

# Local dads and daughters enjoy a night out at TTCC

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

BRISTOL – The outfits were as pretty as the smiles when girls and their dads arrived at Tapply-Thompson Community Center last Friday for the annual Father-Daughter Dance, a special evening designed just for them. It wasn't just the girls who thought it was exciting to dress up and go out with their dads, however. Dads seemed to feel the same way about spending time with their daughters.

Corey is a member of the Army National Guard who has been deployed to Kuwait, Iraq and other parts of the world. This year was the first time he's been home and able to



All dressed up for the night, Henna, River and Angie of Alexandria all gathered around their dad Steve for a portrait during the annual Father-Daughter Dance last weekend.

form for the occasion, too. As a he hoped to not only have fun with the girls but to also set a good example for them as they grow.

"I want to show them what a proper date is," he said.

As for his daughters, they said they were happy for the chance to have "a fun night with dad, without our mom for a change."

Six-year-old Lucy said she had been looking forward to the night because she heard there would be dancing and some good snacks, while many of the older girls looked forward to dressing up and seeing their friends.

Kirk from Hebron also brought his daughters, Joelle and Lucy, to the dance for the very first time. They were all looking forward to a night when they could

SEE DANCE, PAGE A10

## Local Primary voters support Sanders

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

REGION – Last Tuesday, residents headed to the polls for New Hampshire's First in the Nation Primary, which saw record turnouts this year as voters decided which candidate they would like to see represent their party in November's Presidential Election. Statewide, the winner on the Democrat ticket was Bernie Sanders, who edged out Pete Buttigieg by just over one-percent of the vote, while President Donald Trump had an easy time at the polls, as expected, with no serious challengers on the Republican ballot.

President Joe Biden had 25 votes, followed by Tom Steyer with 23, Elizabeth Warren with 19 and Tulsi Gabbard with 15. Pres. Trump got 258 of the 289 votes for the Republicans with all challengers receiving votes in the single digits.

Ashland voters also preferred Sanders, who attracted 143 of their Democrat votes, while Buttigieg received 103 to finish second. Klobuchar had 62 votes, Warren had 35 for fourth place with Biden just behind

SEE PRIMARY, PAGE A9

## Newfound Area Nursing Association turns 60

BRISTOL — Newfound Area Nursing Association (N.A.N.A.) became part of the Bristol landscape Feb. 16, 1960. The impetus was provided by Bristol resident Evelyn Reed and Hope Swain of New Hampton in 1958. With the encouragement of Dr. John Greenan, the first President of the organization, NANA was founded. The "temporary" association headquarters were in the elementary school basement. In 1975 it moved to the basement of Bristol Community Services, and then 1977 to its current location.

The first Part time nurse made 200 visits in 1960. Initially only skilled nursing services were provided. In 1969, Physical Therapy services were added. In June 2014, a certified Hospice program was added. Today, NANA staff sees more than 7,000 visits per year including skilled nursing, physical and occupational therapy, home health aide and homemaker services, speech and medical social worker consultations. Our Hospice Program also includes Massage

Therapy and Spiritual Counseling. In addition, NANA offers clinics, at no cost, for blood pressure, foot care, INR, and immunization. A chair yoga program was recently added at the Newfound Senior Center.

NANA continues to fulfill its mission of providing quality home health care to all patients recovering from hospitalization or illness, regardless of insurance coverage or ability to pay.

Visit [www.nanainc.org](http://www.nanainc.org) for upcoming events and information as we celebrate our 60th year!

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## Webster Lake Fishing Derby sees strong turnout

**BY DONNA RHODES**  
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FRANKLIN – The ice on Webster Lake was covered with bob houses, tip-ups, and people enjoying the great outdoors this past weekend, when the 41st Annual Webster Lake Ice Fishing Derby got underway early on Saturday morning.

Held in conjunction with the Franklin Winter Carnival each year, Chuck Drew of Tilton chaired the ice fishing derby this year and was quite pleased with not only the cold temperatures, which kept the ice safe, but the number of winter anglers who registered to take part.

"We haven't even done a final tally yet but we know already that there were well over 700 registrants this year," Drew said Sunday afternoon.

The best news for the ice fishing committee,



Shawn Adams of Alexandria, fishing all weekend with his son Justin, was pleased to discover he had pulled in the largest trout of the day last Sunday during the two-day long Webster Lake Ice Fishing Derby.

though, was that nearly 300 of them were children.

"We like to see the kids out here enjoying ice fishing and having some fun with their family," said Drew. "Last year, we had 280 youth sign up so it's good to see that number rise a bit again this year."

SEE DERBY, PAGE A10



# Meredith Village Savings Bank Fund announces grants

REGION — The Meredith Village Savings Bank Fund at the New Hampshire Charitable Foundation has awarded \$105,000 to 15 local non-profit organizations. These grants are additional to the Bank’s many contributions in the form of sponsorships, donations and scholarships, as well as the exceptional volunteer efforts of their em-

ployees. “The community has always been at the heart of our mission,” said Rick Wyman, President of Meredith Village Savings Bank. “We are very fortunate to have so many valuable non-profit organizations that provide essential services to the people and families of the Lakes Region and Seacoast.”

## Bristol police log

BRISTOL — The Bristol Police Department handled 198 calls for service from Jan. 19 through Feb. 1, resulting in nine adult criminal arrests, one juvenile arrest, and nine criminal offense investigations. Officers also performed 85 motor vehicle stops, investigated five motor vehicle accidents, and conducted 135 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included: domestic disturbances, mental health emergency, welfare check, warrant checks, criminal investigation follow-ups, 911 investigations, neighbor disputes, criminal mischief, assaults, burglaries, thefts, harassment, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, drug investigations, motor vehicle complaints, DWI complaints, protection order violations, residential alarms, business alarms, parking complaints, civil matters, civil stand by, paperwork service, animal complaints, public assists, motorist assists, fingerprints, sex offender registration, VIN verifications, road hazards, juvenile complaints, assist oth-

er police agencies, and assist the fire department.

**Arrests:**

Kenneth Chase, 52, Franklin- Driving While Intoxicated

Jennifer Lee, 26, Danbury- Operating After Suspension, Bench Warrant

Michael Demogenes, 30, Alexandria- Driving While Intoxicated, Open Container

Layna Conkle, 44, Hill- Driving While Intoxicated, Open Container

Normand Jacques, 42, Bristol- Operating After Suspension for DWI

Mark Smith, 55, Plymouth- Operating After Suspension for DWI(Subsequent Offense), Open Container

Clifford Reitsma, 38, Bridgewater- US Marshalls Service Warrant

Todd Drury, 30, Franklin- Theft of a Motor Vehicle (Franklin)

Sean Provencher, 29, New Hampton- Operating After Suspension, Operating w/o Giving Proof, Bench Warrant

1- Juvenile Arrest, Runaway Juvenile

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



Meredith Village Savings Bank Fund Committee Members announce grants. Left to right: John Kitchen, Rick Wyman, Michael O'Leary, Charles Hanson, Jeanie Forrester and Justin Van Etten.

**Recipients of the MVSB Charitable Fund grants include:**

**The Circle Program, Plymouth**

- Awarded \$3,000 to help fund the purchase of technology that would be used as a valuable aid for engaging Circle participants in STEM curriculums. The Circle Program serves at-risk, under-resourced girls and teens by offering them adult mentoring statewide for positive, personal growth and development. The Program promotes leadership, team-building, healthy relationships and personal responsibility.

**The Friends of the Libby Museum, Wolfboro**

- Awarded \$2,500 for the restoration of the Libby Museum’s multi-purpose room for children’s programs and community meetings. For more than 30 years, the Friends of the Libby Museum have provided resources for the Museum’s nature programs for children, live animal shows and restoration of collection items. Founded in 1912, the Libby Museum is the oldest natural history museum in NH, and is registered as a national historic place for their contribution to education by the Department of Interior.

improving the quality of life of patients and loved ones, while easing the burdens that accompany terminal diagnosis and illness.

**Inter-Lakes Middle & High School Robotics Team, Meredith**

- Awarded \$25,000 to purchase manufacturing equipment and parts for the Team’s robot/solution, which include manufacturing equipment, tools, electronics and storage. A mentor-based robotics team at Inter-Lakes Middle and High Schools, the newly formed LakerBots, are entering the 2020 FIRST Robotics competition for the inspiration and recognition of science and technology.

**Got Lunch!, Ashland and Holderness**

- Awarded \$1,000 to support the Got Lunch program serving the towns of Ashland and Holderness for the summer of 2020. Got Lunch is a community-based program that provides healthy lunches to children during their summer break.

**Kingswood Youth Center, Wolfboro**

- Awarded \$3,000 to support the Club 121 Mentoring Program, which promotes adult mentorship to middle schoolers on a one-to-one basis. Members of the Kingswood Youth Center staff mentor and advocate for their students by creating strategies for academic success, setting and achieving goals, exploring productive interests and fostering positive relationships. The Center has been serving youth ages 12 to 18 in the

Governor Wentworth Regional School District since 2000, offering a safe and positive environment for local youth participants so that they may grow, learn and develop life skills critical to success in the adult world.

**GATHER, Portsmouth**

- Awarded \$5,000 to expand Meals 4 Kids, which provides ten meals per week per participating child throughout the summer and during school vacations. Committed to ending hunger throughout the Seacoast region, GATHER partners with the community to address the root causes of hunger. The organization offers nutritious food from their innovative distribution programs, as well as through their pantry market.

**Lakes Region Mental Health Center, Laconia**

- Awarded \$25,000 to purchase technology that will help with faster service and delivery capacity for timely and effective access to treatments. The Lakes Region Mental Health Center provides integrated mental and physical health care for people with mental illness. They are the community mental health center of Belknap and southern Grafton counties. Offering outpatient and emergency mental health care, the Lakes Region Mental Health Center serves children, adults, elders and their families throughout the Lakes Region.

located in the heart of Tamworth village. The Theatre is also home to the company’s summer season and to area-non-profits who share a variety of artistic offerings with the community.

**Communities for Alcohol and Drug-Free Youth (CADY), Plymouth**

- Awarded \$2,500 to support CADY’s Restorative Justice Program, which provides first-time youth offenders a second chance by keeping them in the community, and preventing entry into the juvenile justice system as well as juvenile delinquency. Programming for Restorative Justice includes mentoring by caring adults, community service and pro-social opportunities that correlate with the youth’s strengths, connections to social service resources and prevention education. CADY was founded to educate families, schools and communities about the importance of drug prevention and misuse among members of Central and Northern NH.

**Court Appointed Special Advocates (CASA), Manchester**

- Awarded \$5,000 to help fund the recruitment, training and support of additional volunteers in the Lakes Region and Seacoast areas. The Court Appointed Special Advocates of NH or CASA was founded to advocate for abused and neglected children within the state court system.

**The Barnstormers Theatre, Tamworth**

- Awarded \$15,000 to facilitate repairs to the roof of their historic building. The Barnstormers Theatre is one of the country’s oldest professional theaters. For the last 90 years, the company has offered audiences rich, cultural experiences in a comfortable and inviting venue

**Lake Winnepesaukee Association, Meredith**

- Awarded \$5,000 to support the organization’s conservation efforts through an AmeriCorps service program. The Lake Winnepesaukee Association is dedicated to protecting the water quality and natural resources of Lake Winnepesaukee and its watershed. Through monitoring, education, SEE GRANTS, PAGE A9

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**Hospice Help Foundation, Portsmouth**

- Awarded \$5,000 to support hospice patients struggling with poverty. The Hospice Help Foundation provides financial assistance to patients in dire financial need. Their focus is on

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# SLA's Winterfest offers frigid fun for all

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

**HOLDERNESS** – A picture-perfect New Hampshire day set the tone for Squam Lakes Association's 23rd Annual Winterfest on Saturday, as families enjoyed food and fun in the great outdoors under a cloudless blue sky at the association's lakefront headquarters in Holderness.

Adel Barnes is the Outreach and Communications Director for the association and said there were once again 10 chili dishes from local eateries for people to not only sample but vote for their favorite. This year there was one small change however.

"We wanted to be more sustainable this year so rather than having disposable containers for the chili, we asked people to bring their own mugs, or they could buy some of the mugs we have here," she said. "A lot of people even came with mugs they bought here in the past."

Besides chili, there were also a variety of burgers, including a few vegan varieties, hot dogs, cookies, and hot drinks to warm everyone up.

The gift shop was also open to buy Squam Lake souvenirs and apparel, and information on the lake and SLA was also available for those interested in join the association.

Winterfest is much more than food and shopping, however.

Outside, children and adults enjoyed sledding, skating, and joined in some pick-up ice hockey games. Nearby a mini-golf course was set up on the lake surface, too, where there were a lot friendly rivalries going on as people putt-



**(Left)** The Fuller family of Holderness all wore their animal-themed hats to Squam Lake Association's Winterfest last weekend, where they had a "wild" time skating and sledding and eating s'mores in the great outdoors.



**At Squam Lake Association's Winterfest, their Conservation Director, Tyson Morrill, brought a portable bob house and ice fishing equipment to educate people about the fun to be had in a winter sport that is enjoyed on lakes and ponds all across the state.**

ed their way along the challenging course. SLA's new Conservation Director, Tyson Morrill, even gave demonstrations on ice fishing and explained the types of fish that can be found in New Hampshire's fresh waters.

When people wanted a break from all the action, they then gathered around a fire to toast s'more and sip hot chocolate.

And while it turned out to be a perfect day,



**Families enjoyed playing mini-golf on Squam Lake last Saturday, one of many activities at this year's annual Winterfest in Holderness.**



**Sledding was a popular activity for both youngsters and even a few who are "young at heart" during Squam Lake Association's 23rd annual Winterfest last Saturday.**

## SLA to host Beginner Nature Documentary Workshop

**HOLDERNESS** — Find your inner David Attenborough! Join the Squam Lakes Association (SLA) on Feb. 23 from 10 a.m. - 1 p.m. to create a fun and informative mini-documentary about Chamberlain Reynolds Memorial Forest. Participants will decide what information they would like to highlight in the video based on materials provided at the beginning of the program. We will meet at the SLA at 10 a.m. and then carpool to Chamberlain Reynolds Memorial Forest. We will film as we walk along the trails, examining any life or ecosystem that sparks our interest. LRCC member Grace will film (on her iPhone—this is by no means an expert class!) while participants plan the video and take turns in front of the camera. But being on camera is always optional—there are many other ways to participate. Grace will edit the video later and

hopefully display it on the SLA website. Come participate in an effort to encourage more folks to get outside and enjoy the beautiful landscape around Squam! Film is a great way to communicate the beauty and importance of nature to others. This program exists to show that filmmaking and storytelling can be for anyone! Don't let a lack of experience deter you. Participants should bring warm clothes for walking in the winter woods and a snack/lunch since this program runs through noon. No previous filmmaking experience is required. You don't need to be a Chamberlain Reynolds expert either— all information to be included in the video can be taken from materials provided during the program. For more information, or to sign up for this Adventure Ecology program, go to the SLA website (squamlakes.org) or call the

SLA directly at 968-7336. The SLA offers a variety of programs throughout the winter covering different aspects of lake and forest ecology and local conservation efforts. These programs are led by the Lakes Region Conservation Corps Americorps members and are free and open to the public.

SLA Director E.B. James said he and his staff had some earlier concerns as the date drew near. "The mild winter hadn't allowed the lake to freeze over very well so we were a lit-

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**The 23rd Annual Plymouth State University**

**Love Your Body Week**

**(National Eating Disorders Awareness)**

**Monday, February 24th**

**Day Without Mirrors**

Challenge: Who needs mirrors, we've covered them!

Love Your Body Week Info Booth

☼ HUB Pawsway 9:00-11:00 ☼

Cupcake Kick Off!

☼ Overview of the week, pledges and challenges, and CUPCAKE DECORATING! HUB Fireplace Lounge 5:00-6:30

**Tuesday, February 25th**

**Fat Talk Free Tuesday**

Challenge: NO Fat Talk for one day!

**BODY FAIR**

☼ Come check out exhibits. There will be food!

HUB Fireplace Lounge 11:00am-1:00pm

Paint Night and Chocolate Reception

☼ HUB Fireplace Lounge 5:00-7:00 ☼

**Wednesday, February 26th**

**Operation Beautiful**

Challenge: Take a positive affirmation and give one!

Love Your Body Week Info Booth

☼ HUB pawsway 9:00-11:00 ☼

**Thursday, February 27th**

**Barefaced and Beautiful**

Challenge: Go at least one day without wearing make-up!

Yoga & Smoothies

☼ HHP Fitness Room 7:15 - 8:00 ☼

Dr. Mardie Burckes-Miller margaret@plymouth.edu, 535-2515, LYB Week Coordinator, Eating Disorder Institute, Eta Sigma Gamma, Health and Human Performance, Health and Human Enrichment, Public Health Classes, Center for Healthy Communities.



## CADY Corner

### *Facts about heroin*

BY DEB NARO  
Contributor

There is no “typical heroin user.” In fact, many individuals with heroin use disorder come from a wide range of ages, races and both sexes. The threat posed by heroin in the U.S. is on the rise and many communities across the nation are reporting that heroin abuse and availability are increasing.

Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder, or a black sticky substance known as black tar heroin. It enters the brain quickly and causes a fast, intense high and it slows down thinking, reaction time and memory. Over the long term, repeated use of heroin can cause changes to the brain and increase the risk of developing addiction.

Heroin also slows down your heartbeat and breathing, sometimes so much that it can be life-threatening. For users that inject the drug, it poses special problems because of the risks of HIV, Hepatitis B and C and other diseases that can occur from sharing needles. Other substances are sometimes added to heroin that can clog blood vessels leading to the liver, kidneys, and brain and lead to inflammation or infection. Heroin also alters brain circuits that control reward, stress,

decision-making and impulse control making it more difficult to stop using even when it has a negative effect on the user’s life. Frequent use can also lead to tolerance and withdrawal, so the user will need more of the drug to just feel normal.

Heroin is very dangerous regardless of how it is used. While injecting drugs carries additional risk of infectious disease, using heroin in any form can be dangerous. Heroin may also be mixed with synthetic opioids like Fentanyl which can be fatal in small doses regardless of how they are taken.

Medication, in combination with behavioral treatment, can help people stop using heroin and recover from addiction. Building a support system that helps people stop using heroin and other opioids is important. Friends and family members should have Naloxone nearby as it can save the lives of overdose victims. Naloxone is a medicine that can temporarily reverse an opioid overdose when given right away. More than one dose may be needed to re-start breathing, which is why it’s critical to get immediate help from first responders, hospital emergency rooms, and a doctor to receive additional support.

If you or someone you know struggles with substance misuse or addiction and/or is looking to obtain opioid reversing Naloxone kits, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



JOSHUA SPAULDING

### Bear in the air

Newfie, the Newfound mascot, shows off his moves after getting lessons from the Bear cheerleaders during Monday’s varsity basketball doubleheader.

## MARK ON THE MARKETS



BY MARK PATTERSON

On a very regular basis, I will sit down with a potential new client who brings their account statements into the meeting, which typically are full of managed mutual funds. These mutual funds have an assortment of fees attached to them that we can see, but sometimes they are disguised hidden deep in something called “statement of additional information,” which is a document mutual fund companies make available upon request but don’t generally distribute to investors.

The most obvious fee attached to a mutual fund is the expense ratio. The expense ratio is typically not hard to find and ranges from about .07 to 2.65 percent, which

### *Mutual fund expense*

sounds very high, and it is! I did not realize that there were still mutual funds that had that kind of expense ratio, but I witnessed one yesterday in a new client account that his “investment representative” from a local bank brokerage placed in his account. Brokerage and wealth management arrangements inside of banks are a topic for another article, just be aware in many cases the brokers are not bank employees. They often just have commission splitting arrangements with the bank. Selling product is their goal, not advice delivered in a fiduciary capacity.

So why is it that it seems the client never really makes superior returns in these mutual funds? Another key statistic to look at regarding your mutual fund is the turnover ratio. The turnover ratio is simply the amount of times that stock, or bonds are

bought and sold which leads to increased operating costs and tax ramifications if this fund is not in a tax qualified account. These transaction costs lead to roughly 1.44 percent additional expense in the typical mutual fund. Cash drag is simply a term used to explain an additional 0.83 percent of expense per year in a mutual fund according to Ty Bernicke, CFP. This cash is not used for tactical purposes, but only for liquidity in funds that must carry adequate cash for investor outflows.

All mutual funds carry these additional hidden expenses to some degree, however low-cost index funds fees are typically much lower.

Broker sold funds may also carry a load or commission that you must consider as well. Usually “A” shares have an upfront commission somewhere around 5 percent, so only 95 percent of your money is invested and is

subject to these additional ongoing fees. C shares usually don’t have an upfront commission but have a very high expense ratio of which approximately 1 percent annually goes back to the broker as a trail commission.

I don’t know many circumstances when you would not do better for yourself and your money to use low-cost mutual or exchange traded funds. If you wanted help you can hire an advisor on a fee basis to manage these funds. Make sure that the advisor you hire is working for you with a fiduciary duty and makes their fee structure very transparent.

If you would like to discuss this topic or anything else, give my office a call or send me an email.

*Mark Patterson is an advisor with M HP asset management that can be reached at 447-1979 or Mark@MHP-asset.com.*

## Letters to the Editor

### Your vote can make a difference in Bristol

To the Editor:

Bristol conservative voters, this is your year to make a difference in shaping Bristol. How?

For one, I have decided to run again for a select board position and need your vote. Two, there are a few warrant articles that you need to vote on at town meeting. I know, I know, that dreaded town meeting where we go for six hours on a Saturday. But, please mark your calendars and take time off work, brave the cold weather, schedule a babysitter, put off vacation and come to town meeting this year. Even if you are sick, come!

There are two important petitioned articles that you should vote yes on if you agree with them. First Article: Do we become an SB2 form of government? This will do away with six-hour town meetings and allows EVERYONE to vote (Military, young and old, Snowbirds, Sick, the working, everyone) at the ballot box or by absentee ballot. Second Article: Direct the Board of Selectmen to repeal/rescind the \$20 million Sewer to the Lake project? If the Sewer

project continues forward it will cost you a minimum of \$85 and up to \$1,400 per year between new taxes, user fees, and betterment fees for the next 30 years. This is not a typo. Plus, if you are one of the lucky ones who must connect to the system then you need to pay hook-up costs as well.

The minimum \$85 tax is on a property worth \$100,000, so if your property is assessed at \$400,000 then you will pay \$340 per year. All Bristol property taxpayers will have that 85 cents per thousand additional tax regardless if the project runs by your property or not. Wait, this project keeps on giving... Existing Water/Sewer Users will also pay more for their User fees. This is a project that just keeps on taxing and taxing and taxing.

Vote John Sellers for Select board on March 10, and please be at town meeting on March 14 at 9 a.m. at the High School to vote yes on these two articles.

*John Sellers  
Bristol*

### Climate and Environment Group to hold first meeting

To the Editor:

Concerned about climate change? Worried about our local environment? A few residents would like to get together and talk about what we can do as citizens and neighbors to make a difference. By joining together and sharing our ideas, we can help address some of the challenges our region faces.

Come join us for a first meeting and discover what we come up with! We are meeting at the home of Jenny and George Tuthill in Alexandria, 420 Washburn Rd., at 7 p.m. Sunday, Feb. 23. For more information, call Dilys Morris at 744-3047 or Jenny Tuthill at 744-6883.

*Jennifer Tuthill  
Alexandria*

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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Don't beat up on the USPS, or question the price of hay

I've been traveling quite a bit over the past couple of weeks, and am more than ready to say what I always say, which is that no matter how great the trip was, it's way beyond great to get home.

This was an unplanned journey that appeared from out of nowhere, like a sucker punch. "Congratulations, you're being indicted," Joe McQuaid announced on the phone. He meant inducted, of course, as in the New England Newspaper Hall of Fame, proving once again that advanced age and outlasting everybody are worth it.

My first newspaper job, in 1968, brought me straight from pushing boards around at the Lorden Lumber Company in Milford to pushing film and photo-paper around as a darkroom trainee at the Nashua Telegraph, then the second-largest daily in the state (I think it's third now). There, I learned the basics from the best-- Editor John Stylianos, and Chief Photographer Mike Shalhoup.

At what seemed like dizzying speed, I was handed (I would use "thrown") the police, fire, and court beats. I won a big photography contest, and a subsequent photo layout caught upriver publisher William Loeb's eye. "Hire that boy!" or something like that, Loeb said, in his best Theodore Roosevelt impression (he worshiped TR, and was in fact his godson).

This was how I met up with Joe McQuaid, who was a recently promoted office boy on his way to becoming an editor and ultimately publisher, and who, over the years, became known to me and many others as simply "McDuck."

In fact, I must digress here into brief acknowledgement of the professionalism and tenacity of the United States Postal Service. Don't ever diss the Postal Service with me. Also, before I forget the need to explain another weird headline, don't question the price of a bale of hay unless you've made one, and even then, well, watch it.

First, I've always marveled at the challenges the USPS faced and faces, from Day One; know its history, from Benjamin Franklin on up; and possess a very heavy metal statue of longtime Postal Service mascot Owney, the Wonder-Dog. I'm also fond of telling people, when cheap-shot USPS-bashing rears its ugly head, that we can move a first-class letter from New York to San Francisco overnight, while the French can barely get a first-class letter

from one side of Paris to the other in four days.

Also, as long as we're into blatant postal-patron puffery here, it's a fact that I once dispatched a letter addressed simply "McDuck, Union Misleader"---no state, no ZIP-code, no nothing---and he got it. It is also true that a longtime reader of my column, evidently one who never paid much attention to the address always right there at the bottom of everything I write, addressed his envelope "Harrigan, New Hampshire," and yes, I got it. In Colebrook. (Editorial comment: The major USPS sorting centers to the south are perhaps best described as woefully inept, but those local crews, I'll tell you what.)

Anyway, Paul Nugent drove me all the way down to Boston to drop me off at the NEPA awards banquet, McDuck introduced me, and I got to hobnob with some fun, dedicated, and slightly crazy (as always) newspaper professionals. It was, as the newspaper contributors of old would have written it up, all fine and fun.

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My sister Mary (Harrigan) Trowbridge was my date for the awards banquet, and the next morning drove us to her huge Arabian horse boarding and training farm in Bridgewater, Connecticut. She and husband Pat and crew have horses owned by what it's easiest to refer to as celebs, or they (Mary and Pat, not the horses) are on a first-name basis with these and other celebs when they go into the midtown restaurant and tourist bistro. My kids would be ashamed of me here, because I no longer recognize any of the names, just as I don't recognize any of the country-western biggies I meet when close friends drag me around to parties in Nashville.

I know, I'm a mossback, and a Luddite to boot. But wait---I use a chainsaw, with gas, even, and my truck has GPS and a lot of other fofooraw

Pat and Mary put up with me for several days, and then Pat drove me to the nearest commuter-rail stop, Bridgeport, where I caught a fast, clean, quiet and comfortable train to the Kings-ton station, about two hours up the line. And there was longtime friend Glen Zibolis, waiting to take me to his home in Peace Dale, Rhode Island.

+++++

For the benefit of



Bailey, a 70-pound two-year-old golden retriever, came all the way up from Rhode Island over the weekend to see if he could wear out the South Hill snow.

readers who are trying to follow my progress from outer space, like watching Pacman, I would appear at this point to have dropped into the Atlantic

Ocean, but nay, I in fact fetched up as the guest of Beth Leconte and Glen in their neat home on a spacious lot tucked away at the end of a lane, shade trees

all around. As usual, I asked endless questions ("Where does that transmission line end up?") and in fact learned a few things. For example, while



on the island of Bermuda 20 years or so ago, I was snidely referred to by someone speaking with a highly refined British accent as a "swamp Yankee." However, in Rhode Island this is a term of endearment, reserved for people who go to sea or who farm or who venture into dangerous places, such as crowns of trees or dimly-lit bars late on Friday nights, especially after closing. I checked my bonafides on this and actually found some enduring callouses on my hands, and was glad for my years of dragging trees, building fence, and moving sheep.

SEE NOTEBOOK, PAGE A9



Archie L. Auger, 83

BRISTOL — Archie L. Auger, 83, of Bristol, died at his home on Feb. 11, 2020.

He was born in Franklin on Nov. 4, 1936, the son of Alphonse and Beatrice (Nault) Auger. He was raised in Sanbornton and graduated from Franklin High School in 1954. After a year at Plymouth State College, he enlisted in the US Army where he served from 1955 until 1957, continuing in the Army Reserves until 1963. He then continued his education at Plymouth State College graduating in 1962 and the University of New Hampshire in 1968.

Archie taught briefly at Franklin High School and in 1963 began his teaching career in Bristol. He taught chemistry and physics for several years, later becoming an Administrator in the Newfound Area School District until his retirement in 1998. He touched the lives of countless students and was known for his calm, caring sense

of fairness, sprinkled with humor. His words of guidance will live on in their memories.

Archie was very involved in the community of Bristol. He and his wife Pat moved to Peaked Hill in 1965 where they raised their children and maintained their beautiful property. Archie served on numerous committees for the town to include the Budget Committee, Planning Board, Selectman, Cemetery Trustee and Library Trustee.

Archie, known affectionately to some as “The Mayor of Bristol” loved to visit with friends, neighbors and former students as he worked on his stone walls that lined his property. Tractor rides, sawing wood, traveling, attending his grandchildren’s activities, serving the town, entertaining friends and building projects became his full-time job in his retirement.

Family members include his wife of 60 years, Patricia (Hall) Auger of Bristol; three

children, Kurt Auger and his wife Peggy of West Chester, Pa., Kevin Auger and Barbara Williams of Franklin, and Kara Hinck and husband Rick of Bow; eight grandchildren; six great grandchildren; a brother, Jean Auger, and wife Evelyn of Sanbornton; his sister, Marcelle Abear of Meredith; and many nieces and nephews.

He was predeceased by his parents and a sister, Anita Laughy.

A celebration of Archie’s life will be held at a later date in March.

Interment will be in the New Hampshire State Veterans Cemetery in Boscawen.

Donations in memory of Archie may be made to the Timothy Mahurin and Archie Auger Winter Carnival Scholarship Fund, Franklin Savings Bank.

Thibault-Neun Funeral Home in Franklin is assisting Mr. Auger’s family. For an online guestbook, please visit [www.neunfuneralhomes.com](http://www.neunfuneralhomes.com).

Frederick M. Roschow III, 74

BRISTOL — Frederick M. Roschow III, 74, of Bristol passed away Thursday, Feb. 13, 2020 at Concord hospital after a short illness with his family by his side.

Fred was born July 24, 1945 in Adams, Mass., the son of Frederick M. and Mildred (Kupiec) Roschow, Jr. He was raised in Savoy, Mass. and schooled in Adams, Massachusetts, moving to Bristol in 1977. He joined



the US Army in June of 1963, serving during Vietnam and honor-

ably discharged in 1966. Fred worked in sales for many years before working with his passion for steins, becoming a well known antique dealer in the area. He loved flowers and spending time with his grandchildren.

Fred was predeceased by his parents and a sister, Louise Marie Roschow.

His family includes two daughters, Elizabeth H. Norko and her husband Sean of Northfield and Erica L. McGraw and boyfriend Matt Spencer of Northfield; two step sons, Chad Flanders of Plymouth and Paul Flanders of Meredith; 10 grandchildren; sister Delores R. Loholdt of North Adams, Mass.; and his former wife, Darlene Connolly of Northfield.

A visiting hour will be held at the William F. Smart, Sr. Memorial Home, 584 West Main St., Tilton, on Wednesday, Feb. 26 from 1 to 2 p.m. A committal service with military honors will be held at 3 p.m. at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen. Burial will follow committal service.

The family request that either a blood or monetary donation be made to the American Red Cross, Granite Chapter, 2 Maitland St., Concord, NH 03301.

The William F. Smart Sr. Memorial Home of Tilton is assisting the family. For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

Towns

Alexandria

Mary Ruggirello 744-5383  
[sunshine\\_eyes51@yahoo.com](mailto:sunshine_eyes51@yahoo.com)

The white stuff is coming down at a good clip this morning! Short school day for the children, and no Board of Selectmen Meeting tonight in Alexandria. A very good time to say thank you to road crews and all other types of rescue and safety crews for a job well done. Your dedication doesn’t go unnoticed and is greatly appreciated!

Town

The Board of Selectmen Meeting for February 18, 2020 has been postponed due to the weather, until Feb. 25 at 6 p.m. in the Municipal Building.

The Alexandria Volunteer Firefighter’s Association will be holding their 29th Annual Fishing Derby on Feb. 22 and 23. The Derby on-site headquarters is Wellington State Park, with a final weigh-in on Feb. 23 at 3:30 p.m. Grand prize of \$1,000 for the largest fish over all. There will be other prizes and drawing giveaways. You don’t have to fish to win! Tickets are \$20 each, and are being sold at Newfound Trading Post, or see any AVFA member. Tickets will also be sold at the Cook Shack during the course of the Derby. There will be delicious food, coffee and other beverages on sale in the Cook Shack.

Are you concerned about climate change? Worried about our local environment? Come to a casual get-together to talk about any related topics and what we can do, as individuals, as neighbors and as citizens. This will take place on Sunday, Feb. 23 at 7 p.m. at the home of George and Jenny Tut-hill, 420 Washburn Rd., Alexandria. Call Dilys Morris at 744-3047, or text at 321-8199, or call Jenny at 744-6883 for more information.

Guess it’s time to wrap this up, and have some lunch. Certainly won’t be spending much time outside today, except to shovel some of that white stuff that’s accumulating. Won’t be long folks, and Spring will be here! If you’re out and about, be safe in your travels, and kind in your words and deeds. Always be kind, we certainly need more of that!

Alexandria UMC

Sunday, Feb. 23 services will begin at 9 a.m. Vickie Wood-Parish will be leading worship as Pastor Faith on vacation. Sunday School will begin at 10:15 a.m.

There will be no Office Hours, Visitation or Bible Study on Wednesday, Feb. 26.

Although it’s late in the month for some, Happy Birthday Wishes to Donna DeLuca on Feb. 1, Merry Ruggirello on February 3 and George Clayman on Feb. 28. Happy Anniversary to Dave and Elsie Wilson on Feb. 24.

If you would like to reach out to Donna Masi, she is residing at Mountain Crest Assisted Living in Franklin. Cards or

notes can be sent to Donna Masi, 29 Baldwin St., Franklin, NH 03235. You may call her at 677-6073.

Bristol

Al Blakeley  
[adblakeley0@gmail.com](mailto:adblakeley0@gmail.com)

The winter sports seasons are almost over for the local schools and February vacation is fast approaching. It is my hope that everyone has enjoyed the winter seasons and that the week of vacation holds many fun surprises for friends and families to enjoy. Time to take a big deep breath, relax and prepare for Spring! Let’s all hope it gets here real soon!

The deadline for those wishing to have events included in the Newfound Lake Region Events Brochure for Summer of 2020 is April 3. Contact TTCC for information.

The second session for the Town Projects Update for Sewer and Public Safety Building will be held at the Minot-Sleeper Library on Wednesday, Feb. 26 at 4 p.m. The goal of the session is to provide the public with an update on where planning for the sewer project stands since it was approved at Town Meeting in March, 2019 and to provide the public information on the concept of a public safety building. Town of Bristol representatives and others will be available to answer questions. The event will be moderated.

A Candidates Forum will be held at the MSL on Saturday, Feb. 29 at 2 p.m. A moderated event during which candidates running for local office, including Select Board, Budget Committee, Library Trustees, Town Moderator Town Clerk, School Board and others will share their interest in the position and speak to current town topics. Attendees will have the opportunity to pose questions to the candidates. All are encouraged to attend this informational event.

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

The TTCC will be offering a week of camp doing school vacation! Camp times will be from 9 a.m. – 4 p.m. with before and after camp times also available. Cost will be \$80/camper (plus field trip costs). Registration is limited to 40 campers on a first come, first served basis. This is open to children in grades K-8. Call TTCC at 744-2713 for more information.

A 4th and 5th Grade Bash will take place at the TTCC on Feb. 21. This dance will be from 6:30 - 8:30 p.m. and will cost \$5 per person. More information may be obtained by calling the TTCC at 744-2713.

NAC Lenten Service Schedule

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

**Ongoing events:**  
Adult badminton - TTCC - Mondays, 7 p.m.  
Adult billiards - TTCC -

Mon. and Wed., 6:30 - 8:30 p.m.  
Adult kickboxing - TTCC - M, W, & F, 5:45 – 7 p.m.  
Pickleball - TTCC - Tue. and Thur., 9:30 a.m.  
Shape up Newfound exercise classes - BES - Tue. and Thur., 6pm.  
Karate for kids ages 4 and up - TTCC - Tue. and Thur.  
Adult Volleyball - BHVS - Tue. and Fri., 7 p.m.  
Adult Karate - TTCC - Wed., 7 p.m. Roll out fitness skating class - TTCC - Wednesdays, 5:30 p.m.  
Shape up Newfound exercise classes - BES - Saturdays 8 a.m.

It was hard for me to believe that bears are already becoming active in the southern part of the state and that we need to beware of the possibility of them posing a problem here already. Not the sign of Spring I was thinking of. I’m more for the buds, flowers, and green grass kind of signs. But we do have to prepare for all that comes with the warmer weather. Hope you do!

Hebron

Bob Brooks 744-3597  
[hebronnhnews@live.com](mailto:hebronnhnews@live.com)

Hebron Area Women’s Group Meeting

The Hebron Area Women’s Group will meet on Thursday, Feb. 20 at the Hebron Congregational Church meeting room. All area residents are welcome to attend. Refreshments will be provided. Please bring non-perishable food items for the Bristol Food Pantry.

Newfound High School 25th Anniversary Celebration

1994-95 Boys Basketball State Championship team!

Newfound Regional High School will be celebrating the 25th anniversary of the 1994-1995 boys’ basketball state championship team with a celebratory basketball game on Friday, Feb. 21, at 6:30 p.m. the school gymnasium. The game will feature members of the 1994-1995 team against current Newfound staff. Admission is free but there will be concessions, raffles, halftime games and fun for everyone. Hope to see you there!

NAC Lenten Service Schedule

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SEE TOWNS, PAGE A7



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

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





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: ashland-communitychurch.com

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

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

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

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

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

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

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

If you have any questions, please don't hesitate to contact our pastor, Ernie Mad-

den, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Plymouth Congregational UCC

**Save the date Feb. 26 – Ash Wednesday**  
Feb. 28 - Our next Coffee House will be Friday, Feb. 28 at 6:15 p.m. in the Fellowship Hall. The mission of First Star Tonight is simple ... to bring light into the lives of the neediest of our children and young adults. First Star Tonight was organized in 1986 by a group of business and professional people who recognized the need for a local focus in providing support for terminally ill children and young adults. We will be joined by Directors, Brian Chalmers and Bill Clark, who will speak to us about the work of this community based organization as it seeks to support the most needy of our young, while maintaining the privacy and dignity of all to whom they provide assistance.

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" 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 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 5-7 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.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant.

We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

**This week at Starr King: Feb. 23**  
**Earth's Instructions in Resilience**  
Rev. Dr. Linda Barnes, Worship Leader  
William Gunn,

Guest Musician Relationships matter and diversity is stability: that's it! These two foundational ecosystem truths offer a lesson to ethically and honorably engage with energy, food, and with one another. For more details, visit our Web site www.starrkingfellowship.org 536-8908

Towns

FROM PAGE A6  
Church. For more information, please call 744-3885.

**"Cockermouth Chorus" rehearsing weekly**  
Rehearsals are now underway with the newly formed Cockermouth Chorus. Open to all residents of the Newfound area, the chorus accom-

panied by David Raycroft, Music Director at Union Congregational Church, features a wide mixture of contemporary and gospel selections. Rehearsals are Tuesday evenings at 7 p.m. at the Union Congregational Church in Hebron. All voices are welcome and no audition is necessary. For additional information, contact Bill York at 744-6033 or bill48nh@gmail.com.

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A COMMON MAN FAMILY PRODUCTION  
Movie House & Performance Center

WBCN and the AMERICAN REVOLUTION  
April 21 - March 6  
The incredible story of how a radio station, politics, and rock and roll changed everything

WILD HORSE MESA  
Wednesday, March 11  
Silent Film with live music.  
A bankrupt rancher who tries trapping wild horses using barbed wire, with unforeseen consequences

LIVE EVENTS  
Thur, Feb 20 - MARDI GRAS BOOGALOO 2020  
The Dirty Dozen Brass Band & Nathan and the Zydeco Cha Chas  
Sat, Mar 7 - MIKE GIRARD'S BIG SWINGING THING  
Sun, Mar 8 - THE HIGH KINGS  
Thurs, Mar 12 - BLOOD SWEAT & TEARS  
Bring in this ad to receive TWO tickets for the price of one to see "WBCN and the American Revolution" on Feb 24 or 25  
FlyingMonkeyNH.com - 39 Main Street, Plymouth NH 03264 (603) 536-2551

NEW HAMPSHIRE 2020 SEASON

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	253 Karl Gordon Rd.	Single-Family Residence	\$159,933	Shawn E. Defosses	Maeghan Woodward and Joseph Genereux
Alexandria	71 Morrison Rd.	Single-Family Residence	\$189,800	Joan McKinnon and Debbie Nothaus-McKinnon	David W. and Emily R. Cummings
Ashland	72 Main St.	Single-Family Residence	\$185,000	Peter and Cheryl Bates	Amy M. and Jason R. Sharpe
Ashland	8 Town House Way, Unit 1	Condominium	\$130,000	Dierdre Conway	Brenda E. Manix
Bridgewater	144 Shore Dr. N.	Single-Family Residence	\$245,000	Robert G. Fisk	Harold A. and Doreen F. Thibedeau
Bristol	260 Lake St.	Multi-Family Residence	\$65,000	Kathleen E. Graham	Granite Properties of New England
Bristol	374 S. Main St.	Single-Family Residence	\$174,933	Robert G. Carlin and Deborah Soares-Carlin	Dylan T. and Hannah L. Herbert
Bristol	40 School St.	Religious Property	\$209,933	Bristol Federated Church	Britta Hallberg and Jason Moore
Campton	59 Birch Circle	Single-Family Residence	\$40,000	Rhonda Knight	Bane Arizanov
Campton	26 Condo Rd., Unit 1	Condominium	\$94,000	Theresa M. Mulvey	Randal A. and Marissa A. Schroeder
Campton	81 Richardson Trail, Unit 29	Condominium	\$182,933	Mbhip RT and Ronald J. Giovanni	Melinda J. Provencher
Campton	Waterville Estates, Unit 2	Condominium	\$55,000	Baska Matthews Fiscal Trust and Richard A. Matthews	Brian and Melissa Barboza
Dorchester	NH Route 118	N/A	\$46,000	Martha E. Romanyshyn and Mark B. Ashley	Timothy B. and Kim E. Minear
Holderness	223 Mount Prospect Rd.	Single-Family Residence	\$560,000	Gail Castonguay	Clever Critter Holdings LLC
Holderness	N/A (Lot 10)	N/A	\$124,000	Judith J. Dearborn Trust and Gail S. Beaulieu	Morgan T. and Lindsey M. Stepp
New Hampton	1035 Straits Rd.	Single-Family Residence	\$470,000	1994 Rheinhardt RET and Barbara A. Rheinhardt	George & Debra Maynard Fiscal Trust
New Hampton	N/A (Lot 36)	N/A	\$324,933	Scott and Jessie Backoff	1994 Rheinhardt RET and Barbara A. Rheinhardt
Rumney	Depot Street	N/A	\$250,733	Brian M. and Leina E. Smoker	ARJ Wyllie Trust
Thornton	N/A (Lot E6)	N/A	\$158,000	Nikolas T. Byars and Amy L. Ober	Equity Trust Co.

## ABOUT THE REAL REPORT

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

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

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

# What are the facts about Coronavirus?

*Pemi-Baker Clinical Supervisor, Ernest Roy PT, DPT tries to make sense of it all*

BY ERNEST ROY PT, DPT

Pemi-Baker Community Health

PLYMOUTH — In December 2019, reports began to emerge about a previously unknown form of coronavirus from Wuhan, a Chinese city in the province of Hubei. As of Feb. 11, the World Health Organization announced that this new virus will be officially known as COVID-19.

Every day, there are numerous reports about COVID-19, along with efforts of various health organizations to stop the spread. What do we currently know about the disease, and how can a person best protect themselves from it? COVID-19 belongs to the overall Coronavirus family. According to the US Centers for Disease Control and Prevention(CDC), coronavirus is actu-

ally a large family of different viruses typically found in animals such as cattle, bats, camels, and cats, to name a few. Scientists who are studying this new form report that it is similar to other types of coronavirus found in bats, suggesting that it does indeed, have an animal source. In rare instances, these viruses can infect humans, allowing them to then spread

from person to person. People may recall prior virus outbreaks such as the SARS virus that appeared in 2003, and the MERS virus initially noted in Saudi Arabia in 2012. These were also types of coronavirus. While animal to person spread is thought to have occurred at the start of the outbreak, evidence now indicates that it can also spread from person to

person. Symptoms are similar to other types of viral infection, including the flu. These include fever, cough, and shortness of breath. Symptoms seem to be appearing anywhere from two to 14 days after an individual is exposed. There seems to be a range of symptoms, from only mild illness to very severe. The CDC states that this virus appears to spread from infected people thru the air, via coughing or sneezing or door, and then touching your mouth, eyes, or face.

As this is written, there are a total of 15 confirmed cases of COVID-19 in the United States. There have been no deaths from this virus within the US so far, although one American citizen who was living in China near the epicenter of the outbreak has died. New Hampshire has had no confirmed cases so far.

# Comfort Keepers

## What does a heart attack look like?

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Most of us have a specific idea of what a heart attack looks like: someone feels an abrupt, strong pain that causes them to stop in their tracks and clutch their chest. While some heart attacks do happen suddenly, many start slowly, with pain or discomfort. A person can have symptoms for hours before they even realize they’re having a heart attack.

Simple lifestyle changes can improve heart health. A number of enjoyable activities, like sharing healthy meals with loved ones, regular exercise and maintaining positive mental health can help those recovering from heart attack or trying to reduce the risk of developing issues.

Knowing what signs to look for can save critical time, and it’s important to be aware of the signs:

- Chest discomfort – The chest pain associated with a heart attack doesn’t feel the same for everyone. Some people experience squeezing, discomfort or a feeling of fullness.

- Pain or discomfort throughout the body – Heart attack pain isn’t limited to the chest area. Heart attack symptoms can include soreness in the neck, arms, jaw or back, or a combination of these. Women are more likely than men to experience jaw and back pain when suffering from a heart attack.

- Shortness of breath – Shortness of breath is a heart attack symptom that is not usually recognized as one. However, those vulnerable to heart problems should be aware of any sudden breathing problems, especially if combined with other symptoms

- Nausea – Lightheadedness, vomiting, cold sweats and nausea are also symptoms that are not often associated with a heart attack, but can signal the onset of one.

**Types of heart attacks:**

- NSTEMI – NSTEMI heart attacks happen when blood flow to the heart through a coronary artery is severely restricted but not entirely blocked.
- Demand Ischemia: Demand ischemia is another type of heart attack where blockag-

es in the arteries may not be present. It happens when a patient’s heart needs more oxygen than is available in the body’s supply.

- Silent Heart Attacks: A heart attack does not always have obvious symptoms. In fact, a heart attack can happen without a person knowing it. These are often referred to as silent heart attacks.

- Coronary Artery Spasm: A coronary artery spasm is when the artery wall tightens and blood flow through the artery is restricted.
- Cardiac Arrest: Cardiac arrest is not a heart attack, but a term used when a person’s heart stops beating. It can be due to a heart attack or occur as a primary event.

Early detection of a heart attack can help prevent damage to the heart, brain and body. If you witness someone having these symptoms, or you feel them yourself, it’s important to call 911 and seek medical attention immediately.

**Comfort Keepers® Can Help**

Heart health becomes more important as we get older, and the trusted care team at Comfort Keepers can

help. Our caregivers can remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

### About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, house-keeping, 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](http://www.comfortkeepers.com) for more information.

What can a person do to reduce their chances of catching this virus? Certainly, it would be wise to avoid travel to areas of the world with known outbreaks. There is currently no vaccine for COVID-19. The CDC recommends the following:

- Avoid close contact with people who are sick with flu-like symptoms.
- Do not touch your eyes, ears, nose or mouth with unwashed hands. Watch those around you and you will see how often we involuntarily do this. For some, it is quite habitual.
- If you are sick, stay home. Avoid spreading illness to others.
- Use of disinfecting/cleaning sprays

It’s interesting to note, that during all the press coverage of COVID-19, the current United States flu season has resulted in over 200,000 people hospitalized and at least 12,000 deaths. The same precautions listed above can also help you to avoid coming down with our “regular” annual flu virus. And it’s not too late to get a flu shot if you have not done so yet. Even if you do end up getting the flu, for many people getting the flu shot can greatly lessen the severity and duration of symptoms they may experience.

Pemi Baker Community Health is committed to helping the communities we serve stay as healthy as possible. SEE **CORONAVIRUS**, PAGE A9



Primary

**FROM PAGE A1**

her at 31. Tom Steyer received 28 votes in Ashland, and Gabbard trailed the leaders with 22 votes. Again, Trump had the most favorability on the Republican ballot with 242 votes while his closest contender, Bill Weld, received only 20.

Votes among the Democrat frontrunners tightened up a bit in Bridgewater, where Sanders again had the lead with 69, Buttigieg had 52 and Klobuchar was not far behind with 43 votes. Fourth in that town was Warren's 30 votes, Biden had 16, and Gabbard and Steyer tied with nine votes each. Of the 193 Republican ballots cast, Trump had 171 to Weld's 11 votes.

In Bristol, it was Sanders with 162, while only two votes separated the next two candidates. Klobuchar had 117 votes, edging out Buttigieg who came in with 115. Following them, it was Warren with 48, Biden with 40, Steyer with 27 and Gabbard finished the day with 24 votes from Bristol. Trump's 401 votes were far in the lead over Weld's 33 on the Republican ballot.

The voters in Camp-ton also went big for Sanders casting 239 votes for the Senator, 190 for Buttigieg and 153 for Klobuchar. Warren finished fourth in that community with 92, Biden followed with 46, Steyer drew 31 supporters and Gabbard had 23. For Republicans it was Trump at 353 votes to Weld's 32.

Sanders saw 68 votes in Danbury, with Buttigieg at 48 and Klobuchar at 32. Gabbard jumped to fourth place there with 19 votes, Steyer and Biden tied with 13 each and Warren trailed one vote behind them to finish last among top contenders with 12 votes.

Trump received 187 of the 220 Republican votes counted in Danbury, where Weld came in with 18.

Dorchester reported that there were 69 people who cast votes in each party in their

town. Sanders again led with 30 votes to Klobuchar's 12 and Buttigieg was close behind with 10 votes. Gabbard came in fourth with four votes, followed by a three-way tie between Biden, Warren and Steyer who had three votes apiece. For the Republicans, Trump received 59 of the 69 votes in that party. All other candidates received votes in the single numbers.

The race was much tighter in the small community of Groton where Sanders' 30 votes, Buttigieg's 19 and 17 for Klobuchar topped the night, while all others finished in single digits. Steyer had seven votes, Biden and Gabbard got five each, and Warren received four. With 100 Republican voters in Groton, Trump took all but four votes.

With 155 of their voters casting Democrat ballots, Sanders had a bit of an upset, finishing third. Klobuchar won that community's contest with 53 votes, Buttigieg was second with 36 while Sanders had 16. Right behind him was Warren who had 15 votes in her favor, Biden got 12, Steyer eight and Gabbard only two votes. Of the 139 Republican votes in Hebron, Trump received 119 and Weld had 10.

Hill had a tie of 38 votes each between Sanders and Buttigieg with a close 35 for Klobuchar. Biden saw 17 votes cast for him and Steyer edged out Warren with votes of 12 and 11 respectively. Gabbard finished with six. Of the 187 Republican votes cast, Trump gained 165 of them. Weld, his closest challenger had only seven.

In Holderness, voters there preferred Buttigieg over Sanders by a vote of 162 to 140 and Klobuchar came in with 121 votes. Biden was fourth with 58 votes and Andrew Yang, who dropped out of the race after the results came in on Primary Night, had his strongest local showing in Holderness, tying Steyer with 21 votes for each. Gabbard once again trailed

in that town with 15 votes. For the Republicans the top votes were 200 for Trump and 21 for Weld.

New Hampton voters also preferred Buttigieg, giving him 167 votes at their polls. Sanders was second with 117 and Klobuchar received 97 votes. From there, it was Biden with 35, closely followed by Warren with 33, and Gabbard came out ahead of Steyer with votes of 18 and 17. Over on the Republican side, voters gave Trump 322 votes over 39 for Weld.

Plymouth had a heavy turnout for their Primary this year and Sanders outdistanced all with 726 votes cast in his favor. Buttigieg was next with 419 votes and Klobuchar trailed the two with 164; not far behind her was Warren who received 158 of the votes. Once again, Yang did well in Plymouth with 99 votes to finish ahead of Biden who had 77 and the 50 votes Gabbard received. On the Republican ticket, Trump picked up another 387 votes and Weld had 42.

With 331 Democrat votes cast, Sanders took the win again in Rumney, 105 to 72 over Buttigieg. Klobuchar was right behind Buttigieg with 65 votes, followed by Warren with 39, Biden's 14, 13 for Gabbard and 10 votes for Steyer. Out of 275 Republican votes, it was Trump 248, Weld 10.

Finally, over in Wentworth, the last of the towns who reported their results, Sanders narrowly beat out Buttigieg, 39 to 37. Klobuchar and Warren also were close, but Klobuchar topped her, 29 votes to 23. In fifth it was 12 votes for Gabbard, nine for sixth place Biden and three for Steyer.

In a busy election year, voters throughout the region will return to the polls once more on March 10 to elect local town officials, with the exception of Hebron, where their Town Meeting and elections will take place in May.

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

Grants

**FROM PAGE A2**

stewardship and science-guided approaches for lake management, Lake Winnepesaukee's scenic beauty, wildlife habitat, water quality and recreational potential continues to provide enjoyment long into the future.

**Newfound Area Nursing Association, Bristol**

- Awarded \$2,500 to upgrade the organization's infrastructure with additional technology that will improve comprehensive care to clients. The Newfound Area Nursing Association is a community-based home health care and hospice organization, serving patients of all ages and circumstances in the Newfound Area.

**Partnership for Public Health, Laconia**

- Awarded \$2,500 to help fund their "Eat Better, Feel Better" cooking programs that will empower children and parents from low income households to make healthier food choices. Founded in 2005 to address the Lakes Region's unmet public health needs, the Partnership for Public Health collaborates with local partners to create a safer and healthier community. They have a number of public health initiatives including,

ServiceLink Resource Centers in Belknap and Carroll counties, Healthy Eating Active Living (HEAL) in Franklin and Laconia, substance misuse and suicide prevention, emergency preparedness, immigrant integration, school-based immunization and oral health education.

**Wolfeboro Nursery School**

- Awarded \$3,000 to be used for tuition assistance for families in Wolfeboro. Wolfeboro Nursery School is a cooperative preschool offering a developmentally appropriate educational experience for children age 3 to 6 years. The School believes children are diverse learners, who benefit from a setting that encourages creativity, questioning, risk-taking and exploring.

The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 398 grants totaling \$1,636,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs,

after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2020. Applications are available at mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Notebook

**FROM PAGE A5**

+++++

Back during the early '50s, when my siblings and I were on the way home from visiting grandparents in Littleton, Lisbon, Bethlehem and Concord, we faced a solid four and a half-hour trip up Route 3 from the Capital City to Colebrook. This same trip takes intrepid Colebrook travelers today about two hours and fifteen minutes, depending on the weather and their respect for the law.

Back in those archaic days of cement-section highways, having listened to "ta-DUMP" all the way north, we knew we were close to home--just an hour now!--when we topped the saddle between Mount Prospect and Mt. Orne, to see the beautiful town of Lancaster sprawled out in the valley of the Connecticut River, and the Lancaster Fair buildings dominating the distance.

Beyond, on a clear day, we could see far up the valley toward home. The names of the towns we would pass through on the way north had long since been drummed in: Northumberland,

Groveton, Stratford Hollow, North Stratford, Columbia, and then Colebrook, where the driveway at 14 Park Street looked mighty good indeed.

But the view of Lancaster and the Fairgrounds signaled the transfer from one world into another. Visitors from afar and long-absent sons and daughters say this too, to this very day, a constant emotion--the pitch down into Lancaster is it.

Governor Sherman Adams had it right when he coined the best-ever definition of the North Country, an elusive thing for many but never elusive for us: "Those lands to the north of the great notches."

Governor Adams, known as a man of few words, needed no more for this one.

even the trees were different--lots of fluffy, puffy pines, beginning just above Groveton, some of them old giants, 80 to 90 feet high. But ever-fewer were the spruce and fir so emblematic of where we lived, "Land of the tall pointed trees."

A week or so ago, I became part of a fun discussion on how the landscape can help shape a kid's psyche. The sand and dirt that Russell Smith and I dug into with ancient golf clubs at the Harri-gan-Walsh Championship Golf Links in Lisbon, along the road to Landaff, smelled nothing like the site of similar projects 80 miles upriver in Colebrook--no better or worse, just different.

Like a trout or salmon fighting its way upriver, perhaps if dropped alongside a road Down Below, we'd be able to follow the smell and feel of the soil and the sight and sigh of the trees, all the way up and back, up back of New Hampshire, to our ancestral home.

Coronavirus

**FROM PAGE A8**

sible all year long, including during flu season. With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health

is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-de-

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

Winterfest

**FROM PAGE A3**

great time skating and racing up and down the hill with sleds. His youngest son, four-year-old Oliver, seemed quite content to spend some quiet time by the fire though, nibbling

on the s'mores. Looking out at families enjoying all the activities around him, James said he was grateful for the beautiful weather and pleased so many people decided to spend the day at SLA. He was also grateful to

Walmart for donating the burgers, the local restaurants who brought their favorite chili, Lowe's for donating sleds, and of course his crew who kept everything running smoothly and safely.

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Donna Rhodes  
Matt Belmonte and his daughter Lucy from Bridgewater were all smiles when they arrived at the Father-Daughter Dance in Bristol last Friday. Greeting them at the door were Tapply-Thompson Community Center's Executive Director Leslie Dion and Program Supervisor Gina Richford (seated).



Donna Rhodes

Derby

FROM PAGE A1

This derby is really all about the kids.”

Thanks to an anonymous donor, once again the first 100 young boys and girls were able to sign up for free, while the committee picked up the entry fees for all others. Kids also received a free tip-up to use for winter fishing and trophies and other prizes were awarded each day for those who pulled in a fish.

One young gal, Brooke from Allenstown, was excited on Sunday to see that her 21-inch pickerel, weighing 2.05-lbs. stayed on the leader board all day, awarding her with a third place trophy.

“He put up a good fight! It was exciting!” she said.

Shawn Adams of Alexandria pulled in a beautiful 19-inch trout that sent him home with the first place trophy in that category for Sunday’s catch. Accompanied for the weekend by his 11-year-old son Justin, Adams said he’s been taking part in the Webster Lake Derby since he, too, was young and he was pleased to take home a trophy this year. Justin had hopes for a win on Saturday when he caught a sizable perch that stayed in first place for a while. Over the course of the day though it was eventually knocked off the leader board by bigger fish, but that was okay, he said, because last



Donna Rhodes

More than 700 ice-fishing enthusiasts from New Hampshire and beyond, along with another large crowd of spectators, gathered on Webster Lake in Franklin last weekend for the 41st annual ice-fishing derby.



Donna Rhodes

Severn-year-old Hailey of Franklin was happy to not only take home a small trophy for catching a fish in the Webster Lake Ice Fishing Derby last weekend, but one of the door prizes for children as well.

year he received a third place trophy for a trout.

Drew said one of the only changes in the derby rules for 2020 was that winners in the past were determined by length but this year weights of

each catch were recorded, too, in the event of a tie. If that still kept two fish tied for a trophy, the first of them brought to derby headquarters on Griffin Beach was declared the winner. That

suggestion came from a past participant and the committee appreciated the input. One other suggestion they received was to make it easier to register for those who don’t live locally.

“We have a lot of people come here from all over New Hampshire and even out-of-state, so this year we were able to offer online ticket buying for people who wanted to be in the derby,” said Drew.

In order to recognize sponsors who help make the derby a success every winter, some of the trophies this year paid tribute to them by engraving their names on

the plaques. Among those businesses and organizations were Franklin Savings Bank (largest pickerel), Franklin Outing Club (largest perch) and Rowell’s Services (largest trout).

“We couldn’t do this without our sponsors so we wanted to thank them by naming a trophy for them,” said Drew.

Trophies for the overall largest fish in each of the three categories in the two-day tournament also honored people, both past and present, who have played a significant role in the derby over the past four decades. Those honorees this year were Jim Jones, Bob Hinds and Billy Hurd.

Finally, both participants and spectators alike could purchase tickets over the weekend for a 50/50 fundraising raffle, door prizes and three grand prizes. This year’s grand prizes were a bob house built with materials supplied by Cyr Lumber and Home Center, a gun safe donated by 4 Daughters Landscaping in Northfield, and a Lobster Tour, courtesy of Capt. Bob’s Lobster Tours of Hampton.

Hebron residents Kirk, Joelle and Lucy were ready for a great evening out at Tapply-Thompson Community Center’s annual Father-Daughter Dance, which was held on Valentine’s Day this year.

Dance

FROM PAGE A1

get out and socialize a bit more.

“They’re home schooled, so I thought this would be a fun way to meet other people and just have some fun together,” he said.

No matter what they looked forward to, it was quite obvious that everyone was excited to be there. Each of the girls received a corsage when they arrived and a photographer was available to capture the daddy-daughter moments through portraits in front of a Valentine’s Day backdrop.

TTCC Executive Director Leslie Dion said 80 people had registered in advance while several others purchased their tickets at the door, bringing the total up around 100 attendees this year.

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# Newfound Landing Sports

Section **B**  
Thursday,

Thursday, February 20, 2020

## What's On Tap

Basketball and wrestling playoffs are officially on the docket in the local area.

The Division III girls' basketball tournament opens on Wednesday, Feb. 26, at 7 p.m. at the home of the higher seed.

The Division III wrestling state championships will take place on Saturday, Feb. 22, at Pelham at 9:30 a.m.

The Newfound hoop girls will wrap up the regular season today, Feb. 20, at home against Somersworth at 6:30 p.m.

The Newfound hoop boys will be at Somersworth on Friday, Feb. 21, at 6:30 p.m. and will be hosting White Mountains Regional at 6:30 p.m. on Tuesday, Feb. 25.

The Plymouth boys' basketball team will be at Merrimack Valley today, Feb. 20, at 6 p.m. and will be hosting Kingswood at 6 p.m. on Tuesday, Feb. 25.

The Bobcat hoop girls will be at Kingswood for a 6 p.m. game on Tuesday, Feb. 25.

The Kearsarge-Plymouth hockey team will be hosting Belmont-Gilford at Plymouth State on Saturday, Feb. 22, at 12:30 p.m. and will be at Monadnock-Fall Mountain at 7 p.m. on Wednesday, Feb. 26.

The Plymouth Nordic ski team will be competing in the New Hampshire Series race on Saturday, Feb. 22, at 10:30 a.m. at White Mountains Regional.

The Plymouth unified basketball team will be hosting Prospect Mountain at 3:15 p.m. today, Feb. 20, at 3:15 p.m.

## Bear boys pick up their first two wins

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — It was a good week for the Newfound boys' basketball team.

The Bears came through with their first win of the season and added to that with a second win.

Newfound started the week with a home game against Berlin and earned the 56-38 win over the Mountaineers.

"We played a great game tonight all the way through," said coach Jesse Mitchell. "It was our first game this season that I feel we played our game from the tip all the way to final horn."

The Mountaineers got out to a 10-7 lead after a slow first quarter but Newfound got in its flow in the second quarter and took a 20-16 lead to the halftime break.

"In the second half, we didn't slow down at all," Mitchell said. "We started the half on a great offensive push and got the lead up to 10."

"Berlin started to battle back but we got an 11-point lead at the end of the third and kept that momentum going in the fourth to get our first win of the season."

Tyler Boulanger finished with 21 points, nine rebounds and four blocks, Malaki Ingram had 15 points and five assists, George Belville added eight points and Jake Judkins put in seven points.

"I am so proud of our guys and the way we played tonight," Mitchell said. "They have worked so hard every single day to be the best team and players they can be."

"No matter what our record and past games say, I know what this team is about and how good they can really be if they can put it together," the Bear coach said. "Tonight was the first glimpse of that and I couldn't be happier."

The Bears continued that play with a win on the road in Newport on Friday



JOSHUA SPAULDING

Tyler Boulanger had 21 points to lead the Newfound boys to their first win.

night.

Next up, the Bears will be at Somersworth on Friday, Feb.

21, at 6:30 p.m. and will host White Mountains Regional in the final home game of the sea-

son on Tuesday, Feb. 25, at 6:30 p.m.

Sports Editor Josh-

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

## Alpine Bears wrap up the season



BOB MARTIN - GILFORD STEAMER

Hayse Broome skis in the slalom at the Division III championships.

BY JOSHUA SPAULDING  
Sports Editor

NEWBURY — The Newfound alpine ski team traveled to Mount Sunapee Resort on Tuesday, Feb. 11, for the Division III State Meet.

The meet was originally scheduled to be held on Monday, Feb. 10, but was postponed due to the weather.

The day kicked off with the giant slalom and the Bear girls had just



BOB MARTIN - GILFORD STEAMER

Matt Karkheck tackles the slalom course at Mount Sunapee last week.

one skier complete both runs in the morning, as Lily Karkheck finished in a time of 1:52.12 for 43rd place overall.

The Bears did have four scorers complete their runs in the after-

noon slalom, moving them up to eighth place overall.

Hayse Broome finished in a time of 1:12.12 for 16th place overall.

Hannah Owen finished in the after-

SEE ALPINE PAGE B2

## Newfound celebrating championship hoop team Friday

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

nasium.

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

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# Bear girls close out two wins on the road

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound hoop girls picked up a pair of wins on the road last week.

“Any win on the road is a good win,” said coach Kammi Williams. “An ugly win still counts.”

The Bears started the week with a trip north to Berlin and came away with a 47-34 win.

“Every time we got close to a good lead, Berlin would hit a big shot to close our lead,” Williams said. “It felt like we took our foot off the pedal in the fourth and let them make it interesting in the fourth quarter but we prevailed.”

Paulina Huckins



JOSHUA SPAULDING  
(Left) Tiffany Doan hit a couple of huge threes to lead the Newfound past Newport on Friday.

led the way with 22 points and added 11 rebounds for another double-double. Malina Bohlmann finished with 10 points and Mackenzie Bohlmann added nine points.

“We missed so many layups, it easily could have been a 30-point win,” Williams stated.

On Friday, the Bears traveled to Newport and put together a 52-37 win.

“We started off very slow but definitely picked it up in the second half,” the Bear coach said.

Leah Bunnell and Tiffany Doan led the way in the second half,

both hitting shots from outside. Huckins led the way with 15 points and 19 rebounds while Mackenzie Bohlmann had a season-high 12 points. Malina Bohlmann added 10 points and controlled the defensive end, playing man to man against Newport’s hot three-point shooter. Doan and Bunnell combined for three key three-pointers in the fourth quarter.

The Newfound are scheduled to close out the season with a home game against Somerworth tonight, Feb. 20, at 6:30 p.m.

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



JOSHUA SPAULDING  
Nathan Warren soars through the air during the state championship last Thursday night in Hanover.



JOSHUA SPAULDING  
Ben Means led the way for the Plymouth ski jumpers last Thursday.



JOSHUA SPAULDING  
Maggie Boyd led the Plymouth girls in the state competition last week.

## Means leads way for Bobcat jumpers

BY JOSHUA SPAULDING  
Sports Editor

HANOVER — The Plymouth ski jumpers took to the Storrs Hill ski jump on Thursday night for the state championships.

The host Hanover Marauders took the title with a 9.5-point win over Kennett, with Sunapee finishing in third place and the Bobcats taking fourth overall.

Ben Means led the way for the Plymouth

jumpers, taking 14th place overall with 94.5 points on best jumps of 24 and 24.5 meters.

Nathan Warren was next, finishing in 19th place with 87.5 points on best jumps of 20.5 and 21.5 meters while Matthew Lorrey was the third scorer, finishing with 85 points on best jumps of 19 and 20.5 meters.

Nick Aprilliano was the final scorer for Plymouth, finishing in 24th

place overall with 83 points on two best jumps of 19.5 meters.

Hayden Whitman tied for 24th place with Apriliano, finishing with 83 points on best jumps of 20 and 20.5 meters and John Ulicson rounded out the field of Bobcats in 26th place with 80 points on best jumps of 18.5 and 20.5 meters.

The Bobcats also had competitors in the girls’ competition, led by Maggie Boyd, who finished in

fifth place overall with 80 points on best jumps of 19 and 19.5 meters.

Emily Barker finished with 67.5 points on best

jumps of 12.5 and 13.5 meters and Holly Hoyt finished with 63 points on best jumps of 10 and 12 meters.

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

### Alpine

FROM PAGE B1

ished in 36th place in a time of 1:30.8 and Karkheck was the third scorer, finishing in a time of 1:37.41 for 47th place.

Emma Sawyer rounded out the field of Bears with a time of 2:04.97 for 47th place overall.

In the giant slalom for the Bear boys, Matt Karkheck led the way, finishing in 17th place overall in a time of 1:17.01.

Tuan Nguyen was next, placing 28th in 1:26.54 and Owen Henry finished in 30th place in a time of 1:28.51.

Quin Van Lingen finished in 31st place overall in a time of 1:29.43 to finish out the scoring for Newfound.

Dalton Dion finished in 1:34.89 for 38th place and Jack Ehmann was 41st overall in a time of 1:36.31.

The Bears put up a solid fourth place finish in the giant slalom, again led by Karkheck, who finished in 18th place overall in a time of 1:17.52.

Van Lingen was second for Newfound, finishing in 1:37.88 for 23rd place and Trevor Sanschagrin finished in 35th place in 1:40.43.

Dion placed 26th overall in a time of 1:40.63 to close out the



BOB MARTIN – GILFORD STEAMER  
Hannah Owen skis for Newfound in the Division III State Meet.



BOB MARTIN – GILFORD STEAMER  
Trevor Sanschagrin skis at Mount Sunapee last week.

scoring for Newfound.

Henry finished in 29th place in a time of 1:43.96 and Ehmann finished in a time of 2:06.68 for 34th place.

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

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# Bobcats get big win on Senior Night

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth girls' hoop team has struggled at times this season to close out wins.

Everything came together nicely in the fourth quarter on Friday, Feb. 14, as the Bobcats celebrated senior night in style, picking up a 52-37 win over Sanborn.

"That was a signature win for us, well-deserved," said coach Dave Levesque. "We've been on a little losing streak, so to come out on senior night and play that hard and come through, it's great.

"The thing I was happy about was they were listening and coachable and they hung tough," the Bobcat coach said.

Jordan Levesque scored Plymouth's first 11 points of the game, helping the Bobcats jump out to an 8-0 lead. Levesque hit a hoop and two three-pointers to spark the 8-0 run out of the gate before Sanborn got their first basket of the game, a three-pointer with 2:10 to go in the first quarter.

Levesque drained another three-pointer to push the lead to 11-3 and after a Sanborn hoop, Molly Edmark got the final basket of the first quarter, giving the Bobcats a 13-5 lead after one quarter of play.

Levesque hit two free throws to start the second quarter, pushing Plymouth's lead to 10 and after a Sanborn basket, Edmark banked home a three-pointer for an 18-7 lead.

The Indians made a run, scoring a hoop and



JOSHUA SPAULDING  
Seniors (l to r) Lindsey Betts, Molly Edmark and Harman Sandhu were honored prior to their final home game last week.

two free throws to cut the lead to 18-11 before Molly Palombo hit a hoop for the Bobcats. Sanborn hit a three-pointer and two free throws to cut the lead to four before Levesque drained a three-pointer to close out the first half with a 23-16 lead.

Sanborn hit the first three points of the second half with a free throw and a hoop and kept Plymouth off the board until 3:22 remained in the quarter when Levesque hit a free throw. Harman Sandhu hit a hoop to stretch the lead to 26-19 before the visitors hit two from the free throw line and a three-pointer to make it a two-point game. Levesque hit two free throws to close out the third quarter and Plymouth's lead was 28-24 heading to the final eight minutes.

Gwen Merrifield hit a basket, Levesque

drained a three-pointer and Sanhu hit a basket to give Plymouth a 35-24 lead. After two Indian free throws, Levesque answered with a basket, which would be the final field goal for the Bobcats on the night.

However, it would not be the final points for Plymouth, as the hosts hit 15 of 16 free throws down the stretch to clinch the 52-37 win. Edmark hit five free throws to start the run, Elaina Manson hit two from the line and then Levesque hit the final eight points from the free throw line to secure the win.

Levesque finished with 32 points to lead the way for the Bobcats while Edmark added 10.

"Tonight we played to win," the Bobcat coach said. "We didn't wait for the game, we took control of the game."

He praised the work



of his three seniors, who played in their final home game. Sandhu was strong in the paint, working for rebounds and drilling a couple of key baskets while Edmark was huge from the free throw line in the final minutes. The other senior, Lindsey Betts, started and played solid minutes.

"She shows up every day to practice and does everything we ask for," Levesque said. "And Jordan had a nice game tonight, we've been looking for that.

"I am so proud of all three of them," the Bobcat coach continued. "To have a game like this on their night is cool."

The Bobcats are scheduled to be on the road at Kingswood on Tuesday, Feb. 25, at 6 p.m.

<b>PRHS 13-10-5-24-52</b>	
<b>SRHS 5-11-8-13-37</b>	
<b>Plymouth 52</b>	
Merrifield	1-0-2,
Palombo	1-0-2, Sandhu
2-0-4, Levesque	7-13-32,
Manson	0-2-2, Edmark 2-5-10,
Totals	13-20-52
<b>Sanborn 37</b>	
Cotter	0-2-2, Young 0-2-2,
Houghton	6-3-19, Mc-
Gough	2-0-4, Merry-Car-
reiro	1-0-2, Morris 2-1-5,
Hinckley	1-1-3, Totals 12-9-37
<i>Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.</i>	

JOSHUA SPAULDING  
(Left) Jordan Levesque dishes off the ball as she hits the floor during action against Sanborn Friday.

## Instead of flying, there was just plenty of driving

Evidently, the schedulers at CBS don't pay attention to my schedule.

This past week marked the start of what promises to be one of the most epic seasons of Survivor of all time, Winners at War. To celebrate the 40th season, there were plenty of events going on in Los Angeles, including a number of events hosted by Rob Has a Podcast, the podcast I listen to and travel to see at live events.

However, last week was also the week of state ski championships and I figured I couldn't fly across the country and miss out on the possibility of teams winning championships. I've missed a few of these events over the last few years, thanks to my trips to Sochi and PyeongChang for the Winter Olympics, but I couldn't justify skipping them for a television show, even if it promises to be an incredible season.

While I didn't fly anywhere last week, I sure drove a lot. It all started last Sunday with the indoor track championships at Dartmouth College in Hanover and continued last Monday with a trip to my alma mater, the University of New Hampshire, where I had rehearsal for the UNH Marching Band trip to Ireland.

The rest of the week was traveling for work. Tuesday was the Division II girls' alpine cham-



SPORTING CHANCE

By JOSHUA SPAULDING

pionships, which were held fairly close to home at Cranmore Mountain Resort in North Conway. There was also a basketball doubleheader between Kennett and Kingswood just a few miles down the road from the ski area so I spent the entire day and evening in the Mount Washington Valley.

The next day was the Division II boys' alpine championships, which were held at Crotched Mountain Resort. It was a long drive but it was a great day for skiing all around. From there, it was back to Wolfeboro for the Kingswood boys' hockey game at Pop Whalen Arena.

With the weather on Thursday, there was some question as to whether or not the state ski jumping championships would be held but they went on as scheduled and for the second time in the week, it was back to Hanover. This time it was a visit to Storrs Hill, where I had never been before. After a trek through some winding back roads, I found the ski jump and enjoyed watching the only high school ski jumping championship in the country.

Friday wasn't too

bad, as it was just a trip to Plymouth for a hoop game but Saturday brought a pair of trips. It started with a drive to Pinkerton Academy in the morning for the gymnastics championships and then the day finished up with a trip to UNH for the Division II swimming championships.

I got to see tons of pictures from the events in Los Angeles and I was bummed to miss out on meeting a few of my favorite Survivor players. If only the CBS executives had checked with me first, they could've moved the Survivor premiere ahead a week and I could've been in both places.

Either way, I have Survivor live events coming up in March and April, so there will be plenty of chances to enjoy my favorite show in a live environment.

Finally, have a great day, Frank and Malissa Bellefleur.

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

## Flag football gives kids many advantages

MEREDITH — The Lakes Region Flag Football program develops "skill position players." Many of the league participants have gone on to start on their middle school, high school and college teams.

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Wide receivers/running backs learn proper stance and start, hand placement, route terminology, running routes, reading defenses, how to create separation, catching in traffic and running after the catch.

Defensive players learn defensive end, nose tackle, linebacker, defensive back, safety and pass rushing skills. Players on defense develop footwork, backpedaling, reading the quarterback, breaking on the ball and catching interceptions. Players also learn man to man and zone

coverage techniques.

With only eight to nine players per team and five-on-five games, players enjoy increased participation with playing time and touches on the football. The 30-second play clock creates a fast-paced game with many more plays and repetitions.

The league is offering five co-ed age divisions this season: 6U, 8U, 10U, 12U, 14U and a co-ed high school division. Sibling discounts are available. Season will begin in early April and run until late June. Commitment is two hours per week. Register at lrffl.com.

For more information, contact lrffl@metrocaster.net, and follow the league on Facebook at lakesregionflagfootball.

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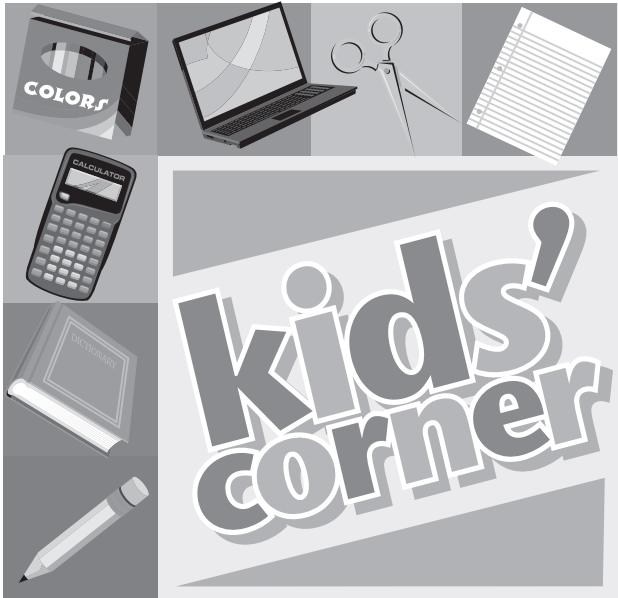
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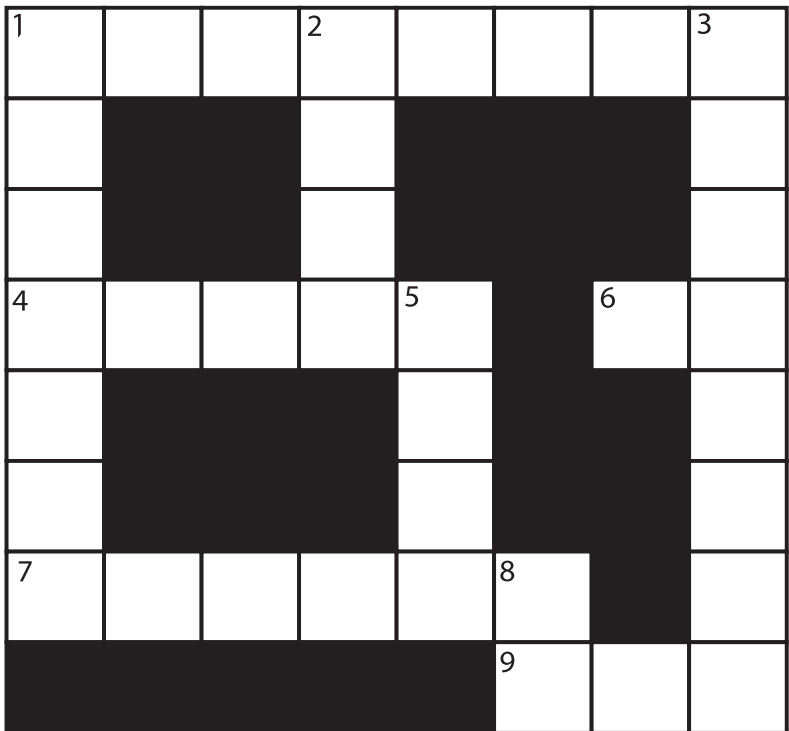
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- 7. Invited people
- 9. Not in

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- 3. Purple color
- 5. Chance or try
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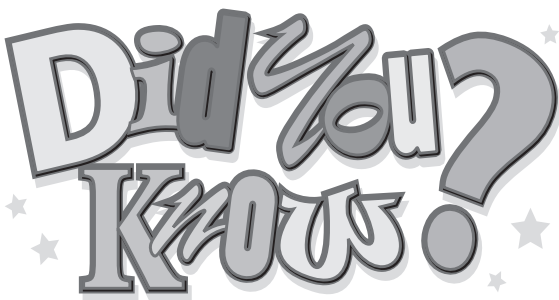
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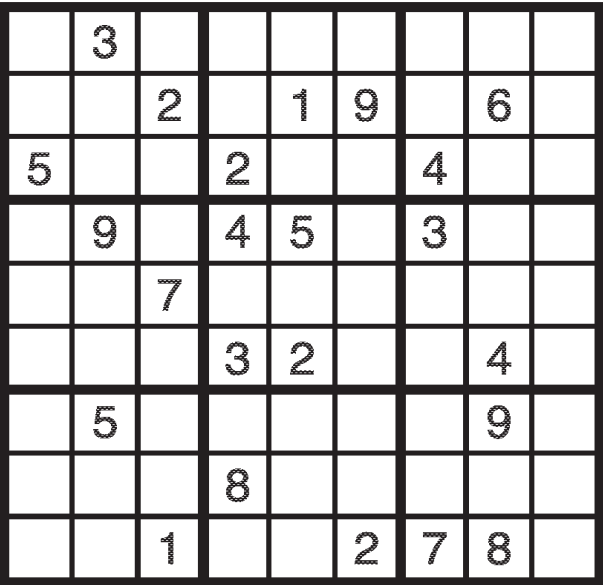
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Clue: Comfortable heat

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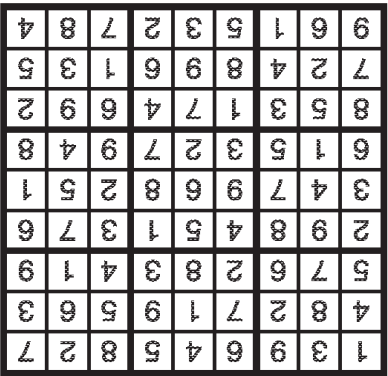
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# Gymnasts compete in state championship

BY JOSHUA SPAULDING  
Sports Editor

DERRY — The Plymouth and Newfound gymnastics girls made the trek to Pinkerton Academy on Saturday for the first session of the state championship. While there weren't enough athletes to qualify as a team, the four Bobcats and one Bear got the chance to compete as individuals.

Plymouth's Morgan Kingsbury and Madison Kiley and Newfound's Taylor Mooney all competed in all four events as part of the all-around tournament while Plymouth's Cathryn Panus and Aquinnah Allain each competed in three of the four events.

"They knew they'd take a hit competing as individuals instead of as a team," coach Carrie Kiley said. "But it was a good year to build strength and skills, especially for the younger kids."

Kiley and Kingsbury are the lone two seniors on the team and competed in their final high school competitions while Allain and Panus are sophomores and Mooney is a freshman.

"Most of the meets we placed in the top 10 in almost every event," said Kiley. "The two seniors battled major injuries but they're still cranking it."

"The season is so short, we had the first practice after Thanksgiving and we end in the second week of February," Kiley stated. "Most of the kids are just getting into the groove by the time we hit states."

"It's a short season to gain anything so when you do, it's a plus," Kiley continued.

The Plymouth and Newfound coach, who runs Top Gun Gymnastics, where the athletes train, said the camaraderie has been great for the entire group of athletes, even though one of them goes to a different school.

"The team camaraderie is amazing, they all support each other," Kiley said. "Especially with Taylor being in another school. They're all teammates."

JOSHUA SPAULDING  
Aquinnah Allain, Madison Kiley, Taylor Mooney, Cathryn Panus and Morgan Kingsbury competed in the gymnastics state championship on Saturday.

"I'm really proud of them," she continued. "It's become a thing people know about, gymnastics at Plymouth and now at Newfound."

Kiley also pointed out that she has a number of younger kids moving up through her program at Top Gun who will be key parts to the team in the future along with Allain, Panus and Mooney.

"We have four coming up to Plymouth and one from Newfound," Kiley said. "That's exciting to know they'll be a team for the next few years."

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JOSHUA SPAULDING  
Taylor Mooney competes in the beam at the state championships on Saturday.



JOSHUA SPAULDING  
Taylor Mooney goes over the vault in action Saturday at Pinkerton Academy.

HENRIK IBSEN

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## AN ENEMY OF THE PEOPLE

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