



# Newfound Landing

THURSDAY, JANUARY 26, 2017

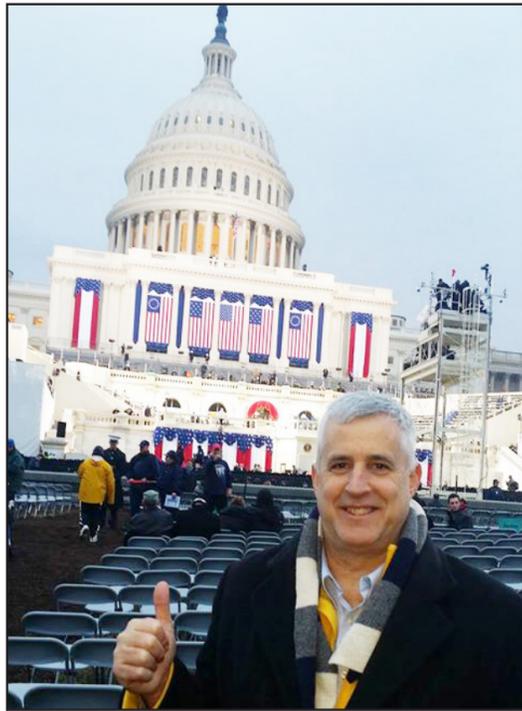
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COMPLIMENTARY



COURTESY OF COUNCILOR JOE KENNEY

The nation's Capitol was resplendent in red, white and blue last weekend as ceremonies were being prepared for the inauguration of Donald J. Trump as 45th President of the United States.



COURTESY OF COUNCILOR JOE KENNEY

(Right) Executive Councilor Joe Kenney gave the thumbs up as he stood before the nation's capitol in the early morning hours of Inauguration Day in Washington, D.C. last Friday.

## Area residents share their thoughts on the inauguration of Donald Trump

BY DONNA RHODES

drhodes@salmonpress.news

REGION — President Donald J. Trump was sworn into office at high noon on Friday, Jan. 20, and among the throngs of people who were on hand to witness that historic event in our na-

tion's history was New Hampshire Executive Councilor Joe Kenney.

Kenney, who represents residents of Executive District 1, which encompasses much of central and northern New Hampshire, said he was excited to be on hand

for such a momentous occasion.

"This has been a great opportunity to see to our democracy in action and witnessing the American Experience of the transfer of power from one president to another," he wrote in a message to the

Salmon Press staff. "The large crowd was enthusiastic and very respectful and peaceful. So proud

to be an American and seeing history first-hand being made."

Back home, his con-

stituents had a variety of mixed reactions however.

SEE TRUMP, PAGE A15

## Bristol selectmen focus on town warrant

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — Selectmen will be holding a special meeting Thursday night to continue their review of potential articles for the 2017 Town Meeting warrant. The Jan. 26 meeting will begin an hour earlier than their regularly scheduled meetings, this one starting at 5 p.m.

Discussion of the warrant articles dominated the selectmen's Jan. 19 meeting, although they also accepted the resignation of Finance Officer Cassandra Pearce, after just a few months on the job. The resignation was effective at the end of the day on Jan. 25, with a temporary replacement starting work that day. The town is advertising the position, which had been vacant for much of 2016. Bristol had contracted with an accounting firm to handle its finances through Pearce's transition into the job.

Selectmen spent some time on the 19th going

over an article seeking \$760,282 for improvements on Central Street that include upgrading water and sewer lines and improving drainage. As proposed, the article seeks \$236,207 for roadway construction and drainage, with \$213,350 for water improvements and \$310,725 for sewer improvements. Still to be decided is how much will come from general taxation and how much will be covered by water and sewer customers.

The article is modeled after one that covered water and sewer line improvements in Central Square when the downtown area was reconfigured. At that time, the article had called for taxpayers to cover 10 percent of the cost, but at town meeting, it was amended to split the cost 50-50 between taxpayers and ratepayers, since the improvements were done as part of an economic development initiative to revitalize the square in hopes of in-

creasing the tax base.

Some selectmen expressed doubts that the public would be as inclined to support the Central Street project this year, and they said they wanted to mull it over a little longer.

In order to keep the process moving along, the selectmen scheduled the special meeting so they would be able to have a recommendation for the Bristol Budget Committee when it takes up the money items on the warrant. The budget hearing is scheduled for Feb. 13, and the deadline for posting the completed warrant is Feb. 27.

The Bristol Space Needs Committee, which had recommended building a new town office building on the so-called Smith lot adjacent to the Bristol Municipal Building, while turning the municipal building over to the police department, had suggested placing two articles on the warrant, one seeking funds

SEE WARRANT, PAGE A15



DONNA RHODES

The Bridgewater Fire Department now has a full-sized Simulated ALS Manikin to use for emergency medical training and practice. Displaying the new device are (left to right) Capt. And EMS Director Jake Fogarty, AEMT Donna Sellers and Police Chief/EMT George Hill.

## BridgewaterFD receives new mannequin for ALS training

BY DONNA RHODES

drhodes@salmonpress.news

BRIDGEWATER — The Bridgewater Fire Department was the recent recipient of a "Simulated ALS Manikin" that will aid their training exercises in

many capacities, and Capt. Jake Fogarty, an Advanced Emergency Medical technician and Bridgewater's EMS Director, is excited about all the possibilities it brings to the department.

"This Manikin can help us with training for almost any kind of medical emergency," he said.

Lifelike in both its look and touch, the full-sized adult mannequin

SEE MANNEQUIN, PAGE A15

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24 pages in 2 sections  
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## Annual fundraiser brings in more than \$50,000 to help Keep The Heat On

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH — While the theme was "Winter Wonderland," the atmosphere of this year's Keep the Heat On fundraising dinner was as warm as the tropics when well over 200 people gathered to support their neighbors in need through the Plymouth Area Community Closet's fuel assistance program. Best of all this year was yet another



DONNA RHODES

(Left) Members of the Educational Theatre Collaborative's 2017 production of "Fiddler on the Roof" at Plymouth State University provided the entertainment for the Keep the Heat on gala last week, which raised money for the Plymouth Area Community Closet's fuel assistance program. big success, organizers reported.

"It is with the greatest pleasure and excitement to announce that

SEE HEAT ON, PAGE A16

# Safety officials urge caution around thin ice following animal rescue

BY DONNA RHODES

drhodes@salmonpress.news

**BRIDGEWATER** — At 11:04 a.m. on Saturday, Jan. 21, emergency responders from the Bridgewater and Bristol fire departments were called to a residence off Whittemore Point to assist with an animal that had fallen through the ice on Newfound Lake.

Reports said the animal was located about 30 feet off shore, where it had broken through the ice and was floundering in the chilly waters. When emergency response crews arrived on scene they found a large dog in the water, which appeared to be in distress.

Suited up in their cold-water suits and using safety equipment designed for such a rescue, crews carefully made their way out

along the ice until they were able to reach the animal. Chief Donald Atwood of Bridgewater Fire Department said the situation came to a happy conclusion but could have been a lot worse.

“The fear of every first responder is that the owner, or even a concerned witness of the event, will try to rescue an animal through the ice, which causes increased risks for both the person and animal, and could potentially end up badly for both of them,” he wrote in his press release. “Fortunately, that was not the case here. It is important that we stress that if any human or animal goes through the ice it is vital to call 911. Fire departments are trained for those situations.”

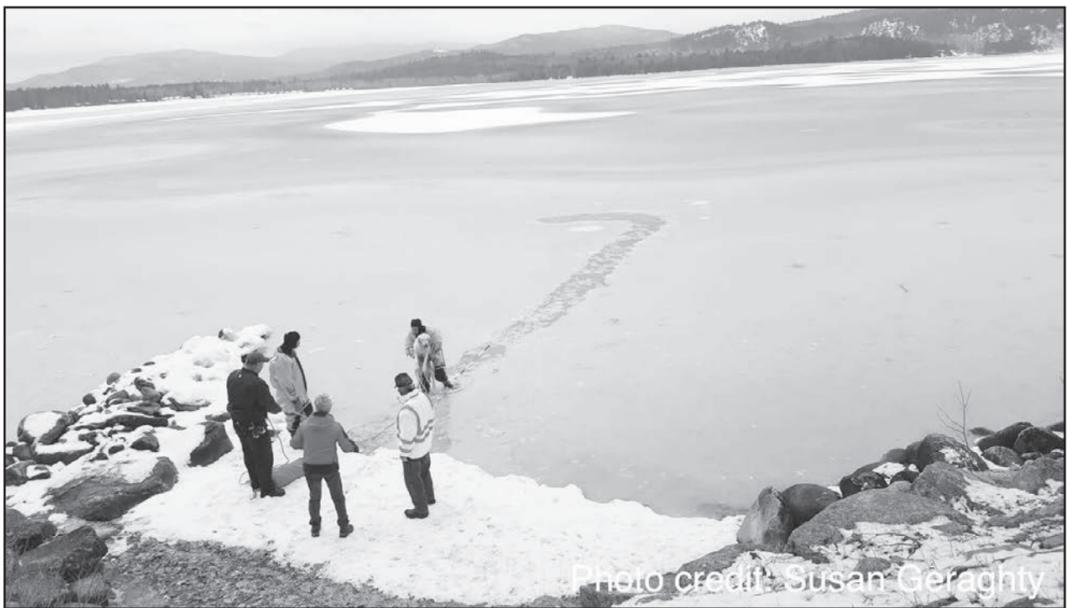


Photo credit: Susan Geraghty

COURTESY SUSAN GERAGHTY

Firefighters from Bridgewater and Bristol rescued a dog that fell through the ice on Newfound Lake last weekend, and advise people to not only use caution while out on the lake, but to call 911 in the case of any such emergency.

## Colby-Sawyer College names Ashley Ruseski to Dean's List

**NEW LONDON** — Colby-Sawyer College has named Ashley Ruseski of Alexandria to the fall 2016 Dean's List for academic achievement. Ruseski is majoring in nursing and is a member of the class of 2018.

To qualify for the Dean's List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at [www.colby-sawyer.edu](http://www.colby-sawyer.edu).

**About Colby-Sawyer College**  
Colby-Sawyer College

is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at [www.colby-sawyer.edu](http://www.colby-sawyer.edu).

# Alexandria resident named to Johnson State College

**JOHNSON, Vt.** — Catherine Roman of Alexandria has been named to the President's and Dean's Lists at Johnson State College in Johnson, Vt., for the fall 2016 semester. The President's List recognizes

students who attained a 4.0 GPA; the Dean's List recognizes those who attained a GPA of 3.5 to 3.99.

Located in the Green Mountains of Vermont near Stowe, Johnson State College is a leader in high-impact, lib-

eral arts education that takes students into the laboratory, the field and the community through internships, research, study away, civic engagement and other career-building opportunities. JSC offers more than 50 un-

dergraduate and graduate programs, with signature programs in education, health and environmental sciences, wellness and alternative medicine, and fine and performing arts.

# Area residents named to Dean's List at University of New England

**BIDDEFORD AND PORTLAND, MAINE | TANGIER, MOROCCO** — The following students have been named to the Dean's List for the 2016 fall semester at the University of New

England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

Bristol: Megan Libby, Allison Symonds

Holderness: Meghan Coursey  
Thornton: Michael Lambrecht

The University of New England is Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a vibrant new campus in Tangier, Morocco, and a robust offering of degree

and certificate programs online. UNE is home to Maine's only medical and dental schools-part of a comprehensive health education mission built on a pioneering inter-professional approach that includes pharmacy, nursing and an array of allied health professions.

UNE. Innovation for a healthier planet. Visit <http://www.une.edu>.

## Mark your calendar now for the Mud Season Mixer

**BRISTOL** — Do you enjoy live music and dancing? If you do, you won't want to miss the Mud Season Mixer sponsored by the Bristol Community Events

Committee. The ever popular band, Club Soda, will play from 7:30-10:30 p.m. A cash bar will be available.

Mark your calendar for March 25, 7:30 p.m. at the Old Town Hall. More information will be coming soon!

## Newfound Area Lenten services begin March 1

**REGION** — Newfound Area Churches (NAC) will be holding

their annual Lenten services beginning March 1. These services are held every Wednesday at noon, with a light lunch afterward.

The church rotation is as follows: March 1 - Our Lady Of Grace; March 8 - Bristol United Church of Christ; March 15 - Bristol Baptist Church; March 22 - New Hampton Community Church; March 29 - Alexandria United Methodist Church, and April 5 - Union Congregational Church of Hebron.

For more information, please call 744-3885.



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# Local residents to share reflections from Women's Day rally

BY TINK TAYLOR

Contributing Writer

CONCORD — In the words of New Hampshire's junior U.S. Sen. Maggie Hassan, "If you are thinking about the awful things going on in Washington, don't forget about our state government." She is the state's former governor, and was joined by other federal representatives at the Women's Day of Action and Unity rally in Concord Saturday. The rally was held in conjunction with similar demonstrations throughout the country intended by organizers to signal to newly sworn in President Donald Trump's administration that any attempts to chip away at protections for the rights of women and minorities will face widespread pub-

lic opposition.

To cheers from the crowd, estimated at close to 2,500, Hassan and her Senate counterpart, Jeanne Shaheen, reminded last Saturday's State House plaza protest rally of what they believe is at risk under a Donald Trump administration: the right of women to make their own health care decisions if Planned Parenthood funding is dropped; the repeal of other health care issues under the Affordable Care Act; environmental safeguards against pollution; the undermining of public education in favor of privatization; government policy dictated by the wealthy who benefit the most; even the right to vote if a minority or student, deportation if a Muslim, and LGBT

rights; and at the state level, Right to Work legislation, already passed in the state Senate, to undermine union representation along with loosening of gun laws to come, so-called right to carry concealed.

"We will not go back!" exclaimed Shaheen to a roaring response.

She noted that New Hampshire had sent to Washington all women and all Democrats.

"In fact, we are the only state to twice send two women who were also former governor," she remarked.

Later in the day, First District Congresswoman Carol Shea-Porter joined the event. Congresswoman Annie Kuster, representing the western side of the state, stayed in Washington to march

there.

Several area residents were present at what was one of hundreds of such demonstrations held across the nation and around the world the day following President Trump's inauguration as the nation's 45th President. Some saw it as counter to his Electoral College win, noting that his victory had brought out many more women than had Hillary Clinton, his opponent.

Labeled New Hampshire Women's Day of Action and Unity, demonstration leaders wished well to the many New Hampshire residents who had traveled to Washington, D.C., where crowds were estimated at half a million, or to Boston's Common. Many in Concord said this was



TINK TAYLOR

An estimated 2,500, including several area residents, people from throughout New Hampshire gathered at the State House in Concord for Saturday's Women's Day of Action and Unity rally.

## For Wescott Law's newest team member, moving to NH fulfilled a longtime dream

RUMNEY — Sarah Young and her husband, Travis Rubury, married in New Hampshire in 2011, at the very summer camp where the two met and worked while in college. They loved the area so much that they made it their goal to one day move here.

Until then, however, they focused on their careers. Young, who grew up in Colorado and Tennessee, completed law school in Boston before the couple moved to Queens, N.Y. She worked as an attorney in White Plains, and Rubury, a Connecticut native, worked as a Live Broadcast Engineer for NBC news. While their careers were going well, they longed for the day when they could leave the city



COURTESY

Sarah Young and Travis Rubury with their son, Keller.

life and settle down in the great state where they first met.

When their son, Keller, arrived in September of 2015, the couple knew the time had come. Young found a position as an attorney for Wescott Law, working out of their Laconia office where she focuses on Personal Injury, Civil Litigation and

Business Law, as well as Worker's Compensation and Social Security matters.

"I am so pleased to join Wescott Law. They are a wonderful firm, and have been a vital part of the legal community for ninety years," says Young.

Rubury continues to freelance for NBC News while being an at-home

dad for little Keller, now a very active 15 month old.

"I couldn't be happier. I always wanted to come back to New Hampshire, primarily for my love of rock climbing," he reports.

The adventurous passion is shared by the couple, who look forward to introducing it to Keller. They enjoy traveling for the purpose of new climbs which have ranged from Kentucky to as far away as Thailand. Closer to home, they are excited about living within walking distance of Rumney's various climbing areas.

Moving a family several states away is challenging at best, even more so during the busy holiday season with a toddler. Sarah has settled in at her new job at the firm and things are starting to come together in their newly-renovated farmhouse in Rumney. In her free time, Young looks forward to planting a large vegetable garden, skiing and hiking in the White Mountains and becoming more involved in the local community. She is enthusiastic about joining the Rumney, Plymouth and Laconia communities while using her legal skills to serve their residents.

## Americans for Prosperity State Director to keynote Lincoln Reagan Dinner

WOODSTOCK — The Pemi Baker Valley Republican Committee is pleased to announce that Greg Moore, the State Director of Americans for Prosperity and Americans for Prosperity Foundation in New Hampshire, will be keynoting the committee's annual Lincoln Reagan Day Dinner on Saturday, Feb. 11 at the Woodstock Inn, Station, and Brewery in Woodstock. The event begins at 5:30 p.m. with a social hour, and the dinner program will begin at 6:30 p.m.

In the capacity as State Director, Mr. Moore advocates on behalf of the 44,000 plus AFP New Hampshire members to federal, state and local governments.

As the State Director for Americans for Prosperity, Moore is helping lead the effort to ensure Right-to-Work legislation is passed in New Hampshire this year.

"The economic results of Right-to-Work are clear and have convinced a majority of states to prioritize worker freedom in state law," said Moore in a recent opinion editorial in the Union Leader.

There are currently 27

states that enjoy this economic freedom through Right-to-Work laws.

Moore previously served as the Chief of Staff for the New Hampshire House of Representatives. There, working directly for the Speaker of the House, he worked to implement an agenda that included numerous historical firsts for the body, including passing the largest budget reduction in state history, numerous business tax and fee reductions, a Medicaid managed care law and tough welfare reform requirements. Previously, he served the same body as House Policy Director.

Moore has been Director of Policy and Communication, Campaign Manager, Communications and Press Secretary Director to congressional and gubernatorial

officials. In these roles he has directed all aspects of the campaigns, including advertisement, field operations and earned media. Greg has also served as the Director of Public Affairs and Government Relations to the New Hampshire Department of Health and Human Services. As a private consultant he has developed grassroots issues advocacy campaigns for numerous corporate clients in to grow businesses and influence legislation.

Tickets for the dinner are \$50 per person and sponsorship opportunities are available. RSVP by Jan. 28 and get your name entered into the early bird raffle. For more information or to purchase tickets, please contact Jeanie Forrester at 380-2523 or jlf@worldpath.net.



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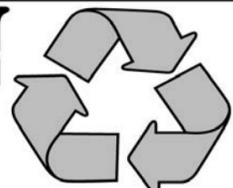


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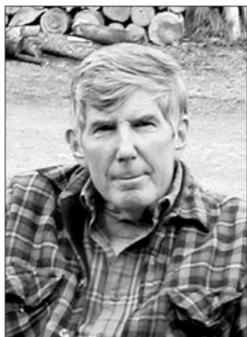
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## North Country Notebook

### Whiskey Jacks, bears in trees, and a dramatic scene on the ice



By JOHN HARRIGAN  
COLUMNIST

Every few weeks--it must be something in the air--it turns out to be Wildlife Week at the South Hill compound. One week, it's snow fleas

(yes, there are snow fleas). The next week, big Canada jays.

And then came the bears, bobcats, and coyotes.

The week started off with a couple of Camp Robbers, a.k.a. Whiskey Jacks, a.k.a. gray jays, technically known as Canada Jays. These big birds, bigger than a blue jay, inhabit boreal forest from the northern fringe of the Lower Forty-Eight right on up over the Canadian Shield to the tree line. They are fat, puffy birds when their feathers are all fluffed out, and they grab food, such as a



SHARON PATON — COURTESY  
Sharon Paton and Nelson Dion were traveling along Winnepesaukee's Black Cat Island when they came upon these two young bears up in the trees. The mother and another juvenile ran off.

good-sized hunk of fat or gristle, and haul it off to nearby trees, where they sit on branches to tear it apart. At camp, they will take food from your fingers, and occasionally alight on your arm.

When the Canada jays arrived at my feeders, a red squirrel had already taken up residence in a little snow-cave. A red squirrel is a pretty fierce and fast little unit, but the jay is no slouch, and is pretty imposing on account of its size. The squirrel was, as the old-timers would say, askeered.

Along about mid-week I got an e-mail from Sharon Paton, of Moultonborough, and Nelson Dion, with photos of two bears in neighboring trees.

"We were traveling down Black Cat Island Road heading towards Leopard's Leap, which is on Lake Winnepesaukee in Moultonborough, and noticed two black figures on

some branches," Sharon said. "We noticed two more on the ground. They looked at us and I tried to get a picture but they both moved away from us."

My guess is that they encountered a mother and three cubs, and Mom managed to put the two more obedient young ones up the tree before she quit the scene with the third.

Sharon and Nelson were lucky to come onto such a scene. In normal circumstances bears will hear or smell you coming from quite a distance, and just get out of the way, fast, which is what a wild black bear in wild circumstances is always going to want to do, unless you get between a mother and cubs.

Then came the deer kill on the ice, and competition for the feast.

This deer, apparently hamstrung by coyotes, dragged itself out onto the ice of the Androscoggin River in Gorham.



ERNIE MILLS PHOTOGRAPHY — COURTESY  
The coyote was bigger but pound for pound there's nothing like a bobcat, and this photo makes it obvious who backed away.

Coyotes immediately began to grab various portions of its body and tear away, including its nose. Bobcats soon arrived to join in.

This is painful stuff to watch, and this was a very visible and public place. Residents and bystanders called the authorities, but said it was nearly two hours before someone got there to shoot the deer.

What to do in such a circumstance? There are laws on the books saying that you shouldn't do this and you can't do that. But what about the very human, and humane, impulse to do what's right for the animal?

As a hunter I've always been taught to make a clean kill, and never let a wild animal suffer. Ditto for livestock. If all hope is lost, you owe the animal a quick death.

We are all earnest-

ly taught these days to wait for Officialdom. But what if Officialdom is a lot of time and miles away, and a horribly mangled animal is windmilling around?

I'll go to the back of my truck and grab an axe, as I once had to do in the middle of the night on a remote road when I had no gun at hand, and do whatever it takes to put a pitifully suffering animal down. And then if the arriving officer of the law proves unable or unwilling to understand the basic human impulse of it all, I'll take my chances with the judge.

*(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

## PET of the Week



### Momma Cat

Life on the streets is tough for cats in any season. Contrary to what humans think, that they can fend for themselves, survival skills are not inherent and have to be learned. Little Momma cat, luckily found herself homeless in the heat of last summer. Luckily a concerned citizen brought her to New Hampshire Humane Society rather than turning a blind eye to her obvious distress.

Momma Cat, so named at our shelter, is the epitome of sublime tranquility. She has realized humans

can be trusted, will take care of her and are a source of pleasure and companionship; she's just a little leery of your advances at first, but loves that tickle under the chin. She relishes the company of other cats and creates calmness in our feline social room. Should you be interested in adopting a new pet, think of Momma Cat first. She has those Zen like qualities that will exude peace in your home. Namaste!

Check [www.nhhumane.org](http://www.nhhumane.org) for more details.

## Newfound Landing

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

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## Letters to the Editor

### Educate yourself on the Community Rights Amendment

To the Editor:

Recently, a petition was submitted to the SEC regarding Eversource and its presumed authority to route the Northern Pass transmission lines across, over, under and alongside locally maintained highways. The petitioners sought a declaratory ruling from the SEC stating that Eversource must first obtain the required permits and licenses from the Selectmen of municipalities before filing for certification from the SEC, and that the SEC does not have exclusive authority to grant permits and licenses specified in NH RSA 231:161 when referring to locally maintained highways. Municipalities participating in this petition were hoping that the SEC would rule that the SEC does not preempt this state law and that Eversource would be required to follow the existing law.

The danger in asking the SEC to make a ruling on whether the SEC does or does not trump the existing authority of the municipality is that a door is opened for the SEC to set a future precedent that undermines the authority municipalities clearly have according to RSA 231:161. And, it is already clear that Eversource has not obtained the required licenses and permits from the Selectmen of the affected municipalities prior to filing their application with the SEC. The SEC committee decided, 7-1, this past Thursday, to dismiss the petitioners' plea. The SEC made a non-decision by kicking the can down the road to subcommittees working on specific projects, instead of recognizing the authority already clearly spelled out in existing law. Municipalities are left unable to protect the health, safety and welfare of their residents and natural communities.

A growing number of communities across New Hampshire have learned that the state process for deciding projects that directly affect the health, safety and welfare of human and natural communities is akin to insanity. Insanity has been defined by Albert Einstein as, doing the same thing over and over again and expecting different results. These communities have thrown off their subservience and recognized they have a moral

and constitutional right to make local governing decisions that protect and expand rights for residents and ecosystems. They have done so through democratically enacted Rights-based Ordinances that include a Community Bill of Rights elevating the rights of residents and ecosystems above the claimed "rights" of corporations by recognizing their authority to self-govern, free from state and federal preemptions.

Community Rights is about protecting local economic, environmental and social justices. Community Rights codifies the right to collectively legalize sustainable activities in the places where we live. The NH Community Rights Network (NHCRN) has supported local rights-based efforts across the Granite State and proposes a statewide Community Rights constitutional amendment recognizing our right to local self-determination. In this way, every community within the state would have the recognized authority to secure, protect and expand fundamental rights to fresh air, clean water, uncontaminated soil, livable wages, protections for the LGBTQ community, locally controlled sustainable energy sources, election integrity, and safe food choices. The Community Rights amendment specifically prohibits the weakening or restriction of any existing rights.

Under the NH Community Rights amendment, harmful corporate activity would be subject to local decision-making authority free from state and federal preemptions. The Community Rights amendment supports pro-accountable business. Those most affected by a project should have collective local decision-making authority over the project. NHCRN offers film screenings of We the People 2.0, Community Rights Awareness Workshop, and Democracy Schools across the state. Contact us for info on how you can participate at [info@nhcommunityrights.org](mailto:info@nhcommunityrights.org). You can learn more about the Community Rights Movement in New Hampshire by visiting [www.nhcommunityrights.org](http://www.nhcommunityrights.org).

Michelle Sanborn  
Alexandria

### Fixing the high school's roof will require a budget amendment

To the Editor:

Newfound district voters, we have a problem! The High School has a roof that leaks about 28 years.

Solution: fix it!

Sounds easy, but it turns out that it might not be possible to do this year unless the budget is amended at the first deliberative session to in-

clude the needed money. If the amendment passes, this would at least give the district voters an opportunity to say yes or no about the roof

First session is at the high school on Feb. 4 at 10 a.m. Please attend and give the voters an opportunity to have their say in March.

Archie L. Auger  
Bristol

Robert Franklin Howe, 79

**H O L D E R N E S S** —Robert Franklin Howe, 79, died on Jan. 17, 2017 at Concord Hospital following a period of failing health.

A lifelong resident of Holderness, Robert was born in Plymouth on Dec. 5, 1937 the son of David P. and Amelia [Mitchell] Howe, Sr. He attended elementary school in Holderness, and was a graduate of Ashland High School.

After his school years Robert was employed at L.W. Packard Woolen Mills in Ashland, Colby Lyford Construction, and at Rockywold-Deephaven Camps in Holderness in the maintenance department. He enjoyed fishing, farming, and gardening. He was predeceased by his wife Janice and son Scott.

He is survived by

his daughters, Angela Howe-Gaudet of Holderness and Vickie Erickson; sons Bill Greene of Holderness and James Greene of New Hampton; seven grandchildren; a brother, Allen Howe of Holderness; and his nephew, Barry Eastman of Holderness, and nieces and nephews.

Calling hours were held at the Dupuis Funeral Home, 11 Hill Avenue in Ashland on Saturday, January 21, 2017 from 2-4 PM. A spring burial will be in Green Grove Cemetery in Ashland. Donations may be made to the R.F. Howe Fund c/o Meredith Village Savings Bank, PO box 552, Ashland, NH. 03217. Dupuis Funeral Home is handling the arrangements; for more information, go to dupuisfuneralhome.com.

Letters to the Editor

You helped Keep The Heat On!

12 years, more than \$400,000 in fuel assistance funds

To the Editor:

It is with the greatest pleasure and excitement to announce that once again we met our goal of \$50,000 at our recent Keep The Heat On event! Knowing that this region continues year after year to support this fuel assistance project at this level is so gratifying and heart-warming. You have made a difference in so many people's lives by helping them to heat their homes during our cold winter months.

The outstanding volunteer members of the many committees that run this event are to be commended for their once again stellar commitment to this cause.

Many generous sources are responsible for that incredible amount: over twenty-five restaurants donating food for over two hundred guests, one hundred forty auction items from area donors, more than fifty sponsors donating generous funds as a business or individual, PRHS and PSU students helping that evening, staff and supplies from both Sodexo and the Common Man, and then a huge outpouring of enthusiasm and generous spending from our attendees on January 18 helping to fill up those near-empty oil tanks!

It is with great appreciation that we thank Plymouth State Univer-

sity and its President, Dr. Bix and Vice President of Student Affairs Mark Fischler for allowing the use of the spacious Prospect Dining Hall. Earlier in the evening we were treated to a sample of ETC's "Fiddler on the Roof" music that gave a prelude to this upcoming performance. Our silent and live auctions had something for everyone and Terri Dautcher of Holderness was skillful and determined as the auctioneer to extract the highest bids on items from an Alaskan cruise to fine wines.

It does take a village to make this event happen, and we know the

recipients of these funds are so thankful also. Our partner, the Plymouth Area Community Closet, pays an applicant's fuel bill without any bureaucratic strings and with dignity. This year the committee decided to also share these funds with PACC's other programs which are in need of funding - we feel confident that the attendees agree with this. On behalf of so many people and the KTHO committee we thank everyone who made this event so successful again.

With gratitude,  
Martha Richards  
Chair  
Keep The Heat On and its committee

Towns

Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

Quiet time

It appears that these cold gray days are static. Far from truth, as much is going on underground as behind closed doors. It is our responsibility to pay attention to our piece of the turf, our town and our world. As the days lengthen and warm, little signs of change will show. Be aware and participate.

From the town

The 2017 budget proposal was presented at the budget meeting on Jan. 17.

The first deliberative session will be Saturday, Feb. 11, at 10 a.m.

At that time, amounts on the warrant articles can be amended. The 10 percent rule

does not allow the town's voters to vote in more than 10 percent of the total budget and warrant articles.

Copies of the proposed budget are available at the Select board office and on line at www.alexandrianh.com.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Jan. 29, with refreshments and conversation afterward. All are welcome and encouraged to attend. "De-stressing" will be the topic for our time of sharing thoughts and reflections. Everyone is invited to tell a brief story about an experience with stress, and what helped to cope with it.

Farmers Market

This Saturday, Feb. 4, is the Danbury Winter Farmers Market. The first Saturday of February is National Eat Ice Cream for Breakfast Day. Come celebrate this yummy holiday at the Blazing Star Bistro where you can indeed get ice cream for breakfast. There will be ice cream in dishes and cones or on homemade waffles with a variety of local toppings. And yes, for the "hoe hum"

crowd, the regular offerings too. The market is held at the Grange Hall, 15 North Rd. in Danbury from 9 a.m.-1 p.m. The farmers market vendors will have crafts, meats, eggs, veggies, jams/jellies/relishes, chocolates, jewelry, wool socks, bakery items, cards, milk, cheese and yogurt, honey, jewelry and soap. Upstairs, the Danbury Grows group will be putting together a display of ice cream makers—antique to modern. We welcome new vendor Judy Evans from Andover who has items to keep us warm during the winter months— draft dodgers and neck warmers. The market is the spot to shop, whether you want to celebrate ice cream for breakfast day, buy a gift for you special Valentine or get local foods to feed the family.

Broadband News

You have until Jan 31st to get your name on the list of interested broadband participants. Please help spread the word of this opportunity to your neighbors. The Danbury Expansion Committee has put much time into improving town coverage but now it is up to the community to show the New England Wireless company (NEWCo) that there is a demand for their services.

Services: Internet or Internet and Telephone; Other business and community services

4 x 1 Mbps for mail, general browsing, basic gaming, basic quality streaming video.

6 x 1.5 Mbps for simultaneous basic gaming and basic quality streaming video.

8 x 2 Mbps for simultaneous mid-level gaming and mid quality

streaming video or 2 basic video streams. 10 x 2.5 Mbps for simultaneously gaming and 2 mid quality streaming videos or simultaneously gaming and 1 HDTV quality streaming video.

12 x 3 Mbps more combinations of the choices below.

Estimated Costs:

Installation: Standard residential one-time installation costs are anticipated to be \$250 (no contract), \$175 (one year contract), and \$100 (two year contract).

Estimated residential monthly service costs for Internet (no use caps, no taxes) range from \$39.95 to \$79.95\*\* (rates vary by speed with \$39.95 for the lowest speed and \$79.95 for the highest speed). A refundable deposit for hardware of up to \$200 may be required.

Phone service is \$19.95/month using VoIP - Voice over Internet Protocol - which allows voice calls using broadband Internet connections instead of an analog (wired) phone line (State & Fed. taxes will apply).

Your next step if interested

If you are interested, please call the Town Hall at 768-3313 and leave the following information with Karen Padgett by Jan. 31: Your name, telephone number, physical Address-The exact longitude and latitude of that address, if known. (Use a smart phone PS locator if necessary. Do not use a search engine to find this; those results are inaccurate) If you can't do this, a committee member will assist you.

Once the committee has confirmed the number of interested potential customers and determined their latitude/longitude, NEWCo will

generate a preliminary network design that delivers the desired level of service and is cost effective for all.

\*The Danbury Broadband Expansion Committee was established through an article on the Town Warrant in March 2015.

\*\* These rates could rise depending on the outcome of the design and the actual number of committed subscribers.

Grange

Blazing Star Grange will hold a Meet your neighbors nite on Feb. 16 at 7 p.m. at the Grange hall. Plan to attend. Laughs and Entertainment guaranteed.

Groton

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

Other than having the "creeping crud" for the past week I've been enjoying the warmer temperatures in these parts. I know snowmobilers are looking for more snow. Maybe this week will bring some our way.

Election season is upon us with Town Elections being held on March 14. The Polling Place will be the Town Hall. Then the Town Meeting will be March 18th. We have a few vacant positions coming up this year. If you'd be interested in serving the Town in one of the following areas, please come into the Town Clerk's Office and fill out your Declaration of Candidacy papers.

Any resident of the Town of Groton who wishes to file a declaration of candidacy for the following Town offices, may do so between Jan. 25 - Feb. 3 at the Town

Clerk's office during normal business hours: Monday, Wednesday, Friday 9 a.m. - 4 p.m., Tuesday 4 - 6 p.m., ending Feb. 3 at 5 p.m.

The following positions are available:  
Selectman - 3 year term

Town Treasurer - 3 year term

Planning Board - 3 year term

Planning Board - 3 year term

Town Auditor - 1 year term

Supervisor of the Checklist - 3 year term

Moderator - 2 year term

Trustee of the Trust Fund - 1 year term

Trustee of the Trust Fund - 3 year term

Library Trustee - 3 year term

Zoning Board - 3 year term

Zoning Board - 2 year term

Cemetery Trustee - 3 year term

Upcoming meetings: Select Board Meetings meets other week. The next couple of meeting will be held Feb. 7 and Feb. 21 at 7 p.m. at the Town House. There will be a work session on Jan. 31 at 5 p.m. at the Town House.

The Select Board Of-

fce will be closed Feb. 3 through Feb. 7.

All Town Offices will be closed on Feb. 20 in honor of President's Day.

The Town Clerk's Office will not be processing Vehicle Registrations or Titles from Feb. 15 through Feb. 24 to allow for a computer update at the State Office. Please contact the Town Clerk's Office if this is a difficulty and we will try to work with you. Our office number is 744-8849.

The Conservation Commission has a scheduled meeting on Feb. 9, 7 p.m. at the Town House.

Looking ahead:

The Planning Board has a scheduled meeting on Feb. 22, 7 p.m. at the Town House.

Dog licenses are now available in the Town Clerks office for 2017. All dogs in the Town should be licensed before the end of April.

Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

Public Hearing

In accordance with RSA 32:5, you are hereby notified that there will be a public hearing on the Hebron town budget and warrant articles for fiscal year 2017.

To be held at 7 p.m. on Thursday, Jan. 26 at the Hebron Community Hall, located at 16 Church Lane.

Copies of the budget and warrant articles may be picked up at the Hebron Select Board Office after Jan. 19.

Per Hebron Select Board,

SEE TOWNS, PAGE A6

Wonderful Things Come In Small Packages...  
Old Man Pendant from \$35  
especially if they're from Alan F. Soule Jewelers  
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# Churches

## Family Worship Center Ply. Assembly of God

If you do not have a church home, we want you to know that you will be welcomed to join our warm and friendly family at The Family Worship Center. You can always contact our Pastor Glen Yunghans at 726-0254 or 536-1966.

**Thursday, Jan. 26**  
Thursday, Jan. 26, 6:30-7:30 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys, elementary through high school; Mpack Club for girls, preschool through high school; Youth 4 Truth High School Bible Study. Adult Bible Study in the Fellowship Hall. Do come for this great time of fellowship and learning.

**Saturday, Jan. 28**  
Saturday, Jan. 28, 10 a.m. Men's brunch at the Church. Please contact Pastor Glen at 726-0254, or Willy Gusha for information or for reservations.

**SUNDAY, JANUARY 29**  
Sunday, January 29, please join us at 8:30 a.m.

for bagels, coffee and juice;  
9:00: Bible Education for all age groups preschool through Adult Bible Studies. 10 a.m.: Sunday morning service. Children's church during the morning service for ages 3-K, and grades 1-4. 5 p.m.: Prayer meeting in the Fellowship Hall. "You do not need any experience in order to pray, only faith and trust in Jesus our Lord." You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

**Monday, Feb. 6**  
Monday, Feb. 6, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

**Looking Ahead Sunday, Feb. 12**  
Sunday, Feb. 12, Gospel Musician Scott Brunt will give a Gospel concert in the 10 a.m. service. This will be followed by the monthly fellowship luncheon (please bring food to share) and this will be followed by the Church annual meeting. Any one may attend but only members may vote. All groups and departments please get your reports to Pastor Glen by Feb. 5.

**Other announcements**  
Pastor Glen has asked

that during this winter, that everyone please use the East door/handicap entrance.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith. Keep her ministry in prayer.

### Our mission statement

Our Mission Statement is "Transforming lives through God's Word."

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

## Holy Trinity (Roman Catholic)

### Catholic Daughters Cabin Fever Supper and Raffle

The Catholic Daughters will be holding their annual Cabin Fever Supper after the 4 p.m. Mass on Saturday, Jan. 28 in St. Matthew Hall. At that time, they will also be raffling off a homemade quilt. Raffle tickets will be available before and after Masses for the next couple of weekends.

**All are welcome!**  
No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church...no matter what your current family or marital situation...no matter what your own self image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

### Holy Trinity School Open House

Tuesday, Jan. 31, 9 a.m.-2 p.m. and 7-9 p.m. Come and see what makes us special! 50 Church St., Laconia, NH

03246; 524-3156; www.HolyTrinityNH.com.

The Lakes Region area councils of Knights of Columbus are getting together to sponsor a 24 hour day of adoration, fasting and prayer for the intention that our nation return to a culture of respecting all life from conception to natural death. Adoration will be held at St. Mary of the Assumption Church in Tilton from Thursday, Jan. 26 at 7 p.m. to Friday, Jan. 27 at 7 p.m. If you can commit to an hour or more of adoration, please call Bill Driscoll at 528-6109.

### Day Away program

Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. We are also looking for volunteers. Volunteers need only work a morning or afternoon shift and will be fully trained by our staff. Please contact Fran Olson for more information at 744-6828, or come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel.

**Scout Sunday**  
On Sunday, Feb. 5, we will celebrate Scout Sunday at the 7:30 Mass, followed by a wonderful breakfast at St. Matthew Hall.

### Weekly Meetings

**Thursday, Jan. 26**  
Day Away, Simard Hall, 9 a.m.

Men's Group, North American Martyrs Oratory, 10 a.m.

Cub Scout Meeting, St. Matthew Hall, 6 - 7 p.m.

**Friday, Jan. 27**  
JCDA, St. Agnes Hall, 5:30 - 7:30 p.m.

**Saturday, Jan. 28**  
JCDA, St. Agnes Hall, 9 - 11 a.m.

Cabin Fever Supper, St. Matthew Hall 5 - 9 p.m.

**Sunday, Jan. 29**  
No Faith Formation classes. Boy Scout Meeting, St. Matthew Hall, 5 - 7:30 p.m. ~

## Church of the Holy Spirit Episcopal

January is a busy time for CHS as we prepare for our Annual Meeting and Lent.

### Our Annual Meeting

All CHS parishioners are invited and encouraged to attend the Annual Meeting after the 9:30 service on Sunday, Jan. 29. This is the opportunity to learn about the status of our church financially and spiritually. Also the Planning the Future committee will be presenting the options they feel viable for moving forward. This is a very important meeting, so come and share your thoughts. There

will be a festive coffee hour to start the meeting.

### Lenten Devotional Booklets

This year's Lenten project will be both beneficial and fun for all! Participants will be asked to pick a Lenten scripture from a list of 46 texts. They will then formulate a message, word find, or psalm that reflects the scripture they chose. Favorite Poems, Hymns, and Art are also invited as they give another glimpse of what God is saying to us in the text. A short "How to do page" is available when you sign-up. You won't want to miss this fun way to get to know the members of your faith community in a unique way. We have fifteen people signed up so far and have placed a Feb. 15 deadline on contributions as the process to compile the booklet is lengthy. We are also looking for an Artist or Creative person to put together the front of the booklet. Signups continue this week. Email Deacon Maryann at maryannee@msn.com with any questions.

### Episcopal Church Women

On Jan. 5, 14 people-including three guests from Trinity, Meredith-gathered for a brown bag lunch, with desserts provided by CHS members. Introducing ourselves with brief biographies was followed with food for thought: "Do we like ourselves?" Carol Toomey then led an after-Christmas Yankee Swap with a "twist." After selecting a wrapped gift, Carol read a story containing many "rights" and "lefts"; we passed our gifts in the direction indicated. Much confusion and laughter ensued, but we finally opened our gifts! Our next meeting will be Feb. 2 at noon in Griswold. All are welcome! Bring your cell phones and tablets and share ideas how these tools can be more useful to you. We'll also spend some time coming up with guidelines for the use of Griswold Hall.

### Donations for Our Local Food Bank

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

## Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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.

If I have the gift of Prophecy and can fathom all the mysteries and all knowledge, and if I have faith that can move mountains, but do not have love, I am nothing. 1 Corinthians 13:2

### Sunday, Jan. 29, 9:30 a.m. Hear Our Voice: Echoes from the Women's March

Rev. Dr. Linda Barnes, Worship leader

Women's rights are human rights, how could we not all know this? Join us as we reflect a week after the Women's march in Washington D.C. and across the nation. Come hear what our modern-day prophets are calling us to do.

Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Preschool-Kindergarten: Chalice Children- Core Message: Unitarian Universalists like to wonder and ask questions.

Room 2: First-Third grade: In Our Hands- Core Message: It is important for all of us to help take care of the Earth.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Message: It is the duty of the "haves" to help the "have nots."

Middle school: Neighboring Faiths- The middle school youth take a field trip to Plymouth Church of Jesus Christ of Latter Day Saints.

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

### Social Justice Community Outreach

This month's outreach is to help our Youth Group prepare financially for their expensive trip to Nicaragua in February. They have been working for well over a year doing fund raising for this amazing trip. This Sunday's Outreach collection will go a long way to make this happen and the group is grateful to the Fellowship for their constant support.

Canned or dry packaged food items may be placed in the box in the foyer for our local Community Closet collection. Also, items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the box for the "GOT LUNCH! PLYMOUTH" program.

Margaret Salt is collecting funds for books to go to the little library in the barrio of Primavera in Managua, Nicaragua.

### Path to Membership

Interested in learning more about what it means to be a Unitarian Universalist and a member Starr King UU Fellowship? Join us for the Path to Membership class. We will engage in meaningful conversations about our own spiritual journeys as we explore what it means to belong to this spiritual community. The class is offered on three consecutive Sundays beginning Jan. 29 from 11 a.m. to 1 p.m. Everyone, visitors, seekers, and members

## Towns

FROM PAGE A5

Patrick K. Moriarty, Chairman  
John W. Dunklee, Vice-Chair  
Eleanor D. Lonske, Member

### Filing Period for Town Officials: Jan. 25-Feb. 3

Individuals who would like to file for town-elected positions to be voted at the March 14 Town Election must file a Declaration of Candidacy with the Town Clerk between Wednesday, Jan. 25 and Friday, Feb. 3. Declarations of Candidacy will be accepted during

regular office hours of Tuesdays 3-8 p.m., Saturdays 8:30-11 a.m., and on Friday, Feb. 3 from 3-5 p.m.

### Open Town Positions

Selectman: three-year term  
Treasurer: three-year term  
Library Trustee: three-year term  
Trustee of Trust Funds: three-year term  
Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person. Please contact the Town Clerk with any questions (744-7999) or clerk@hebronnh.org.

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Windsor Square Echo  
Carroll County Independent  
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Alto Reporter

CALL TODAY SPACE IS VERY LIMITED!



# 18 local restaurants to participate In Artistic Roots Souper Bowl

PLYMOUTH — Suzan Gannett, President of Artistic Roots, has announced that 18 local restaurants have agreed to participate in Artistic Roots Souper Bowl held on February 4th from 2-5 p.m. at the Senior Center on Depot Street in Plymouth. Bowls and tickets are currently on sale at the gallery on Main Street. Tick-

ets are \$25 for a hand made bowl and ticket, or \$20 for a ticket to the event bringing your own bowl. Children 6 and under eat free. This is the gallery's one fund-raiser of the year and a portion of the proceeds will go to "Keep the Heat On."

Attendees will vote on their favorite soups and the winner will be announced in the paper

and receive a special award. The restaurants participating to date are: Annie's Overflow, Baked, Beiderman's Deli, Burrito Me, Covered Bridge Farm to Table, Fosters, George's Seafood, Mad River Coffee Roaster, Mad River Tavern, Main Street Station, M and M Scoops, Phat Fish, Rumney Rocks Bistro, Six Burner Bis-

tro, Thai Smiles, The Common Café, Walter's Basin, and Woodpecker's Pub. Some of the yummy soups include: Miso Soup, Italian Wedding Soup, Roasted Cauliflower and Ched-

dar Soup, Broccoli and Cheese Soup, Clam Chowder, Corn Chowder and 3 different chilies. Many restaurants are stating that their soups will be chef's choice. In addition to

so many yummy soups, there will be a variety of breads and desserts. This is an all-you-can-eat affair. Additionally there will be a raffle of goods from the artisans of Artistic Roots.

## Artistic Roots class theme this February is Valentine's Day!

PLYMOUTH — Our classes this month will feature a Valentine's theme! We will start on Feb. 5 with a Foam Printing Class for Kids Using Hearts! The class is from 1 to 3 p.m., and will be taught by Suzan Gannett. Cost is \$7.50 for members and \$10 for non-members.

On Feb. 6, Lynn Haust will offer a Melted Glass Valentine Class from 5-7 p.m. Participants will create beautiful glass hearts to place in a window to catch the light. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$30 for non-members.

On Feb. 8, Suzan Gannett will offer Zen Doodle Hearts from 5-7 p.m. Participants will learn various doodle designs and then use them to make their own special heart. Cost is \$20 for members, \$25 for non-members.

Stacey Lucas will offer Valentine's Barn Board Sign Painting Class on Feb. 12 from noon to 2 p.m. Lucas will share the techniques that she uses on her signs. She encourages students to look for their own sayings to



COURTESY

This is one of the ideas that you can create during Stacey Lucas' Valentine's Barn Board Painting held at Artistic Roots on Feb. 12 from noon to 2 p.m. Artistic Roots will offer several classes this month around the Valentine's for all ages!

use in their projects. Cost is \$20 for members and \$25 for non-members.

Classes this month will end with a Winter Forest Painting Class using Watercolors taught by Suzan Gannett on Feb. 16 from 5-7 p.m. Students will learn various techniques and come away with a picture ready for matting and framing. Cost is \$30 for members and \$35 for non-members.

Each month, Artistic Roots also offers an open knitting class held weekly on Sundays from 2-4

p.m., sponsored by fiber artist, Polly Bartlett. This class is free, and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is on 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

Please note that beginning in February, the gallery's daily hours will be 10 a.m. to 5 p.m.

these mornings only.

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

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Check the SKUUF activity calendar for topics of an upcoming session or email Betty Ann to be placed on mailing list. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday at 10:30 a.m.

Starr King Men's Group will meet 6-8 p.m., on the first and third Sundays in classroom #3 downstairs.

This is not a closed group so any interested male can attend. Feel free to drop in.

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

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

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

## "Fiddler on the Roof" takes the stage at PSU's Silver Center for the Arts

PLYMOUTH — The Educational Theatre Collaborative (ETC) will present "Fiddler on the Roof" at Plymouth State University's (PSU) Silver Center for the Arts on two consecutive weekends in January: Jan. 20 to 22 and 25 to 28. This year marks ETC's 24th season of producing intergenerational musical theatre.

"Fiddler on the Roof" centers on Tevye, the father of five daughters, and his attempts to maintain his Jewish religious and cultural traditions as outside influences encroach upon the family's lives. It is an engaging musical with drama, intrigue, romance, comedy, history and lyrical music suitable for the whole family to enjoy together. Featuring a cast of 95 talented community members, ETC will mount this life-affirming, heart-filled musical with only 18 days of rehearsal.

"Fiddler on the Roof" is a timeless story for the ages," says Trish Lindberg, artistic director, Educational Theatre Collaborative. "I am so excited to have the opportunity to work with so many wonderful cast and staff members to recreate the village of Anatevka for our audiences."

The ETC production of "Fiddler on the Roof" features Bruce Goldman of Florida and Pennsylvania as Tevye, and Jordan Tirrell-Wysocki of Center Barnstead as the Fiddler.

A child star on Broadway, Goldman has performed the role of Tevye



COURTESY

The Educational Theatre Collaborative (ETC) production of "Fiddler on the Roof" features Bruce Goldman (pictured) of Florida and Pennsylvania as Tevye. A child star on Broadway, Goldman has performed the role of Tevye more than 150 times. Performances of "Fiddler on the Roof" will be given on Jan. 20-21 and 25-28 at 7 p.m. and Jan. 21, 22 and 28 at 2 p.m. at the Silver Center at Plymouth State University. Tickets are available from the Silver Center for the Arts Box Office, and cost \$26 to \$29 for adults, \$20 to \$25 for seniors and youth. Contact the box office at 535-2787 or (800) 779-3869, or online at [www.plymouth.edu/silver-center/buy-tickets/](http://www.plymouth.edu/silver-center/buy-tickets/).

more than 150 times, and Tirrell-Wysocki was voted best fiddler in New Hampshire by New Hampshire Magazine.

Other performers include Melody Funk of Holderness as Golde; Teghan Kelly of Meredith as Chava; Brittaney Irish of Thornton as Hodel; Campton Elementary School K-8 Music Director Anthony Coppola as Motel; Fran Page of Plymouth as Mordcha; Melissa Furbish, PSU Alumna and vocalist with the Uncle Steve Band as Fruma-Sarah; Nancy Barry, Producing

Artistic Director of Inter-Lakes Summer Theatre as Gramma Tzeitel; and Joe Casey, MD of Holderness as the butcher, Lazar Wolf.

The Educational Theatre Collaborative was founded in 1994 by Trish Lindberg, Ph.D, and Dan Perkins, Ph.D. - both educators at Plymouth State University. ETC produces theatre and integrated arts experiences in collaboration with Plymouth State University, Plymouth Elementary School, Friends of the Arts and surrounding communities. ETC was awarded the Moss Hart Trophy in 2013 by the New England Theatre Conference for excellence in theatre, and offers the very best in educational musical theatre for the entire community.

"There is tremendous power in the arts and community," says Lindberg. "ETC strives to bring folks together in a caring and nurturing environment to create the magic of musical theatre for all ages."

Performances of Fiddler on the Roof will be given on Jan. 20-21 and 25-28 at 7 p.m. and Jan. 21, 22 and 28 at 2 p.m. at the Silver Center for the Arts at Plymouth State University.

Tickets are available from the Silver Center for the Arts Box Office, and cost \$26 to \$29 for adults, \$20 to \$25 for seniors and youth. Contact the box office at 535-2787 or (800) 779-3869, or online at [www.plymouth.edu/silver-center/buy-tickets/](http://www.plymouth.edu/silver-center/buy-tickets/).

## Churches

FROM PAGE A6

are all welcome and invited to participate. Please sign up in the foyer or with the office administrator.

### Ongoing activities

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

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

See Activities committee on the Web site at [www.starrkingfellowship.org](http://www.starrkingfellowship.org), where you can access the up to date calendar of events.

1st Friday morning Breakfast Group will meet at the PSU dining hall at 8:30 a.m. for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Parking has been arranged through PSU security in Commuter Lot #301. Contact Deedie at [cdkriebel@gmail.com](mailto:cdkriebel@gmail.com) for more info and, if needed, a parking permit to place in the front window of your car during

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# SUPER SENIORS

## Aging Well and Staying Healthy

By Martha Swats  
Owner/Administrator,  
Comfort Keepers

(New Hampshire, January 2017)  
The secret to aging well isn't really a secret: stay active, eat well, and avoid those bad habits that can

make you ill and cut years from your life. Easy, right? In theory, yes, but in practice these simple tenets are difficult for many people to adhere to. People form habits throughout their lifetimes that can be difficult to change once they reach their senior years. Unfortunately, the effects of these habits (inactivity, poor diet, smoking, etc.) are often not felt until the senior years. Changing these habits, though, can help seniors stay healthy and independent throughout the later years of life.

One of the healthiest changes seniors can make to keep themselves independent is to get active. Being active and physically fit can strengthen the core, which helps maintain balance and reduces the risk of falls. Physical activity aids with mobility and flexibility, both critical factors for independence. Strength training not only builds muscles but also strengthens bones, reducing the risk of fractures and breaks. General physical activity is also an excellent means for reducing risk of, delaying, or controlling chronic disease; regulating blood pressure; and releasing stress. Seniors should take the precaution of talking with their doctors, though, before engaging in any physical activity. Their doctors can recommend activities appropriate for their ages and physical abilities to avoid any injuries or illness.

Ensuring they get the right nutrition is also vital to keeping seniors healthy. Many illnesses can be prevented or alleviated with good nutrition. Seniors who have difficulty knowing what to eat and how much should consult with their doctors. Eating right does not have to be bland or boring, and medical professionals can refer seniors to

nutritionists who can make recommendations on healthy nutritious meals. Seniors who need help with food preparation can obtain help from professional caregivers who can help with shopping and meal preparation. Professional caregivers can also monitor what and how much of foods the senior is eating to help the senior follow prescribed diets.

Other changes seniors can make can be as simple as turning off the television and getting socially and mentally engaged. Interacting with peers and family can ward off depression and keep seniors from being isolated. Numerous studies have shown that social isolation increases the risk of cognitive decline in seniors and other health problems, which relates to loss of independence. Breaking unhealthy habits, such as smoking or drinking in excess, can also prevent seniors from acquiring debilitating illnesses such as chronic obstructive pulmonary disease, and help them stay healthy and independent.

Adopting new habits can be easier with social support. Sticking with a fitness program is easier when seniors can do the activities with others, and it is easier to get the proper nutrition when meals are shared. Seniors who live alone and need help with some daily activities can hire professional caregivers who can help them adhere to doctor-prescribed exercise and nutrition programs as well as provide company throughout the day. *For more information on how professional caregivers can help seniors stay engaged and independent, contact your local Comfort Keepers® office today.*

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# SUPER SENIORS

## Should you buy insurance to supplement your Medicare?

For most people who enroll in Medicare Parts A and B, buying Medigap (Medicare Supplement) insurance is a good choice. Medicare has substantial deductibles and co-payments, and you could spend thousands of dollars each year for out-of-pocket medical expenses. Medigap insurance provides coverage for these

"gaps" in your Medicare coverage and can save you money. Monthly costs for Medigap plans currently range from about \$70 to over \$200 per month, depending on the plan you choose along with your age and sometimes your gender. It is very important to do your homework when shopping for this coverage because premiums and plan

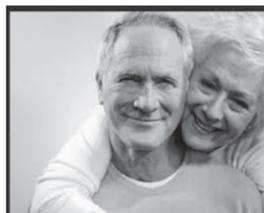
features can vary substantially. Medigap plans come in standardized policies, lettered A, B, etc. Each Plan A has the same features, each Plan B has the same features, and so on. Once you select the type of plan that works best for you, you can then compare the premium costs and customer service among different insurance companies.

Depending on your circumstances, you may need coverage that not all the plans offer. For example, some supplement plans offer emergency coverage while you're traveling overseas, while other plans do not. Choose a plan that provides what you need. The more services that the plan covers, the higher the premium.

Having a broker compare plans with you can be beneficial and does not cost you anything (brokers are paid by the insurance companies). A good broker will compare plans for you each year to make sure you are with the right plan that meets your coverage and budget needs.



health, life, dental, vision, disability and Medicare insurance products. She is president of **Patty Stewart and Associates in Plymouth**



**Should you buy insurance to supplement your Medicare or are you paying too much for your current Medicare supplement?**

**Patty Stewart has been a broker in New Hampshire with 30 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers.**



From left to right Patti Thompson, Pam Baker and Patty Stewart

### Debunking The Broker Myth by Patty Stewart

One of the questions that we are most frequently asked is "how much will your services cost me"? Most people do not understand that using a broker is a free service to them. Having a broker compare plans with you is beneficial and does not cost you any fees. Brokers are paid by the insurance companies. A good broker will compare several plans for you each year to make sure you are with the right plan that meets your coverage and budget needs. In the long run, broker fees are built into the cost of coverage so everyone should use a broker, it just makes good sense!!

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Patty Stewart has been a broker in New Hampshire with 26 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers. She is also a broker to groups and individuals of



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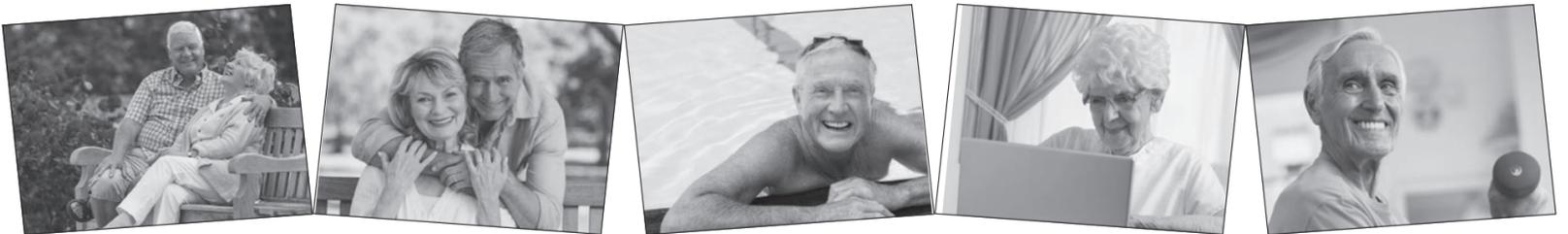
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# SUPER SENIORS

## Exercise and Therapy in the water is fun and offers great health benefits for seniors

There is magic in water. When it comes to YOUR health, knowing what your choices are is key to improving the quality of your life. Getting older does not mean you have to be less active. Seniors looking to keep moving and get some quality exercise throughout the week can benefit from the advantages of exercising in a pool. Not only does the water provide the necessary resistance for working out your muscles and joints, it also provides a low-impact environment for doing so—a benefit to seniors with arthritis and joint pain.

As seniors age, they often face what can be a frustrating dilemma. On one hand, exercise can extend their lifespan and improve their quality of life; on the other, many exercises run the risk of causing a fall or suffering a joint injury. Water exercise, such as water aerobics, joint mobility classes and water Physical Therapy, provide the benefits of exercise while mitigating the risks.

**Exercise Benefits:** Cardiovascular exercise is especially important for seniors because it directly reduces the participants' risk for circulatory problems such as heart disease. Resistance workouts help to maintain strength and stability in the muscles, which can go a long way toward preserving the balance, range of motion and mobility that seniors often begin to lose.

**Joint Protection:** Some of the more traditional exercise choices such as running or aerobics can be hard on the joints. The repeated impact of your feet landing on the ground places strain on the ankles, knees, hips and back. Although this isn't a problem for 20-year-old marine recruits, the muscles and connective tissues in a senior's body aren't always up to this kind of treatment. Water exercise protects your joints in two ways. The buoyancy of the water supports a portion of your weight, reducing the load on your joints as you move. The resistance of the water prevents any of your joints from moving too quickly, which can prevent mild hyperextension and repetitive-stress injuries.

**Fall Prevention:** Falling is a major concern for many seniors, owing to a combination of reduced balance and growing fragility of bones. This can make many exer-

cise options too risky. In the water, your natural buoyancy helps to keep you upright. Even if you do lose your balance completely, you will splash gently into the liquid rather than falling to the floor.

**Calorie Burn:** Expect to burn between 400 and 500 calories per hour in a water aerobics class, according to the Aquatic Exercise Association. The actual amount you burn will depend on your size, the intensity of your movements, as well as water temperature and depth. In general, faster movements incorporating the upper and lower body in deep water elicit the greatest calorie burn.

**Strength:** When exercising in water, you work against 12 times the resistance of air, according to an article published in "American Fitness". Simply kicking and cupping the water helps contribute to muscle development, which translates into a higher metabolism and healthier body. Many physical therapists and water classes incorporate equipment like water paddles, noodles, ankle weights, and buoys to further induce

strength gains.

**Water Aerobics Basics:** Water aerobics is a variation of group fitness practiced in shoulder-deep water. In a typical class, participants will run through traditional aerobics exercises, calisthenics and motions that are only feasible while partially submerged. A typical class will last between 40 and 60 minutes, accompanied by music.

There are many options for exercise and physical therapy in the Greater Plymouth area, but only one offers a combination of AQUATIC and LAND therapy for total body fitness. Pemi-Baker Community Health, at the Health Place on Boulder Point Road, offers Pemi-Baker Rehab Therapies and Senior fitness memberships.

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## Plymouth General Surgery Welcomes Dr. E. James Hanowell



Dr. E. James Hanowell is a graduate of Bucknell University and the University of New England College of Medicine. He completed post-graduate training in general surgery at Creighton University Medical Center in Omaha where he was chief resident. Dr. Hanowell previously served as chief of surgery at Valley Regional Hospital in Claremont, NH.

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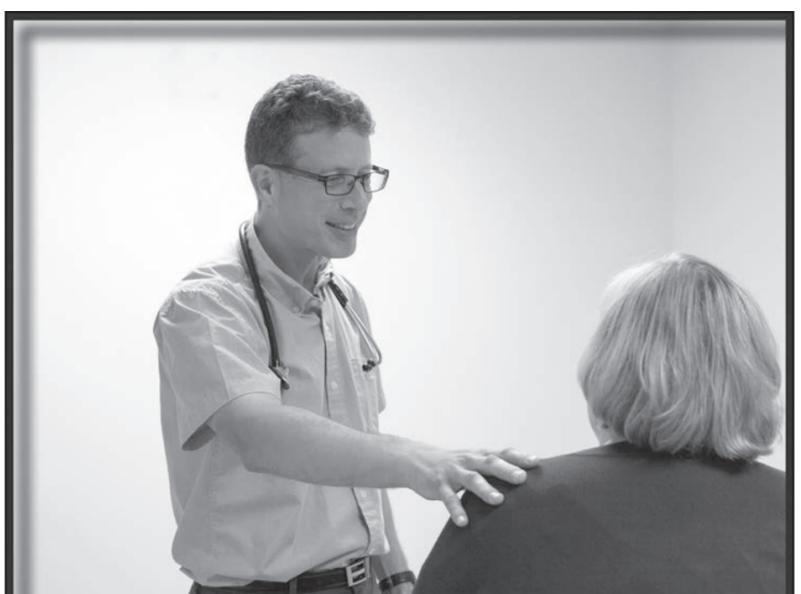
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# Flying Monkey kicks off 2017 film program

*Award-winning horse documentary "Harry and Snowman" showing Jan. 20 and 22; Oscar contender "Manchester By The Sea" to open Jan. 27 for a two-week run*

PLYMOUTH — The Flying Monkey Movie House & Performance Center at 39 S. Main St. in Plymouth will kick off its 2017 film program with two top-rated features.

Right around the corner, on Jan. 20 and 22, the Monkey is showing "Harry and Snowman," a critically acclaimed 2015 documentary about a Dutch immigrant who journeyed to the United States after World War II and met a broken down Amish plow horse. They developed a special bond and went on to win the triple crown of show jumping in just two years. The story is told first hand by the now 87 year old Dutchman. According to the New York Times film critic, "Snowman" is a horse that melts the heart." All ages, including horse enthusiasts, will enjoy this film that won the

audience choice award for a documentary at the 2015 New Hampshire, Woods Hole, Nantucket, and International Film Festivals among others.

Next up in the series is the award-winning drama "Manchester By The Sea," opening at the Monkey Friday, Jan. 27. The 2016 Sundance feature film, written and directed by Kenneth Lonergan and starring Casey Affleck and Michelle Williams, is about a brooding Boston handyman named Lee Chandler (Affleck) who is named guardian to his 16-year-old nephew, Patrick (Lucas Hedges, in an amazing breakout performance). Affleck won a Golden Globe this month for Best Performance by an Actor in a Motion Picture (Drama). The film is screening every evening at 6:30 p.m. at the Monkey, from Friday, Jan. 27 through Sunday, Feb.

5, with an additional 3:30 matinee on Sunday.

Set in the fishing and resort community of Manchester-by-the-Sea north of Boston, the drama follows its main character as he is called out of his solitary existence in Quincy to return to his hometown by the sea due to a family emergency. Against the bleak winter landscape, director Kenneth Lonergan juxtaposes the present family circumstance with another, winters before. Through a masterful cross-stitch of present and past, character and culture, solidarity and solitude, the audience comes to understand the power of place and the safety nets sometimes made of friends and family and other times from going it alone. Expertly acted, particularly by Affleck and the young Lucas Hedges, the film is ex-

pected to receive multiple Academy Award nominations on Jan. 24.

"We are excited to be building a film schedule for the community that will include Oscar contenders like 'Manchester', cult classics, family features, documentaries and new releases. We have been running a successful monthly silent film series for several years now and are happy to be expanding our movie menu," shared general manager Brooks Bartlett.

Looking ahead on its film calendar, The Flying Monkey will present the little-seen Oscar-Nominated Short Films beginning next month as well as a Sunday family matinee series. For more information about these and other upcoming films and live performances, menus and promotions, please call 536-2551 or

visit flyingmonkeynh.com.

The Flying Monkey Movie House and Performance Center is a 1920s era theater purchased and renovated by Alex Ray in 2010 to serve as a

community and regional cornerstone for the appreciation of music, theater and film in a small town venue. The Flying Monkey is a proud member of the Common Man family.

## White Mountain National Forest Artist-in-Residence Program seeks applications for Summer/Fall 2017

CAMPTON — The White Mountain National Forest and the Arts Alliance of Northern New Hampshire are pleased to announce the seventh year of the White Mountain NF Artist-in-Residence program. Interested artists in all media are invited to apply for the 2017 residency, a celebration of the connections between forest, landscape and culture. The deadline for applications is March 3.

The White Mountain National Forest Artist-in-Residence program offers professional and emerging artists from around the country — visual and performing artists, craftspeople, writers, composers, eco artists and media artists — an opportunity to pursue their particular art form while being inspired by the surrounding forest and, on several occasions, sharing their work and their artistic process with members of the public. The goal of the residency program is to use art and creative expression to explore the many ways in which people relate to forests — and to the White Mountain National Forest in particular.

The program was inaugurated in 2011, in honor of the 100th anniversary of the passage of the Weeks Act, a milestone in American conservation history that enabled the federal government to purchase land in the eastern U.S., leading to the creation of the White Mountain National Forest and more than 50 other national forests. It has now become part of the Forest fabric.

The focus of the program is to provide an opportunity for the selected artist to spend an extended time in the forest, cre-

ating work and sharing it during a weekly public session, when visitors can learn more about — or possibly participate in — the artistic process, and be encouraged to think about the connection between art, the forest and conservation.

Public programs may include demonstrations, talks, exploratory walks or hikes, or performances, based on the medium, interest and experience of the artist. One artist residency of at least three weeks will be offered between mid-July and September. The artist will be provided accommodations on or near the forest as well as limited reimbursement of travel expenses and the cost of supplies and materials. Friends of Mead Base have provided housing to several artists in the past.

All of our selected artists so far have really connected with the forest — as well as with the local community and with Forest Service personnel," says Frumie Selchen, Executive Director of the Arts Alliance of Northern New Hampshire, a nonprofit working to promote, support and sustain cultural life throughout northern New Hampshire. "Now that the program is established, there's a sense of expectation and excitement about each new artist, and the ways in which he or she will help us see and understand our landscape and the incredible resources the forest offers all of us who live and work here — as well as those who are coming to the region for the first time."

Find more information and an application for the program at [www.aannh.org](http://www.aannh.org), or contact the Arts Alliance at [info@aannh.org](mailto:info@aannh.org), 323-7302.

# Cancer screenings for seniors: An ongoing controversy

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

As people grow older, certain medical conditions are likely to develop. This is especially true of cancer. Cancer is the second leading cause of death among those 65 years and older, and its occurrence increases with age.

Screening means checking your body for cancer before you have symptoms. Malignancies respond to treatment more effectively when discovered and diagnosed in the early stages of development, which is why you may opt to get screened regularly for various types of cancer. Here are the typical screening recommendations for seniors age 65 or older, and Medicare may cover them:

**For men:  
Prostate Cancer Testing**  
Overall health status — not just age — is im-

portant when deciding about prostate cancer testing. Men who can expect to live at least 10 more years should talk with a doctor about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested.

**For women:  
Breast Cancer Testing**

If there are any changes in how breasts appear or feel, report it to a doctor immediately. Get a mammogram every two years, or choose to get one every year. Be sure to understand the pros and cons of breast cancer screening. When deciding how often to screen for breast cancer, consider whether you are at higher than average risk for breast cancer. If you are, talk to a health care provider about whether you need to get other tests done along with your mammograms.

**Cervical Cancer Testing**

For women age 65 or older, many medical professionals believe that no further testing is needed if you've had regular cervical cancer testing with normal results during the past 10 years. No testing is needed after a hysterectomy that removed the uterus and cervix, if it was done for reasons not related to cervical cancer.

Women with a history of a serious cervical pre-cancer should continue testing for 20 years after that diagnosis.

**For both genders:**

**Colon Cancer Testing**

Testing is recommended, and there are many testing options. Talk with a doctor about which tests are best for you and how often testing should be done.

**Lung Cancer Testing**

If you have a histo-

ry of smoking, consult with a health care provider about whether you should get an annual

low-dose CT scan to screen for early lung cancer. Screening may benefit you if you are an active or former smoker (quit within the past 15 years), have no signs of lung cancer, and have had a single pack of cigarettes per day per year, or its equivalent. For example, one pack per day for 30 years is equal to two packs per day for 15 years. Discuss the benefits, limitations, and risks of screening with a medical professional before testing is done.

When to Stop Screenings: The Debate Among Doctors and Specialists

There are few clinical trials that include older patients, creating a lack of data about the effectiveness and possible harms of can-

SEE SCREENINGS, PAGE A13



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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	57 Highland St.	Single-Family Residential	\$690,000	Pamela E. Heidenreich LLC and Northeast Bank	200 Elm Realty LLC
Ashland	59 Highland St.	Mixed Use (Residential/ Commercial)	\$690,000	Pamela E. Heidenreich LLC and Northeast Bank	200 Elm Realty LLC
Bridgewater	83 Old Clubhouse Lane, Unit 1	Condominium	\$246,733	Charles J. and Dorothy M. Circeo	Lori E. Circeo
Bridgewater	River Road	N/A	\$20,000	Donald E. Hill 2003 IRT and Kenneth R. Hill	Stephen P. McDonald
Bristol	160 Jenness Hill Rd.	Single-Family Residential	\$260,000	Michael F. Sharp RET and Michael F. Sharp	Msmack LLC
Campton	2092 US Route 3	Commercial Building	\$405,000	Timothy F. Scanlon	Fatty Belly Grill LLC
Groton	297 N. Groton Rd.	Single-Family Residential	\$209,533	Linda N. Falchetta RET and Linda N. Falchetta	Linda N. Falchetta RET and Linda N. Falchetta
Holderness	74 Overlook Rd.	Residential Developed Land	\$66,000	Squam Lakeside Farm Inc.	Denise Fromm and Rick Benoit
New Hampton	10 Dade Drive	Single-Family Residential	\$211,000	Stephen P. and Mary L. Dade	Andrew J. and Alexa B. Williamson
Rumney	Bald Mountain Road (Lot)	Residential Open Land	\$22,000	Linda and David Trudeau	Ryan Hammond
Rumney	Buffalo Road (Lot)	Residential Open Land	\$185,000	Gary W. and Robyn L. Zielinski	Rumney Climbers Association
Rumney	153 Mill Rd.	Single-Family Residential	\$35,000	USA HUD	Thomas J. Banurmann and Jordan M. Gianforte
Thornton	126 Mad River Rd.	Single-Family Residential	\$50,000	Ruth H. Chick	Leroy P. and Carolyn Uhlman
Thornton	N/A	N/A	\$368,000	David W. and Melinda Paul	Christopher and Annie Yee

## ABOUT THE REAL REPORT

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

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

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

# Franklin Savings Bank taps Nicole Rea for Assistant Branch Manager in its Retail Division

FRANKLIN — Franklin Savings Bank announced today the promotion of Nicole Rea to Assistant Branch Manager of the bank's second office in Franklin located at 933 Central Street. In her new role, Rea will focus on coaching and supporting sales, service and operational initiatives for her team.

"Nicole has been a tremendous asset to our retail team since joining us," commented Ron Magoon, President & CEO. "Her professionalism, leadership and commitment to providing our customers with superior customer service make her an ideal candidate for this new role."

Rea joined FSB in January 2015 as a Personal Banker. She has over 11 years of experi-

ence in retail banking and previously worked for Merrimack County Savings Bank for nine years. Rea graduated from White Pines College with a degree in photography.

Rea enjoys photography, cooking, crocheting, snowshoeing, hiking and making crafts. She resides in Franklin with her husband and three children.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, retail banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Bos-



COURTESY PHOTO

### Nicole Rea

cawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsid-

iary, Independence Financial Advisors, from offices in Franklin, Bedford, Nashua and Roch-

ester, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

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

## Screenings

FROM PAGE A12

cer screening in the senior population. This results in a variation in recommendations, especially in regard to when it's time to stop screening. The problem is that guidelines are too often based on younger patients, and do not always consider individual variations in life expectancy, comorbid conditions, functional status, or personal preference. That said, medical societies and other expert groups may recommend:

Stop routine Pap smears to screen for cervical cancer at age 65, if they have been negative in the past.

Stop routine screening mammography for women at average risk of breast cancer after age 75.

Stop screening colonoscopies for adults at average risk of colorectal cancer at age 75.

Stop routine screening using a blood test that measures the amount of prostate-specific antigen (PSA) in the blood, when there is average risk at any age. PSA is a protein produced by the

prostate gland.

Many doctors ignore these guidelines — again, because cancer screening recommendations based on age alone can be too arbitrary. A frail 75-year-old with heart disease and diabetes is different from a robust 75-year-old who exercises every day, so many experts suggest considering a person's life expectancy. If it is less than

10 years, cancer screening is unlikely to improve a person's survival or quality of life, and the risks of screening could be greater than the benefits. However, since life expectancy can be difficult to predict, doctors hesitate to halt screenings for many of their patients.

A decision about cancer screening should be mutually agreed upon by you and your doctor. Due to differing approaches within the medical community, you and your doctor should discuss the pros and cons when it comes to cancer screening. Getting screening tests regularly may find cancers early, when treatment is most likely to work — but it is also important to be well informed

about the risks of any test, and about what will happen if a test suggests there may be cancer that won't shorten your life.

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### About

#### Comfort Keepers

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# Holderness School exhibit explores themes of permanence and decay

**H O L D E R N E S S** — “Clay becomes one of the most permanent materials on earth, once it is fired and is transformed into ceramic material,” says Director of the Edwards Art Gallery Franz Nicolay. “It is one way we learn about ancient civilizations. It’s not through their woodcarvings or weavings, which decay over time. It’s through ceramics. Both Liz Howe and Don Williams start with this permanent material, but their sculptures also reference the impermanence of human existence. It is a clear study in contrasts.”

Jan. 13 marks the opening of the winter exhibit at Holderness School, “Contemporary Ceramic Sculpture: Liz Howe & Don Williams.” And while the artists have never met, their pieces complement each other, offering different perspectives on the enduring themes of permanence and decay.

Liz Howe’s pieces in the exhibit range from beautifully sculpted vases with hints of rich pigment beneath their white glazes to trapezoidal sculptures reminiscent of rolling landscapes to sculptural portrait heads in brilliant colors.

The ceramic busts are inspired by the portraits of the Dutch painter Rembrandt. In an interview with the Saratogian News, Ms. Howe says her



COURTESY

Jan. 13 marks the opening of the winter exhibit at Holderness School, “Contemporary Ceramic Sculpture: Liz Howe & Don Williams.”

figurative works in clay “investigate the psychology of borders, boundaries and environs upon an individual.” While ceramic grids create the backgrounds for some, others are detailed with yarn and bits of newsprint. Each piece, while new, appears weathered by time, bridging the past to the present.

Don Williams’ pieces also appear to have been subjected to the ravages of time. Using a variety of glazes to mimic the qualities of rusting and decaying metal, Mr. Williams’

clay structures look like abandoned industrial buildings. Many of the pieces also include found objects—rusted wires, discarded black knobs, sheets of metal roofing.

“Wild places and manmade structures fuel my imagination,” writes Mr. Williams in his artist statement. “Wind swept tundra, eroded canyons, Anasazi cliff dwellings and oil refineries, all intersect and overlap in my dreams. Lines and planes come together to form structures. Walls enclose and mark boundaries.

Manmade grids stretch across meadowlands. The pieces I make draw from this imagery. Sometimes fragments or artifacts, they reference places and objects, remembered or imagined. They have a history, have born witness to forces of change, and the passage of time.”

Mr. Williams has also included functional pieces in the exhibit. In contrast to the rugged, industrial nature of his sculptures, the set of cups he has chosen to display are delicate and light. Formed out of thin strips of

porcelain, each cup is unique, adding further interest to this study in texture and form.

While the artists explore similar subjects through their ceramic sculptures, their roots extend in two very different directions. Don Williams grew up in Manhattan and played with clay in his mother’s studio. It wasn’t until he was a pre-vet major at the University of New Hampshire, however, that he rediscovered his passion and committed to working as a full-time artist. According to his artist statement, Don

has been working for the University of New Hampshire for the past six years and maintains a studio in a barn next to his rambling colonial home.

Liz Howe began her art career in drawing and sculpture. It wasn’t until later in life that she discovered ceramics and developed a passion for throwing pots on a wheel. She is currently a visual arts teacher at Mount Anthony High School in Bennington, Vt., and works out of a studio next to her home in Saratoga Springs, N.Y.

The Edwards Art Gallery is lucky to have the works of two such accomplished artists on display. The pieces work beautifully together, sometimes echoing elements in each other, sometimes providing contrast in color and texture. Decay and permanence exist as one.

“Contemporary Ceramic Sculpture: Liz Howe and Don Williams” will be on display until March 27, and is open to the public:

Monday, Tuesday, Thursday, and Friday: 9 a.m.-5 p.m.

Wednesdays and Saturdays: 9 a.m.-noon

Sundays: Closed

The gallery is also closed during Winter Parents’ Weekend from Friday, Feb. 5-7. For more information about the Edwards Art Gallery, please contact Franz Nicolay at [fnicolay@holderness.org](mailto:fnicolay@holderness.org) or 630-2238.

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Are you a “do-it-yourselfer”? If you can take care of home repairs, lawn work and other types of maintenance by yourself, you’ll save money and probably gain satisfaction. But you will almost certainly need some help in other areas of your life – one of which may be investing. In fact, you could benefit from the services of a professional financial advisor at several points in your life:

- When you’re starting out in your career – When you land your first “career-type” job, you will have some financial decisions to make: Should I participate in my employer’s 401(k) or other retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.
- When you’re saving for important goals – Whether you’re saving for a down payment on your first home, or for your children’s college education, or for your own comfortable retirement, you’ll face many choices. A financial advisor – someone with experience in helping people work toward these

goals – can assist you in making the choices most appropriate for your individual situation.

- When you’re experiencing a personal “milestone” – Like everyone, you’ll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component – establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands you and your needs can help you make appropriate moves for all your milestones.
- When you’re close to retirement – As you near retirement, you’ll have several issues to consider: About how much income will you need each year? When should you start taking Social Security? How much can you afford to withdraw annually from your IRA and 401(k)? A financial advisor has the tools, training and

experience to explore alternatives and suggest suitable moves for you.

- When you’re retired – Even after you retire, you’ve got plenty to think about, in terms of financial moves. For one thing, you need to ensure that your investment portfolio provides you with both sufficient income for your desired lifestyle and adequate growth potential to help you stay ahead of inflation. What’s the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you’re retired, you just won’t get a lot of “do-overs,” so getting the right help is important.

If you’re a do-it-yourselfer, you may not get it right each and every time. But you won’t pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it’s time to call in a professional – and that’s whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact

**Jacqueline Taylor**, Financial Advisor, at 279-3161 or email [Jacki@edwardjones.com](mailto:Jacki@edwardjones.com). Her office is located at 14 Main Street, Downtown Meredith.

For more information, see <http://www.edwardjones.com/> or “like” her on Facebook

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## Trump

FROM PAGE A1

Some patrons of Pauli's Restaurant in Tilton said they would be watching the inauguration as their workday allowed, stating that, no matter whom anyone voted for, the day was still an "historic event in our nation's history."

Employees of the popular breakfast and lunch spot said that there was a steady stream of people on both sides stopping by before the inauguration.

"I have a military background, so I like his thoughts on boosting security," said one Tilton man as he watched preliminary events unfold on a television inside the restaurant.

Across the region, others disagreed though, feeling Trump's presence as Commander in Chief could be threatening.

"I will not be watching and I fear war is at hand, although I think that would happen no matter who was elected," a Bridgewater woman stated.

A few said they would watch, regardless of who was elected because it was simply "history in the making" while another Bridgewater man said, "I will be definitely be watching. I'm excited about the chance for a change."

A naturalized citizen from the Philippines said she, too, was behind Trump all the way.

"I really believe in America," she said. "There is so much opportunity here if you are willing to work for it. I voted for Trump because I think we need a change and now I think we should give him a chance."

In Hill, another gentleman said he was excited for the future, but hoped Trump would live up to his promises.

"It's about time to listen to the people and 'drain the swamp,' as he promised," he said. "We need people who will listen to us in Washington."

Others also liked the idea of having someone outside the typical political arena as their new president.

"Success breeds success, and I look forward to it," one woman said. "We need to go back and take over our title as Leader of the Free World and I truly believe Donald Trump has the skills and knowledge to do so."

A Bristol resident chimed in by saying, "I'm eager to see how the next four years in this country go- yes, even for those who live here but won't acknowledge our country's new president. I believe the next four years will be 'great.'"

A few polled throughout central New Hampshire however were on the fence as Trump was sworn into office.

"Trump has been a controversial candidate who reached out to the citizens and gained enough support through the Electoral College to make his way to Washington. Many applauded his election and expressed their thoughts last week," one woman said. "We'll just have to wait and see how it goes."

Then there was the other side of the coin; those who were going to miss Obama's presence in the White House, and were afraid for the future.

"I loved Obama — really a class act, even if you didn't like his policies. Trump is scary. Divisive, cold, arrogant, prejudiced," one man said. "Most of all, he can't take any criticism. Anyone who disagrees with him is fake, phony, a loser...What happens when a foreign power or leader

starts blasting him? I get so scared for World War III."

Some women were also dismayed that the country didn't support its opportunity to have the first woman elected to the highest office in the land.

"I don't understand why people couldn't rally more to support Hillary. I think they were just afraid of a woman in an office like that," said one Clinton supporter.

Despite all of those opinions, Trump was sworn in last week and got right to work the very next day, taking steps toward his mission to "Make America Great Again."

"We'll see," many responded over the weekend as they kept tabs on his first steps as President.

As events unfolded, though, perhaps the most thought provoking comment came from a teenaged girl in Tilton who, during the ceremonies last Friday afternoon, had this to add: "Today is a day to come together as a country. As we venture into this new era, I hope we are all able to see the goodness in each other- as well as the areas in need of improvement. Stay strong, USA. We will make it through this."

## Town of Alexandria First Deliberative Session

This notice is given to the voters of Alexandria, NH that there will be a deliberative session on Saturday, February 11, 2017 at 10:00 am at the Town Hall located at 45 Washburn Road, Alexandria, NH.

### TOWN OF HEBRON

Hebron Planning Board  
Public Meeting  
Proposed Changes to Zoning Ordinance for Accessory Dwelling Units In accordance with NH RSA 674:71 - 73

For more information see [hebronnh.org](http://hebronnh.org) website home page

Upcoming events for Hebron Planning Board  
**ADU Document**  
**February 1, 2017**  
**7:00 P.M.**

### ZONING BOARD OF ADJUSTMENT NOTICE OF MEETING AND HEARING

January 31, 2017

Notice is hereby given that the Hebron Zoning Board of Adjustment will meet and conduct a public hearing on Tuesday, January 31, 2017, at 7:00 PM, in the second floor Land Use Room of the Hebron Academy Building (Select Board Office) to consider the following matters:

1. Election of board clerk.
2. To hear an appeal submitted by Ronald and Lucille Delisle for a special exception pursuant to Article IV, Section S, and Article X of the Hebron Zoning Ordinance. The applicants seek approval for a 100' long, 6.5' high fence to be erected along the eastern boundary of their property located at 153 North Shore Road (Tax Map 17A, Lot 3).
3. To approve previous meeting and hearing minutes and conduct such other business as may come before the Board.

Peter N. Carey  
Chair

**Filing for Town of Alexandria offices will begin Wednesday, January 25th, 2017 through February 3rd, 2017. The Town Clerk's Office will be open from 3:00 pm to 5:00 pm on Friday, February 3rd, 2017.**

Position:	Length of Term:	Available Positions:
Selectman	(3 year term – 2020)	One (1) position
Trustee of Trust Funds	(3 year term – 2020)	One (1) position
Cemetery Trustee	(3 year term – 2020)	One (1) position
Budget Committee	(3 year term – 2020)	Three (3) positions
Budget Committee	(2 year term – 2019)	Two (2) positions
Town Clerk/Tax Collector	(balance of term ending 2018)	One (1) position
Planning Board	(3 year term – 2020)	Two (2) positions
Planning Board	(balance of term ending 2018)	One (1) position
Budget Committee	(1 year term – 2018)	Two (2) positions

## Mannequin

FROM PAGE A1

is useful for practicing not only CPR and response to cardiac arrhythmias but can be used for other medical training like IV placement, airway obstruction and intubation.

Fogarty said intramuscular injection procedures can also be practiced on the new mannequin and, best of all, each of the typical injection sites are replaceable should they get worn out over time.

Members of the department are excited to now have a full mannequin to practice their skills on.

"We used to have just one arm to practice doing injections. This is so much more practical and realistic," said AEMT Donna Sellers.

In fact, this particular ALS Manikin is so advanced and lifelike that it even has a pulse simulator and can be prepped for practice with the department's cardiac monitor.

Training sessions are continuous for any emergency medical team. Many local fire departments have to put in a request to borrow training devices such as this from a district wide equipment pool. Now, Fogarty said, his department will be able to train as often as necessary with

no wait or time limitations and, in the end, that adds up to the fact that they will be able to stay on top of all the life-saving skills they may be called upon to use on any given day.

Money for the Simulated ALS Manikin, which costs approximately \$3,300, came through a number of donations for training equipment that Bridgewater Fire Department has received and they are very grateful to all who contributed.

"We're very fortunate. We would never have had the money in our budget to buy something like this," Fogarty said. "This is actually pretty advanced over what a lot of departments have available, and we wouldn't have it if it wasn't for the generous donations we received."

## Warrant

FROM PAGE A1

to develop plans for the building project and the other to tear down and clear away debris from the building on the Smith lot. The selectmen are leaning toward a single article for the whole effort.

Two potential articles are conditioned on receiving grants to help cover costs. The first is contingent upon a Homeland Security grant to purchase a backup generator for the new tower being built on Hemp Hill Road for emergency communications. The second is a \$153,000 federal grant in support of the Pemigewasset River Trail. The NH Department of Resources and Economic Development is on the record as supporting the grant from the US Department of the Interior. Bristol would have to provide a matching amount, although it can include in-kind contributions, and Town Administrator Nik Coates is working on a list that would cover the town's share.

The other article that elicited discussion was one seeking \$20,000 to cover Fourth of July fireworks. The appropriation also would cover police and fire personnel, but there was some question about the type

of pyrotechnics that would be provided. An offer that originally included Class B as well as Class C fireworks did not specify the type in the actual bid documents, so Coates was going to clarify what the town would be getting for its money.

Another article relating to economic development is one seeking funds to do a feasibility analysis for mini-cell phone coverage. The town had been in communications with Verizon about improving its coverage downtown, but Coates said the company is showing no interest providing better service because it does not anticipate it being profitable. As an alternative, the town potential-

ly could erect a series of mini-towers that would provide coverage to the Central Square area.

Also related to town meeting is the continuing search for an election site. The town has renovated the Old Town Hall on Summer Street so it can be used for meetings again, but Chair Shaun Lagueux said he does not feel comfortable with the limited parking available there. Bristol has used Marion Hall on West Shore Road in recent years, but the Holy Trinity Catholic Parish, which owns the building, has decided against continuing the offer. The other option the town is exploring is use of Cardigan Lodge, the local Masonic hall.

### TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the March 14, 2017 election must file a Declaration of Candidacy with the Town Clerk between Wednesday, January 25 and Friday, February 3, 2017 during town clerk office hours and from 3:00 to 5:00p.m. on Friday, February 3.

#### Positions to be filed for are:

Selectman:	three-year term
Treasurer:	three-year term
Library Trustee:	three-year term
Trustee of Trust Funds:	three-year term
Auditor:	two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenbergen, Town Clerk

### \*\*NOTICE\*\*

## TOWN OF NEW HAMPTON RESIDENTS

1 Selectman	3 year term
1 Treasurer	3 year term
1 Trustee of Trust Funds	3 year term

\*\*Anyone wishing to run for any of the following openings must file with the Town Clerk starting January 25, 2017 to February 3, 2017.\*\*

\*\*Office will be open 2/3/17 until 5:00pm\*\*

The Town Clerk's office is located at  
6 Pinnacle Hill Road

Office hours are:

M-T-W-F 7:30am-4:30pm  
TH 10am-7pm

Office Closes Daily 12pm to 1:00pm

603-744-8454

### NOTICE TO THE RESIDENTS OF BRISTOL FILING PERIOD FOR TOWN ELECTIONS

Anyone wishing to file for any of the following openings in the Town of Bristol must sign up with the Town Clerk at 230 Lake St. Bristol starting January 25, 2017-February 3, 2017 by 5:00 PM.

2 Selectmen for 3 years
1 Town Clerk/Tax Collector for 3 years
1 Treasurer for 3 years
1 Trustee of the Trust funds for 3 years
1 Cemetery Trustee for 3 years
4 Budget Committee members for 3 years
3 Library Trustees for 3 years
1 Newfound Area School School Board Rep for 3 years

Regular Business Hours: Monday, Tuesday, Wednesday and Friday 8:00am-4:00pm Thursday 8:00am-7:00pm. The office will be open until 5:00 pm on January 29, 2016

Raymah Simpson  
Town Clerk/Tax Collector

# The Rest of the Story

A16 NEWFOUND LANDING, THURSDAY, JANUARY 26, 2017

## Heat On

FROM PAGE A1  
once again we met our goal of \$50,000 at our recent Keep The Heat On event," said committee chair Martha Richards. "Knowing that this region continues year after year to support this fuel assistance project at this level is so gratifying and heart-warming."

Over the past 12 years, Keep the Heat On has raised over \$400,000 through their fundraising efforts. Available through PACC, those funds are used annually to assist families in their



Keep the Heat On Committee member Bob Gannet and chairwoman Martha Richards paused for a photo as Gannet and other committee members helped raise money through raffles to benefit Plymouth Area Community Closet's fuel assistance program.

winter heating costs.

"Unlike other heating assistance programs, PACC doesn't discriminate in any way. Just go in and say you need help and they will help you," Richards said.

Greeting everyone who arrived at Plymouth State University's dining hall for the event were members of the PSU women's hockey team. Once inside, more than a dozen tables filled with nearly 140 silent auction items, appetizers and live music by Dave Lockwood filled the dining room. Norma Jean and Tom Morrison once again created both room and table decor for the evening.

Those who attended were excited about the event and enjoyed all the festivities.

"I came here because I just want to help promote all they do. This is the first time I've actually made it here, and it's really amazing," said Pat Costa of Bristol.

Marilyn Lieto is a longtime supporter of Keep the Heat On, and said she has been attending the fundraiser for nine of its 12 years in existence.

"I just think this is a really important charity, so I've come every year since I moved here to the Plymouth area," Lieto said.

As many as 25 local restaurants provided a buffet dining experience for the crowd, which included entrees such as Lucky Dog Tavern's steak tips, General Tao's Chicken from Mandarin Taste, Sunset Grill's popular macaroni and cheese, Chicken Piccata courtesy of Rumney Rocks Bistro, and New England Clam Chowder from PHAT Fish in Plymouth. There were also meatballs from The Green House in Warren, Campton's Mad River Tavern's Mexican Lasagna and vegetarian dishes of Veggie Primavera from Walter's Basin in Holderness, Rosemary Roasted Fingerling Potatoes and Root Vegetables through PSU's Sodexo partners, and Roasted Veggie Risotto, courtesy of Covered Bridge Farm Table Restaurant, which is also located in Campton.

Other local eateries, like the Common Man, Frosty Scoops, Café Monte Alto, Burrito

Me, Chase Street Market, Last Chair, Thai Smile, Fugaky, Downtown Pizza, The Common Café, George's Seafood & BBQ Center, and Annie's Overflow provided appetizers, desserts and beverages to make the entire dining experience complete.

Before everyone sat down to eat however, the Educational Theatre Collaborative entertained the crowds with familiar songs from "Fiddler on the Roof," which took place at the Hanaway Theatre on the PSU campus last weekend. One final matinee is scheduled for this Saturday, Jan. 28, at 2 p.m.

Following dinner, the evening wrapped up with raffle drawings and a live auction that provided even more funds toward the PACC heating assistance program. Terri Dautcher headed up the auction proceedings and lucky winners were able to go home with prizes such as a collection of eight wines, valued at more than \$485 from Wavell Fogelman, and a \$200 sled dog excursion through Thornton, courtesy of Valley Snow Dogz. There was also an exclusive dinner for four with Chef Fogelman, a weekend at Jen's Camp on Little Squam Lake, a scenic airplane flight over the region with Don Stoppe, a Sky Diving experience and a \$600 hand-crafted, queen-sized quilt by Marilyn Siraco.

Big items for the evening were a "priceless" seven-day Alaskan Frontier trip for two on Royal Caribbean International and a three-night seaside getaway in Nantucket.

Richards was most grateful for all the support shown for this year's sole fundraising campaign for Keep the Heat On but wanted to remind the public that PACC offers other community programs such as financial assistance, Meals for Many and their thrift store where all proceeds again help residents of the area.

"These programs also need a lot of support so a portion of this year's proceeds will benefit not only fuel assistance but them, too. Our hope is that others will continue to make donations to them as well," she said.

# DAILY NEWS

SPECIAL EDITION

## VOICES AGAINST VIOLENCE 2017 WINTER BALL TICKETS NOW ON SALE!

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, January 26, 2017

## What's On Tap

ave plenty of games on the docket.

At Newfound, the alpine ski team will be competing at Gunstock on Friday, Jan. 27.

The Newfound hoop girls will be hosting Stevens at 6:30 p.m. on Friday, Jan. 27, and will be at Kearsarge for a 6:30 p.m. game on Tuesday, Jan. 31.

The Bear basketball boys will be at Stevens for a 7 p.m. game on Friday, Jan. 27, and will be at Kearsarge for a 5 p.m. game on Tuesday, Jan. 31.

At Plymouth, the unified basketball team will be at Winnisquam for a 3:30 p.m. game today, Jan. 26.

The Bobcat alpine ski team will be competing at King Pine on Friday, Jan. 27, at 11:30 a.m.

The Plymouth Nordic skiers will be competing at Con-Val on Saturday, Jan. 28, at 10:30 a.m. and will be at Whitaker Woods in North Conway on Wednesday, Feb. 1 at 2:30 p.m.

The Bobcat ski jumpers will be at Kennett for a 6 p.m. meet on Wednesday, Feb. 1.

The Plymouth wrestling team will be at Kearsarge for a 6 p.m. meet on Friday, Jan. 27, and will then compete at Concord at 9 a.m. on Saturday, Jan. 28. The Bobcats will be at Winnisquam on Wednesday, Feb. 1, at 6 p.m.

The Plymouth hoop boys will be hosting Pembroke on Friday, Jan. 27, at 6:30 p.m. and will be at Bishop Brady at 6:30 p.m. on Tuesday, Jan. 31.

The Bobcat girls' basketball team will be at Pembroke at 6:30 p.m. on Friday, Jan. 27, and will be hosting Bishop Brady on Tuesday, Jan. 31, at 6:30 p.m.

The Kearsarge-Plymouth hockey team will be at Laconia-Winnisquam at 1:40 p.m. on Saturday, Jan. 28, and will be hosting Hollis-Brookline at 6 p.m. at Proctor Academy on Wednesday, Feb. 1.

## Bears keep on rolling, rip Royals

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — While many schools decided to postpone games on Tuesday, Jan. 17, the Newfound and Mascoma hoop girls played on.

And the Newfound girls piled up points faster than the falling snow and kept the Royals in check all night long to emerge with a 62-20 win.

"I thought in the first quarter we played well defensively," said coach Karri Peterson. "They switched to 2-3 and we started giving up shots where we didn't want to give up shots.

"We need to make changes to fill in where they're hitting shots," Peterson said.

The Royals came out of the gate with the first hoop of the game but baskets from Ashlee Dukette and Savanna Bony and a putback of a rebound by Alexis Vantil put the Bears up by a 6-4 score.

The Royals hit their second hoop to get within two but they did not score again in the quarter, as the Bears closed out the first frame with a 14-0 run to pull ahead by a 20-4 lead after eight minutes.

Dukette got the run going for Newfound and Vantil followed that up with two hoops, one coming off her own steal and the other off a rebound. Dukette put back a rebound and then Savanna Bony and Dukette drained back-to-back three-pointers to close out the quarter with the 20-4 lead.

The Newfound run continued into the second quarter, as the Bears got the first two hoops of the frame, the first from Dukette off her own steal and the second from



Molly Schilling drives around a defender in action against Mascoma last week.

JOSHUA SPAULDING



Alexis Vantil drives hard to the hoop for a pair of points in action last week against Mascoma.

JOSHUA SPAULDING

Amanda Johnston off a rebound, upping the lead to 24-4.

The Royals scored their first points since early in the first quarter with 2:15 gone in the second quarter and then hit another hoop to make it 24-8. Johnston responded with a hoop for Newfound and Mascoma answered to get into double figures.

Vicki Steele put back a rebound for two points for the Bears before the Royals hit a hoop and a free throw to make it 28-13. Johnston hit a free throw, Dukette put back a rebound and Bony drained a hoop to close out the half, giving Newfound a 33-13 lead heading to the halftime break.

The visitors hit the first two baskets of the second half, including a three-pointer, cutting

the lead to 33-18. However, Newfound clamped down on defense and the Royals struggled to find their stroke, as they did not score again until the final minute of the fourth quarter.

The Bears closed out the third quarter on a 20-0 run to up the lead to 53-18. Johnston hit back-to-back buckets to start the run and then Dukette finished off her own steal with a basket. Molly Schilling drained a three-pointer and Dukette finished off another steal with a hoop for two points. After two foul shots from Dukette, Johnston hit a hoop, Madison Dalphonse drained a three-pointer and Bony hit a layup at the buzzer to make it a 53-18 game heading to the final quarter.

With the Bears up by 35 points heading to the

final frame, the clock went to running time.

Johnston finished off a steal for a hoop to open the fourth quarter and after Dalphonse drained a free throw, Grace Schilling hit a hoop to make it 58-18. The Royals got their lone basket of the fourth quarter with 50 seconds to go before Dalphonse and Grace Schilling hit the final two baskets of the game to finish out the 62-20 win for the Bears.

"You want to be able to execute against the 2-3 and the 1-2-2 and man," said Peterson. "Tonight the 2-3 seemed to be more of a struggle for us."

Peterson noted that the close game on Friday at White Mountains Regional may have sparked the Bears to get out to the quick start and put the game away early.

"It's good for them to have those close games," she said.

Dukette led the way for the Bears with 19 points, while Johnston added 13 points.

The Bears took care of business and moved to 11-0 with a win over White Mountains on Friday night.

The Bears outscored the Spartans 11-4 in the first quarter and 13-5 in the second quarter for a 24-9 lead at halftime.

"It was a slow paced game as neither team was pressing, which was just the opposite of a week ago, which was

a fast-paced up-tempo full court pressing for 32 minutes," Peterson said. "This time we got back and packed it in, taking away drives and inside cutters and contain shooting and limiting it to one shot opportunities."

The Bears were outscored 8-3 in the third quarter, as Newfound was unable to get any breaks but they came back and won the fourth quarter 15-7 for the 42-24 win.

Bony led the scoring with 13 points, 12 in the first half, while Dukette finished with 12 points and 24 rebounds. Johnston had 17 rebounds to go with six points, while Vantil had 10 rebounds and seven points. Peterson praised Molly Schilling's work on the defensive end of things.

NRHS 20-13-20-9-62  
MVRHS 4-9-5-2-20

Newfound 62

Dalphonse 2-1-6, Steele 1-0-2, G. Schilling 2-0-4, Bony 4-0-9, Johnston 6-1-13, M. Schilling 1-0-3, Vantil 3-0-6, Dukette 8-2-19, Totals 27-4-62

Mascoma Valley 20

Martin 2-0-5, Longley 2-0-4, Mansur 1-0-2, Hammond 1-0-2, Thompson 1-0-2, Pelton 2-1-5, Totals 9-1-20

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

## Newfound searching for three coaches

BRISTOL — Newfound Regional High School has an opening for a JV baseball coach, an assistant track coach and a JV softball coach. Please send letter of intent, resume and names and phone numbers of three references to Superintendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofr@sau4.org or 744-6006, x1507.

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# Bears fall to Schwarz, Royals

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound hoop boys were unable to harness the momentum from their first win of the season, thanks in large part to Mascoma's Alex Schwarz.

One of the preseason favorites to win Division III Player of the Year, Schwarz went off on Newfound for 52 points, including his 1,000th career point as the Royals knocked off the Bears by a score of 73-57 on Tuesday, Jan. 17.

"We had game planned for him, trapping, full denial, etc.," said Newfound coach Tom Bourdeau. "But nothing worked.

"He was 36 points shy of 1,000 points and with their next game on the road, you could see that he was focused and determined to get this goal in front of his home crowd," the Bear coach added.

The two teams were fairly even through the first period, as Mascoma held an 18-17 lead after one but outscored the Bears 16-7 in the second period for a 34-24 lead at the halftime break. The Royals outscored Newfound by 10 in the third period before the Bears outscored the Royals 21-17 in the final frame for the 73-57 final score.

"Very pleased with our effort for the full 32 minutes," Bourdeau said. "Our only mistake was in the second quarter.

"We came out to start the second and just settled for long-range jumpers instead of attacking the basket as we had done the previous frame," he continued.

The Bears were able to cut the deficit to eight points with a minute and a half to go but could not get any closer.

Jarrod Fairbank and Mason Dalphonse led the charge with 15 points apiece and Fairbank added eight rebounds as well. AJ Muse had 12 points off the bench and also grabbed six rebounds. Bourdeau praised the play of Muse and Tim Bony off the bench on the evening.

The Bears then traveled north to Whitefield to take on the White Mountains Spartans on Friday, Jan. 20. The Spartans were able to avenge the loss the Bears pinned on them the previous week, walking out of their home gym with a 60-42 win.

The Bears had 14 turnovers in the first half and only forced four turnovers by the Spartans, which led to the Spartans getting 34 field goal attempts in the first 16 minutes and Newfound managing just 18.

"That put us in a hole that we could not recover from," Bourdeau said. "Between turnovers and losing the re-



AJ Muse had a good game off the bench for Newfound, finishing with 12 points and six rebounds at Mascoma.

JOSHUA SPAULDING

## Ebner, Van DeMoere lead Bobcats at Abenaki

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Plymouth Nordic team traveled to Wolfeboro on Thursday, Jan. 19, for a meet hosted by Lebanon. The Raiders elected to move the meet to Abenaki Ski Area to take advantage of the good snow conditions at the Wolfeboro venue.

The best finish for the Bobcats on the day came in the boys' race, where Sam Ebner skied to third place overall in a time of 16:47.

Troy Warner was second for the Bobcats, finishing in 18:19 for 11th place and Sawyer Wilcox was right behind, finishing in 12th place in 18:22.

Carter Wilcox rounded out the scoring for the Plymouth boys in the skate race, finishing in 18:25 for 13th place overall.

Henry Green skied to 20th in 19:50, with Phillip Green in 23rd place in 20:02 and Elliot Miller in 25th place in 20:06. Sam Untersee placed 26th overall in 20:19, with Randall Scroggins skiing to 28th place in 20:23, Shane Johnston taking 29th place in 20:24 and Lucas Johnstone finishing in 30th place in 20:45. Connor Magowan finished in 21:41 for 35th place, Connor Green was 37th in 22:12, Jake Little finished 38th in 22:48, Mack Doyle was 39th in 23:41, Ben Parsons finished 40th in 24:09, Garrison Hiltz placed 41st in 24:14, James Buhman was 43rd in 27:02 and Doug Cassarino rounded out the Bobcat field in 27:54 for 44th place.

The Bobcat girls were led by Sam Van DeMoere, who skied to

14th place overall in a time of 21:42.

Bella Wingsted was second for the Bobcats and 19th overall in 22:08, with Yaxi Stapp finishing in 25th place in 23:11 to place as the third scorer.

Libby Van DeMoere was the final scorer for Plymouth, finishing in 26th place in 23:12.

Megan Ebner finished in 23:13 for 27th place, Lauren Bolton was 30th in 23:49, Ashley Ulricson finished 34th in 25:15, Valerie Johnston placed 36th in 25:41 and Abi Sutcliffe finished 38th in 26:36. Ainsley Towers was 39th in 26:42, Sophie Untersee was 40th in 27:21, Lilly Derosier was 41st in 27:28, Brynn Brotzman was 43rd in 28:29 and Carly Merluzzi was 46th in 29:15. Callie Macleod finished 47th in 29:16, Kiana Pino was 53rd in 31:15, Nikki Stout was 54th in 31:46 and Caroline Dodge was 55th in 32:05 to round out the field of Plymouth skiers.

Plymouth also had some middle school athletes competing, with Leo Ebner in 22:05, Addie Englund in 23:05, Lydia Marunowski in 23:15, Sumaj Billin in 23:26, Aquinnah Allain in 25:34, Julia Ahern in 29:43, Lauren Casserino in 30:42, Hunter Macleod in 30:43 and Sawyer McHugh in 30:45.

The Bobcats are scheduled to race again on Saturday, Jan. 28, at Con-Val and will be at Whitaker Woods in North Conway on Wednesday, Feb. 1, at 2 p.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).



JOSHUA SPAULDING

Megan Ebner, Yaxi Stapp and Libby Van DeMoere climb the opening hill during last week's meet at Abenaki in Wolfeboro.



JOSHUA SPAULDING

Sam Ebner led the way for the Plymouth boys on Jan. 19 in Wolfeboro.



JOSHUA SPAULDING

Sam Van DeMoere was the top finisher for the Plymouth girls in a race in Wolfeboro on Jan. 19.

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# Bears compete in dual giant slalom at Sunapee

BY JOSHUA SPAULDING  
Sports Editor

SUNAPEE — The Newfound alpine team took part in a dual Mount Sunapee on Thursday, Jan. 19.

For the boys, Newfound finished in fifth place overall with 336 points, just four points behind fourth place White Mountains.

Elliot Economides led the way for the Bears with a fifth place finish overall in a time of 47.68 for his two runs.

Trevor Robie was second for Newfound in 54.97 seconds for 27th place, while Reid Wilkins skied to 35th place in 57.6 seconds for third place among the Bears.

Cian Connor rounded out the scoring for the Bears, as he finished in 43rd place overall in 1:02.1.

Charles Gould finished in 46th place in 1:03.57 and Aaron Nguyen rounded out the field of Newfound skiers with a time of 1:08.91 for 55th place.

The Bear girls finished in fifth place overall on the day, finishing with 318 points.

Shanley Camara led the way for Newfound with a time of 1:03.53 for 21st place overall.

Victoria Roman was second for the Bears in 1:04.37 for 22nd place overall and Stephanie Norton finished in 1:12.41 for 31st place overall.

The final skier for Newfound was Sophia Pettit, who finished in 1:59.75 for 34th place overall.

The Bears are scheduled to compete again on Friday, Feb. 3, at Gunstock at 9 a.m.

## Caron skis to slalom victory at Cranmore

BY JOSHUA SPAULDING  
Sports Editor

NORTH CONWAY — After a week off, the Plymouth alpine ski team returned to action on Friday, Jan. 20, heading to North Conway for a meet hosted by Kennett at Cranmore Mountain Resort.

The teams took to the course for the giant slalom in the morning and the Bobcat boys finished in second place behind the hosts, finishing 10 points behind Kennett and ahead of Kingswood and Gorham.

Connor Magowan led the way for the Bobcats in the morning giant slalom, as he finished in second place overall in 49.27 seconds.

Thomas Inwood was second for the Bobcats and was fourth overall with a combined time of 49.4 seconds and Mike Ouellette was the third finisher for Plymouth, finishing in 51.1 seconds for ninth place overall.

Matt Clark rounded out the scoring for the Bobcats, finishing in 51.95 seconds for 13th place.

Pete Wingsted raced to 24th place in 55.78 seconds, Zack Ross was 28th in 57.99 seconds, Carter Wilcox was 29th in 58.01, Jared King was 31st in 59.35 and Lucas Johnstone finished in 33rd place in 1:00.73. Milton Woolfenden finished in 36th place in 1:01.93, Cameron Donnell finished 38th in 1:02.31, Tucker Boyd was 41st in 1:04.68, Andrew Modesitt was 45th in 1:07.41, Cabot Wiggett was 49th in 1:12.71 and Sam Smith placed 51st in 2:03.87.

The Bobcats struggled in the afternoon slalom and finished in a tie for third place with Gorham, with Kennett and Kingswood getting the top spot.

Johnstone led the way for the Bears, finishing in second place in 1:15.35.

Clark placed 19th overall and second for Plymouth in 1:26.26 and Magowan was the third Bobcat, finishing 23rd in 1:29.92.

Wingsted took 24th place in 1:33.81 to round out the scoring for Plymouth.

Inwood was 26th in 1:36.04 but did ski the



Rebecca Caron races through a giant slalom gate in action on Friday at Cranmore.

JOSHUA SPAULDING



Connor Magowan tears through the giant slalom course at Cranmore on Friday.

JOSHUA SPAULDING



Thomas Inwood was second for the Bobcats in the giant slalom Friday at Cranmore.

JOSHUA SPAULDING

fastest first run of anyone on the mountain. King was 27th in 1:36.31, Woolfenden was 32nd in 1:41.28, Wilcox finished 34th in 1:45.83, Donnell finished 35th in 1:46.49, Smith was 38th in 1:56.39, Ian Kim was 42nd in 2:06.58, Boyd was 44th in 2:08.28 and Wiggett finished 45th in 2:08.93.

The Plymouth girls finished second overall

to Kennett in the morning giant slalom.

Rebecca Caron led the charge for the Bobcats with a time of 50.7 seconds for fourth place overall.

Jess Ouellette was second for Plymouth

and fifth overall in 51.11 seconds and Kiki Dodge placed 15th overall in 56.15 to place as the third Bobcat scorer.

Nikki Stout rounded out the scoring for Plymouth with a time of 57.05 seconds for a 17th place

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KENNETT'S Tanner Brown battles with Kearsarge-Plymouth's Maddie Folcik in action on Saturday in Plymouth.



Alex Nangle pulls the puck away from the boards in action against Kennett last week.

# Eagles turn back late Kearsarge-Plymouth rally

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Kennett hockey team was coming off its first loss of the season, looking to bounce back, while the Kearsarge-Plymouth hockey team came into Saturday's game coming off its first win since early in the season.

The Eagles were able to get out to a 5-2 lead in the third period before the Cats came storming back, cutting the lead to one, but the Eagles added a little insurance to finish off a 6-4 win at Hanaway Rink on the campus of Plymouth State University on Saturday, Jan. 21.

"Wednesday night was tough (loss to Belmont-Gilford)," said Kennett coach Mike Lane. "And tonight we did a nice job of bouncing back.

"Credit to them (K-P), they didn't go away," Lane continued. "They're a good team and they'll win some games."

"They're working hard, they keep themselves in the game," said Kearsarge-Plymouth coach Dave McKenney. "Ending up on the wrong side is tough.

"But because of their playing to the end of the game, there's no quit to any of them," McKenney added. "They all want to win it for each other."

The two teams exchanged early chances, with Gordon Hoyt and Jake Arnold getting chances for the Cats, while Mike Seavey had a great centering pass that just missed connecting in front of the net for the Eagles.

Kennett got on the board first with 3:01 gone in the game. A K-P turnover in the Kennett zone saw Connor Doucet pick up the puck for the Eagles. His shot was blocked but Colby Couture snagged the rebound and rifled it home for a 1-0 lead for the Eagles.

Trevor Olivier had a chance for the Eagles but Max Phillips was able to clear the shot out of the way. Arnold also found Alex Nangle with a good bid but it was denied by Kennett keeper Johnny Biggio.

With 7:54 to go in the first period the Eagles were able to take a 2-0 lead, as Doucet carried the puck in to the zone, skated along the goal line in front of keeper

Cody Rowe and stuffed the puck in for the 2-0 lead.

Plymouth came back with some chances, with Phillips, Garrett Demas, Nangle and Bert Prince had chances but the Eagles stayed strong. Tanner Brown connected with Doucet for a bid that went wide, while Mackenzie Murphy had a couple of bids, one stopped by Rowe and another going wide.

The Cats went on the power play with 3:42 to go and after Doucet had a shorthanded bid denied on good defense by Hoyt.

Less than 30 seconds into the power play, Arnold made a great feed in front to Breault, who buried the shot to cut the lead to 2-1.

The Eagles took another penalty with 2:08 to go and Tony Velez had a couple of good bids for the Cats, while Seavey had a couple of shorthanded bids and Olivier had a bid denied by Rowe.

However, with 44 seconds to go, the Cats were able to tie the game when Arnold found Nangle in front and he put it home. Breault also got an assist and the game was tied at two. The Eagles took another penalty in the final seconds of the period and the game

went to the second with the score tied at two.

Nangle, Hoyt and Breault had early chances for the Cats before they took a penalty and the teams played four-on-four for 16 seconds. The Eagles got a power play with some solid chances from Seavey and Caleb McPherson, while Velez and Arnold did a nice job killing the penalty.

Kennett got a power play with 10:11 to go in the second and Murphy got a bid in the zone that Demas helped to stop, Seavey sent a shot off the post and Doucet had a shot denied by Rowe. Arnold had a shorthanded bid denied by Biggio as well as the penalty ended.

Kennett got another power play chance with 6:55 to go and took advantage, as McPherson fired a shot on net that was tipped by a defender and in. Murphy got an assist on the goal for a 3-2 lead.

K-P got a power play chance moments later but they could not connect, as Olivier and Murphy had good clears for Kennett. McPherson and Doucet had chances for Kennett and Arnold had a bid for the Cats.

With 1:31 to go, Cody Bryan picked up his first career goal, firing a shot from the point that found

its way through for a 4-2 lead. Brown got an assist and the game went to the third with Kennett up 4-2 and with 1:56 of power play to start the period.

Seavey, Anthony Graziano and Couture all had power play chance but they could not connect and K-P killed off the advantage. Doucet and Seavey had chances after the penalty but their bids went wide of the net.

However, with 10:31 to go, Murphy was able to fire home a shot from inside the faceoff circle to Rowe's right for the 5-2 lead.

The Cats fought back, getting chances from Maddie Folcik and Arnold but they were unable to capitalize until the final five minutes, when Nangle found Arnold, who buried the puck to make it 5-3.

Then, just 22 seconds later, Phillips sent a shot from the blue line that eluded Biggio to make it 5-4, with Prince getting an assist. Lane called timeout and pulled his team together and they responded.

Couture picked up his second goal of the game with 3:13 to go, as he sniped the puck in on assists from Brown and Doucet for the 6-4 lead.

The Cats didn't go away, getting a power

play chance, with Arnold getting a few bids, while Graziano, McPherson, Reilly Murphy, Doucet and Couture were all strong on the kill. They got another power play in the final minute and pulled Rowe, but could not get any more goals, though Arnold fired one off a cross bar and the game finished at 6-4 for the Eagles.

Lane noted that his team was playing without Conner Furtado, who was hurt in the previous game.

"Without Furtado, we need people to step up and Cody (Bryan) did a nice job of that tonight," Lane said. "He did all the things we asked him to do and he was rewarded with a goal.

"The hockey gods have a way of evening things out," Lane continued, noting that the Cats continued to fight. "We felt like the game was 100 percent in the bag and then they came back, it was 5-3 and then 5-4."

Lane noted he called timeout, mainly to talk to Biggio and get him back in the game.

"We talk about the whole team being mentally tough and the responded well tonight," Lane said. "It's all about how we respond."

"Hats off to all the guys and girls for their

effort," McKenney said. "Sometimes you don't get the puck luck.

"We gave them too many power plays," the Cat coach continued. "And that hurt us, we pay a price for getting those penalties.

"But Cody made some great saves, keeping us in it against a good team like Kennett," McKenney continued. "They keep playing to the very end and I appreciate everything they're doing for us and for each other."

The Cats opened the week with a 5-0 win over Monadnock. Rowe earned the shutout with 18 saves, while Arnold had two goals and an assist and Velez added two goals. Nangle added a goal and an assist, Hoyt had two assists and Breault had an assist.

Kearsarge-Plymouth will be at Laconia on Saturday, Jan. 28, at 1:50 p.m. and will host Hollis-Brookline on Wednesday, Feb. 1, at 6 p.m. at Proctor.

Kennett will be back in action on Saturday, Jan. 28, at home against John Stark-Hopkinton at noon and will be hosting Sanborn on Wednesday, Feb. 1, at 6 p.m.

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## Nominations being sought for new Newfound Hall of Fame class

BRISTOL — Newfound Regional High School is in preparation for its second annual Hall of Fame Induction 2017. The purpose of the Athletic Hall of Fame is to recognize the significant contributions of athletes, coaches, teams and contributors to Bristol High School, Bristol Memorial High School, Newfound Memorial High School and Newfound Regional High School, while re-

inforcing a sense of history and tradition.

For an athlete to be considered, they must have graduated from one of the high schools, been out of high school for a minimum of 15 years, exemplified outstanding athletic abilities, talents and achievements, been a member of a varsity team for at least two years and have represented Newfound athletics in a positive fashion, both as an un-

dergraduate and as an alumnus.

A coach nominee must have coached at Newfound for a minimum of 10 years and represented Newfound athletics in a positive fashion, while at Newfound and as a former coach.

Teams nominated must be 10 years beyond their accomplishments. In addition, an induction of a team does not prohibit the separate induction of

one or more members of the team.

Individuals considered in the contributor category are those who have been associated with Newfound athletics and the high school and who have made a significant contribution to the program.

Deceased athletes, coaches or contributors are eligible for induction.

Nominations are due by March 31, with the selection committee

making their decisions in April.

More information, as well as the nomination form, can be found on the NRHS web page and under the athletics link. Any person can make a nomination. All information should be sent to Pete Cofran, the Athletic Director, at pcofr@sau4.org, or at NRHS, 150 Newfound Road, Bristol, NH 03222. A person can also call 744-6006, x1507 for more information.

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