

# NMMS spotlights achievements in the arts



Students in the sixth grade chorus were directed by Brett Branscombe at last week's Disney Concert, part of Allied Arts Night at Newfound Memorial Middle School.

BY DONNA RHODES  
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BRISTOL – Newfound Memorial Middle School saluted student accomplishments in Allied Arts programs last week through an evening that included displays of their talents in art, computer science, woodworking, World Languages, physical education, health and music.

On Jan. 23, the school cafeteria overflowed with examples of their

work, which began in this past September. Hannah Kingsbury, Team Leader for the Allied Arts programs at NMMS, and said this school year has been especially successful in those areas of education.

“The program has gone really well this year. Allied Arts now offers enrichment classes for the students and a lot of that is being student driven,” she said.

That means they have somewhat of a say in

what is being additionally being offered and that involvement has encouraged greater enthusiasm in the classes presented to them at the school.

“We’re loving it! It’s been a really good year for Allied Arts,” Kingsbury said.

Among the many opportunities the students have enjoyed has been the chance to update the school’s web site through Erin Edward’s computer classes. Scott Maxner, who is part of

the Technology Education department has also encouraged students to paint the school with encouraging murals like the “Make a Difference” bear now seen on the wall of the cafeteria.

In his woodworking classes, Maxner also has students who have created beautiful benches and other items, while one student, Jacob, is taking his newfound skills to the community level.

“Jacob’s been working on building a Little



Artwork by students of Newfound Memorial Middle School was just a part of the annual Allied Arts Night presentations last Thursday evening.



At last week's Allied Arts Night for Newfound Memorial Middle School, Tech Ed teacher Scott Maxner was pleased to present a Little Free Library, the project one of his students is working on for the community.

Free Library for the town, which is almost done,” he said.

Little Free Libraries are contained structures, usually made of wood, where there are books tucked inside that

people can borrow. They can even drop off books they’ve read that others may enjoy, if space permits.

Maxner said that as

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## NLRA presents State of the Lake program

BRISTOL — Newfound Lake Region Association will present State of the Lake: Current Issues Impacting Newfound Lake at the Minot-Sleeper Library on Thursday, Feb. 13th at 6:30 p.m. Executive Director, Rebecca Hanson, and Program Manager, Andrew Veilleux, will discuss the great work happening to conserve the Newfound Watershed as well as water quality trends, invasive species, and watershed planning. Come with your questions for these lake experts!

Hanson joined the Newfound Lake Region Association as Executive Director in the fall of 2019. With a Master’s Degree in Environmental Science and Policy from Plymouth State University and past experience as the Conservation Director of the Squam Lakes Association she brings a wealth of experience and knowledge about lake ecosystems. Hanson also serves as chair of the Plymouth Planning Board and brings a unique perspective about how local land use planning and natural resource conservation complement each other.

“Lakes have been an important part of my life since childhood,” says Hanson. “I love getting to know Newfound Lake and its community.”

Veilleux also holds a Masters from Plymouth State University in Environmental Science and Policy, focusing on lake recreation and natural resource management. Over the past six years with NLRA, he has overseen the ongoing NLRA programs as well as the launch of the Youth Conservation Corps for storm water erosion and the AmeriCorps affiliated Newfound Watershed Stewards. He also played a major role in the Grey Rocks Conservation Area revitalization, becoming immersed in Permaculture and low impact landscaping.

Along with NLRA

## Blairs report that situation remains critical in Australia

BY DONNA RHODES  
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HEBRON – John and Becky Blair of Hebron reported from their second home in Australia again this week to say that the wild fire situation there is still critical, and weather forecasts in the state of New South Wales now include fire alert updates to keep residents aware of the ever-changing situation.

“We had a few nice days here. It was good to see us on the green ‘low’ category,” Becky wrote last Thursday. “But today (Jan. 22) we awoke to the smell of smoke once



COURTESY OF JOHN AND BECK BLAIR

Fire warning signs seen throughout New South Wales in Australia show that by no means is the threat to residents, farmers and wildlife over yet.

again and our alert had gone to ‘Severe.’”

Warning signs for fire danger in the area vary from low-moderate, high, very high, severe, extreme and catastrophic. A Total Fire Ban, Becky wrote, is to be tak-

neighbor who lost 800 acres of land as well as all the buildings on his farm due to the fires. Fortunately, their cows survived.

“The guys had opened all the gates, including the one to the road, so the cows could instinctively find their way around the fire,” Becky said. “They did go out onto the road, then when the fire was over, they went back home to the farm!”

The problem they then face is how to feed the hundreds of cows and other farm animals that survived when their owners have lost every-

SEE BLAIRS PAGE A11

## New Hampton School acquires Gordon-Nash Library in merger



NEW HAMPTON — New Hampton School and the Board of Corporators of the Gordon-Nash Library in New Hampton have finalized the merger that was proposed last spring. As of Jan. 1, the Gordon-Nash Library is now owned and operated by New Hampton School, with the understanding that the library will be run as a shared-use facility for the school and the town of New Hampton.

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# United Way, Citizens Bank offer tax prep at Whole Village

PLYMOUTH — Granite United Way and Citizens Bank are partnering to bring the successful free tax preparation program to NH residents this year. Granite United Way's Volunteer Income Tax Assistance (VITA) Program opened for free tax preparation sites with support from Citizens Bank in the form of a \$50,000 contribution that supports the program. This year, one of the locations will be at Whole Village Family Resource

Center in Plymouth. This free tax preparation program is available to Individuals and families with household incomes up to \$69,000 annually. Taxes are prepared by IRS-certified volunteers who assist low-to-moderate income residents of the state to access the greatest amount of refunds. Both Granite United Way and Citizens Bank share a common goal of encouraging financial stability and recognize the importance of programs like

VITA to families and individuals. The EITC is a support for working people who don't make a lot of money. According to the IRS, about one in five eligible New Hampshire residents fail to file for the EITC, leaving an estimated \$37 million unclaimed. "The Volunteer Income Tax Assistance (VITA) Program continues to be one of the most effective ways we can help NH residents become more financial-

ly stable. The Earned Income Credit combines with the Child Tax Credit it has helped to lift more than 16,000 New Hampshire residents out of poverty, on average, over the past three years," said Patrick Tufts, President and CEO of Granite United Way. "We are proud to partner with Citizens Bank in this effort to help people claim these tax benefits. Their support is critical to the program's success; ensuring that those who need this assistance most have access to it." "Citizens Bank is proud to continue our partnership with the Granite United Way on the VITA Program," said Joe Carelli, President, Citizens Bank, New Hampshire and Vermont. "By matching our \$50,000 commitment with our volunteers on ground serving at VITA sites across the region, we can ensure thousands of Granite State residents can begin their

path to financial stability," said Carelli. VITA sites are in Salem, Manchester, Concord, Laconia, Franklin, Gorham, Littleton, Plymouth and White River Junction and Windsor County (VT). Additional sites include the Seacoast area and Peterborough. Scheduling an appointment is simple. Those interested can go to [NHTaxHelp.org](http://NHTaxHelp.org) or call 2-1-1 and schedule their appointment. "We are excited to be bringing this valuable program to the residents of the Greater Plymouth area," said Sue Amburg, Director of Whole Village Family Resource Center. "During the past few years we've been able to host a virtual VITA site here, but this year we have dedicated volunteers who will be doing the tax preparation on site. We are so thankful for the commitment of our local volunteers." "Our VITA program

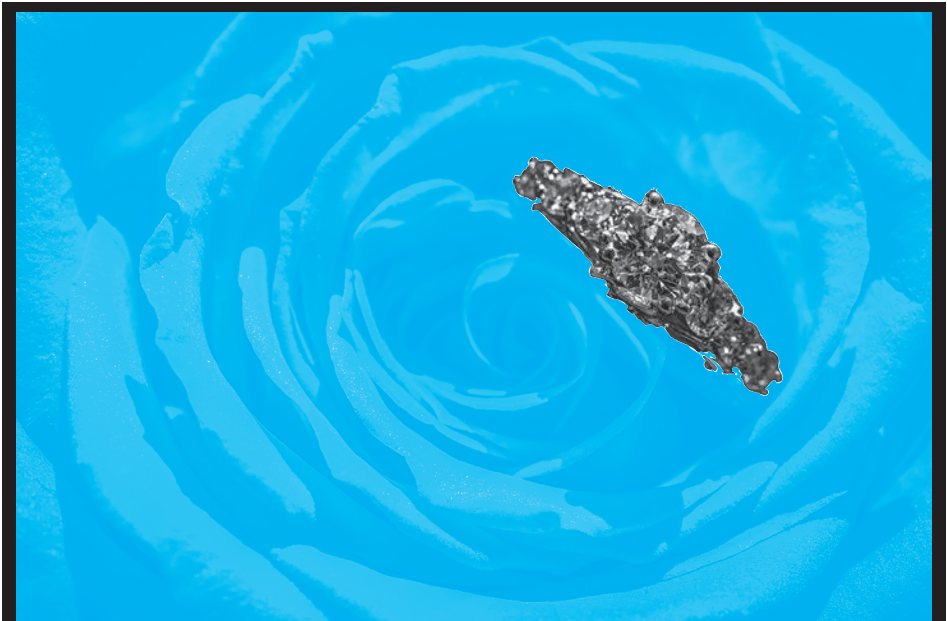
is supported by volunteers who have undergone IRS training on the latest tax information," said Cary Gladstone, Senior Director of Asset Building Strategies for Granite United Way. "They help identify ways that residents can obtain the largest possible refund." Granite United Way also encourages self-filers with internet access and a household income up to \$69,000 to take advantage of [www.MyFreeTaxes.com](http://www.MyFreeTaxes.com). This provides access to filing software at no cost and a toll-free number to call and chat line for tax questions. It is sponsored by United Way Worldwide and H & R Block. For more information on Granite United Way's VITA program, contact Cary Gladstone at 625-6939, ext. 128. The VITA program is a partnership with United Way, Citizens Bank, the IRS and AARP Foundation Tax Aide.

## SLA to host Build-a-Burbot Workshop

HOLDERNESS — Have you always wanted to go ice fishing but just never seem to find the right time? On Saturday, Feb. 1, you can finally get your chance! Join us at the Squam Lakes Association from 3-5 p.m. as we learn how to create and set up a cusk line! The cusk or burbot (Lota lota), a freshwater member of the cod family, is a gorgeous fish with long dorsal and anal fins and a streamlined body. Cusk fishing is limited to a handful of lakes in the state of New Hampshire. Fishing for the cusk is not only a highly rewarding experience, but a salute to winter. Ice fishing is one of

the most popular ways to catch one. Being the only known freshwater fish to spawn under the ice in the winter months, and the only freshwater member of the cod family, this species is an important and unique part of the lake. During the workshop, participants will go out on the ice to make and set up lines in accordance to NH Fish and Game laws. Participants should bring their own bait. Registration required: Limited to five participants. \$10 charge for cusk line materials. All ages welcome. Must have a fishing license; no exceptions. Fishing licences can be ob-

tained online at <https://www.nhfishandgame.com/> and can either be printed or displayed as a digital copy on a Smart phone. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (968-7336). The SLA also offers other guided hikes and environmental programs throughout the winter. These free programs, presented by the LRCC AmeriCorps members at the SLA, are open to the public and cover a variety of conservation related topics and recreational activities around the lake.



### Valentines Day Editions: February 5th & 12th

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## Squam Speaker Series: Ice Sailing & Beyond

HOLDERNESS — Our Squam Speaker Series is held once a month on Wednesday evenings. Join us at the Squam Lakes Association for this month's talk on Wednesday, Feb. 5, from 7-8 p.m., to learn all about ice sports from ice sailor Martin Kimbell. Ice sailing has been a long standing tradition here on Squam Lake and throughout the Lakes Region. Even today, many ice boats still hang in the rafters of old camps around the lake. The majority of the boats are DN ice Boats, constructed from wood, on a triangular tripod with a mast, up on three skate blades with a hand held arm for steering. The DN ice boat came about from an article in the Detroit News to start

a competition for who could build the best ice boat, easy to make, and offer the public one design to support fun and sailing on the lakes of North America. This came at a time in WWII when morale was low, and winters were long. It spurred a resurgence of winter recreation that is still alive and well today. The ice sailing history has a rich past and has attracted many people to the sport over the last two centuries, and beyond. Martin will discuss how ice sailing and ice sports have evolved over the years, including his own journey in the sport. Martin was one of the original members of the Squambats, a local group of ice sailors who use hand-held sails with

ice skates or skis. Martin has plenty of stories and photos to share from ice boats, kites, nordic skaters, ice skaters, to safety equipment. Visit our Web site ([www.squamlakes.org](http://www.squamlakes.org)) to learn more about Martin, this particular talk, and to read about future talks in the Squam Speaker Series. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

## Reece Sharps named to President's List at UNE

BIDDEFORD, Maine — Reece L. Sharps of Bridgewater and Ashland has been named to the President's List for the 2019 Fall semester at the University of New England (with campuses in Biddeford and Portland, Maine and Morocco). President's list students have attained a grade point average of 3.8 to 4.0. Sharps' announcement states "Your excellent academic performance this semester has qualified you to be placed on the President's List for the Westbrook College of Health Profes-

sionals at the University of New England. UNE prides itself on the quality of its academic programs and students and you have certainly added to that pride." UNE is home to Maine's only medical college and a variety of other inter-professionally aligned health care programs and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts. The President's list

is the highest step of achievement after attaining the Dean's list which she also accomplished all semesters in 2018 and 2019. Sharps spent her Fall 2018 semester year in Tangier, Morocco earning five straight As. She is studying to become a nurse practitioner. Sharps is the granddaughter of Leigh and Steve Sharps of Ashland and daughter and step-daughter of Kelly and Tate Conkey of Bridgewater.

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# February at Artistic Roots

PLYMOUTH — February will be a busy month at Artistic Roots with new classes and a new crew of Visiting Artists. It is also the perfect place to pick up a unique and special present for your valentine. We will hold a Visiting Artists' Reception on Feb. 20 from 5-7 p.m. We will welcome student artist, Dorothy Crowell; mosaic artist Martha Jane Stevermer; fiber artist, Sarah Silveira; sculpture William Janelle; and woodworker, Jeffrey LeBlanc. All are welcome and refreshments will be served. Here are the classes being offered this month.

Jeweler, Pamela Miller will offer a series class called: Jewelry Metal Smithing on Feb. 18, 25, March 3 and March 10. She will offer an afternoon session from 2-4:30 p.m. or an evening class from 5-7:30 p.m. This class is an introduction to metalsmithing techniques for making jewelry. You will learn the basic of sawing, forming, wirework, soldering and cabochon stone setting. You will make four pieces of jewelry as you learn to use metal sheet and wire to fabricate bracelets, pendants, rings and jewelry components. All tools will be provided. The cost of the class is \$150 for members and \$175 for

non-members. There is a materials cost of \$35 which is additional. Saoirse Rain will offer a Needle Felted Owl Class On Feb. 22 from 10 a.m. until noon. Use needle felting techniques to create a felted barn owl. No prior skills are needed. Cost of the class is \$25 for members and \$30 for non members. Lynn Haust will offer her Sun Catcher Class on Feb. 27 from 5-7 p.m. Come and discover the amazing medium of melted glass! You will cut sheet, confetti, noodles and stringers to make your own sun catcher design. Bring a friend! Glass is fired off site and delivered to Ar-

COURTESY  
These are samples of the jewelry that you will be making in Pam Miller's Metal Smithing Jewelry Series. It is scheduled for Feb. 18, 23, March 3 and March 10 for either 2 to 4:30 p.m. or 5 to 7:30 p.m. The cost of the class is \$150 for members and \$175 for non-members. There is an additional \$35 cost for materials. You can sign up for this and other classes by visiting the Artistic Roots Web site, [www.artistic-roots.com](http://www.artistic-roots.com) or by stopping by the gallery or calling, 536-2570. Check out the other classes offered this month!



tistic Roots. Cost of the class is \$25 for members and \$35 for non-members. Our very popular free children's class is on Feb. 15 this month from 10:30 to 11:30 a.m.,

and will feature making paper bag Owl Puppets with a valentine's theme. Please reserve a seat so that we know how many children to plan for.

You can sign up for all classes online at [www.artisticroots.com](http://www.artisticroots.com) or by visiting or calling the store 536-2750.

## Classic comedy "The Navigator" (1924) to screen at Flying Monkey



COURTESY  
Buster Keaton seems perplexed by a sextant in the classic silent comedy "The Navigator" (1924), to be screened with live music on Wednesday, Feb. 12 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. Admission is \$10 per person; for more info, call 536-2551 or visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

PLYMOUTH—He never smiled on camera, earning him the nickname of "the Great Stone Face." But Buster Keaton's comedies rocked Hollywood's silent era with laughter throughout the 1920s. See for yourself with a screening of "The Navigator" (1924), one of Keaton's landmark feature films, on Wednesday, Feb. 12 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. Live music for the movie will be provided by silent film accompanist Jeff Rapsis. Admission is \$10 per person. "The Navigator" is a comedy that follows the adventures of wealthy nitwit Rollo Treadway (Keaton) and his pam-

pered girlfriend, who find themselves adrift alone on a massive ocean liner. Forced to fend for themselves without servants, the pair attempt to cope with day-to-day life, creating classic comedy in the process. But when the ship runs aground on a remote island inhabited by cannibals, is Buster's resourcefulness enough to save the day? Filmed at sea on a real ocean liner that Keaton treated as the largest prop in comedy history, "The Navigator" has been hailed as one of the most original and distinctive movies to come out of silent film's golden era of comedy. The film is highlighted by underwater scenes, with Keaton in an oversized antique div-

ing suit, that were revolutionary at the time. A remarkable pantomime artist, Keaton naturally used his whole body to communicate emotions from sadness to surprise. And in an era with no post-production special effects, Keaton's acrobatic talents enabled him to perform all his own stunts, including some spectacular examples in "The Navigator." The nautical-themed program also includes a Keaton's short comedy, "The Boat," as a warm-up to "The Navigator." Rapsis, a New Hampshire-based silent film musician who accompanies shows at venues across New England, said Keaton's films weren't intended to be shown on television or viewed at home. In reviving "The Navigator," the Flying Monkey hopes to show silent film as it was meant to be seen—in high quality prints, on a large screen, with live music, and with an audience. "All those elements are important parts of the silent film experience," said Rapsis. "Recreate those conditions, and classics of early Hollywood such as 'The Navigator' leap back to life in ways that audiences still find entertaining." Rapsis performs on a digital synthesizer that reproduces the texture of the full orchestra, creating a traditional "movie score" sound. He improvises the complete score in real time during the screening. "Creating a movie score on the fly is kind of a high-wire act, but it can often make for more excitement than if everything is planned out in advance," Rapsis said.

## Bristol Bookworms puts community on display



DONNA RHODES  
Librarian Paula McKinley of Minot-Sleeper Library displays this month's collection of books available through their new community program, Bristol Bookworms, which will feature recommended selections each month from various town partners.

BRISTOL – Bristol Bookworms are bringing the Newfound community together one book at a time. Minot-Sleeper Library and Bristol community groups are partnering to recommend books, DVD's and audiobooks. Various departments and groups throughout Bristol will be featured throughout 2020. A number of Bristol community group or department is invited to put their favorites on display for select months throughout the year.

"We wanted a way to invite other amazing organizations into the library and share their favorite books," said Paula Mckinley, a librarian at the Minot-Sleeper library. "You can make meaningful connections over talking about your favorite books and movies."

The community is encouraged to visit the library to see books and movies on display at the Minot-Sleeper Library. Bristol Bookworms book and movie selections of the month can be found on the library's Web site at [minotsleeper-library.org](http://minotsleeper-library.org).

Upcoming groups that will have their selections on display include the Friends of the Minot-Sleeper Library in February, the Tapley-Thompson Community Center in March, and Stand up Newfound in April.

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COURTESY  
**And the winner is...**  
Bristol's Bicentennial Committee hosted a weekly trivia contest on Facebook throughout 2019, featuring interesting and unique bits of Bristol history. All entrants who posted the correct weekly answer before the deadline were entered into a drawing for the Grand Prize awarded at the end of the year. The Grand Prize - shown here - is a framed and signed poster of Bristol Landmarks by local artist Eleanor Lonske. Pictured here (L-R) drawing the name of the Grand Prize winner are Janet Cote, chairperson and Karen Bemis - both members of the Bicentennial Committee. Congratulations to grand prize winner Annie Nesteruk Learned!

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## CADY Corner

### Teens have their say

BY DEB NARO  
Contributor

With teen vaping at epidemic proportions, the legalization of marijuana spreading across the country and the pervasive influence of social media, the Partnership for Drug-Free Kids conducted a survey of teens to give families a snapshot of what teens are experiencing in an ever-changing landscape as it relates to nicotine, alcohol and other drugs. They surveyed more than 1,000 kids aged 12-17 across the nation and they asked about key risk factors for future use, especially having friends who engage in substance use and any intention of experimenting with substances at some point in time.

So, what did teens have to say? Majority of teens (67 percent) get their information about substances from credible sources including their parents and school classes, especially younger teens. However, teens that report having at least one friend who is using substances, report less reliable sources for information about substances including other teens, the Internet and social media.

How easily can teens obtain drugs and alcohol? Researchers asked teens how long it would take teens to get one or more substances including tobacco/nicotine, alcohol, marijuana, heroin, cocaine, methamphetamine, prescription pain relievers or other prescription. More than half said they would be able to get at least one of these substances within a relatively short period of time. Not surprisingly, more than one-third said they could get alcohol within a day. Nearly 30 percent could get cigarettes or vaping products and 20 percent could obtain marijuana within a day.

How many teens have seen someone using drugs in real life? Nearly 28 percent of teens reported that they have personally seen someone using illegal drugs in person as opposed to other places like TV, the Internet, social media or in movies. Of great concern is that, among those who have personally seen drugs used in person, the place most often mentioned was on school property (38 percent).

What do teens think about driving under the influence? Fortunately, most teens have gotten the message about drinking and driving, with only 3.5 percent, saying they would feel safe being in a car where the driver had been drinking. However, some older teens still hold onto the myth that it is safe to ride with someone who has been using marijuana.

What's the difference between younger and older teens when it comes to substance use? One of the major findings in this research was the major shift in risk that happens between younger teens, ages 12 to 14, and older teens, ages 15 to 17. As a parent, it may be helpful to think about the differences between middle school and high school kids. Older teens reported more exposure to nicotine, alcohol and other drugs; misinformation around substance use; more friends using substances; and a greater willingness to try substances in the future.

How influential are parents when it comes to teens deciding to use or not to use substances? More than half (56 percent) of teens in our survey said the reason some kids don't use alcohol or other drugs is because of their parents. It's never too early to talk to your kids about the dangers of drugs and alcohol. Keep talking, they are listening. For more tips on how to keep your child drug and alcohol free, visit our Web site at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



COURTESY

### TTCC to host Father/Daughter Dance

The annual Father & Daughter Valentines Dance will be held on Friday, Feb. 14 at the Tapply-Thompson Community Center from 6:30 – 9 p.m. This is open to all ages. The cost is \$20/couple and \$5 for each additional child if pre-registered and \$25/couple at the door. Substitute Dads are welcome. There will be corsages for the girls, contests, prizes and refreshments. Come create wonderful memories with that special girl in your life. Pre-registration is required by Feb. 10 by calling the TTCC at 744-2713.

## STRATEGIES FOR LIVING

### The odyssey of a troubled Christian

BY LARRY SCOTT

Why am I a Christian? Why do I believe in a God Who some people maintain has given us no tangible, provable, evidence of His existence? And why do I believe in a God Who seems to have been absent when I needed Him the most?

Life has not been easy. The principles I've had to live by were not always convenient, but they have been amazingly protective. Left to myself, I am prone to self-destruct. But God has protected me – from myself – and I have discovered that God's way is always best.

I am neither a mystic nor a psychic. God doesn't "tell me things." But I have found direction, not in a voice or a dream, but in the unique way circumstances play out in my life. When God "speaks," His "voice" is seen rather than heard. I

have observed Him work out the events of my life in a way that gives evidence of a master tactician at work.

Despite my tendency to make a mess of things, God has not been absent. Hiding in the shadows, perhaps, but never absent. 2004 was a banner year for my family, a year in which a myriad of apparently unrelated events came together like a jig-saw puzzle. In four months' time, I remarried the wife of my youth after a twenty-year time out; I sold my 40-foot sailboat in a crowded boat market for a fair price; I moved to New Hampshire, purchased and furnished a home, and settled in debt free. Circumstantial evidence? Maybe. But in my experience, God's timing is awesome.

If I awake in eternity to find there is no God, I will be confused and disappointed, but I will

not feel I have been defrauded. My faith, even if it were to turn out to be bogus, has protected me. I have been saved from myself, my drives, passions, and foolish ambitions. I have been able to live with a clear conscience, and with a set of directives that have protected me from self-destructing.

Everything I have said in this article is true, and it is true because there is a God Who has and will continue to reveal Himself in the affairs of my life. My evidence, and I call it proof, of God as a loving, caring Being is found in the life, death, and resurrection of Jesus Christ.

The Christian faith raises a myriad of questions, all of which are important to our understanding of the Christian message. But if doubt is an issue, there is only one place to begin: did Jesus arise from the

dead? If He did not, He was a fraud or a lunatic.

But the evidence is overwhelming. The empty tomb, eyewitness reports, and the faith of the Apostle Paul, who was able to personally verify the facts, confirm beyond doubt that Jesus was seen alive following His crucifixion. He ate breakfast with them on the shores of the Sea of Galilee; He had a heart-to-heart with the Apostle Peter; He appeared to His disbelieving brother James. Over five hundred people would later testify that they had seen Jesus, alive and well.

There is much about my Christian experience I don't understand, but I do not question the way God has allowed my life to develop. I am confident my relationship with God is genuine, for the evidence He has given me is beyond question. His Name is Jesus Christ.

## Letters to the Editor

### I trust Joe Biden

To the Editor:

I support Joe Biden for President. I have met him, and I trust him. I urge you to join me in voting for him on Tuesday, Feb. 11.

Joe Biden has been a dedicated public servant for years. During that time, Joe has fought for working class people throughout that time, standing up to the big corporations that are putting profit ahead

of workers. Joe Biden supports increasing the federal minimum wage to \$15.00 per hour; and fighting to make sure that working families have affordable health care and revitalizing communities by investing in infrastructure, including clean and renewable energy projects to reduce greenhouse gas emissions.

Joe Biden believes that we have an obligation to take care of the

nation's veterans and their families who have made so many sacrifices for all of us. As the father of a son who deployed to Iraq, Joe Biden knows firsthand that taking care of those who serve has to be a number one priority. Joe has fought for our service members and our veterans throughout his years of public service. We need a president who stands up for veterans, not undercut them.

Joe Biden is the one candidate who has the leadership skills, international respect and ability to lead this country beginning on day one.

Please vote for Joe Biden for President on Feb. 11.

SINCERELY,  
DEBORAH R. REYNOLDS  
STATE SENATOR,  
DISTRICT 2  
PLYMOUTH

## Local resident named to Northeastern Dean's List

BOSTON, Mass. — Northeastern University is pleased to recognize those students who distinguish themselves academically during the course of the school year. The following students were recently named to the university's Dean's List for the Fall semester, which ended in December 2019

\* Bristol resident Megan Karen, majoring in mechanical engineering

To achieve the dean's list distinction, students must carry a full program of at least four courses, have a quality point average of 3.5 or greater out of a possible 4.0 and carry no single grade lower than a C- during the course of their college career. Each student receives a letter of commendation and congratulation from their college dean.

#### About Northeastern

Founded in 1898, Northeastern is a global research university and the recognized leader in experience-powered lifelong learning. Our world-renowned experiential approach empowers our students, faculty, alumni, and partners to create impact far beyond the confines of discipline, degree,

and campus.

Our locations—in Boston; the Massachusetts communities of Burlington and Nahant; Charlotte, North Carolina; London; the San Francisco Bay Area; Seattle; Toronto; and Vancouver—are nodes in our growing global university system. Through this network, we expand opportunities for flexible, student-centered learning and collaborative, solutions-focused research.

Northeastern's comprehensive array of undergraduate and graduate programs—in on-campus, online, and hybrid formats—lead to degrees through the doctorate in nine colleges and schools. Among these, we offer more than 140 multidisciplinary majors and degrees designed to prepare students for purposeful lives and careers.



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



‘Bring on the snow!’ we cry, but somebody’s sure to be mad

People tend to take weather personally. The latest snowstorm or squall of freezing rain is an insult aimed squarely at them. When the vagaries of winter turn my barnyard and back driveway into a sheet of ice, I’m not very happy. This is a polite way of putting it.

However, I like snow, and am not shy about saying so. Not everyone does, however, and I wax poetic at risk of being verbally slapped into reality by someone who has a lot of reasons for hating snow, and is not shy about saying so.

When snow is forecast for Manchester and Boston, media coverage focuses on the fact that it’s going to be nothing but a big mess for commuters and everyone who has to get to airport or mall. The fact that the very same storm system is a blessing for skiers and ski areas gets a commercially driven blessing. What it means for tens of thousands of snowmobilers and the businesses that depend on them, however, seldom gets a mention.

This winter (again), we’ve been dealing with the uncertainty of life on the edge between rain, freezing rain, sleet and snow. This can come down to a personal choice between snow-boots and ice-creepers, but imagine what it means to an entire industry.

The silver lining in this particular cloud is that snowmobilers will often hit the road no matter the weather, because they’ve been looking forward to a good time all week, and in some cases all winter, and are going to have it come what may. And that’s a good thing, because to the businesses, every weekend’s income lost is next to impossible to regain.

On the way home from Concord, we gassed up at the Irving/Common Man stop on the Tenney Mountain Highway in Plymouth, and ahead of us was a license plate that could only belong to one person. Sure enough, it was Tom Thomson of Orford. “Equity,” the plate said, in reference to a book publishing company founded by Tom’s father, the late Governor.

Tom is big on landowner’s rights, and has plenty of company. He is perhaps best known, these days, for his fierce opposition to the view tax, which state officials insist we don’t have.

In these murky times it’s hard to say much of anything definite, but I do know that without support from private landowners, New Hampshire’s thousands of miles of snowmobile trails simply would not exist. And then, of course, we get down to the snowmobile clubs, and the unseen hours of trail-work and grooming that keep everything going.

If there’s one event that should be on everyone’s calendar, particularly families with kids, particularly kids who seldom get close to goats and sheep and the like, it’s the Farm, Forest & Garden Exposition on February 14 and 15 at the DoubleTree by Hilton (formerly the Radisson) in downtown Manchester. It’s easy to find, with plenty of nearby parking.

It’s a lot like going to the Lancaster Fair or the Fryeburg Fair—get into the crowd-flow in and out of the rows of diverse and often surprising booths and displays, and you’ll bump into people you saw just last week or haven’t seen since the cows came home.



I try to make the Expo each year, if only to catch up on the latest trends, science, marketing tools, and gadgets. But the people-watching—and-finding—are the best.

Manchester had a little tiff with taxpayers last week over whether trash pickup would continue on some streets that were never accepted as city streets but somehow flew under the radar. This brought to mind a feature I once did for the New Hampshire Sunday News on what life is like for the night

and pre-dawn trash crews.

So I filled out all the necessary paperwork and permissions, and tagged along with one of the crews for a mid-week morning pickup. This began, as I recall, at about an hour before midnight. Mainly, I rode shotgun (the passenger seat) while one of the crew drove and the other emptied trash cans into the truck’s compactor and stepped up onto a hand-hold space at the rear during short rides between pickups. For any length of transit, I

SEE NOTEBOOK PAGE A11

JOHN HARRIGAN  
Snow on a trailside spruce—ideal, as many a hunter, snowshoer, or cross-country skier knows, for falling down their necks.

TOWN OF BRISTOL  
BOARD OF SELECTMEN  
PUBLIC HEARING

Town of Bristol, New Hampshire

Notice of Public Hearing Regarding  
Selectboard Acceptance of Certain  
Roads as Public Town Roads Pursuant  
to RSA 674:40-a

A public hearing will be held at 4:00PM  
on February 20, 2020  
at the Bristol Town Office  
5 School Street, Bristol, NH  
regarding the potential acceptance by the  
Selectboard of the following roads as  
Class V public town roads:  
Wicom Road (from the intersection of  
Prestige Drive to its terminus)  
Sundown Road  
Autumn Lane  
Scenic View Road

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**Edward Jones: Financial Focus**

**SECURE Act: Good News for Business Owners**

If you own a business, you know that setting up a retirement plan for yourself and your employees can be challenging. But it may now be getting easier. Here’s the story: Congress recent passed the SECURE Act, which, among many provisions, includes some key changes designed to help make it easier for business owners to establish retirement plans. And the need is clear: Just slightly more than half of workers at private-sector establishments with fewer than 100 employees have access to a retirement plan, according to the U.S. Bureau of Labor Statistics. And startup costs were named as the biggest impediment to creating such plans, according to research compiled by the Pew Charitable Trust.

The SECURE Act is designed to address this concern in a few different ways:

- Increased business tax credit for plan startup costs – The maximum tax credit for establishing a retirement plan has been increased from \$500 to \$5000, although some restrictions apply.
- Tax credit for automatic enrollment – Some smaller employers who set up automatic enrollment in their retirement plans can now receive a tax credit of \$500.
- Multiple-employer plans (MEPs) – Different companies can now work together to offer employees a 401(k) plan with less administrative work and fewer fiduciary responsibilities than each employer would otherwise carry alone. This provision of the SECURE Act is intended to result in lower costs. These multiple-employer plans (MEPs) have been around for a while, but, until now, they were “closed” in the sense that participating employers needed to share some common relationship, such as membership to the same industry, trade association, etc. But now, these MEPs have been opened up to include unrelated companies. These new rules may make it easier for you to create and administer a 401(k) or similar plan and potentially increase your employees’ savings rate. However, to determine how your business should respond to these changes, you should consult with your tax and financial advisors. And don’t forget that you still have other retirement plan options. If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You fund the plan with tax-deductible contributions, and you must cover all eligible employees – they cannot contribute to the plan. You can contribute up to 25% of compensation, up to \$57,000 in 2020. Or, if your business has fewer than 100 employees, you might consider a SIMPLE IRA. Employees may choose to contribute, and you, as the employer, are required to make either matching or nonelective contributions, which are deductible. But while a SIMPLE IRA may be advantageous for your employees, it’s less generous to you, as far as allowable contributions, than a SEP IRA. For 2020, your annual contributions are generally limited to \$13,500, or \$16,500 if you’re 50 or older by the end of the year. You can also make a matching contribution of up to 3% to yourself. In any case, if you don’t already offer a retirement plan, consider contacting a financial professional to determine which plan might be most appropriate for your business. A retirement plan is an effective tool for attracting and retaining good employees – not to mention helping you build resources for your own retirement.

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

**Member SIPC**

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TOWN OF ALEXANDRIA  
PUBLIC NOTICE

First Deliberative Session

Saturday, February 1, 2020 at 2:00 pm

Held at the Old Town Hall

45 Washburn Road

MOUNTAIN VILLAGE CHARTER SCHOOL

A Nature-based, Montessori Elementary School

Plymouth’s only tuition free public charter

**2020/2021 Open Enrollment**

WHEN:  
February 3 through March 6, 2020

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

**Open House Dates:**

Tuesday, February 5th at 5:30 p.m.  
Monday, February 11th at 5:30 p.m.  
Wednesday, February 13th at 5:30 p.m.

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

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

www.mountainvillagecharterschool.org

13 Route 25 Plymouth, NH 03264 | 536-3900

2020 SALMON PRESS

**Plymouth Community Guide**

Published end of April 2020

This community guide is a reference to communities in the **PEMI-BAKER VALLEY, NEWFOUND & WATERVILLE REGIONS**

More than 10,000 copies will be distributed through the **Record Enterprise**, Local Real Estate Office, Information Area, Chamber of Commerce, Area Businesses & Trade Shows!

**Sales Deadline: March 25th at noon**

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Quarter Page (3.417”x4.47” or 7”x2.14”) . \$260  
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Brenda Hume Akerman, 89

CAMDEN, Maine — Brenda Ruth Hume Akerman, 89, died on Friday, Jan. 17, 2020 at Quarry Hill in Camden. Born in Sherbrooke, Quebec on May 16, 1930, she was the wife of the late Robert Akerman, and daughter of the late John P. Hume and Edith E. (Holbrook) Houghton.

Brenda was a registered nurse, graduating from Royal Victoria Hospital School of Nursing, Montreal, Quebec, Canada in 1951. In 1976, Brenda earned a BA in Psychology and a BS in Social and Health services from Roger Williams College of Rhode Island.

Brenda emigrated to the US in 1965 with her family and worked as an RN in Redwood City, California and surrounding area. In 1970 she moved “back east” to join her mother and sister in New England where she single-handedly raised seven children while working full-time and continuing her own education. A person of strong faith, Brenda happily joined churches of various denominations in the many areas she lived in, thriving in a community of devotion and service. Her lovely singing voice was a welcome addition to any choir or community chorus. Spiritually broad minded, she not only was accepting of, but interested in the rich and diverse traditions of our world, purveying the sense above all else, that God is love--a sense that guided her life’s work, leisure, and adventures.

Brenda enjoyed working in social services, advocating for disadvantaged and marginalized peoples, most proudly as director of Sunrise, a multi-service, crisis intervention and referral center. In later years, she became the director of volunteer services at two Massachusetts’ hospitals.

After retirement she built her dream log home in the mountains of Groton, New Hampshire, where she spent 25 adventurous years with her husband Bob. Nothing delighted her more than entertaining her grandchildren on her beloved Spectacle Pond where she provided a paddle boat, canoe, kayaks and sailboat!

Brenda loved the outdoors and would often plan an adventure into the countryside. With children and camping gear packed tightly into the car, off they would go into the hills of the Laurentians in Quebec, the redwood forests of California, or the White Mountains of New Hampshire! She also enjoyed the seashore of Rhode Island and Massachusetts and spending time on Prince Edward Island where she had a summer home.

Brenda spent her last three years at Quarry Hill in Camden, Maine, where she and her dear Kitty Lou were a welcome part of the community. Brenda was warm, fun loving and caring, always expressing her appreciation to others.

Her life will forever



Brenda Akerman

She was an active member of the Union Congregational Church in Hebron and the United Methodist Church in Alexandria. She engaged wholeheartedly in her community, always showing up at fund raising dinners, social events and by serving others, including the Town of Groton. For a period of time, she wrote the Groton news column for the Record Enterprise, gathering the news of the week.

Brenda and Bob together volunteered at Meals on Wheels through the Bristol Senior Center. She loved to read to the school children at the old Hebron Village School. After receiving a diagnosis of cancer, Brenda realized the need for information and support within her community and in 2001, she founded the Newfound Area Cancer Support group that remained active for the next fifteen years, serving over 30 members.

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Her life will forever

be cherished in the lives of her seven children — Jeff Black (and wife Janice), Sarah Kearney (and Thomas), Judy Hatt (and Greg), Deb Black (and Steve Darrow), Gloria Flynn (and Dan) Jim McElreavy (and Mary Beth Van Keuren), and Dan McElreavy (and Pamela); her 18 grandchildren — John Black (and Olivia), Christian Black, Kyle Rooney, Ryan Rooney, Hana Kearney, Greg Hatt (and Deb), Carley Hatt, Christopher Hatt, Albert (AJ) Reddy, Brenda Reddy, Meghan Flynn (and Gene), Sarah Jean Flynn, Anna Flynn (and Mike) Feral McElreavy, Graeme McElreavy, Autumn McElreavy, Angus Ryan, Dylan Ryan, Rhiannon McElreavy, Brighid McElreavy and nine great-grandchildren. She also leaves three step daughters Martha Flanders (and Donald), Sandra Hutchins, Lucy Johnson (and William) and many step grandchildren, and great-grandchildren.

Her final resting place on Earth will be at the Elmwood Cemetery family grave site in Sherbrooke, Quebec, Canada, with burial and service to be held in the Spring.

Condolences and memories may be shared with the family at [www.longfuneralhomecamden.com](http://www.longfuneralhomecamden.com).

Ernest Ned Grout, 61

BRISTOL — Ernest Ned Grout, fondly known to family and friends as “Ernie,” 61, of Bristol, passed away peacefully at Concord Hospital on Jan. 16, 2020, surrounded by family members.

Ernie was born to William O. and Edith S. Grout Feb. 26, 1958, in Saugus, Mass. He graduated from Saugus High School in 1976, and shortly thereafter moved to Alexandria, where he helped his parents build their log cabin on the shores of Newfound Lake. He married Marion “Clinka” Corneau in 1989, and they lived, worked and played happily together until his passing.

He also leaves to cherish his memory brothers, William (Jacquie), Jr. and Stephen Grout; sisters Mabel (Vin) Jackson and Catherine (Ed) Barber; stepson Melvin (Mitzzy) Corneau, and stepdaughter, Pamela Sargent. Ernie will also be remembered and missed by numerous nieces, nephews, extended family and friends.

Ernie could always be relied on by his family, co-workers, customers and friends. He worked at RP Williams & Sons lumber company in Bristol for 27 years as the Yard Supervisor.



Ernie Grout

Ernie always had a big smile and a gregarious laugh at the ready and left a lasting impression on those he met. Local builders fondly recall Ernie being a can-do resource for them and working hard to make sure they received the correct materials, on time, even on short notice under difficult circumstances.

Ernie loved to play billiards and to host “pool nights” at his home for family and friends. He also loved country and rock & roll music played loud! Ernie was known for his culinary skill at the BBQ grill, and brought many smiles to those who watched him work and taste what he cooked. He was an avid snowmobiler and fisherman. He spent countless winter days and nights enjoying ice fishing on Newfound Lake with his family and friends.

Often, Ernie could be found fishing alongside his father right in front of the cabin they built together.

Ernie and his wife, “Clinka,” always referred to themselves as a team. They worked tirelessly together, side by side, for years purchasing local properties in need of rehabilitation. They would perform most of the necessary repairs and improvements themselves and then make them available for rent. Ernie prided himself in leaving things in better repair than he found them. Over the years, Ernie’s family, friends and acquaintances benefitted frequently from his strong work ethic, quality workmanship, and willingness to help others.

A celebration of Ernie’s life is scheduled for Saturday, Feb. 15, noon, at the Alexandria Town Hall. Memorial donations may be made to the Payson Cancer Center and Concord Hospital. The family would like to thank the staff and providers of these organizations for their extraordinary care and compassion during Ernie’s illness.

Mardi Gras Boogaloo comes to Lakes Region

PLYMOUTH — Dirty Dozen Brass Band is teaming up with Nathan & The Zydeco Cha Cha’s to bring the Mardi Gras Boogaloo tour to Plymouth on Thursday, Feb. 20 at 7:30 p.m. Tickets for this concert start at \$34.

Start your Mardi Gras celebration enjoying the tempo, power and dance grooves of two Louisiana musical legends, Dirty Dozen Brass Band and Nathan and the Zydeco Cha-Chas.

New Orleans-based Dirty Dozen Brass Band, founded in 1977, are pioneers of the modern New Orleans brass band movement. They have taken the traditional foundation of brass band music and fused it into a blend of genres including Bebop Jazz, Funk and R&B/Soul. This unique sound, described by the band as a ‘musical gumbo,’ has allowed the Dirty Dozen to tour 5 continents and over 30 countries, record 12 studio albums and collaborate with a range of artists. The Dirty Dozen Brass Band is synonymous with genre bending romps and high-octane performances.



COURTESY

Dirty Dozen Brass Band is teaming up with Nathan & The Zydeco Cha Cha’s to bring the Mardi Gras Boogaloo tour to Plymouth on Thursday, Feb. 20 at 7:30 p.m.

The music of Nathan and the Zydeco Cha-Chas is the expression of a remarkable South Louisiana family and provides a direct connection to Zydeco’s storied pioneers such as Clifton Chenier and Boozoo Chavis. Dennis Paul Williams, Nathan’s brother, brings his jazz-influenced guitar chops to the band. The eldest Williams brother, Sid ‘El Sid O’ Williams is a Lafayette legend unto himself. Ever since forming the the Cha-Chas back in 1985, Nathan Williams has shared his unique take on this blues and dance music of Louisiana Creole around the globe, from Lincoln Center in New York to The Grand Ole Opry in Nashville!

Laissez les bon temps rouler! Don’t miss this unique NOLA celebration when Dirty Dozen Brass Band teams up with Nathan & The Zydeco Cha Cha’s to

bring the spirit of Mardi Gras to the Flying Monkey Theatre for one special show!

Tickets for Mardi Gras Boogaloo range from \$34-\$44. For more information on upcoming shows or to purchase tickets call 536-2551 or go online at [www.flying-monkeyNH.com](http://www.flying-monkeyNH.com).

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

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

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

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

*Please contact Executive Editor*

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

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## GIVE SAFETY A Green Light.

School is in session, and before you can say, “red light, green light, one...two...three”, a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

**Please Drive Carefully. Our Kids Are Depending On You.**



Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

Winter Market  
Drop by the Danbury Winter Market this Saturday, Feb. 1 to celebrate National Eat Ice Cream for Breakfast Day. Have some ice cream, shop from local farms and artisans and get out to enjoy your community. Celebrate the good life at the grange hall. The market runs 9 a.m. to 1 p.m. at 15 North Rd. in

Danbury.

Leap into Wellness  
Leap day 2020—Feb. 29! It's the day to take care of yourself. With an extra day in the year... make it a good one and come to the grange hall for a morning of fun, relaxation and perhaps even that jumpstart to a better, more healthier you. The event is free for all. Get a chair massage, a reiki session from the Hope Center, some healthy eating tips and lots more. There is a lot of angles to wellness and

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

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

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

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

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

Small groups: We

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

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

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

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

the event is just the tip of the iceberg. The plan is to have the best medicine available there... Laughter and whole lot more. Helpers, groups and businesses interested in working to put together this day -to focus on putting ourselves first, taking time for ourselves and getting ourselves on track both spiritually and health wise are asked to call Donna at 768-5579 or email blazingstargranger71@gmail.com.

as you are! (No perfect people allowed!)

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

We look forward to seeing you soon!

Plymouth Congregational UCC

Save the date  
Jan. 31 – Coffee House at 6 p.m. Our guest speaker will be Susan Fuller from Interfaith Power and Light Chapter in NH dedicated to good stewardship of our environment. Bring finger food to share if you can. Everyone is Welcome ~ Bring a Friend  
Feb. 26 – Ash Wednesday  
March 9 – New Hampshire Master Chorale Concert  
April 15 – New Hampshire Chamber Singers at 7:30 p.m.

Prayer Requests  
Rev. Bret Myers receives prayer requests at revbmyers@yahoo.com.

Live-Streamed and More! Don't miss a thing. Sunday Worship services are live streamed on Facebook every Sunday. "Like"

Hebron

Supervisors of the Checklist in Session - Thursday, Jan. 30 from 6-6:30 p.m.

The Supervisors of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St. on Thursday, Jan. 30 from 6 to 6:30 p.m.

This is an opportunity to register to vote and/or make any changes or corrections to the checklist before the President

the church Facebook page and you will receive notifications when the weekly service goes live! Missed something? You can find it on the Facebook, "Plymouth Congregational United Church of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

Feeding Our Children Together

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

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, social liberal, open and affirming, inclusive and enthused

tial Primary on Feb. 11.

Community Breakfast  
On Saturday, Feb. 1, Community Breakfast will be held in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe French toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 a.m. to 8:45 a.m.

Newfound Area

School District First Deliberative Session Saturday Feb. 1, 10 a.m.

Newfound Area School District will conduct the First Deliberative Session for the Proposed School District Warrant on Saturday Feb. 1 at 10 a.m. in the Newfound Regional High School Auditorium located at 150 Newfound Rd., Bristol. The make-up date in the event of an emergency postponement is Monday, Feb. 3 at 6:30 p.m. same location. Child care Available. See you there!

about sharing Christ's love with the world. If you are new to the community and looking for a church home, we invite you to come and experience God's love through worship, study and service.

Support Our Church

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

Meals for Many

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

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here

at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

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

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

Our Mission Statement:

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

PBCH receives grant from Heart and Hands Thrift Shop

BY ANNA SWANSON  
Pemi-Baker Community Health

P L Y M O U T H  
—Pemi-Baker Community Health recently re-

ceived a grant from the Heart & Hands Thrift Shop for a new pool exercise platform.

"We're very excited to have this platform

for our therapy pool. It allows children to stand in deeper water while doing their aqua therapy and is also used by our taller aqua aerobics participants in the deep end," said Kathryn Schwartzter, PT, DPT.

The Heart & Hands Thrift Shop, located at 8 Maple Street in Meredith, is a collaboration of three Meredith Churches: Trinity Episcopal Church, St. Charles Borromeo Catholic Church and the First Congregational Church. The thrift shop is run by volunteers and one paid employee, with all the money raised coming

from donated items.

"We have given over \$220,000 in grants and scholarships since opening our doors in August of 2017," said Lisa Clark, Heart & Hands volunteer.

Scholarships and grants have been given to many non-profits in the Lakes Region including local students and student programs, summer camp participants, the Meredith Food Pantry and now Pemi-Baker Community Health is a lucky recipient.

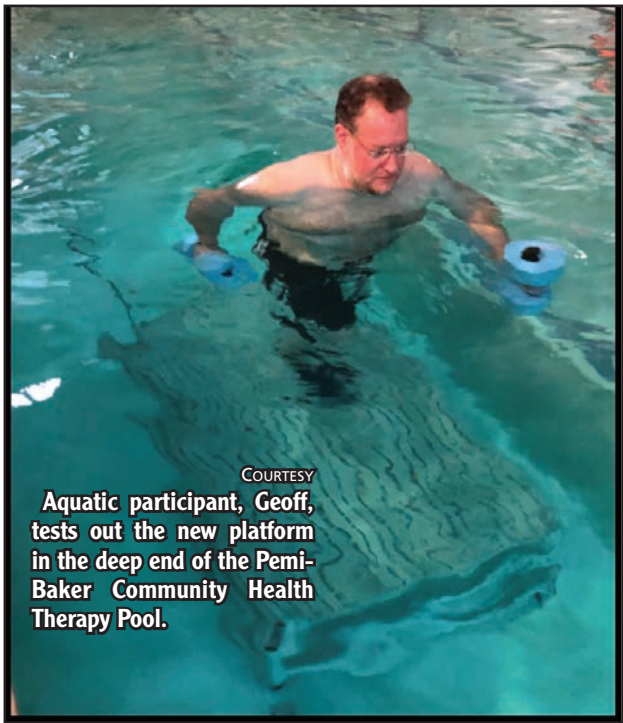
Pemi-Baker Community Health would like to thank those involved with the Heart & Hands

Thrift Shop as well as those who have donated to the shop over the years. Community generosity is not just about giving, it's about making a difference. Thanks to you, Pemi-Baker community Health and many other non-profits in the area can continue to make a difference touching the hearts of your families and neighbors.

Pemi-Baker Community Health is a non-profit visiting nurse association servicing 18 towns in central and northern New Hampshire. For more than 52 years, it has been the home care

provider of choice for Grafton County. In addition to at-home health-care (VNA) services, they also provide hospice and palliative care, on site physical and occupational therapy, fitness memberships, Bereavement and Caregiver Support groups and other community outreach programs.

PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.



Aquatic participant, Geoff, tests out the new platform in the deep end of the Pemi-Baker Community Health Therapy Pool.

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

**The Pollinators**  
Jan 30

**Oscar Shorts**  
Feb 2-6

**The Navigator**  
Feb 12

**LIVE EVENTS**

Fri, Jan 31 - **BROKEN ARROW: Music of Neil Young**  
Sat, Feb 1 - **MOTHER OF A COMEDY SHOW**  
Kelly MacFarland, Christine Hurley and Kerri Louise  
Sat, Feb 8 - **THE SIXTIES SHOW**  
Thur, Feb 13 - **THE FAB FOUR**  
Sat, Feb 15 - **JOHNNY A. & POPA CHUBBY**

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	41 Woodbury Dr., Unit 33	Condominium	\$110,000	Raymond F. Barlow	Jeffrey M. Fuller and Paula Culliane
Campton	182 Beaver Brook Rd.	Single-Family Residence	\$219,933	Peter F. and Lynn A. Gallagher	
Hebron	George Road	N/A	\$150,000	GFY RT and Paul E. Sughrue	Robert and Jennifer Reardon
Holderness	US Route 3, Lot 83	N/A	\$58,533	Squam Lakeside Farm Inc.	Keith and Kathleen Richardson
Plymouth	43 Tenney Brook Rd., Unit 6	Condominium	\$115,000	GJK RT and Robert C. Kohl	Scott R. Callahan
Plymouth	264 Texas Hill Rd.	Mobile Home	\$60,000	Ronald D. Krauz	Ronald D. Krauz and Virginia L. Giehl
Rumney	157 Stinson Lake Rd.	Single-Family Residence	\$155,000	John N. Stevens, Jr. Estate and Donna E. Shephard	Elizabeth J. Macomber
Thornton	542 Upper Mad River Rd.	Single-Family Residence	\$50,000	Randall E. Steele	Nina Wellford and Laurie Daniels
Waterville Valley	23 Mountain Brook Way, Unit 8	Condominium	\$170,000	Jeffrey S. Siegal	William Twombly and Leigh A. Reynolds
Waterville Valley	N/A (Lot 29-3)	N/A	\$179,000	Waterville Co. Inc.	Bjorn A. and Carrie L. Bjerke
Wentworth	Ellsworth Hill Road	Residential Open Land	\$95,000	David Z. and David L. Breck	Stacey and Troy Comeau

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## MARK ON THE MARKETS

### Assets or income

BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always

heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets begin when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often "forget" to include. For instance, a new client added \$200.00 per month for wine. She likes nice wines and that what they cost. She was being real-

istic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio or even consider a fixed indexed annuity, with guaranteed income for a portion of this income.

We must look at So-

cial Security and determine a strategy of when to take this entitlement. Many are paying for health insurance that should see a large reduction in premium when they go onto Medicare.

So, when we calculate a realistic honest budget and determine money that will be saved or reduced income needs due to not accumulating assets any longer, we can craft what out sustainable retirement income will be. Once this income is determined, then we can determine how much of the remaining assets stay in a "growth" mode that will typically carry some market risk. MHP Asset employs an "options" strategy to obtain equity positions at a lower price than current market price.

This strategy also may add needed income to a portfolio, over and above dividends.

My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client's lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care or hybrid insurance if that is important to the client.

The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon. Market volatility, which has been minimal recently, sometimes acts as a wake-up call to those people who may not be invested properly or in a passive portfolio



that is not meeting their needs. I suggest you not wait for volatility to review your current portfolio of investments.

*Mark Patterson is an income planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or [Mark@mhp-as-set.com](mailto:Mark@mhp-as-set.com).*

## University of New Hampshire announces Dean's List

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2019 semester.

Mary Shannon O'Hara of Ashland, earning Highest Honors and majoring in Communication

Janessa Terry of Ashland, earning Honors and majoring in BusAdm:Marketing

Jeffrey Manning of Bristol, earning Highest Honors and majoring in BusAdm:Accounting

Kaitlyn Simpson of Bridgewater, earning Highest Honors and majoring in HumanDevelopment&Family Studies

Allison Blais of Bristol, earning Highest Honors and majoring in Nutr:Dietetics

Megan Blais of Bristol, earning Highest Honors and majoring in Social Work

Alicia Meegan of Bristol, earning High Honors and majoring in Hotel & Hospitality Management

Matthew Libby of Bristol, earning Highest Honors and majoring in Chemical Engineering

Jessie DeLouis of Bristol, earning Honors and majoring in BusAdm:Finance

Alexander Mann of Bristol, earning Honors and majoring in Health Management & Policy

Liam Cate of Alexandria, earning High Honors and majoring in Computer Engineering

Madison Gould of Bristol, earning Highest Honors and majoring in Communication Sci &

Disorders

Robert Newton of Campton, earning Honors and majoring in English

Gordon Hoyt of Campton, earning Honors and majoring in Civil Engineering

Elizabeth Buford of Campton, earning Highest Honors and majoring in Biochem,Molec&Cell Bio

Odin Bickford of Campton, earning Honors and majoring in Nursing

Reid Leclerc of Campton, earning High Honors and majoring in Computer Science

Katherine Legier of Campton, earning High Honors and majoring in Sociology

Garrett Macedonia of Campton, earning Highest Honors and majoring in Biology

Bert Prince of Campton, earning Highest Honors and majoring in Biochem,Molec&Cell Bio

Elizabeth Schwaner of Holderness, earning Highest Honors and majoring in French

Mackenzie O'Shaughnessy of Holderness, earning Honors and majoring in Political Science

Elizabeth Riehs of Holderness, earning Highest Honors and majoring in Environ Conservation&Sustain

Lilly Friedman of Holderness, earning Highest Honors and majoring in Biomed-Sci:Med&VetSci

Kate Ogden of Holderness, earning High Honors and majoring in

Nursing

Megan Ogden of Holderness, earning Honors and majoring in Bioengineering

Christiana Barber of Holderness, earning High Honors and majoring in Psychology

Rosa Bailey of Plymouth, earning High Honors and majoring in Forestry

Julia Hatfield of Plymouth, earning High Honors and majoring in Health Management & Policy

Sarah Scheinman of Plymouth, earning High Honors and majoring in RMP:Program & Event Management

Maya Coykendall of Plymouth, earning Highest Honors and majoring in Social Work

Francesco Lapitino of Plymouth, earning High Honors and majoring in Mechanical Engineering

Marisa Sabbia of Plymouth, earning High Honors and majoring in Business Administration

Benjamin Olmstead of Plymouth, earning High Honors and majoring in Homeland Security

Haylie Qualey of Plymouth, earning High Honors and majoring in Nursing

Emily Miller of Plymouth, earning High Honors and majoring in The Arts: Studio Art

Taylor Gagne of Plymouth, earning High Honors and majoring in Neuroscience & Behavior

Dakota Bertholet of Rumney, earning High Honors and majoring in Nursing

Nicholas Crosby of Rumney, earning Honors and majoring in Political Science

Kyle Sanders of Warren, earning Highest Honors and majoring in Mechanical Engineering

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.



Hunter LaRoche (first runner-up, Grade 4) and Benjamin Gilbert (spelling bee winner, Grade 5).

## Benjamin Gilbert wins NHCS Spelling Bee

NEW HAMPTON – Fifth grade student Benjamin Gilbert, son of Michael and Jessica Gilbert, was crowned top speller of the New Hampton Community School (NHCS) Spelling Bee on Friday, Jan. 24. Third-grader Hunter LaRoche, son of Ben and Jamie LaRoche, placed second. The school spelling bee was a spell-off between the top two finishers from each classroom competition for grades first through fifth.

Benjamin will go on to compete in the state preliminary round of the Scripps's National Spelling Bee on March 7 at the Silver Center for the Arts at Plymouth State University. Nearly 200 of the state's top spellers will attend. The state winner will be eligible to compete at the Scripps's National Spelling Bee in Washington, D.C. in May.

The spelling bee was held at NHCS and was judged by community members, Theo Denoncour, Christine Hunewell, and Jodi Acheson. The event was sponsored by the NHCS Parent Teacher Organization and organized and facilitated by NHCS faculty.

Information about the New Hampshire State Spelling Bee can be found at [www.unionleader.com](http://www.unionleader.com).



# Comfort Keepers

## Senior care activities for all seasons

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

At any age, our health and wellbeing are enhanced by regularly participating in the events and activities that bring purpose, hope and joy. For seniors, taking part in these activities can be more difficult, but it's also more important to find a way to participate as we get older. Elderly people who feel younger than their age show less brain aging, better memory and less depression.

Studies show that staying engaged is important for a senior's mental health, but avoiding social isolation and maintaining a sense of purpose can have physical effects too. Medical professionals recognize that social determinants of health, especially those that affect mental, social, emotional and spiritual wellbeing, impact health outcomes and quality of life.

It's important for seniors to work with their families, caregivers and health professionals to develop a plan that allows them to take part in activities they love and maintain positive mental health through activity and connection. There are always opportunities for meaningful moments

and joyful days with a little planning, conversation and intentional action.

### Winter Activities

The holidays are filled with opportunities to enjoy music, celebrations with family and service.

For some, holiday shopping is a nice way to spend time outside of the house and can be a good way to get in some walking for those that are following a physician-prescribed exercise program.

Singing, dancing, playing instruments and listening to holiday carols are ways that seniors can enjoy music, even if they have mobility issues or have to stay home due to inclement weather. Streaming music services often have a wide selection, allowing seniors to pick their favorites to listen to through a phone, virtual assistant or computer.

While there are ways that seniors can serve others year-round, volunteering can be even more meaningful around the holidays. Working at a soup kitchen, reading to children or participating in food and clothing drives can help spread holiday cheer and foster a sense of purpose.

### Spring Activities

Spring brings warm-

er weather, holidays that encourage fun and an opportunity to start the new year right.

For those that have been given approval from their physician to exercise, many gyms and fitness centers have discounts at the beginning of the year. This is a great chance to explore new exercise classes and facilities.

Before the weather gets too warm, it's good to consider a spring-cleaning project. And, a spring refresh doesn't have to be a chore – seniors can make housework fun by playing upbeat music or using the time to look at photos and mementos with loved ones.

Spring serves up holidays that are pure fun – seniors and their loved ones should make it a point to celebrate St. Patrick's Day, Cinco de Mayo, Mother's Day, Easter and the first day of spring. Whether it's making a special meal, dressing up or going to festivals or community events, spring offers lots of opportunities for connection.

Many older adults find that gardening is a perfect spring activity for those that like to be outside, and can involve anyone that wants to help!

### Summer Activities

Hot summer days and warm summer nights offer many opportunities for outdoor activities, as well as enjoyable things to do in the AC when it gets too steamy out.

Because seniors are more sensitive to the sun, gyms and community centers often have pools that offer water aerobics classes in the cooler morning or evening hours. Seniors interested in these programs should discuss their exercise plans with a healthcare professional before signing up.

For seniors looking to avoid the sun, there are a number of activities that take place in air-conditioned environments – this includes spending an afternoon at the movies, walking through an indoor mall or hosting friends and family for iced tea and card games.

Picnics, BBQ's, concerts in the park and stargazing are all summertime activities that can be enjoyed by people of any age, and are great for seniors and their families to do together. Many of these can be done out in the community or near the home.

### Fall Activities

Fall activities tend to focus on connecting with loved ones, enjoy-

ing the turning season and spending time outside before the weather gets icy.

Fall is a dream for seniors that enjoy football, baseball and hockey. And, many sports facilities are accessible for those with mobility issues. For those that don't live near their favorite team, seniors and their loved ones have many opportunities for parties at home.

Enjoying fall foliage is an activity in itself, and can be done sitting on the porch, going for a short walk or on a longer hike outside. Raking leaves can even be fun when done with loved ones.

Eating is another activity that seems to be more fun in the fall – family dinners, baking projects and Halloween celebrations are all opportunities for seniors to participate in activities they enjoy while maintaining their nutrition goals.

Comfort Keepers® can Help

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental and emotional health. Our caregivers can help support physi-

cian-prescribed diet and exercise plans, provide medication reminders, provide transportation to events and appointments and help seniors engage in the activities they love the most. And, our caregivers can help senior stay connected with loved ones through video chats, phone calls and care updates. We believe that every senior should experience the best in life. If you have questions about Comfort Keepers uplifting in-home care services, please contact us today.

### About Comfort Keepers

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

## REHABFIT

### How to stick to 2020 fitness goals

This New Year, 60 percent of Americans will set a New Year's resolution and only 8 percent will consider themselves successful. About 18 percent of New Year's resolutions set by Americans are to exercise more often. One study found 73 percent of people who set fitness goals as a New Year's resolution gave the resolution up or did not succeed. In the same study, 42 percent of participants said the fitness goal was too difficult to follow, 38 percent said it was too difficult to get back on track after giving up and 30% said it was too hard to find time. Unfortunately, there is no secret to becoming the minority who succeeds at a new fitness routine but with hard work and the proper planning you will be more likely to achieve a fitness goal.

Before planning a new exercise routine, ask yourself what is motivating you to do so. External motivation is something outside the body that drives to change or continue behaviors. Seeking recognition or body appearances are common external motivators in fitness. Internal motivation is what drives an individual to adopt a change or behavior for their own intrinsic satisfaction. Examples of internal motivation pertaining to exercise are "feeling better," stress reduction or improved sleep. New exercisers are more likely to stick to a routine if they are motivated internally versus externally. Try to identify internal motivations and recall and reflect on the list when feeling unmotivated.

Take note of your

personal history with setting new goals and establishing new routines. Recognize whether goals were reached in the past, how much progress was made or if there is a feeling of failure. Understand what an all-or-nothing or black and white attitude is. People with all-or-nothing or black and white personality traits feel they have to "go all out," or have perfection, or not try at all, and will be more subject to discontinuing an exercise routine because of not achieving too high expectations.

When beginning to create a new fitness goal or routine identify what exercises, activities or sports are enjoyable. If the elliptical feels tedious, then minimize time on the elliptical and stick to the treadmill, bike or rower. You are more likely to continue an exercise routine and avoid a physical or mental burnout when you enjoy what you are doing. Be sure to start slowly and set realistic goals. RehabFit has seen many new members who were not currently exercising, sign up and commit themselves to five or more days per week. If not already a regular exerciser, then jumping into a five days per week plan is going to be challenging and there is a higher risk of feeling mentally or physically burnt out. Start with two or three workouts per week and slowly increase over time.

Everyone experiences times when they do not feel motivated or energetic enough to workout. This is when it becomes important to not solely rely on motivation or will power. Research

has shown the more we rely on will power to get us through challenging activities the worse we perform and the greater the risk for burn out. Eliminate the need for willpower and thinking by "just doing." Pack the gym bag the night before, choose a gym or workout close by, and pre-plan the exercises so there is no reliance on willpower. Let's say you are driving home and at the intersection where you turn left to go to the gym or right to skip the gym and go home. Focus on getting yourself to the workout and don't worry about how hard it will be or how you will feel during or after. Take the left turn and simply arrive and get through the door. If you have to tell yourself that today you will do a shorter workout, or go easier, then do so. Again, most likely after arriving and beginning, you will feel energized, motivated and you will complete the entire workout.

One of the strongest motivators to start and stick to exercise is a supportive community. Try to find friends or a group to exercise with. It is possible to create your own community by inviting people you know and introducing them to each other. If you are going to a fitness center or a class where you don't know anyone make a point to say hello and start conversations with the people you see regularly. These people may become your fitness community, motivators and help hold you accountable. As far as choosing a person to exercise with regularly or "workout buddy," research shows it is best to find someone

with similar or better fitness than yourself.

RehabFit is a fitness center and department of Speare Memorial Hospital at Boulder Point in Plymouth. Upon enrolling, RehabFit Exercise Specialists provide individual exercise programs and encourage

members to ask for a new program as often as once per month. RehabFit offers several group exercise classes available to members and non-members for all ages and abilities. Best of all, RehabFit offers a community and team of members and staff who

will encourage and hold you accountable through your fitness journey. Stop by RehabFit for a tour or call 238-2225 for more information.

2020

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February 12 & 13, 2020

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**TOM**<sup>20</sup><sub>20</sub>  
tomsteyer.com

PAID FOR BY TOM STEYER 2020



**FROM PAGE A1**

"The kids are so intent on getting everything just right. One even said he didn't do something right last year, but he was going to fix it now," Maxner

Performances began

Select Chorus sang “God Help the Outcasts,” from “The Hunchback of Notre Dame,” and “Fixer

Capping off the evening of Disney fun was the seventh and eighth grade groups. The chorus sang both "Songs of a Disney Villain" and "Songs of a Disney Hero," featuring solo-

ists Katelyn Ivers, Caleb Anair and Casey Bush in the musical montage. The band ended the evening with "Music from Pirates of the Caribbean," "Selections from the Lion King" and "Disney Blockbusters." Solo performances for those presentations were Evan Foster on alto saxophone (with understudy Mia DiFilippe), Isabel Bralley on alto saxophone (with understudy Whis-

“Allied Arts does such an amazing job,” said NMMS Principal Jay Lewis. “For some kids, this is their connection to the school. Phenomenal things are happening here!”

**FROM PAGE A1**

The Library and the School share a rich history. Judge Nash graduated from New Hampton

In 1887, Judge Nash created the Gordon-Nash Library Corporation and named several old friends and associates who were also graduates of New Hampton School to help him develop his vision. The first public announcement of the creation of the Gordon-Nash Library was at the first

“Our relationship with the town of New Hampton is extremely important to me and our School. We are ea-

The library will further develop its successful children's program this summer. Additionally, future programming ideas include a home for New Hampton School's writing center and service learning program, which collaborate with many local organizations.

FROM PAGE A1

NLRA is dedicated to protecting Newfoundland and its watershed.

The Association—through education, programs and collaboration—promotes conservation and preservation of the region's natural, social, and economic resources. You can learn more about the important work of the NLRA and find upcoming events at [www.newfoundlake.org](http://www.newfoundlake.org).

FROM PAGE A1

Despite all the tragedy, hardship and anxiety they're dealing with as fires rage on in their region of Australia though, the Blairs still took a moment to close their latest email with thoughts and best wishes for everyone back home in New Hampshire.

“We hear some more snow/rain mix is moving in. You be safe!”

**FROM PAGE A5**

The crew broke for breakfast at around 4 (a.m.), and took me to their favorite restaurant, a little hole-in-the-wall on north Elm Street called (no kidding) "The Sea Hag." There was, in the front window along with their hours (all on the wee side), a depiction of (yes) a sea hag, a witchy and slightly menacing creature of the mystical high seas. The well-read among you out there will remember that Popeye, of cartoon fame, was visited occasionally by the Sea Hag.

“Three He-Mans!” screeched a woman back there, perhaps the Sea Hag, and the plates came whizzing in. The tag was, I think, \$3.99, a real deal in those far-gone days.

+++++

Voter fraud and election-stealing are terms blithely tossed around these days, but to me they amount to one big insult—to the voters; to the dedicated people who

Yes, an insult to actual people--because not everyone lives in Asphalt America, where voting is done with machines, and where anonymous checklist-supervisors add and remove anonymous people. In small-

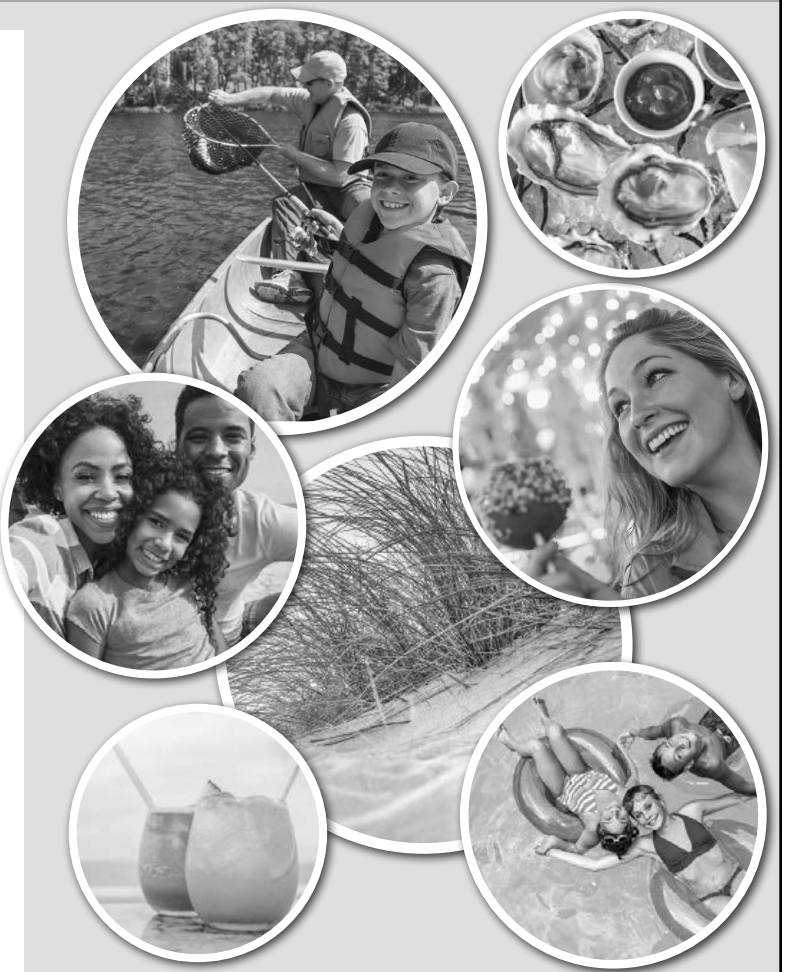
*(Please address mail,  
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in case of questions,  
to [campguyhooligan@  
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03576.)*



For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (968-7336). The SLA also offers other guided hikes and environmental programs throughout the winter. These free programs, presented by the LRCC AmeriCorps members at the SLA, are open to the public and cover a variety of conservation related topics and recreational activities around the lake. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

# SUMMER GUIDE

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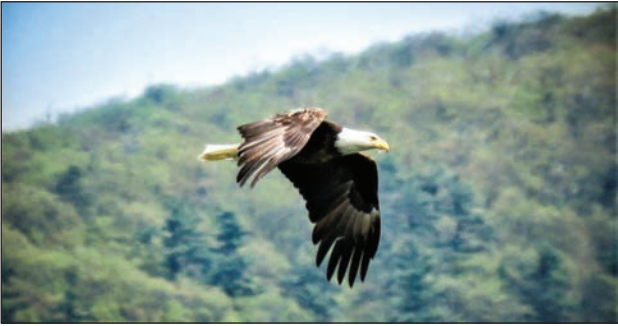
# Join Science Center for winter Bald Eagle watching

**HOLDERNES** — From 1988 until 1996, there was only one known nesting location of Bald Eagles in New Hampshire. Today, there are more than 70 territorial pair of Bald Eagles in the state with the population increasing

annually. In 2017, New Hampshire Fish & Game removed the Bald Eagle from New Hampshire's list of endangered and threatened wildlife. Squam Lakes Natural Science Center's Executive Director Iain MacLeod, leads an ex-

cursion to find these incredible birds around the Lakes Region. Iain will share the natural history and adaptations of these majestic birds, the story of how this national symbol of freedom was almost lost, and what has led to their

comeback. Participants will carpool to viewing sites. The Science center has binoculars available or participants may bring their own. Dress to be outside and wear insulated snow boots and warm layers. Winter Bald Eagle Watching is for adults and families with children ages 12 and over



A Bald Eagle flying over Squam Lake.

COURTESY

and is offered Saturday, Feb. 1 and Saturday, Feb. 15, both from 9 a.m. to noon. The cost is \$12 for members and \$15 for non-members.

For all upcoming events and more information, please visit [nh-nature.org](http://nh-nature.org).

## Celebrating our mentors!

**PLYMOUTH** — As we come to the close of National Mentoring Month, we want to celebrate the more than 430 women who have volunteered to mentor girls, teens, and young women through Circle Program. The tremendous investments of their time, compassion, friendship, and companionship have positively impacted the lives of so many girls from the Lakes Region and beyond.

Research shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug and alcohol use. In turn, these young people are:

- 55 percent more likely to be enrolled in college,
- 81 percent more likely to report participating regularly in sports or ex-

tracurricular activities, 78 percent more likely to volunteer regularly in their communities, and More than twice as likely to say they held a leadership position in a club or sports team.

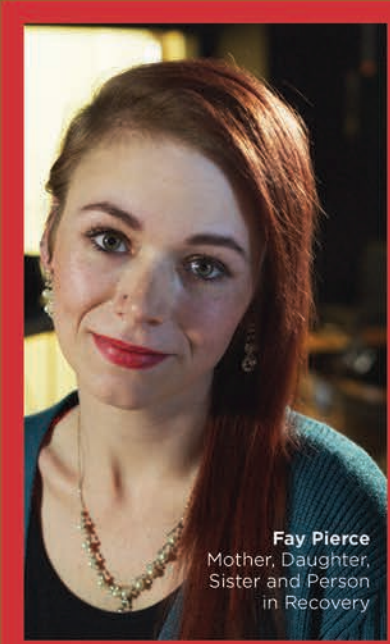
Yet, the same research shows that one in three young people in our country will grow up without a mentor. The research also tells us that 44% of adults are not yet mentoring but are willing to consider doing so.

“While meeting with a girl once or twice a month may not seem like a huge impact, our mentors are creating positive changes in the lives of our Circle girls”, says Sheryl Brochu, Circle Program Mentor Coordinator. “Our mentors are helping our girls develop life skills needed to better deal with life’s challenges. We see this with increased self-confidence

and increased self-esteem that our girls exhibit as they grow up.”

At a time when much of the focus is on what divides us, research shows that there is something the majority of Americans agree on: mentoring relationships are powerful tools for connection and are critical to our country’s future. Americans are overwhelmingly crossing racial, economic, and other bridges to mentor young people outside their families. More than 80 percent of adults agree with government investment in mentoring, and more than two-thirds are already mentoring or willing to consider it.

For information on becoming a Circle Program mentor, please contact Sheryl Brochu, Mentor Coordinator, at 536-4244 or by email [atsheryl@circle-program.org](mailto:atsheryl@circle-program.org).



Fay Pierce  
Mother, Daughter,  
Sister and Person  
in Recovery

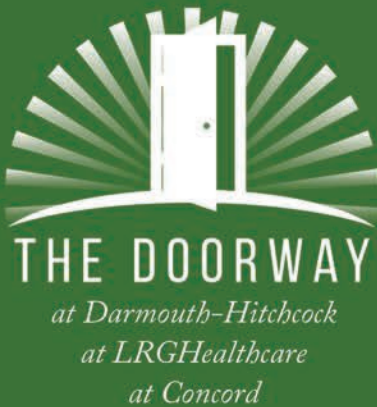


Alexander Annunziata  
Recovery Coach, Peer Support,  
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**Saturday, February 15**  
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Snow date Feb. 16th at 11 a.m.  
Show continues through Feb. 29th



## PLYMOUTH STATE BASKETBALL

**Saturday, February 1**

**1 p.m.** – Women’s Basketball vs. WestConn

**3 p.m.** – Men’s Basketball vs. WestConn

Foley Gym, PE Center

Visit [athletics.plymouth.edu](http://athletics.plymouth.edu) for more information.





# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, January 30, 2020

## What's On Tap

The calendar turns to February with a full slate of games on the docket for the local teams.

The Newfound hoop boys will be hosting St. Thomas on Friday, Jan. 31, at 6:30 p.m. and will be at Inter-Lakes at 6 p.m. on Tuesday, Feb. 4.

The Bear girls' basketball team will be at St. Thomas on Friday, Jan. 31, at 6:30 p.m. and will be hosting Inter-Lakes at 6:30 p.m. on Tuesday, Feb. 4.

The Newfound unified basketball team will be taking on White Mountains on Friday, Jan. 31, at 1:45 p.m. at Newfound Memorial Middle School and will be hosting Winnisquam at 3:30 p.m. on Monday, Feb. 3.

The Newfound ski team will be at Sunapee on Thursday, Feb. 6, at 10 a.m.

The Plymouth gymnastics team will be at Goffstown on Thursday, Jan. 30, at 7 p.m. and will be hosting a meet at 6 p.m. on Tuesday, Feb. 4.

The Plymouth alpine ski team will be at Waterville Valley for a 10 a.m. meet on Friday, Jan. 31.

The Bobcat hoop boys will be hosting John Stark at 6 p.m. on Friday, Jan. 31, and will be at Manchester West at 6:30 p.m. on Tuesday, Feb. 4.

The Plymouth girls' basketball team will be hosting Bow at 1:30 p.m. on Saturday, Feb. 1, and Manchester West at 3:30 p.m. on Tuesday, Feb. 4.

The Plymouth Nordic ski team will be at Gunstock at 10:30 a.m. on Saturday, Feb. 1.

The wrestling Bobcats will be in action at Concord at 8:15 a.m. on Saturday, Feb. 1, and will be hosting ConVal at 6 p.m. on Wednesday, Feb. 5.

The Kearsarge-Plymouth hockey team will be at Kennett for a 3 p.m. game on Saturday, Feb. 1, and will be hosting ConVal-Conant at 7:30 p.m. on Wednesday, Feb. 5, at Proctor Academy.

The Plymouth unified basketball team will be at Farmington at 3:30 p.m. on Monday, Feb. 3.

The ski jumping Bobcats will be at Hanover at 6 p.m. on Wednesday, Feb. 5.



RC GREENWOOD

## Bears split

Mackenzie Bohlmann looks to the basket during her team's 62-35 win over Franklin last Tuesday. The Bears dropped a 50-37 decision on the road at Fall Mountain on Friday. Next up, the Bears will be at St. Thomas on Friday, Jan. 31, at 6:30 p.m. and will be hosting Inter-Lakes at 6:30 p.m. on Tuesday, Feb. 4.

## Bear skiers race at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Newfound ski team traveled to Gunstock on Friday, Jan. 24, for a meet hosted by Gilford, with Oyster River and St. Thomas also in attendance.

For the girls in the giant slalom, Hayse Broome led the way, finishing in a time of 55.71 seconds for the two runs for seventh place.

Hannah Owen finished in 19th place with a time of 1:01.95 and Rebecca Dillon was 25th overall in 1:09.37.

Lily Karkheck finished out the scoring for Newfound with a time of 1:13.86 for 28th place.

Emma Sawyer finished in 1:19.34 for 29th place overall.

In the slalom, Broome skied to sixth place overall with a time of 1:25.53.

Dillon was the second Bear, finishing in 1:49.58 for 18th place and Owen was 20th overall in 1:51.19.

Karkheck rounded out the scoring for Newfound with a time of 1:58.16 for 23rd place overall.

Sawyer finished in a time of 2:22.56 for 25th overall.

For the boys in the giant slalom, Matt Karkheck finished in seventh place with a time of 52.35 seconds.

Tuan Nguyen was 19th overall with a time of 1:02.31 and Quinn Van Lingen finished in 27th place in 1:06.22.

Dalton Dion rounded out the scoring with a time of 1:08.6 for 31st place.

Karkheck again led the way in the slalom, finishing in ninth place in a time of 1:23.42.

Nguyen was 14th overall in a time of 1:43.72 and Dion was 18th in a time of 1:52.43.

Van Lingen rounded out Newfound's scorers with a time of 1:53.22 for 19th place.

*(Editor's note) We apologize for the typographical error in last week's headline on the Newfound alpine ski team story.*

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

## Boarding For Breast Cancer at Waterville Valley this weekend

WATERVILLE VALLEY — Boarding For Breast Cancer (B4BC) will return to Waterville Valley for the 14th year in a row on Feb. 1 and 2. This is the longest running B4BC event. Over the past 14 years, Waterville Valley Resort has raised \$65,000 for this event B4BC's education and prevention programs and young survivor retreats.

The event features a Pink Poker Run and Tribute Ride on Saturday, Feb. 1, and a raffle with 100 percent of the proceeds going towards B4BC's educational, prevention and survivorship programs. Register on site from 8 to 10 a.m. in the Base Lodge on Saturday, Feb. 1. Raffle tickets can

be purchased in the Sunroom of the Base Lodge all weekend long. Raffle winners will be drawn on Sunday, Feb. 2, at 3 p.m. Prizes include helmets, outerwear, snowboards, skis and more. Raffle participants do not need to be present to win.

"We're so grateful to Waterville Valley for continuing to partner with us on the 14th year for Shred the Love, the lon-

gest Shred the Love event to date. We are excited to bring new events to the mountain, The Pink Poker Run and Tribute Ride," said Lisa Hudson, B4BC Executive Director.

To help contribute to the event, look for Pam Turner, who is also a breast cancer survivor. She'll be located in the Base Lodge wearing a giant, fancy hat. Every year Turner raises about \$5k

in the two days during this event and is single handedly the top fundraiser.

Boarding 4 Breast Cancer is a non-profit, youth-focused education, awareness, and fundraising foundation. B4BC's mission is to increase awareness about breast cancer, the importance of early detection and the value of an active lifestyle.

## Lacrosse demo days coming to Inter-Lakes

MEREDITH — Come see if lacrosse is for you. All area first through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's Demo Days at Inter-Lakes High School. All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready

for the spring 2020 season. The clinics are free and will be held at the ILHS gym on Feb. 1 and 15 and March 7. Boys will run 2-3 p.m. and girls will run 3-4 p.m. Newbies and returning players alike are welcome. Registration is required. Visit [www.lrlacrosse.org](http://www.lrlacrosse.org) for details and to register.

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Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news



# Offense explodes for nine goals as Cats cruise

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — Playing a little shorthanded, the Kearsarge-Plymouth hockey team was able to take care of business on Saturday, as the Cats hosted Sanborn-Epping at the Hanaway Arena on the campus of Plymouth State University.

Breckin Bates and Nick Therrien each scored a pair of goals and Brock Tanner and Calvin Dunstan each scored their first varsity goals as the Cats took the 9-2 win over the Indians.

“Once the kids were moving the puck and moving around in the offensive zone and playing our style of hockey, the goals were coming,” coach Justin Garzia said. “When we’re not playing our type of hockey, that led to poor offense.

“A lot of the goals had a lot of passes leading up to it,” the K-P coach added.

After keeper Gavin Garzia made an early save, the Cats got the first power play of the game just 1:29 into the game. Trevan Sanborn immediately rang one off the post before the Cats took their own penalty 40 seconds later. Garzia made a save on the ensuing four-on-four and both penalties were eventually killed off, with Therrien coming through with a nice clear on the defensive side of things.

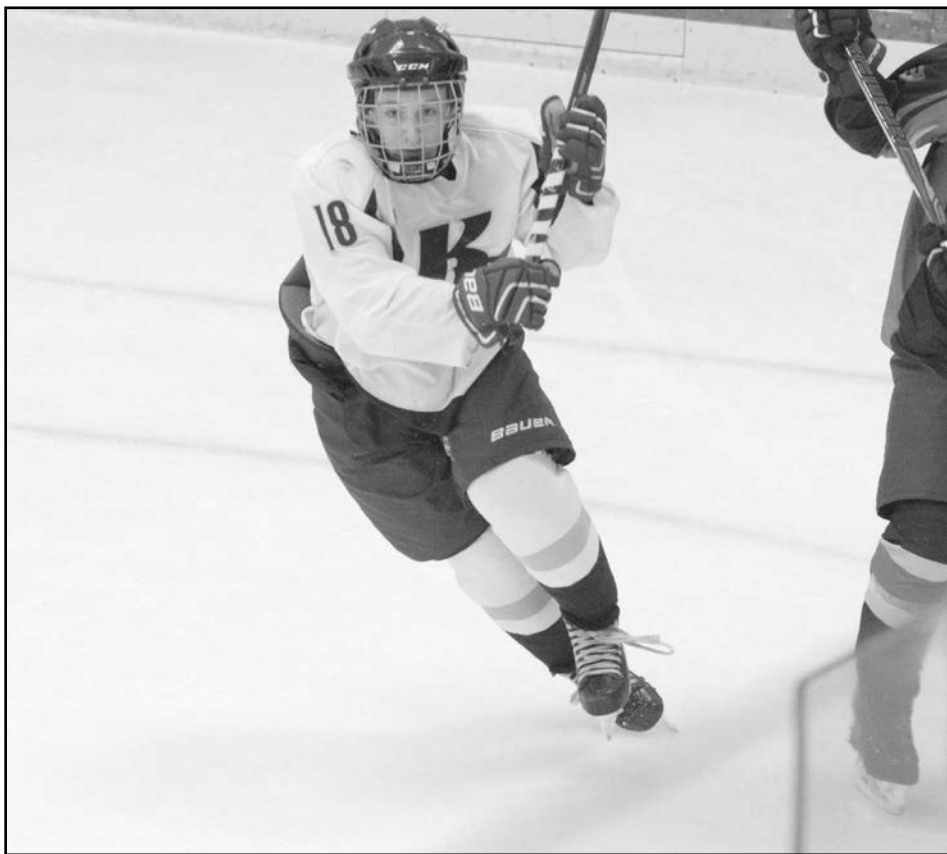
Breckin Bates sent the puck in to Therrien for a bid that was tipped wide and the Indians came back with a chance that zipped through the crease.

The Cats got a power play chance with 9:03 to go in the period and Bates, Jacob Marcoux and Jack Breault all had chances that were stopped or went wide of the net.

The hosts were able to capitalize on the power play chance with 10 seconds to go in the advantage, as Dunstan sent the puck from the boards behind the net and it deflected off the S-E keeper and into the net for the 1-0 lead.



Nick Therrien skates between two Sanborn-Epping defenders on Saturday at PSU.



Calvin Dunstan chases the puck up the ice in action at Plymouth State on Saturday.

Just 12 seconds later, the Cats struck again, this time with Bates taking a feed from Therrien to up the lead to 2-0.

The Cats continued to pressure, with Marcoux sending a bid wide and Therrien having a shot stopped. The Indians just missed the net on a chance at the other end.

The Cats went back on the power play with 5:10 to go in the period and Brendan Marcoux had a couple of bids, one stopped by the keeper and the other going off the cross bar.

Brock Tanner had a shot stopped by the defense and Therrien had a shot denied by the Sanborn-Epping keeper.

However, just as the penalty was about to expire, the Cats made it 3-0, as Bates ripped a shot from the top of the circle on an assist from Jacob Marcoux.

Bates and Breault had offensive chances and Garzia came through with a couple of saves as time was ticking down. However, with 21 seconds to go in the period, the visitors were able to score on

a rebound, cutting the lead to 3-1 after one period of play.

The second period saw the Cats come out with some good chances from Jacob Marcoux and Therrien while Garzia made a save at the other end of the ice.

The Cats were able to up the lead with 12:42 to go as Therrien passed the puck around a defender, picked it up on the other side and skated in on net and fired it in for the 4-1 lead.

K-P took a penalty

with 11:48 to go in the period and though Garzia made a save and Brendan Marcoux did a nice job clearing the puck, the Indians were able to score their second goal of the game with 10:53 to go.

Garzia made a few more saves in the net and Therrien, Jacob Marcoux and Tanner had bids in the offensive zone as the Cats looked for some insurance. The Cats took a penalty with 7:15 to go and Garzia continued to hold his own. Jacob Marcoux had a shorthanded bid and Brendan Marcoux sent a shot wide as the Knights killed off the penalty.

The Cats got a power play chance with 4:18 to go and there were a number of chances for the hosts but they were unable to convert. However, with 1:47 to go, they were able to get their fifth goal of the game, with Jacob Marcoux tallying on assists from Therrien and Bates for the 5-2 lead.

The hosts then scored again just 21 seconds later, as Therrien snapped in a shot on an assist from Jacob Marcoux for the 6-2 lead. K-P got a power play chance with just more than a minute to go

and Brendan Marcoux, Bates and Jacob Marcoux all had chances as the period ended with the Cats up 6-2.

The Indians were able to kill off the power play to start the third period though Therrien and Breault both had chances. The hosts got another power play chance with 10:31 to go in the game and they converted with 9:06 to go, as Cody Bannon fired a shot from the slot past the Indian keeper on an assist from Jacob Marcoux.

The Cats had another power play chance with 8:02 to go and after bids from Bannon and Breault, Tanner collected his first varsity goal on an assist from Jacob Marcoux to make it 8-2 with 6:15 to go.

K-P got the final goal of the game with 2:13 to go as Brendan Marcoux scored on an assist from Garzia to finish off the 9-2 win.

The K-P coach was pleased with how the players responded to being a bit shorthanded, something that got even worse when Sanborn was hurt midway through the game.

“Most of the guys were every other shift, that’s tough,” Garzia said. “It can be tiring, but I think our best period was the third.

“It was difficult losing one of our top defensemen,” the K-P coach said. “But Cody was able to move back there and that was helpful.

“Some of the third line guys got to play half the game, giving them good experience when we need to go deeper on our bench,” Garzia continued.

The Cats will be back in action on Saturday, Feb. 1, at 3 p.m. at Kennett. They will host ConVal-Conant at 7:30 p.m. at Proctor Academy on Wednesday, Feb. 5.

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

## PSU women’s hoop interim coach promoted

PLYMOUTH — Four months after being named the interim head coach of the Plymouth State University women’s basketball team, Leah Swanson has been promoted.

PSU Director of Athletics Kim Bownes announced on Friday that Swanson will become the new head coach effective immediately. Swanson was tabbed as the interim head coach following the resignation of Allison Flynn, who stepped down in early September to pursue other professional opportunities.

“I am very excited to give Leah her first collegiate head coaching position,” said Bownes. “Leah has a great work ethic and is well-respected by

the student-athletes. She has shown fantastic administrative abilities and I believe her knowledge of the Xs and Os and ability to recruit future student-athletes will help the program continue to successfully rebuild.”

“It’s always been a lifetime goal of mine to be able to earn this position,” said Swanson. “I couldn’t have done it without the faith of our athletic department and my previous coaches. They taught me the true importance of work ethic and I’m honored to be able to continue my coaching here at Plymouth State.”

Prior to this season, Swanson served two years as assistant coach, helping guide the Panthers to 17

wins including a 10-win season last season. It marked the first double-digit win season in nearly a decade. This season, tabbed with a roster of just 11 athletes, including seven freshmen, she has helped PSU remain competitive in the challenging Little East Conference.

Swanson was known for her aggressive defense during her two seasons as a guard with the team from 2015 to 2017. She was named the team’s Sixth Player Award winner following her junior season and finished her senior year second on the team with 0.9 steals per game.

Swanson will continue her duties as assistant women’s soccer coach.

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JOSHUA SPAULDING

Dylan Welch led Plymouth in the giant slalom at King Pine last week.



JOSHUA SPAULDING

Sumaj Billin races through the giant slalom course at King Pine on Friday.



JOSHUA SPAULDING

Holly Hoyt was second for the Plymouth girls in both the giant slalom and slalom last week.



JOSHUA SPAULDING

Colin Roper races in the giant slalom last week at King Pine.

# Bobcat boys second, girls third at King Pine

BY JOSHUA SPAULDING  
Sports Editor

MADISON — The Plymouth alpine ski team got back to work on Friday, Jan. 24, traveling to King Pine in Madison for a meet hosted by King-swood.

The Bobcats competed against the host Knights as well as Kennett, Portsmouth and Pembroke.

The Bobcat boys finished second in the morning giant slalom to Kennett, led by a second place finish from Dylan Welch with a time of 58.84 seconds for the two runs.

Matthew Lorrey finished in ninth place in a time of 1:02.3 and Colin Roper skied to 11th place in 1:02.53.

Peter Wingstead rounded out the scoring for the Bobcats with a time of 1:03.89.

Ryan Borger was 19th in 1:04.92, Sam Smith finished in 25th in a time of 1:08.16, Justin Collins was 38th in 1:14.52, Garrett Dion placed 40th in 1:17.8, Eliot Sargent was 42nd in 1:23.5, Will Golden was 45th in 1:24.45, Jared King was 46th overall in 1:25.98 and Tayten Lamson placed 48th in 1:31.18.

Lorrey led the way in the afternoon slalom for Plymouth, finishing in a time of 1:02.87 for third place overall.

King was next, finishing in sixth place in a time of 1:05.85 and Welch finished in 15th place

in 1:11.89, though he did have the fastest first run of the day.

Smith rounded out the scoring, finishing with a time of 1:14.49 for 19th place overall.

Collins was 28th in 1:19.1, Wingstead finished 30th in 1:24.01, Dion placed 32nd in 1:25.3, Sargent was 35th in 1:29.32, Lamson placed 36th in a time of 1:30.68, Borger was 37th in 1:31.08 and Golden finished in 2:09.97 for 43rd overall.

In the morning giant slalom for the girls, Plym-

outh finished in third place overall behind Kennett and Portsmouth.

Sam Meier was tops overall for the Bobcats, finishing in 1:03.43 for ninth place.

Holly Hoyt was next, finishing in a time of 1:05.06 for 14th place and Sumaj Billin finished in 15th place in 1:05.28.

Taylor Shamberger finished out the scoring for Plymouth with a time of 1:07.95 for 22nd place.

Halle Kozak was 24th in 1:08.1, Ella Weiser skied to 29th in 1:10.26,

Vivian McGarr was 35th in 1:14.63, Taylor Maine was 43rd in 1:16.9, Henna Davis was 45th in a time of 1:17.09, Maya Duarte placed 47th in 1:17.99 and Zea McGarr finished in 1:19.56 for 51st place overall.

Meier was tops again for the Plymouth girls in the afternoon slalom, finishing in a time of 1:06.07 for ninth place.

Hoyt was next, finishing in 1:07.96 for 11th place and Billin finished in 15th place in a time of 1:09.5.

Weiser rounded out the scoring with a time of 1:13.29 for 16th place.

Kozak was 19th in 1:14.5, Duarte finished 20th in 1:15.03, Vivian McGarr was 30th in 1:25.21, Davis was 32nd in 1:27.45 and Zea McGarr was 34th overall in 1:28.68.

The Bobcats will be hosting a meet at Waterville Valley at 10 a.m. on Friday, Jan. 31.

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

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

PINKHAM NOTCH — Registration for the 60th running of the Northeast Delta Dental Mount Washington Road Race will be open from Feb. 10 at 8 a.m. to Feb. 24 at 11:59 p.m. Following the close of registration, a computer will randomly select the runners who will be entered in the race. The entry fee, charged to those who are selected, is \$95, not including administrative fees. Notification of acceptance or rejection by the lottery will be sent via e-mail to each applicant on Feb. 27.

Lottery registration is at <https://mtwashingtonautoroad.com/>

mount-washington-road-race/for-racers/race-registration. Runners may register individually or as a group with other friends. Runners registering as a group (up to 25 runners) will either all be selected together or all be turned down by the lottery.

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

LACONIA — On Jan. 25 at the Merrill Fay Arena in Laconia, the New England Wolves battled the Seacoast Spartans in a northern conference EHL matchup. More than just the on ice action was the fifth annual JBT Game, which raises money for the Cure Starts Now foundation, an organization whose mission is to raise money for a home run cure for cancer research.

"This event is one of the highlights of our Wolves season, and brings a ton of people into the building for a great cause," commented Wolves GM Andrew Trimble.

With at the door donations, the event pushed their totals to over \$25,000 donated for this game and \$100,000 for the five-year totals of the JBT Game. Another amaz-

## JBT Game sets new milestone



COURTESY PHOTO

The New England Wolves hosted the JBT Game on Saturday.

ing milestone was reached when the NH chapter of the Cure Starts Now, officially raised more than one million dollars for cancer research.

Chad Baron, a Laconia native and current Gilford electrician, won the JBT Shootout

with an amazing move that beat Wolves netminder Colin Larson. Baron raised more than \$3,100 personally for the event.

Wolves management would like to express a sincere "Thank you" to the Thompson family, the team fans,

the shooters and all of the donors. It's an amazing opportunity for the young men to be a part of such a great community and great cause.

For more info on the Cure Starts Now, visit their web site at [www.curestartsnow.org](http://www.curestartsnow.org).





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Shane - Shetland Sheepdog  
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Call Owner 603-365-1778  
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Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line [www.RozzieMay.org](http://www.RozzieMay.org) or call 603-447-1373

## General Help Wanted

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



Plymouth State University has the following positions available:

Financial Aid Specialist  
Finance and Budget Analyst  
Theatre Technician  
Billing Manager  
Student Financial Billing Specialist  
Windows Client & Server Systems Administrator  
Assistant Director, First-Year Student Programming & Orientation

**FACILITIES:**  
General Maintenance Mechanic  
Building Service Worker (Custodian) - All Shifts  
To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

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

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

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

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

Applications will be accepted until the position has been filled. Please send cover letter explaining why you feel you are qualified for this position and a resume to: [Suissevaleom@gmail.com](mailto:Suissevaleom@gmail.com).

## General Help Wanted

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

## Home Improve-

**Experienced Interior/Exterior Painter and Light Carpentry**  
Filling up my painting schedule so please call and get an estimate.  
603-534-4617

## Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
To complain of discrimination call **HUD** toll free at 1-800-669-9777  
For The Washington DC area, please call **HUD** at 275-9200.  
The toll free telephone number for the hearing impaired is 1-800-927-9275.  
You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write  
The Commission at  
163 Loudon Road,  
Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

## Comm. Space For Rent

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

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**Lakefront House Share!**  
Boat, dock, beach on 40 acres. Lake Winona.  
Me= Male, works hard, plays hard. You= Responsible, positive, active, employed - no couch potatoes! Handyperson can reduce cost. \$215/week total. 941-681-8275

## Houses For Rent

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

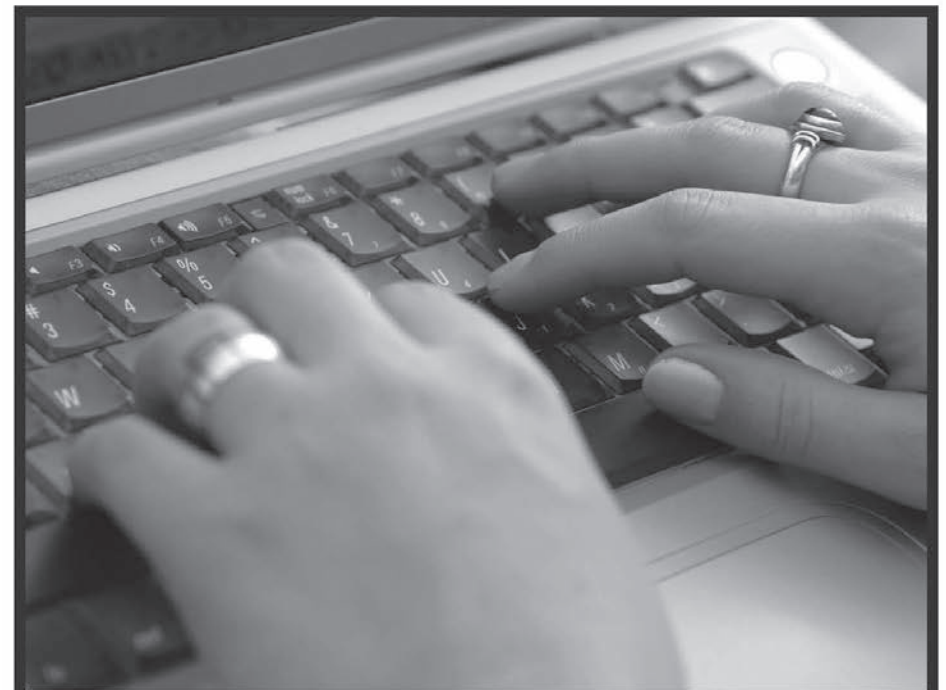
## Land/Lots

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



**Tuba City Regional Health Care Corporation**  
*Have a Career that Changes Lives*  
Live and work on the beautiful Navajo Reservation. near national parks and forests. canyon country. ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.  
**Emergency Physicians CAREERS**  
- Very close, collaborative medical staff  
- Loan Repayment Program through NHSC  
- \$25K Sign-on bonus with 2-year service commitment  
To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail [TCRHCHRR@TCHEALTH.ORG](mailto:TCRHCHRR@TCHEALTH.ORG)  
[WWW.TCHEALTH.ORG](http://WWW.TCHEALTH.ORG)



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you and  
drop it off.  
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see you!  
\*\*\*

Shaker Regional School District  
Current Employment Opportunities

Long Term Sub – Special Education Teacher – Belmont Middle School  
Long Term Sub – Special Education Teacher – Belmont Elementary School  
Long Term Sub – Physical Science – Belmont High School

Long Term Subs are paid \$75.00 per day for the first 9 consecutive days, then \$190.15 per day.

1:1 Behavioral Assistant – Belmont Elementary School (3 positions) (\$16.22/hr)

1:1 Part-Time Behavioral Assistant – Belmont Elementary School (\$16.22/hr)

1:1 Behavioral Assistant – Belmont Middle School (2 positions) (\$16.22/hr)

1:1 Behavioral Assistant – Belmont High School (\$16.22/hr)

1:1 LNA – Belmont Elementary (\$16.22/hr)

Part-Time General Special Education Assistant – Belmont Elementary School (\$11.03/hr)

Substitute teachers – all schools \$75.00/full day.

Please visit the Human Resources page on the District Website, [www.sau80.org](http://www.sau80.org), for details, or contact Debbie Thompson, Business Administrator, at 267-9223 ext 5303 or via email at [dthompson@sau80.org](mailto:dthompson@sau80.org).

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

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

White Mountains Regional School District, SAU #36, is located in the heart of the beautiful White Mountains. SAU#36 has one Board serving the communities of Carroll, Dalton, Jefferson, Lancaster, and Whitefield.

The WMRSD Business Administrator will facilitate and oversee all financial aspects of the District. There is a comprehensive job description on the SAU36.org website. A candidate with experience, a Master's Degree in business, and holder of the Business Administrator certification from the NHDOE (0038) is desired. This is a 261-day salaried position with a generous benefits package. We may make accommodations for qualifications and experience. Start Date: July 1, 2020

Human Resources/Payroll person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020

Please apply on SchoolSpring; paper applications are not accepted. Positions opened until filled.

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



Steel Erectors,  
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Will Train. Valid Driver's License required.

Application available at:

**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533

Leading Pre Engineered Metal Building Co.

Guidance Counselor  
Current Vacancy

New Hampton Community School seeks a part-time guidance counselor for the remainder of the school year.

The position is three days a week, providing individual and group counseling and classroom guidance lessons.

Certification is required. Candidates should provide a letter of interest, resume, transcripts, job application, and three (3) current letters of recommendation to:

Newfound Area School District  
Attn: Superintendent Stacy Buckley  
20 North Main Street  
Bristol NH 03222

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

**NCH** Upper Connecticut Valley Hospital

**JOB OPPORTUNITIES**

**\*SIGN ON BONUS!**

**Full-Time**  
**\*RNs**  
with two years' experience

**Additional Full-Time Opportunities**

Coder	Physical Therapist
Radiologic Technologist	Ultrasound / Echo Technologist

**Per-Diem Opportunities**

RN	LNA
Materials Mgmt. Technician	ED Technician

**APPLY ONLINE**  
**WWW.UCVH.ORG**  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
EOE

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Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
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NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing for the purpose of discussing the establishment of an Expendable Trust Fund pursuant to RSA 31:19-a for the purposes of supporting Town-sponsored patriotic, recreation, and special events, celebrations, activities, and displays. The hearing will be held Thursday, February 6, 6:00 PM at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. Snow date is Friday, February 7, at the Bristol Town Office at 6:00 PM.

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



NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing for the purpose of discussing the proposed Power Purchase Agreement (PPA) with BP Bristol, LLC for a term of 25 years, by which the Town will agree to purchase all electricity generated at BP Bristol, LLC's solar powered electric generation facility to be located on a portion of property at 180 Ayers Island Road. The hearing will be held Thursday, February 6, 6:00 PM at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. Snow date is Friday, February 7, at the Bristol Town Office at 6:00 PM.

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



NOTICE OF PUBLIC HEARING

The Bristol Budget Committee will hold a public hearing in accordance with RSA 32:5 on the proposed operating budget and warrant articles for 2020 on Monday, February 10, 6:00 PM at the Minot-Sleeper Library located at 35 Pleasant Street, Bristol, NH 03222. If a second public hearing is necessary, it will be held on Wednesday, February 12, at 6:00 PM at Minot-Sleeper Library.

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



NOTICE OF PUBLIC INFORMATIONAL SESSIONS

There will be public informational sessions about two proposed articles on the 2020 Town Warrant relative to a solar energy project at the Waste Water Treatment Facility at 180 Ayers Island Road. Energy Committee Chair Paul Bemis will present on the project at the Minot-Sleeper Library at 35 Pleasant Street on January 27 at 7:00 PM and February 3 at 7:00PM.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Bristol Town Office located at 5 School Street, Bristol, NH 03222.



NOTICE OF PUBLIC INFORMATIONAL SESSIONS


There will be two public informational sessions with updates on the sewer extension project and the public safety building concept. The sessions are scheduled for January 30 at 6:30 PM and February 26 at 4:00 PM at the Minot-Sleeper Library, 35 Pleasant Street, Bristol, NH 03222. A quorum of the Select Board will be present at the meeting.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Bristol Town Office located at 5 School Street, Bristol, NH 03222.


It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush, it could help give them a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN2X.org

# 2MIN 2XDAY



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# THANK YOU

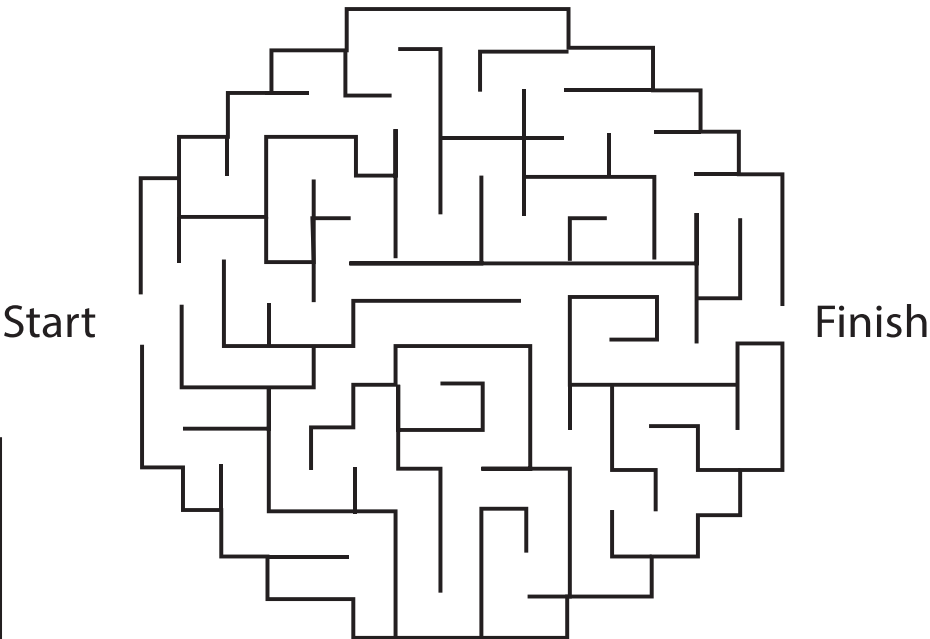
for browsing  
The Town-to-Town  
Classifieds!





Maze Craze

Can you find your way through the maze?



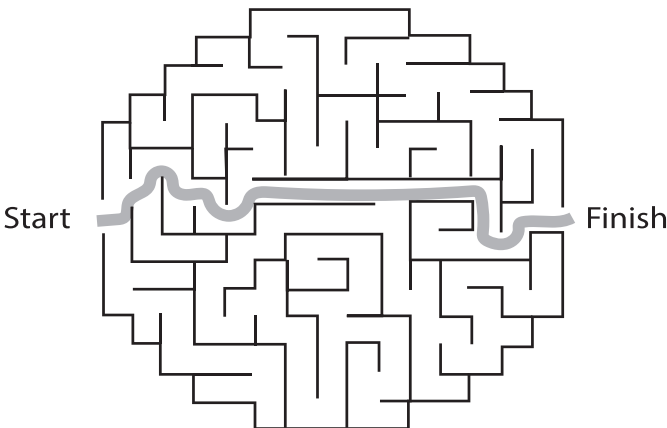
THIS DAY IN...  
JAN 28  
HISTORY

- **1547:** NINE-YEAR-OLD EDWARD VI ASSUMES THE ENGLISH THRONE AFTER HIS FATHER DIES.
- **1958:** THE LEGO COMPANY PATENTS THE DESIGN OF ITS LEGO BRICKS.
- **1986:** THE U.S. SPACE SHUTTLE CHALLENGER EXPLODES 72 SECONDS AFTER LIFTOFF.

ANIMAL FACT:

THIS PART OF A BIRD’S ANATOMY THAT HELPS WITH FLIGHT IS MADE FROM KERATIN, WHICH IS THE SAME SUBSTANCE THAT HAIR, HOOVES AND BEAKS ARE MADE OF.

ANSWER: FEATHERS



New Word

**AVIARY**

a large cage for birds

How they SAY that in...

**ENGLISH:** Fly

**SPANISH:** Volar

**ITALIAN:** Volare

**FRENCH:** Voler

**GERMAN:** Fliegen

Did You Know?

ALL BIRDS KEEP WARM BY TRAPPING POCKETS OF AIR AROUND THEIR BODIES. THIS IS DONE BY HAVING DRY AND FLEXIBLE FEATHERS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BALD EAGLE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to food service. Each number corresponds to a letter. (Hint: 18 = e)

A. 13 18 25 1 6 20 18  
Clue: Provides assistance

B. 8 9 3 15 18  
Clue: Place to eat

C. 25 18 13 8 9 17 25 9 19 8  
Clue: Serves food

D. 13 18 25 1 18 25  
Clue: Waiter

Answers: A. service B. table C. restaurant D. server

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

ANSWER:



# Bobcat Nordic skiers compete in Dublin

BY JOSHUA SPAULDING  
Sports Editor

DUBLIN — The Plymouth Nordic ski team competed in a meet hosted by ConVal in Dublin on Saturday.

In the A race, Megan Ebner led the way for the Bobcat girls, finishing in a time of 15:38 for 13th place overall.

Rory Sutherland was right behind, finishing in a time of 15:47 for 14th

place and Valerie Johnston was 16th overall in a time of 15:54.

Maisy Mure rounded out the scoring for Plymouth, finishing with a time of 16:54 for 21st place overall.

Appal Kunz finished in 17:57 for 27th place, Sophie Untersee was 30th in 19:08 and Lydia Marunowski finished 33rd overall in 19:30.

For the girls in the B

race, Anna Aprilliano was first for Plymouth, finishing in seventh place in 18:08.

Kaylie Sampson finished in ninth place in 18:14 and Lauren Cassarino placed 14th overall in 18:52

Laurel Mason finished out the scoring with a time of 22:04 for 44th place overall.

Ashley Bennett finished in 48th place in a



JOSHUA SPAULDING

Megan Ebner led the Plymouth girls in a race in Dublin on Saturday.

time of 23:25.

The Bobcat girls finished third in both the A race and the B race while the Bobcat boys were fourth in the A race and fifth in the B race.

Nate Hixon led the way in the A race, finishing in a time of 11:51 for seventh place overall.

Douglas Cassarino was next, finishing in 12:55 for 18th place and Connor Greene was the third scorer in 14:06 for 26th place.

Remy Beaujouan

rounded out the scoring for Plymouth with a time of 14:36 for 30th place.

Jared Morrison finished out the field of Bobcats in the A race, placing 32nd in 14:59.

In the B race, John Ulicson finished in a time of 17:36 for 18th place.

Hunter McLeod placed 19th overall in 17:58 and Joe Reiss finished in 27th place in a time of 21:54.

For the shorter junior high course, the Plymouth girls won and the

boys finished in second place.

For the girls, Addison Englund finished in 10:27 for second place, Emma Smith was third in 12:19, Elli Englund finished in sixth place in 13:07 and Ani Flynn rounded out the scoring with a time of 13:33 for seventh place.

Kelsey Maine was eighth in 13:54, Claire Gervez was ninth in 14:31 and Lia Bisson was 10th in a time of 15:10 to finish out the field of Plymouth skiers.

Leo Ebner led the Plymouth boys in second place in 9:28, Nathaniel Gervez was next in third place in 9:50 with Connor Keidenreich in sixth place in 11:48 and Paul Mason in eighth in 13:29.

Zealand Stokloza finished in 14:53 for 12th place and Maddox Allain was 13th in 15:10.

Next up, the Bobcats will be competing in the first New Hampshire Series race at Gunstock at 10:30 a.m. on Saturday, Feb. 1.

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

## PSU men's lacrosse coach announces retirement

PLYMOUTH — For the first time in more than a decade the Plymouth State University men's lacrosse team will be under new direction as long-time head coach Gordon Webb announced his retirement effectively immediately. Webb, who has led the Panthers since the 2008-09 season, will be relocating to Florida. Assistant coach Mike Wilus has been promoted to interim head coach for the upcoming season.

Webb ends his career with an overall record of 227-131, including a 93-82 mark at Plymouth State. He leaves PSU with the second-most wins in and as the second-longest tenured coach in program history.

“Working at Plymouth State University with the athletic administration, staff and my coaching colleagues has been a wonderful experience,” said Webb. “I am grateful to have been part of Plymouth State athletics for the past 11 years. I wish the administration, coaches and all the PSU student-athletes continued growth and success in the future.”

“We are really going to miss Gordon's leadership and his mentorship of our student-athletes,” said Kim Bownes, Director of Athletics. “He is a man of great ethics and morals and he taught our young men to be great people first.”

Webb came to PSU in 2008 already boasting a Hall of Fame resume. Last spring, he led the Panthers to an 8-8 record while going 6-2 in Little East Conference (LEC) play. The Panthers finished second in the final league standings to match the program's best regular season fin-

ish, while the six conference wins were the most in program history. He led the team to the championship game of the LEC tournament in 2019, just the second time in program history, while his teams reached at least the semifinal round of the tournament in 10 of his 11 seasons.

A former standout player at the University of Massachusetts Amherst under legendary coach Dick Garber, Webb coached Boston State College/UMass Boston for 12 years from 1971 to 1982, leading the team to six Colonial League championships and five runner-up finishes. He was an assistant with the Boston Blazers of the Major Indoor Lacrosse League from 1995 to 1997, coached Nashua High School from 1995 to 1999 and served as coach at Plymouth Regional High School in 2008.

He was inducted into the New England Lacrosse Hall of Fame in 2002, the UMass Boston Athletic Hall of Fame in 2006 and the Eastern Massachusetts Lacrosse Hall of Fame in 2015.

Wilus joined the Panthers as an assistant coach in 2018. Also an alumnus of UMass Amherst (2011), he was named the first assistant men's lacrosse for Lynn University in 2013 and was promoted to associate head coach three years later. His prior coaching experience includes a two-year stint at Gwynedd-Mercy College, where he posted an 18-12 record while boasting a man-up unit that ranked among the top-30 in all of NCAA Division III. Wilus played in 37 career games as a member of the Minutemen. He currently serves as a mem-

ber of the PSU admissions team, holding the role of Assistant Director of Transfer Admissions.

“I want to thank coach Webb for his incredible leadership over the past two years,” said Wilus. “He is an amazing mentor that I am lucky enough to have had the chance to coach alongside. His energy and love for the game and his team will truly be missed. I also want to thank Kim Bownes and the entire athletic administration for the opportunity to lead this team. There is a solid foundation in place that I am excited to build upon.”

## Tokyo, Christmas lights, diets and night jobs

It's been a busy few weeks, so it was a good time to touch on some things bouncing around in my head.

Last Wednesday marked six months out from the start of my trip to Tokyo for the Summer Olympics and Friday marked six months until the start of the Olympics. The last few weeks, I've spent a lot of time looking over schedules, reading stories about different venues and events and in general just chasing down information. That has also led me down a rabbit hole into the next few Olympics, which include Winter Games in Beijing in 2022 and Milan-Cortina in 2026 and Summer Games in Paris in 2024 and Los Angeles in 2028. There's no guarantee I will ever get to another Olympics, so it's fun just to watch what the possibilities might be in coming years. Beijing in particular looks pretty impressive. Thanks again to the many people who have helped fund the

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By JOSHUA SPAULDING

trips to the Olympics in 2014 and 2018 as well as this upcoming journey. Excitement is there.

I choose one weekend in January to take down the Christmas lights at my mother's house in Stark. It's based completely on my work schedule and which weekend works best, so of course the weekend where it was 50+ degrees didn't work out. Instead, I spent the weekend of Jan. 18 and 19 taking down the lights when it the thermometer was hanging around zero for much of the day. However, my mother's boyfriend Mike and I got all the wreaths and lights down and the trees put away on Saturday before the sun went down and used Saturday evening and Sunday to take care of stuff inside and get it all put away and now it's done for

another year. I am entertaining the thought of going to visit my brother for Christmas next year, which could throw off the entire holiday schedule.

I don't go to the movies a ton, but I did get to the theater twice in December in order to see Star Wars – The Rise of Skywalker. I saw it the night it opened at a Morning Buzz screening in Manchester and then saw it a few days after Christmas with a few friends. While it was far from perfect, it was an enjoyable conclusion to a story that's been going on for essentially my entire life. And I'm always up for a good tub of movie theater popcorn.

Speaking of food, most of December I was way off of my diet and exercise program. I was battling an elbow injury, which had me just doing treadmill and elliptical work instead of my normal routine. And food? Well I ate a lot of crap over the final few weeks of the year, including my first visit to the most local

branch of Five Guys, in Tilton. But, after the start of the new year, I got back on the diet and exercise program and have been avoiding the stuff I really like. My hope is to keep that up until my first trip of the year, which comes in mid-March. We will see how that goes.

Not having to work a night job has been a good thing in that I'm getting more sleep and not falling asleep at the wheel anymore. But I do miss the paycheck.

Finally, have a great day, Michaela Andruzzi.

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