, **Tuesday, January 21, 2020, from 7:00 to 7:30 p.m.** for additions and corrections to the checklist in preparation for the Deliberative Sessions of the Newfound Area School District at 10 a.m. on February 1 and the Town of Alexandria at 2 p.m. February 1. *No change in party registration will be accepted.*  
George Whittaker  
Suzanne Cheney  
Loretta Brouillard

**NCH** Upper Connecticut Valley Hospital  
**JOB OPPORTUNITIES**  
**\*SIGN ON BONUS!**  
**Full-Time \*RNs**  
with two years' experience  
**Additional Full-Time Opportunities**  
Coder Physical Therapist  
Radiologic Technologist Ultrasound / Echo Technologist  
**Per-Diem Opportunities**  
RN LNA  
Materials Mgmt. Technician ED Technician  
**APPLY ONLINE**  
**WWW.UCVH.ORG**  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
EOE

**HEBRON**  
Supervisors of the Checklist  
**MEETING NOTICE**  
**THURSDAY, JANUARY 30, 2020**  
The Supervisors of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St. on Thursday, January 30, 2020 from 6:00 to 6:30 p.m. This is an opportunity to register to vote and/or make any changes or corrections to the checklist before the Presidential Primary on February 11th.

  
**This is how you say it's going to be okay.**  
Every 8 minutes to the American Red Cross responds to a disaster and makes this promise. This holiday season, you can help us keep it.  
Donate today at [redcross.org](http://redcross.org)  
American Red Cross

**Town of Groton**  
754 North Groton Road, Groton, N.H. 03241 (603) 744-8849  
**Any resident of the Town of Groton who wishes to file a Declaration of Candidacy for any of the following Town Offices may do so between January 22 - January 31, 2020 at the Town Clerk's office during normal business hours;**  
**Monday, Wednesday, Thursday 9am -4pm,**  
**Tuesday 12pm - 7pm**  
**The office will be open January 31, 2020 from noon to 5:00pm.**  
**The following positions are available:**  
SELECT BOARD MEMBER 3 year term  
TREASURER 3 year term  
PLANNING BOARD 3 year term  
PLANNING BOARD 3 year term  
CEMETERY TRUSTEE 1 year term  
LOCAL/TOWN AUDITOR 1 year term  
MODERATOR 2 year term  
TRUSTEE OF THE TRUST FUND 3 year term  
TRUSTEE OF THE TRUST FUND 3 year term  
LIBRARY TRUSTEE 3 year term  
LIBRARY TRUSTEE 3 year term  
ZONING BOARD 3 year term  
ZONING BOARD 3 year term  
ZONING BOARD 3 year term  
SUPERVISOR OF THE CHECKLIST 6 year term  
Submitted by Ruth Millett, Town Clerk

**A Career in Plymouth!**  
  
**Common Man Inn** is looking for a **FULL TIME, EXPERIENCED, ENERGETIC and HONEST...**  
**Front Desk Associate & Night Auditor**  
**JOIN US!**  
Outstanding Compensation • Advancement Opportunities  
Health & Dental Benefits • 401k Program  
Paid Vacations • Community Service Days  
Employee Discounts  
**APPLY TODAY!**  
at the [Cman.com](http://Cman.com), Click on "Work Here"  
  
We are a drug and tobacco-free workforce.  
231 Main St., Plymouth, NH • (603) 536-2200 • [theCmanInnPlymouth.com](http://theCmanInnPlymouth.com)

**REAL ESTATE**  
**55 Plus MODEL HOME**  
**OPEN SUNDAY 12 to 2**  
**\$169,995**  
**Come and take a look!**  
**Garage, Porch, Appliances**  
**\*10% down - 25 years at 6%**  
**Call Kevin - 603-387-7463**  
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

  
**FORKLIFT SALES & SERVICE**  
  
**BANKRUPTCY AUCTION**  
**Electric and Propane Forklifts, Material Handling Equipment, Forklift Parts, Service Equipment**  
**Online-only auction ends Wednesday, Feb. 5th at 1:00 p.m.**  
General Description 350 Lots to be Offered: 25 electric and propane forklifts and reach trucks, hand pallet jacks, scissor lifts and stackers by Caterpillar, Mitsubishi, Hyster, Doosan, Clark, Jungheinrich, Crown, Big Joe, Moffett, Yale, JLG, and others. Truck, van, shop & power tools, assorted air compressors, forklift battery chargers, tires, (50) sets of forks, and new parts inventory. Utility trailer, lawn tractor, snowblower, pressure washer, toolboxes, floor jacks, office furnishings, telephone system, selection of iPads and iPhones.  
**INSPECTION:** 9 a.m. to 12 noon on January 29, 30, 31 and February 4 at 179 Lafayette Road, US Route 1, North Hampton, NH  
**ONLINE BIDDING WITH COMPLETE INVENTORY AND PHOTOS AT**  
**paulmcinnis.com**  
Lic. #2089 - (603) 964-1301 - Ref. #202PM-02  
Auction subject to Buyer's Premium and All Terms of Sale © 2020 Paul McInnis LLC  


**EMPLOYMENT ? RENTALS ? FIND THEM !**  
  
**www.salmonpress.com**

# Groome, Karkheck notch top-10 finishes at Sunapee

BY JOSHUA SPAULDING  
Sports Editor

NEWBURY — The Newfound ski team made the trip to Newbury on Monday, Jan. 13, for a race at Mount Sunapee Resort. Kearsarge, Lebanon, White Mountains Regional and Hillsboro-Deering were also in attendance.

In the giant slalom, the Newfound girls finished in fourth overall, led by Hayse Broome's top 10 finish.

Hannah Owen was next, finishing in 15th place and Becca Dillon was the third scorer, crossing in 23rd place overall.

Lily Karkheck was 26th overall to close out the scoring for Newfound.

Emma Sawyer finished 28th to round out the field of Newfound girls.

In the afternoon slalom, the Bear girls moved up to third place on the day, once again led by Broome, who finished in sixth place overall.

Owen moved up to 14th place and Dillon finished in 19th place to score for the Bears.

Karkheck finished in 22nd place to finish out



BOB MARTIN – GILFORD STEAMER

**Matt Karkheck skis for Newfound at Gunstock on Friday.**

the Bear scoring while Sawyer finished in 24th place to close out the Bear field.

For the boys in the morning giant slalom, Newfound finished in third place overall.

Matt Karkheck led the way for the Bers, finishing in seventh place overall.

Owen Henry was the second scorer with a 17th place finish and Quinn Van Lingen finished in 18th place.

Brandon Marcoux finished out the scoring with a 19th place finish overall.

Tuan Nguyen was

finished in 22nd place.

“The team did real well despite the colder temps and ice that came after the weekend warm weather and rain,” said coach Bill Karkheck.

Some of the Bears braved the bone-chilling temperatures on Friday, taking part in a meet at Gunstock.

For the boys in the giant slalom, Matt Karkheck was the top Bear, finishing in 58.2 seconds for 13th place.

Nguyen was 21st in 1:04.74 and Henry finished in 1:05.78 for 24th place.

Van Lingen rounded out the scoring with a time of 1:09.08 for 31st



BOB MARTIN – GILFORD STEAMER

**Lily Karkheck races through the giant slalom course last week at Gunstock.**

place overall.

Dion was 38th overall in 1:13.51, Ehmann was 39th overall in 1:14.12 and Sanshagrin finished 45th in 1:17.71.

Karkheck was again tops in the slalom, finishing in 16th place in 1:43.85.

Nguyen was next, finishing in 30th place in 2:07.76 and Henry skied to 32nd place in 2:08.94.

Ehmann rounded out the scoring with a time of 2:10.93 for 36th place.

Dion finished in 41st place in 2:17.96, Van Lingen was 45th in 2:21.46

and Sanshagrin was 48th in 2:49.83.

Lily Karkheck was the lone Bear girl to complete her runs on the day. She finished in 40th in the giant slalom in 1:24.3 and was 41st in the slalom with a time of 2:27.1.

The Bears are scheduled to compete at Gunstock on Friday, Jan. 24, at 10 a.m. They will be back at Sunapee on Monday, Jan. 27, at 1 p.m.

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



RC GREENWOOD

**Split week**

Nick Therrien races down the ice during action against Belmont-Gilford on Saturday in Laconia. The Cats began the week with a 7-3 win over Monadnock-Fall Mountain and then dropped a 4-3 decision to the Bulldogs on Saturday. The team is in action on Saturday, Jan. 25, hosting Sanborn-Epping at 11:30 a.m. at Plymouth State and will be at Pembroke-Campbell on Wednesday, Jan. 29, at 7:30 p.m.

The Art Place

CUSTOM FRAMING ~ GALLERY

Serving the Lakes Region Since 1975

9 N. Main St.  
Wolfeboro, NH  
603 569-6159  
[theartplace.biz](http://theartplace.biz)

Gallery Show of New Original Art  
by Peter Ferber

Saturday, February 15

Unveiling at 9:30 a.m., Reception to Follow

Snow date Feb. 16th at 11 a.m.  
Show continues through Feb. 29th

THANK YOU  
TEAM BRYANT!!

Thank you to a fantastic crew whose efforts, workmanship, and customer care have resulted in another successful season!

With much appreciation,  
Leslie Bryant

RESERVE YOUR SPOT  
TO WORK FOR THE BEST PAVING  
COMPANY IN THE LAKES REGION  
NOW HIRING

ALL PAVING & GRADING CREW POSITIONS:  
Foreman, Back End, Roller Operators,  
Class A Drivers, Grader Operator, Laborers

Benefits

- Startup Bonus
- 401K w/ 5% Match
- Seasonal Bonus
- Boot Allowance

- Health Insurance
- Paid Holidays
- Aflac
- Competitive pay

Call 279-1499 or email [admin@bryantpaving.com](mailto:admin@bryantpaving.com) TODAY!

ALL ARE ENCOURAGED TO APPLY

BRYANT PAVING IS A DRUG FREE WORKPLACE & E.O.E.