



Newfound Landing

THURSDAY, JANUARY 5, 2017

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COMPLIMENTARY



DONNA RHODES

Community celebrations made the Year 2016 a wonderful time to be in the Newfound Region as people gathered to celebrate the tradition, history, and caring spirit that encompasses all the towns.

2016: A look back at the year that was

BY DONNA RHODES
drhodes@salmonpress.news

REGION — The Year 2016 was a busy and exciting year in the Newfound Region, with all types of community events that not only provided family fun for residents, but attracted many visitors to the area as well.

In January, Autumn Braley and Matthew Karkheck started the year off by being named the 2016 Jack Frost and Miss Snowflake during the middle school's traditional semi-formal dance at Tapply-Thompson Community Center in Bristol. Each had portrayed exemplary volunteerism, extra curricular activities, and community center participation and proved themselves to be outstanding citizens.

Another outstanding citizen was saluted when Bristol Selectmen presented Marion Burbank with the Boston Post Cane last summer, honoring her as the town's oldest resident.

Bristol also hosted numerous family activities throughout the year, from children's camps and sports to dances, 5K races and of course, the ever-popular Santa's Village, which saw as many as 1,000 boys and girls enjoying the magic of the holidays in December.

Band concerts, sponsored in part by both TTCC and Hannaford's Supermarkets, filled the summer with music and family fun, and in October "the most beautiful marathon in New England," known as the New Hampshire Marathon, took place. Over the past 24 years, the marathon has at-

tracted runners from 45 states and 11 countries. This year 40 states plus the nation's capitol were represented, along with Erlend Leganger of Norway and a con-

tingency of runners from Canada. The first to cross the line in 2016 was 45-year-old Casey Carroll of Dover with a time of 2:48:40. Since 1995 the marathon has

raised \$220,750 this year's beneficiaries of the proceeds were the Circle Program for girls, the Mayhew Program for boys and the Tapply-Thompson

Community Center that serves all children in the region.

Making It in Bristol, Bristol Old Home Day, Downtown Trick or Treating, a holiday tree

lighting festival, many great shops and eateries also attracted large numbers of people to Central Square in 2016.

Adorning the square
SEE 2016, PAGE A9

Join us at Keep the Heat On! and experience a Winter Wonderland

PLYMOUTH — The decorating committee for the annual Keep the Heat On (KTHO) fuel assistance fundraiser is planning to welcome guests to a beautiful Winter Wonderland at Plymouth State University's Prospect Hall at 5 p.m. on Jan. 18. Tickets for the event are selling briskly at Chase Street Market, and you'll need to act fast to buy yours, because quantities are very limited!

For those new to the area, KTHO includes a silent auction, raffle, and buffet dinner supplied by our finest area restaurants and their chefs. First held in 2006, KTHO was lucky to bring in over \$10,000 for fuel assistance to local families in the early years, but fundraising has increased to over \$50,000 in each of the past 3 years—and the need has increased each year as well.

New auction items are coming in every day, including a wide variety of quality goods, services, and experiences! Jewelry, art, pottery, and fine wine are among



COURTESY

The decorating committee for the annual Keep the Heat On (KTHO) fuel assistance fundraiser is planning to welcome guests to a beautiful Winter Wonderland at Plymouth State University's Prospect Hall at 5 p.m. on Jan. 18.

the treasures that will tempt bidders as they peruse the auction tables. Reiki healing, massage, yoga, fitness classes, and health consultations will be available for the wellness-minded. We'll have gift certificates for such practical services as car washes, a wheel alignment (hit any potholes yet?), a bike tune-up, and a landscape consultation. Fun and adventure will be up for bid with certificates for

SEE KTHO, PAGE A9

NHTI Dean's List

CONCORD — The following local students have been named to the Dean's List at NHTI, Concord's Community College, in recognition of their academic achievement during the Fall 2016 term.

In order to qualify for the Dean's List, a student must be considered full time (registered for 12 credits or more) and have a GPA of 3.3 or higher.

Ashland
Sarah Matthews,
Hillary Rodriguez

Bristol
Allison Chapman

Campton
Lisa Currier, Corey Terrio, Megan Wigley

Holderness
Samantha Lally

Plymouth
Richard Fellows

Rumney
Jeremy Koutroubas

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time faculty and more than 300 adjunct faculty, NHTI, Concord's Com-

munity College, offers more than 80 academic programs to more than 7,000 students annually. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969.

INDEX

Volume 4 • Number 1

Opinion.....	A4
Obituaries.....	A5
Towns.....	A5,A9
Churches.....	A6,A7
Health.....	A7
Sports.....	A11-A13,A16
Classifieds.....	A14,A15

12 pages in 1 section
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Local outdoor enthusiasts kick off 2017 with hike at Wellington State Park

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — New Hampshire State Parks and Recreation sponsored five great First Day Hikes in the state, and on their list for outdoor fun on New Year's Day in 2017 were a few trails that start at Wellington State Beach in Bristol.

The state sponsored hikes, which also took place at Wentworth-Coolidge Mansion in Portsmouth, Silver Lake State Park in Hollis, Monadnock,



were intended as a means to introduce people to the trails and other amenities available at each of the scenic locations.

Aiding in the hike at Wellington State Park this year was the Pemigewasset Snow-
SEE HIKE, PAGE A10

DONNA RHODES

(Left) After hiking up Little Sugarloaf Mountain with their families last Sunday, six-year-old Kendall and her neighbor Mae, age eight, enjoyed some hot cider at Wellington State Park, courtesy of the Newfound Lake Region Association.

2016: The Year in Photos



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2016: The Year in Photos



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Mark on the Markets

Cash is a position



BY MARK PATTERSON

Couple weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates cash drag that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client's accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client's accounts where appropriate, and this is a tactic within a strategy that either gains revenue for the account, because I'm selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF's using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you

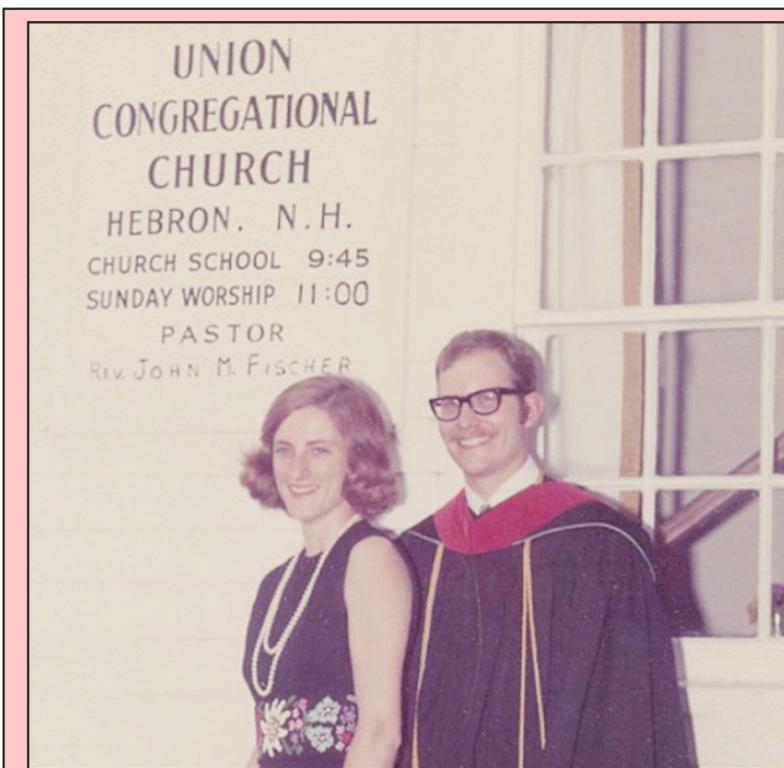
could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I've stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Mark Patterson is an advisor with MHP asset management, and can be reached at 447-1979 or Mark@MHP-asset.com.



COURTESY

Come celebrate local couple's service to Hebron Church

There will be an Open House in the Community Hall on Sunday, Jan. 22, from 1 to 5 p.m., to celebrate the Fischers' 44-plus years of dedicated service to the Hebron Church and our greater community. Everyone is invited to join us in congratulating John and Linda as they retire as our esteemed pastor and music minister. For more information, please contact the church office: staff@hebronchurchnh.org or 744-5883.

North Country Notebook



By JOHN HARRIGAN
COLUMNIST

As someone who lives on a country road, a question I'm sure to get before a big snowstorm is "Are you going to be able to get to town?" One implication is that I have some abiding need to get to town, which I don't, but the real implication is that my road will be impassible.

Quite the contrary. "My biggest challenge is getting from my barn to the road," is my standard reply. "The road's always in good shape." Which it is.

I have a mid-size tractor with a bucket loader, but this kind of rig is no good for clearing a big barnyard and long driveway. For this, I rely on a neighbor who plows commercially.

However, he has a long list of customers to take care of, so I always tell him "Plow me last." This is partly because I'm in no hurry to get anywhere,

A big snowstorm? No problem: The snow roller will come along



COURTESY

"The Road Roller," by Rockwell Kent (1909), depicts a snow roller and crew in a heroic scene, which was an actual fact of life on the farm.

and partly because I want to get doorways and the outdoor furnace and woodshed all cleared out, and move the snow into his path before he gets here.

Some people from more urbane areas think I'm kidding about the road, but I'm not. During a typical extended snowstorm that promises to dump some substantial snow, I'm sure to hear the town plow rumble by at

SEE NOTEBOOK, PAGE A10

COURTESY

(Left) When farm families began expecting roads to be cleared for cars and trucks, all kinds of early contraptions were tinkered up.



COURTESY

Plows drawn by horses or oxen were cumbersome affairs, had to be weighted with rocks, and were no good in deep snow.



Newfound Landing

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

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Letters to the Editor

Where is the evidence to support Bristol's portrayal as a dangerous place to live?

To the Editor:

Isn't this interesting? The Town of Alexandria wants to disband its Police Department and join up with Hill to save costs. We, Bristol, on the other hand, want to expand ours or have some grandiose idea to become some sort of regional police force; what could possibly go wrong!

A recent report issued by NH1 News indicated that Bristol was ranked as the 14th most dangerous New Hampshire town to live in; that's quite a distinction. This article was based on reported incidents happening in Bristol and supplied to the FBI from our, I assume, Police Department. I don't know about you, but where or what are driving these FBI statistics? Has anyone heard of or seen any incidents suggesting we are undergoing some sort of crime wave? If our neighbors were having similar problems, do you think they would be considering reducing the size of their police department!

I enjoy living in Bristol, except for these outrageous taxes. This NH1 TV News report reflects badly

on our town. Don't you think that our Select Board should show a little more concern about how Bristol is being portrayed? I am sure anyone considering moving to Bristol would want to know if they are moving to a safe environment.

On the other hand, what if the facts don't support the data being supplied; shouldn't we be concerned about that, too? I would like to see the Select Board at least verify what is going on in order to rebut the NH1 News report or find out if we have a problem with reporting crime data. If we do, it needs to be addressed immediately, and our Select Board will need to correct it.

On the tax side, Alexandria has three police officers and spends less than \$200,000 to serve 1,610 residents, and Alexandria wants to reduce it. I'll let you figure out if Bristol's 11 men, \$1.1 million dollar Police Department is a bargain for Bristol or not.

Thank you, and Happy New Year to everyone!

Ernie Richards
Bristol

Betty L. Havlock, 68

HOLDERNESS — Betty L. Havlock, 68, of Holderness, died peacefully at home on Dec. 30, 2016, surrounded by family and loved ones after a courageous battle with cancer.

Betty was born at home in Holderness, on July 23, 1948, to the late Gladys (Whittemore) and James B. Merrill.

Betty would often be seen around at local stores purchasing scratch tickets. She loved spending time with her family, friends and especially, her grandchildren. She was forever thinking of them, and picking up some little thing she knew they would enjoy, such a favorite drink or treat. The word "No" did not exist at Gram's house, especially when it came to raiding the always fully stocked candy bowl. She loved being with her family and telling stories; her quick wit and humor will be greatly missed as she was certainly the life of every family gathering. She cherished her beloved Shar-Pei dogs: King Kong, Akella and Buddy. Betty enjoyed fishing, playing games, adding additional scents to her supply of Yankee Candles; bargain shopping (she was always on



the hunt for a great deal) with her daughter and siblings; she enjoyed the bartering and lively conversations that took place while holding or attending yard sales; road tripping to Foxwoods with her siblings and family. Most of all, she was the happiest when she was surrounded by family and friends. Betty was a beloved mother, grandmother, wife and sister. She will be greatly missed by all who were fortunate enough to know her.

She is survived by her husband, Richard Havlock; her son, Guy B. Torsey, and his wife, Karen of Bridgewater; daughter Tammy Pierce and her husband, Kenny of Ashland; son Shawn Torsey, and his wife, Angela of Campton; step-children, Stella Smith, and her husband, Kent of Holderness; Carrie Graton of Ashland; Jessie Havlock, and his wife, Karen of Thorn-

ton; Richard Havlock, Jr., and his wife, Sandra of Dorchester; Rodney Havlock, and his wife, Tammy of Wentworth; brothers James (Jimmy) Merrill of Holderness, John Merrill of Holderness, Robert Merrill, and his wife, Gloria of Campton, Allen Merrill, and his wife, Florence (Chicki) of Holderness, Edward Merrill, and his wife, Vicky of Ashland; sister, Eleanor, and her husband, Benny of New Hampton; her grandchildren, Heather and Chelsea Martell, Hunter and Isabelle Torsey, and Skyler and Isaac Torsey; 18 step-grandchildren and one step great-grandchild.

Calling Hours were held in the Mayhew Funeral Home, 12 Langdon St., Plymouth, on Wednesday, Jan. 4, from 6 to 8 p.m. A Spring graveside service will be held on April 28 at 11 a.m. in the Blair Cemetery, Campton.

In lieu of flowers, memorial gifts in honor of Betty's life may be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03246.

To view Betty's Book of memories, go to www.mayhewfuneralhomes.com.

FRANKLIN — Shirley Kimball, 80, formerly of Meredith, passed away on Sunday, Jan. 1, 2017 at Mountain Ridge Nursing home in Franklin.

Shirley was born on Jan. 5, 1936 in Laconia, the daughter of Harry and Agnes (Eryou) Horne.

Shirley grew up in Meredith, attending Meredith Schools. After graduating from school, she married Randolph, raising her seven children. Shirley was known as the neighborhood "mom," not only raising her own children, but nurturing other neighborhood children. While busy working as a neighborhood mom, she worked briefly at Amatex in Meredith.

Shirley is survived



by her son, Wayne Kimball of Bristol; Charles "Rusty" Kimball and his wife Sheila of Louisville, Ky.; Pamela Wyatt and her husband Lawrence of Concord; Sherry Reed and her husband William of Laconia; Brenda Marceau and her husband Mark of Meredith; her brothers, Kenneth Horne of Tennessee, Alvin Horne and his wife Ruby of Tennessee, and Albert and his wife Lou-

ise of Tilton; her eight grandchildren and 18 great-grandchildren.

Shirley was predeceased by husband, Randolph; her two sons, Gary and Jerry; her parents; and her brother, Herbie.

Calling hours will be held on Saturday, Jan. 7, 2017 from 10 a.m. to noon at the Mayhew Funeral Home, 204 D.W. Highway, Meredith, NH 03253. A Spring graveside service will be held in the Oakland Cemetery Meredith Center Road, Meredith, on Friday, May 26, 2017 at 10 a.m.

The Mayhew Funeral is assisting the family with arrangements. To view Shirley's Book of Memories, go to www.mayhewfuneralhomes.com.

Susan M. Tolcser, 53

BELMONT — Susan M. Tolcser, 53, of 12 Jodi Drive, died Monday, Dec. 19, 2016 in her home after a sudden illness.

She was born on April 24, 1963 in Laconia, the daughter of Richard L., Sr. and Bernice (Forsyth) Richardson. She received a Bachelor's degree in early childhood education and worked as a home visitor for Early Head Start. Susan truly enjoyed her job and was passionate about it. A lover of music, she also worked at Meadowbrook in Gilford. She enjoyed shopping, drawing, painting, arts and crafts and decorating. She especially loved spending time with family, especially her grandson, Theodore. Susan had a loving personality and a contagious smile.

She is survived by her mother, Bernice Blais of Union Mills, S.C.; one son, Christopher Richardson, better known as Christopher Waterman, and his fiancé Devyn Racicot of Alexandria, and their son, Theodore Richardson; her daughter,



Jonelle Waterman and her fiancé Nicholas Milliken of New Durham; three sisters, Jennifer (Blais) Winward of Preston, Idaho, Donna (Richardson) Timmins of Laconia and Annette (Richardson) Verschoor of Clifton, Maine; one brother, Richard L. Richardson, Jr. of Moyock, N.C.; one step-sister, Brenda (Blais) Kenney of Belmont; two step-brothers, Scott Blais of Ft. Myers, Fla. and Carl Blais of Laconia; aunts, uncles and numerous cousins, nieces, nephews and friends.

In addition to her father, she was predeceased by her husband, Christopher R. Tolcser; her step-father, Eugene W. Blais; her brother, Tony Richardson; and one step-brother, Dennis Blais, Sr.

Calling hours were held from 5 to 7 p.m. on Wednesday, Dec. 28, 2016 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

Memorial services and burial were private.

In lieu of flowers, in honor of Susan's memory, share a smile and brighten someone's day.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Towns

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Farmers' Market

This Saturday, Jan. 7, is the Danbury Winter Winter Farmers' Market. Stop by the Grange Hall on North Road from 9am-1pm. There will be breakfast sandwiches, soup, a crock pot meal and hotdogs served. Vendors will have crafts, meats, farm fresh eggs, veggies, jams/jellies/relishes, bakery items, cards, milk, cheese and yogurt, honey, jewelry and soap. If your feet are cold, drop by to get a warm pair of wool socks, knitted by Margaret Hoyle on her antique knitting machine.

And there is snow on the sled trails so go out for a snowmobile ride and stop at the market.

Broadband News

The Danbury Expansion Committee has put much time into improving town coverage. Please help spread the word of this opportunity to your neighbors. The committee has been working with vendors and is pleased to bring this offer of potential service from New England Wireless Company (NEWCo) to our residents.

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

ly gaming and 1 HDTV quality streaming video. 12 x 3 Mbps more combinations of the choices below.

Estimated Costs:

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

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

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

Your next step if interested

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

results are inaccurate) If you can't do this, a committee member will assist you.

Once the committee has confirmed the number of interested potential customers and determined their latitude/longitude, NEWCo will generate a preliminary network design that delivers the desired level of service and is cost effective for all.

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

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

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

January 7th is the next Community Breakfast in Community Hall at the SEE TOWNS, PAGE A9

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ADMINISTRATIVE ASSISTANT

The Town of Hill, NH has a part time (15-20 hours per week) immediate opening for an Administrative Assistant/Bookkeeper for the Selectmen's Office. This position serves as the first point of contact for the Board. QuickBooks experience extremely helpful. Must be able to handle interaction with the public in a professional manner and be available for evening meetings as needed. Please send resume and cover letter to

Town of Hill,
30 Crescent St. Suite #1,
Hill, NH 03243 or
hillselectmen@comcast.net.
Position open until filled.

New to YOGA?
Want to learn and experience the health benefits?

The following classes at our studio are great for beginners:

- Monday: 6 pm - Six Week Beginners' Series (sign-up required, starts Jan 9)
- Tuesday: 6 pm - Yoga Basics
- Wednesday: 9:30am - Traditional Hatha Yoga
- Thursday: 6pm - Restorative Yoga
- Sunday: 9:30am - Gentle Yoga

Other classes available. Go on-line or call for more information.

Blissful Lotus Yoga
75 Main St, Plymouth
www.yoga-nh.com • 603-726-1013
blyogaclasses@gmail.com

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland,

(across from Shurfine Market). Parking is available behind the church.

Sundays - 9 a.m. - Traditional Worship Service followed by coffee/fellowship in the church dining room 9:25 a.m. - KidZone for K - grade 6

11 a.m. - Contemporary Worship Service 11:15 a.m. - KidZone for K - grade 6.

11:15 a.m. - Youth Sunday School.

"Toddler Zone" is available at both services for infants -age 5

Before the contemporary service please join us for coffee and healthy snacks.

New Sermon Series starts Jan. 8 "Making Change"

Do your finances bring you fear or freedom? Whether you're digging out of debt or planning for your future, now is the time to build a foundation that endures. Investing in a brighter tomorrow starts by Making Change today. This four part series covers

Biblical truths about finances, and how to find freedom in a debt-saturated world.

We are hiring musicians to play in a band at the 11 a.m.

Contemporary Worship Service

We are looking to hire:

- Vocals
- Guitars
- Keyboard
- Drums and More

If interested please contact Aaron Stout at or

email him at aaronfuzion@gmail.com

Axyon Youth Ministry, for grades six through 12,

Friday's from 6:30-8:30 p.m. at Mill #3 (39 Winter St.).

just around the corner from the church. This youth ministry will be meeting every

week and is led by our new youth and worship pastor, Aaron Stout

along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland but surrounding towns as well.

Spread the word and bring your friends.

Small groups/Bible studies

There are numerous small groups that meet during the week.

Different topics, different times, different places. Please contact

Pastor Ernie Madden for more information.

Mondays:

8 p.m. - Alcoholics Anonymous Group meets in the church dining room.

It is our desire to help you understand God's incredible grace and

love. If you have any questions please call Pastor Ernie Madden

at (office phone number)-, (home phone number)-

or his cell phone at. You can also email him at

accernie@hotmail.com or visit the church website

ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a

friendly, loving and caring church that studies and shares the word of our Dear

Lord and Savior. Our vision is to become a church that un-churched people will love

to attend. Our mission is to lead people to live and love like Jesus and to help

others to do the same. Real church, real people, real simple.

We look forward to seeing you on Sunday

And remember

Just come as you are — no perfect people allowed!

Christian Science Society, Plymouth

Day of Rest James W. Elliott

Now is the time approaching,

By prophets long foretold,

When all shall dwell together,

One Shepherd and one fold.

Now Jew and Gentile, meeting

From many a distant shore,

Around one altar kneeling,

One common Lord adore.

Let all that now divides us

Remove and pass away,

Like shadows of the morning

Before the blaze of day.

Let all that now unites us

More sweet and lasting prove,

A closer bond of union,

In a blest land of love.

Sunday at 10 a.m., we hold our weekly service, and Wednesday at 6 p.m., we hold our testimony meeting for sharing gratitude for healing and what we've learned from Christian Science based on the lessons of the Bible and the teachings of Jesus. You are always welcome. You will find us at 7 Emerson St., just off of Highland.

Family Worship Center Ply. Assembly of God

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

Thursday, Jan. 5

Thursday, Jan. 5, 6:30-7:30 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys, elementary through high school; Mpaact Club for girls, preschool through high school; Youth 4 Truth HighSchoolBibleStudy. Do come for this great time of fellowship and learning.

Saturday, Jan. 7

Saturday, Jan. 7, 10 a.m., the monthly Ladies Bible Study will be held at the church. All ladies are invited.

Sunday, Jan. 8

Sunday, Jan. 8, our regular Sunday schedule will resume: 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school

through Adult Bible Studies. 10:00: Sunday morning service. Children's church during the morning service for ages 3-K, and grades one through four. The monthly fellowship luncheon will follow the service. Please bring food to share. 5 p.m: Prayer meeting. "You do not need any experience in order to pray, only faith and trust in Jesus our Lord." You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Looking Ahead Monday, Jan. 16

Monday, Jan. 16, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, Jan. 28

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

Other announcements

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

Our mission statement

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

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

Holy Trinity (Roman Catholic)

Online giving

If you are interested in becoming an online giver, please go to our Web site, holytrinityparishnh.org, and look under online giving. Any information you need to get started will be available to you right there..

Parish database updates

Have you moved recently, or changed your email address or phone number? Please let us know so we can keep you up to date with parish events and schedules. Sandy (Plymouth office) 536-4700, holytrinitynh@gmail.com. Chris (Bristol office) 744-2700, holytrinitybristol@gmail.com.

The Knights Of Columbus monthly break-

fast will be held on Sunday, Jan. 8 at St. Matthew Hall Plymouth

The Liturgy Committee would like to thank all those who gave of their time and talent to make our Advent and Christmas liturgies as meaningful as they were at all locations. We thank all the decorators, proclaimers, singers, Eucharistic ministers, servers, ushers, greeters and all those who worked in the background in preparation and planning. We are all blessed by your willingness to serve our parish.

Wills and bequests have been very helpful to Holy Trinity Parish over the years, and we hope they will continue to assist the parish in its good work in the present and in the future.

Kairos Ministry "I was in prison and you visited me..." Matthew 25:3

The Kairos ministry is a three-day weekend during which a team goes into the state women's prison and through talks, prayers, meditation and songs helps the "residents" understand that God truly loves them. They also learn about forgiving others that have harmed them and forgiving themselves. Most of them do not know God or Jesus Christ in a loving and forgiving way.

This women's ministry was established in 2013 for the New Hampshire State Prison for Women in Goffstown. Your prayers are welcomed and needed.

The team brings approved supplies and food for the residents during this wonderful weekend. If you are interested in helping this ministry, which is self-supporting or finding out more about Kairos, please contact Sandy Hauser at 536-4700 or holytrinitynh@gmail.com.

Red Cross Blood Drive Tuesday, Jan. 24

Simard Hall 1-6 p.m. Register online at www.redcross.org

Tax letters

Tax letters will be available by request at the beginning of the new year. Please email Chris at holytrinitybristol@gmail.com or call 744-2700 to receive by email.

Weekly Meetings

Thursday, Jan. 5

Day Away, Simard Hall, 9 a.m.

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

Bear Meeting, St. Matthew Meeting Room, 5 - 6 p.m.

Sunday, Jan. 8

Knights of Columbus Breakfast, St. Matthew Hall, 7 a.m.

Faith Formation: Ashland/Plymouth: 9:15 - 10:45 a.m., St. Agnes Hall

Bristol: Confirmation:

Bristol: 9:30 a.m. - 12:15 p.m. - Marian Center

Plymouth: 10:15 a.m. - 12:30 p.m. (including Mass)

Boy Scout Meeting, St. Matthew Hall, 5 - 7:30 p.m.

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

Church of the Holy Spirit Episcopal

Our joyous Christmas season will cumulate with the visit of the Wise Men on the Epiphany, Jan. 8.

Epiphany Service and Visiting Bell Choir

All are invited to our Epiphany service for this Sunday, Jan. 8. Church of the Holy Spirit will be hosting the Thornton Central School Bell choir. They will be performing at the 9:30 service. We so enjoy this annual performance and want to thank their music teacher, Andrea Charbonneau and the students at TCS.

Episcopal Church Women with Men Invited

Their next meeting will be on Thursday, Jan. 5 at noon in Griswold Hall. They have invited the ECW group from Trinity Episcopal Church in Meredith to a Yankee Swap and a brown bag luncheon. But even though attendees need to bring their lunch, the dessert will be provided by the Church of the Holy Spirit ECW. This is an annual event which brings together two groups who work to improve and help the lives of people in their communities. This year they have added a new twist by inviting men to their meeting. So come along for good desserts and a fun time.

Donations for Our Local Food Bank

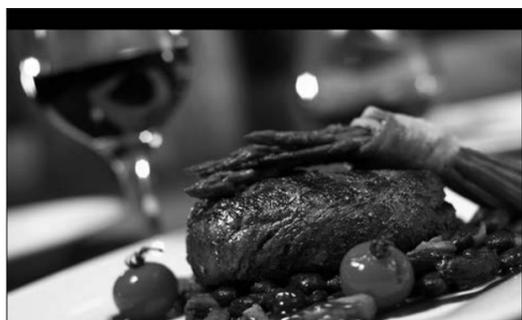
Local food banks are always looking for donated canned goods, and CHS has a collection basket at the church for you to donate! Think of what one can of soup or fruit a week from each of us could do! You may bring items directly to the Food Bank (located at the Community Closet, across the street from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

Our Annual Meeting

Church of the Holy Spirit will be having its Annual Meeting on Sunday, Jan. 29. This is a very important meeting for parishioners to voice their thoughts about the future of our congregation. So, although it is not happening for three weeks, it will be here before we know it. So save the date and come and share your thoughts.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work



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Safe snow removal for seniors: Find help, or follow best-practices

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

When the snow falls and accumulates, emergency room professionals can be assured of one thing - it's likely they will see an increased incidence of injuries related to snow removal. The injuries run the gamut in severity and can range from strained backs and broken bones, to serious cuts and even fatal heart attacks. According to the 2009 U.S. Consumer Product Safety Commission, about 16,500 people in the U.S. were treated in hospital emergency rooms for injuries sustained when trying to

remove snow.

Many people, especially seniors, can underestimate the time, strength and stamina it takes to shovel snow. But, according to Geri-carefinder.com, it is a homeowner's responsibility to clear snow from sidewalks on his or her property, so seniors often feel compelled to take steps to shovel the snow. Moreover, if an emergency vehicle needs to access a house and the snow is not cleared, it could cause a significant delay in necessary treatment. Experts recommend that seniors and others who may have physical challenges find help removing

snow from sidewalks, driveways and entryways. Here are ways to find a qualified individual or company to shovel snow:

Call the Better Business Bureau or visit its website for reviews of qualified professional snow removal services.

Ask neighbors if they can recommend a neighborhood teen who will shovel snow for a fee. The fee can range from \$10-\$20, depending on the area to be cleared.

Call a local church. Some churches have volunteers who help with snow removal for shut-ins.

Call the local city or

town administration office. Local government offices may have special programs.

Seniors, and others with physical challenges, should never remove snow manually without a doctor's approval. Reviewing safety tips before the first snowflake falls can prevent both minor and serious snow-removal injuries. Here are four important considerations:

Snow shoveling

Even for those who exercise regularly, shoveling snow is rigorous, physical work. According to the American Academy of Orthopaedic Surgeons, shoveling is considered an intense activity that raises one's blood pressure and heart rate. Here are some tips for seniors - and others - for shoveling safely:

- Dress appropriately. Wearing layers will allow for adjustment to the temperature outside. Be sure to dress warmly enough and cover the head, face and hands when outside for prolonged periods of time.

- Pick the right waterproof boots. Protect feet from the cold and keep them dry with waterproof boots. Non-skid boots help guard against falls on slick snow or hidden ice.

- Pick a small shovel. Depending on how wet the snow is - a shovel full of snow can weigh up to 15 pounds! Select-

ing a smaller shovel means lighter loads of snow, which can help prevent injury to the body by creating less strain.

- Stay hydrated. Water plays an important role when people exercise in the summer or winter. Having a water bottle handy just inside the garage and taking a few sips after every 15 minutes of shoveling snow will help guard against dehydration.

- Shovel frequently. If a big storm is forecasted, go outside and shovel every time the snowfall is about 2 inches. This will help lessen the load and make snow shoveling more manageable.

- Set a time limit. Shoveling snow is a hard work, so take a break after 20 - 30 minutes of shoveling and resume after having rested.

- Lift with the legs, not the back. The legs have very strong muscle groups so make sure the legs carry the brunt of the lifting. Bend and straighten the knees when shoveling and make sure the back is not bending.

- Push the snow. It's easier to push the shovel full of snow instead of lifting and throwing the snow.

- Separate the hands on the shovel. Creating space between your hands can increase leverage on the shovel to make it easier.

Avoid caffeine and nicotine before shoveling. Caffeine and nicotine act as stimu-

lants to our bodies by increasing the heart rate and constricting blood vessels, which puts more strain on the heart.

Never shovel alone. Let a spouse or neighbor know you will be shoveling. That way, if a person does get into trouble someone will be looking out and can call for help quickly.

Roof Snow and Ice Removal

An ice dam can form when water from melting snow re-freezes at the edge of a roofline. If it grows large enough, an ice dam prevents water from draining off the roof. If water backs up underneath the roof shingles, it's likely to make its way inside. Here are tips to avoid ice dams:

- *Ensure areas around downspouts are clear so gutters drain properly.

- *Ensure the attic is well insulated. Before winter arrives, seal areas that can cause trouble such as vent pipes, exhaust fans, chimneys, attic hatches and light fixtures.

- *Install a water-repellant membrane underneath roof shingles.

Utilizing Snow Removal Equipment

Many people who live in climates that get a lot of snow rely on machines such as snow blowers to remove snow. While these machines are useful and efficient, they can be

SEE SNOW REMOVAL, PAGE A10

Churches

FROM PAGE A6

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

"May I know the circle of love into which I was born.

May my life make the circle wider and wider,

Starting with my family and these friends, starting today."

Betsy Darr

Sunday, Jan. 8, 9:30 a.m. The Care and Keeping of the Inner Prophet: Using Beauty and Love to Sustain us in Challenging times Rev. Dr. Linda Barnes, Worship Leader

We can use beauty and love as a way to hide from the world or we can use them to provide inspiration and courage to be the change we want to see in the world. Join us as we explore how to keep on track as a people who Stand on the Side of Love.

Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Pre-school-Kindergarten: Chalice Children- Core Message- Our church is a place where we learn to help others.

Room 2: First-Third grade: In Our Hands- Core Message- It gives us joy to plant and grow flowers and plants.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Message- Understanding the difference between our own privilege and our skills is important.

Middle school: Neighboring Faiths- The youth begin an introduction to the Episcopal church and faith.

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

Social Justice Community Outreach This month's outreach is to help our Youth Group prepare financially for their expensive trip to Nicaragua in February. They have been

working for well over a year doing fund raising for this amazing trip. The January Outreach collection will go a long way to make this happen and the group is grateful to the Fellowship for their constant support.

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

Ongoing activities

Choir meets on most Thursday evenings, 7:00-8:30 pm in the sanctuary, but not during the holidays.

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

See Activities committee on the Web site at www.starringfellowship.org, where you can access the up to date calendar of events.

1st Friday morning Breakfast Group will not meet this month, as the school is on break and PSU dining hall is closed. Contact Deedie at cdkriebel@gmail.com for more information.

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

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Check the SKUUF activity calendar for topics of an upcoming session or email Betty Ann to be placed on mailing list. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday at 10:30 a.m. The New Year begins with meetings on Jan. 11 and 25.

Starr King Men's Group will meet 6-8 p.m., on the third Sunday only in classroom #3 downstairs. This is not a closed group so any interested male can attend. Feel free to drop in.

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

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

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

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When You Retire, Where Can You Find Investment Income?

As an investor, your main goals will change at different times in your life. During your working years, you need to grow as many resources as possible for retirement. Once you retire, however, you will likely need to focus more on getting income from your investments. But what are your options?

There's no shortage of income-producing investments, of course. You might immediately think of bonds, which can provide regular interest payments and probable preservation of principal, provided the bonds are considered "investment grade." Still, if interest rates are low when you retire - as they have been for several years now - bonds might not provide you with as much income as you need. And just as importantly, the income you receive from most bonds won't rise over time, leaving you susceptible to inflation and the loss of purchasing power.

Consequently, you may also need to explore other types of income-generating vehicles, including dividend-paying stocks and real estate investment trusts (REITs).

Some stocks have not only paid but also increased their dividends for many consecutive years. These stocks have historically

provided the potential for rising income to help combat inflation and are typically well-run companies that strive to reward their investors. Nonetheless, you need to recognize that even these stocks are not obligated to pay you dividends, and they are free to lower or discontinue them at any time without notice.

Now, let's turn to a second type of potential income-producing asset: Real estate investment trusts (REITs).

Different types of REITs are available. For example, equity REITs invest in and own commercial properties, such as hotels and shopping centers, while mortgage REITs, as the name suggests, own and invest in property mortgages. Is one form of REIT better than another? There's no simple answer. On the one hand, mortgage REITs are considered riskier than equity REITs. However, mortgage REITs often pay quite large dividends, although the payout can be inconsistent. (Like all REITs, mortgage REITs must pay 90% of their taxable income to investors in the form of dividends. Due to this requirement, REITs generally need to raise capital to finance their growth plans, and this necessity can affect their share prices.)

Other factors, such as changing interest rates, will affect the value of mortgage and equity REITs differently. Specifically, rising interest rates will likely cause the market value of the property mortgages inside mortgage REITs to fall, whereas equity REITs, which own actual buildings, might actually benefit if the Federal Reserve raises interest rates, as such a move would indicate a strong economy, more jobs and greater demand for office space. In the short term, though, even equity REITs can react negatively to an interest-rate increase. But over the long term, this movement can be offset by the benefits of earnings and dividend growth driven by a growing economy.

Clearly, there's much to think about when considering potential income-producing options such as bonds, dividend-paying stocks and REITs. Ultimately, you will need to weigh the merits and risks of these investments - including interest rate risk, credit risk and market risk - and determine which of them, or which combination of them, are most appropriate for your needs.

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

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

Jacqueline Taylor, Financial Advisor, at **279-3161** or email Jacki@Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith.

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

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2016

FROM PAGE A1

once more was the Downtown Decorating Committee, with contributions from the Pasquaney Garden Club. The committee's volunteers filled the square with hundreds of beautiful hanging flowers, lovely gardens and holiday decorations. Adding to the beauty downtown this year was the addition of a small micro-park on the river's edge, constructed through the efforts of local Eagle Scout candidate Reed Wilson of Bristol.

Further making the news in 2016 was the promotion of Ben LaRoche as the town's new Fire Chief, while the Bristol Police Department welcomed their newest member, Arro, a K9 who was sworn in for his role as a patrol member and community ambassador during Old Home Day celebrations in August.

In Alexandria, the annual church fair, craft fairs and the annual Alexandria Fire Department Labor Day Pig Roast all took place and this year a free Thanksgiving Day dinner was hosted at the Old Town Hall, courtesy of the Alexandria United Methodist Church. The Conservation Commission was also busy with work on the new Town Forest and an information kiosk at the Barrett Conservation area on Bog Road.

Boy Scout Dustin Bucklin was also recognized in an Eagle Scout Court of honor for his restoration and cleanup of several cemeteries in Hill Village.

Bridgewater held their Old Home Day activities on Aug. 20 when everyone feasted on their traditional Bean Hole lunch, enjoyed visiting with neighbors and friends and gathered for their annual community photo.

The town also congratulated some heroes from the Bridgewater Fire Department who saved a resident's life. Chief Donald Atwood presented "Save" pins to EMT Ginny Merrill, EMS Director Jake Fog-

arty, FF/EMT Thomas Moore, Jr., and Police Chief/EMT/FF George Hill for their actions that saved the life of Richard Cunningham when he experienced a heart attack in July. It was the first "save" for the department since receiving their new cardiac monitoring equipment.

"It requires a lot of team effort to accomplish this," Atwood said. "Only five-to seven-percent of people survive this type of an emergency. Great job!"

Danbury residents enjoyed their 102nd Grange Fair in September. The day was filled with lots of delicious foods, agricultural exhibits, a horseshoe tournament, ox pull, fun and challenging games for children and vendors who offered locally made goods. Inside the Blazing Star Grange Hall there was also a Dutch Auction, a silent auction and even more foods to enjoy.

A parade, featuring "Famous Persons in American History," was a real crowd pleaser as the likes of the Kennedy family, Abraham Lincoln, Bonnie and Clyde and several movie favorites made their way through the village. Following the parade was Danbury's highly entertaining Bed Race before the evening was capped off with a community dinner, music and a live auction.

Danbury Grange also received recognition from the New Hampshire State Senate in December for the success of their monthly winter farmers' market, now in its 10th year.

Another headline event last year was a Garden and Farm Days, sponsored by the Danbury Historical Society. Held in August, the two-day event included site visits, talks and demonstrations on many forms of agriculture.

Hebron once again kept residents and visitors entertained with their summer concert series at the town gazebo. After a sunny day on the lake, Saturday evenings found everyone gathered on the village

green where dinner was available along with free popcorn and many a great night filled with camaraderie and fun.

The annual Hebron Church Fair is known for drawing shoppers from all over and 2016 was no exception. On July 30, the green was filled with more than 100 vendors, children's games, delicious pies, a barbecue, live music and even pony rides for the little ones. "Honest John" Fisher again oversaw the bidding for the live auction that not only provided successful bidders with incredible bargains but also raised a great deal of money for Union Congregational Church.

In November, the village was also the site of a solemn Veterans' Day ceremony, sponsored by the Hebron Historical Society and featuring guest speaker U.S. Marines Lt. Col. (ret.) Val Scarborough and members of the local Girl Scouts and VFW Post 10640.

The Year 2016 was a special one in Hill. Their Old Home Day celebration, typically held once every five years, was back again last summer as residents acknowledged the 75th anniversary of their unprecedented relocation in 1941 from the banks of the Pemigewasset River to higher ground. The move was brought about by the construction of the Franklin Falls Dam and the celebration this year acknowledged many of the historic buildings that were moved and still hold a significant place in the village today.

Grand Marshal for the parade was Carlene Eaton, a lifelong resident of both Old Hill Village and new Hill, and a ceremony followed in which a flag that once flew over Old Hill Village was displayed. As an added treat, the road through the old village was opened for people to take a drive and reminisce as they passed by former foundations and signs marking the site of several landmarks.

Besides all the activities, 75 people also participated by creat-

ing "Isaac Hill" bears, named for the town's founder. Wooden cutouts of a bear's silhouette were decorated by families, businesses and school groups then brought to the Town Pond to be placed on display during the Aug. 20 celebration.

Throughout the day there was also live music, vendors, a pie competition, book sale and plenty of great food. The evening hours included a street dance by the town's pond and the day wrapped up with a beautiful fireworks display.

Another notable day in Hill took place on Feb. 4, when Mildred Burnham Lindsay turned 100 years old and a lively party was held in her honor at the family farm where she has lived for decades.

New Hampton had a great year as well. The Gordon Nash Library was the scene of many community events, such as story times, book signings, and many historical presentations.

The Garden Club was busy throughout the spring and sum-

mer, planting gardens, filling flower barrels and keeping everything bright and growing in the town.

Girl Scouts from New Hampton Troop 11161 hosted a community Easter Egg Hunt last Spring and also organized a special family fun day, which was held at Kelley Park in Bristol.

August found volunteers working hard to prepare a bean hole supper for Old Home Day when residents past and present enjoyed not only the fruits of their labor but live music from the East Bay Jazz Ensemble, raffles and tours of the Historical Society's museum.

The Life Safety Building was also the site of another day of summertime community fun. Both the police and fire departments had interesting and informative hands-on safety demonstrations available and even rolled up their sleeves and cooked hamburgers and hot dogs for all their visitors.

Other region wide events in 2016 includ-

ed the Run Your Buns Off fundraiser for local nonprofit organizations, the Turkey Trot at Newfound Grocery, Apple Festival, and the Santa Fund benefit for local families.

Without a doubt, naming all of the outstanding occurrences that took place in the past year is an overwhelming task. While not all have been included here, that by no means indicates that other events and achievements were not just as meaningful. It simply goes to show that so many great things take place in the region that they can't all be listed in one article. To all who gave of their time and talents to make their community a wonderful place to live, work and play, we thank you and urge you to continue in your endeavors in 2017.

We at Salmon Press would also like to wish everyone a safe, prosperous and Happy New Year as we look forward to reporting on more of the Newfound Region's incredible community spirit in the year to come.

KTHO

FROM PAGE A1

fine dining, skiing, golf, ziplining, boat rentals, and sporting events. Escape from the ordinary with a bid on a getaway to Little Squam, Nantucket, or Disney World. The choices are too numerous to list, but we promise there will be something for everyone!

The ticket price is just \$40, a great value for an evening of socializing and fun

that raises money for local families in need of home heating fuel assistance. Tables for groups of eight can be arranged by calling Susan Messinger at 707-9684.

The KTHO Committee extends their gratitude to our hosts, Plymouth State University and Sodexo, to all of our fabulous restaurants, and to the individuals and businesses who have joined the fuel assistance effort as sponsors and

auction donors. A very special "thank you" to the Plymouth Record Enterprise for helping us to get the word out to the community!

KTHO is organized and sponsored by the Plymouth Area Democrats, partnered with the Plymouth Area Community Closet in their continued mission to provide assistance to our neighbors. Keep the Heat On—and the fuel assistance it helps provide—are entirely non-partisan.

Towns

FROM PAGE A5

Union Congregational Church. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served

from 7:30 - 8:45 a.m.

Please Join Us in Congratulating the Fischers

There will be an Open House in the Community Hall on Sunday, Jan. 22, from 1 to 5 p.m., to celebrate the Fischers' 44-plus years of dedicated service to the Hebron

Church and our greater community. Everyone is invited to join us in congratulating John and Linda as they retire as our esteemed pastor and music minister. For more information, please contact the church office: staff@hebron-churchnh.org or 744-5883.

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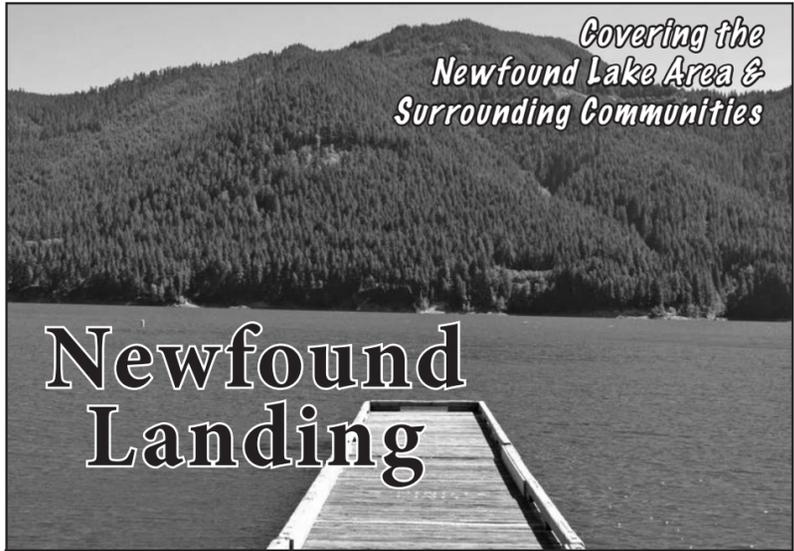
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DONNA RHODES

Doreen and Rick Collins of Franklin were joined around a campfire by New Hampshire State Parks and Recreation employees Parker Borgholm and Evan Collins following the First Day Hike held at Wellington State Park last Sunday afternoon.

Hike

FROM PAGE A1

mobile Club who packed down the trails along much of the way.

"We brought our groomer out and took care of all the places where the hiking trails crossed the snowmobile trails. We just couldn't take our groomer all the way up Little Sugarloaf but there were still good conditions heading up there," said club member Mike Butler.

Another organization that took part in the day was the Newfound Lake Region Association and their frequent partners, the Lakes Region Conservation Trust. The tow organizations recently teamed up with them to help preserve Grey Rocks Conservation Area and the Goose Pond property, which lies just a short hike from Wellington State Park.

"We're out here today to let everyone know what we're all about and introduce them to our efforts to preserve the beauty of Newfound Lake and the surrounding forests and lands," said NLRA's Executive Director, Boyd Smith.

Hikers last Sunday afternoon were enthusiastic about not only their adventures up the ridge of Little Sugarloaf, but all they saw and learned from the experience.

Andrew Veilleux of NLRA helped guide one group of hikers who were new to the region and

they returned to Wellington State Park, thrilled with the adventure.

"We couldn't have asked for a better guide than Andrew and we had a really great time," said Doreen Fortier of Franklin. "When we got to the top we even saw two bald eagles flying over the lake. It was really amazing!"

Fortier was accompanied by her husband Rick and both said they signed up for the hike in an effort to explore more of the beauty that central New Hampshire has to offer. They, like most others who took part in the day, said they would be back in the future.

Hebron residents Allan and Margaret Russ said they were very happy with their snowy hike up Little Sugarloaf and looked forward to doing it again next year.

"The trail was perfect," Margaret said as they warmed up by a fire back at Wellington. "We've hiked it in the summer but with the leaves off the trees you can see so much more of the shoreline today and it was very pretty. We hope to do this again next year."

What her husband enjoyed the most though was seeing children out on the trails.

"We couldn't have asked for a better day," said Allan Russ, "but the best part was seeing a lot of kids out there on the trail. It's something I hope they'll continue to

do when they're older."

Among those children who made their way to the lookout point on Little Sugarloaf were two young ladies from Bristol, six-year-old Kendall and her eight-year-old friend Mae. They were part of a neighborhood party of ten who signed up for the hike and had a great time welcoming the New Year in the great outdoors.

"We couldn't slide up the hill but we slid our way back down the trail and it was a lot of fun," Kendall said as she and Mae enjoyed cups of hot cider back at the park.

In all nearly 100 people registered to take part in the January 1 hike at Wellington State Park and each received a commemorative scarf for their participation.

Wellington State Park is just one of 93 state park properties in the state, each providing unique outdoor experiences such as beaches, natural areas, campgrounds, historic sites, and hundreds of miles of trails.

For further information on all that is offered for year round outdoor adventures, please visit them online at www.nhstateparks.org.

Notebook

FROM PAGE A4

least two or three times during the night. And in the morning I could set my watch, if I wore one, by the plow coming by at 7, just before the school bus runs.

But imagine what life was like before snowplows. What if everybody all over the countryside had to wait for the snow roller?

I can practically envision younger readers rushing for their computers, to Google "Snow rollers." But that's no good, because what they'll get is a description (and photos) of a weather phenomenon in which wind-driven wet snow begins rolling downhill and forms rolls that look like muffins, or even more precisely, muffins (I have actually seen this). No, "Horse-drawn snow rollers" is what Google needs to seek.

These were basically giant wooden cylinders drawn by horses or oxen, heavy enough to pack the snow down

so that horse-drawn sleighs and pungs could travel without floundering.

But this took time, far more time than today's diesel-powered snowplows, and far-flung farm families could be cut off from the outside world for days.

In farming's heyday, schoolhouses were scattered all over the countryside, each town supporting multiple schools so that they were within reasonable walking distance for students. The stories from grandparents that teenagers rolled their eyes at, about walking three or four miles to school, were no joke, and even in winter children were expected to trudge their way through a few inches of new snow to school and back, and no argument about it. But a big snowfall was something else.

For children, being cut off from school by a big storm was a double-edged sword. In such circumstances they were expected to tackle a list of hose and

barn chores, ranging from sewing on buttons to splitting kindling to hauling heavy loads of wood and cleaning out livestock pens. Thus the alternative of school soon took on a rosy hue--an emancipation from hard work at home.

The impending arrival of the snow roller was therefore a major event, and the literature of the day is full of stories about children cut off from school, the little ones spending the days in the front room of the house, noses pressed against windows and eyes scanning the distance, waiting for the all-important arrival of the heroes on the snow roller.

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

Ice Removal

FROM PAGE A7

dangerous. Here are critical tips to remember for those who use snow removal equipment.

*Test it before winter. Check all moving parts, and refer to the owner's manual for ongoing maintenance requirements. Note all the safety features and use them 100% of the time.

*Ensure the snow blower never runs unattended, even for a short time.

*Beware of any motor or blade recoil that occurs when the machine is turned on or off.

*NEVER reach inside a snow blower to clear a clog. Stop the machine and wait at

least 5 seconds.

*Beware of the power cord so it does not present a tripping hazard.

*Don't rush, it will overload a snow removal machine.

*Don't use a snow blower on slopes, and be careful of tree roots and similar potential hazards.

*Don't run gasoline-powered equipment indoors to avoid dangerous carbon monoxide exposure.

About

Comfort Keepers

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AUG 2011



What did the day before Hurricane Irene look like? Any other day.

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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.



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What's On Tap

The new year kicks off with plenty of action for the local high school teams.

At Newfound, the boys' basketball team will be at Laconia tonight, Jan. 5, at 7 p.m. The boys will then be at Berlin at 6:30 p.m. on Tuesday, Jan. 10, and will be hosting White Mountains on Thursday, Jan. 12, at 6:30 p.m.

The Newfound hoop girls will be hosting Inter-Lakes on Friday, Jan. 6, at 6:30 p.m. and will be hosting Berlin on Tuesday, Jan. 10, also at 6:30 p.m. The Bears will be at White Mountains on Thursday, Jan. 12, at 6:30 p.m.

The Newfound alpine ski team will kick off the season on Friday, Jan. 6, at Gunstock at 9:30 a.m.

At Plymouth, the unified basketball team opens the season at Winnisquam at 3:30 p.m. today, Thursday, Jan. 5. The team hosts Inter-Lakes on Tuesday, Jan. 10, at 3:30 p.m.

The Plymouth alpine team will open its season at Gunstock at 9:30 a.m. on Friday, Jan. 6.

The Bobcat Nordic ski team will be competing at Sandwich at 10 a.m. on Saturday, Jan. 7, and will be at Great Glen on Wednesday, Jan. 11, at 2:30 p.m.

The Plymouth ski jumpers will be at Newport for a 6 p.m. meet on Wednesday, Jan. 11.

The Plymouth hoop boys will be hosting Goffstown on Friday, Jan. 6, at 6:30 p.m. and will be at Laconia for a 6 p.m. game on Tuesday, Jan. 10.

The Plymouth hoop girls will be at Goffstown for a 6:30 p.m. game on Friday, Jan. 6.

The Kearsarge-Plymouth hockey team will be at Con-Val for a 7 p.m. on Monday, Jan. 9, and will be at Hollis-Brookline on Wednesday, Jan. 11, at 8:10 p.m.

The Plymouth wrestling team will be in action on Saturday, Jan. 7, at 9 a.m. at Nashua South. The Bobcats will host Newport on Wednesday, Jan. 11, at 6 p.m.

Trout Unlimited offering free trip to fishing camp

PLYMOUTH — A free stay at the July 9-14 Barry Fishing Camp is available for one lucky boy or girl ages 10-16. It's a six-day overnight summer camp where novice anglers will learn the basic skills and equipment needed to get started fishing. Campers will also hike, swim, canoe, create campfire skits and enjoy a host of other great activities. For more information about the camp, visit www.wildnh.com/barrycamp.

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Bears blow past Knights in tourney opener

Newfound girls beat Gilford to earn trip to championship game

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound girls' basketball team is undefeated in Division III play and the Bears showed that they have the stuff to compete against Division II squads as well, dispatching Kingswood by a 58-25 score in the opening round of the Lakes Region Holiday Hoop Tournament on Tuesday, Dec. 27.

"We didn't play well, but that last 12 minutes we embarrassed ourselves," said a disappointed Kingswood coach Dan Chick. "There were no positives in that last 12 minutes."

"We did not come out to play," the veteran coach added. "We drifted away from our fundamentals."

"The only bad part is when you press, you make yourself susceptible to fouls and then you can't press anymore," said Newfound coach Karri Peterson of her team's strategy at the start. "We do a nice job starting pressing but once we start getting turnovers we start moving up."

The Knights put up the first points of the game on a three-pointer by Michelle Frady but they managed only two points for the rest of the quarter. Ashley Dukette got Newfound started with a hoop and an Amanda Johnston free throw tied the game at three. Dukette hit from the line to give Newfound the lead and then Alexis Vantil finished off her own steal with a basket and Newfound was up 6-3.

A bucket from Liz McLaughlin got the Knights to within one but the Bears scored the final 13 points of the quarter, starting with a Johnston three-point play, followed by a three-pointer from Savanna Bony. Bony then hit another hoop and Dukette drilled a bucket and a three-pointer to give the Bears the 19-5 lead after one quarter.



KINGSWOOD'S Amanda Lapor (left) and Newfound's Alexis Vantil battle for control of the ball in tournament action on Dec. 27.

The Bears continued to pour on the points in the second quarter and the Knights continued to struggle to score. Dukette got the first hoop for Newfound and Frady answered with a pair of free throws for the Knights. Dukette then hit back-to-back baskets to push the lead to 23-7 before Abby Coulter finished off her own steal with a basket for the Knights.

Eliza Brault hit a free throw for the Knights and Vantil came back with two from the line for Newfound. Bony finished off the second quarter scoring with a three-pointer, pushing the lead to 30-10 at the halftime break.

The Bears came out of the second half with the first two hoops on baskets from Vantil and Johnston but Kingswood answered with three hoops in a row, two coming from Frady and one from Aislinn Noble, cutting the lead to 34-16. Dukette hit another hoop for the Bears but a McLaughlin three-pointer and a Hope Roiter steal and basket kept the Knights moving in the right direction.

Johnston hit a bucket to put her team up 38-21 but a McLaughlin steal and hoop for the Knights and a Vantil bucket for the Bears finished off the third quarter scoring at 40-23.

The Knights managed just two points in the fourth quarter and Newfound put in 18. Dukette got the scor-

ing started with a hoop before Amanda Lapor got a free throw for the Knights. Johnston put back a pair of rebounds for four points and added a free throw as Newfound built the lead to 47-24. A Bony three-point play continued to grow the lead and Vicki Steele put back a rebound as well.

A Dukette basket pushed the lead to 30 at 54-24 and Steele added another basket for the Bears. Dukette finished off her own steal for the final Newfound points, while Roiter sank a free throw for the final points of the game.

Peterson noted her bench did a solid job when a few of the starters got in foul trouble.

"It hurts offensively when you have people out," Peterson said. "Even if for no other reason, they think offensively, others may not."

"We looked to pass instead of to create," said Chick. "We were starting to understand that's they way to go."

"We got in a pressure situation and panicked," the Knight coach added. "Their pressure was decent, but it wasn't unbeatable. We made it look better."

Dukette led the way for Newfound with 22 points, while Johnston added 13 and Bony put in 11. Frady led the Knights with nine points.

Newfound moved on to play Belmont in the semifinals while Kingswood took on Winnis-



NEWFOUND'S Savanna Bony tries to drive past the defense of Kingswood's Eliza Brault during action in Gilford on Dec. 27.

quam in the consolation game, both on Wednesday morning. Newfound defeated Belmont 50-39 to advance to the finals, which took place after early holiday deadlines on Friday.

Newfound returns to action on Friday, Jan. 6, hosting Inter-Lakes at 6:30 p.m. and then hosts Berlin at 6:30 p.m. on Tuesday, Jan. 10.

Kingswood will be back at it on Friday, Jan. 6, hosting Timberlane at 6:30 p.m. and will be at Hanover on Tuesday, Jan. 10, at 7 p.m.

NRHS 19-11-10-18-58
KRHS 5-5-13-2-25

Newfound 58
Steele 2-0-4, Bony 4-1-11, Johnston 5-3-13, Vantil 3-2-8, Dukette 10-1-22, Totals 24-7-58

Kingswood 25
McLaughlin 3-0-7, Brault 0-1-1, Roiter 1-1-3, Frady 3-2-9, Coulter 1-0-2, Lapor 0-1-1, Noble 1-0-2, Totals 9-5-25

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

PUBLIC NOTICE

Newfound Area School District

The Budget Committee of the Newfound Area School District will conduct a public hearing on the proposed school district budget for 2017-2018 on Friday, January 13, 2017 at 6:30 pm in the Newfound Regional High School Auditorium located at 150 Newfound Rd., Bristol, NH. The make-up date in the event of an emergency postponement is Saturday January 14, 2017 at 10:00 AM same location.

John Jenness, Chair
Newfound Area School District Budget Committee

PUBLIC NOTICE

NEWFOUND AREA SCHOOL DISTRICT PETITIONED ARTICLES FOR WARRANT

Pursuant to RSA 40:13, II (b) All petitioned warrant articles for the School District Warrant must be submitted by the second Tuesday in January. Such articles must be signed by twenty-five (25) or more legally registered voters of the School District and articles must be delivered to a member of the School Board or the School Administrative Unit #4 Office, 20 North Main Street, Bristol, NH no later than 3:30 p.m. on Tuesday, January 10, 2017.

Knights roll over Bears to kick off holiday action

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Kingswood boys' basketball team wasted little time jumping all over Newfound in the first round of the Lakes Region Holiday Hoop Tournament on Dec. 27.

Kingswood scored all of the first quarter points for a 15-0 lead after one and never looked back on the way to a 54-18 win over the Bears.

"We've still got a lot to learn about how to close games," said Kingswood coach Dan Place. "But we'll take a win for sure."

"I don't know what's wrong," said Newfound coach Tom Bourdeau, who noted his team started the season by getting better in each of its first three games before taking backwards steps in the last two. "The last two games, it's in their heads."

Jack Saunders hit the first two buckets for Kingswood and Cole Johnston followed with a hoop for a 6-0 lead. Nick Duntley finished off a steal with a basket and then fired up a three-pointer for an 11-0 lead. Liam Morrissey and Patrick Meyers wrapped up the quarter with baskets and Kingswood had the 15-0 lead after eight minutes.

Meyers stretched that lead to 17-0 to open the second quarter before Jarrod Fairbank got Newfound's first points



Mike Doan drives toward the basket in tournament action Dec. 27 in Gilford.

of the game with a hoop 1:40 into the second quarter.

Morrissey came back with three free throws for the Knights and then Johnston finished off an Erik Madden steal for two more points. A Morrissey bucket made it 24-2 before Newfound's AJ Muse hit a hoop and Devon Kraemer-Roberts followed with a basket to make it 24-6. Saunders finished out the first half with a bucket and the Knights had the 26-6 lead over the Bears at the halftime break.

The second half start

mirrored the first half start, as Saunders hit the first two baskets of the quarter to expand Kingswood's lead. A Duntley rebound and hoop and a Saunders free throw continued to grow the lead, while a Morrissey bucket made it 35-6 in favor of the Knights.

A rebound and hoop from Doan got Newfound back on the board and Fairbank finished off his own steal with a basket to put the Bears in double figures for the first time. After Saunders hit another hoop for the Knights, Kraemer-Roberts finished off a steal and Doan drained a three-pointer to cut the lead to 37-15.

Kingswood got the final five points of the quarter, as Meyers hit a hoop and Morrissey hit a



Jarrod Fairbank puts up a shot during his team's game with Kingswood on Dec. 27.

basket and a free throw for the 42-15 lead heading to the final quarter of play.

James Shokal drilled a three to get things started for Newfound in the fourth quarter, but that was all the scoring the Bears would do. Colton Mercier followed with a bucket for Kingswood and then Josh Duntley and Johnston had baskets. Russell Lucia and Tyler Runnals finished out the scoring, as they both drained three-pointers and the Knights had the 54-18 win over the Bears.

"We needed to get everyone in a game, we hadn't had a practice for a few days," said Place. "We had a few too many turnovers."

"But hopefully we

can learn some things and come back and play again tomorrow," the Knight coach continued.

He also noted that he and his team have been where Bourdeau sits now, looking to get things on the right track and he sympathizes with the first-year Bear head coach.

"We've been there, we know what that's like," Place said. "They never stopped playing. I think they'll figure it out."

"And hopefully we're starting to figure it out," Place added.

"I think they're used to losing, they expect to lose," Bourdeau said. "They're not coming out with a positive attitude."

"We're trying to change it, but it's a tough situation," Bourdeau

continued. "We're trying to change the mindset, but we're having a tough time."

Saunders led the way for the Knights with 13 points while Morrissey added 12. Doan led the Bears with five points.

Kingswood moved on to play Gilford in the semifinals while Newfound moved on to play Moultonborough in the consolation round.

In the semifinals, the Knights closed on an 11-2 run and defeated the host Golden Eagles by a 58-55 score on Wednesday, Dec. 28. The Knights faced off with Belmont in the finals after the early deadline on Friday, Dec. 30.

Kingswood will be back in action on Friday, Jan. 6, at Timberlane at 6:30 p.m. and will be hosting Hanover at 6:30 p.m. on Tuesday, Jan. 10.

Newfound will be back in action on Tuesday, Jan. 10, as they head to Berlin for a 6:30 p.m. game. On Thursday, Jan. 12, they host White Mountains at 6:30 p.m.

KRHS 15-11-16-12-54
NRHS 0-6-9-3-18

Kingswood 54

Johnston 3-0-6, Mercier 1-0-2, Meyers 3-0-6, Lucia 1-0-3, Morrissey 4-4-12, Runnals 1-0-3, Saunders 6-1-13, J. Duntley 1-0-2, N. Duntley 3-0-7, Totals 22-5-54

Newfound 18

Muse 1-0-2, Fairbank 2-0-4, Kraemer-Roberts 2-0-4, Shokal 1-0-3, Doan 2-0-5, Totals 8-0-18

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

Beginner golf clinic at PSU Jan. 8 and 15

PLYMOUTH — The PSU All Well Center and Owls Nest teaching professional Joe Clark Jr. are offering two free beginner golf clinics on Sunday, Jan. 8, and Sunday, Jan. 15. The clinics will run from 11 a.m. to 1:30 p.m. Starting at 11 a.m. there will be an approximately 45-minute clinic followed by

an hour of practice time and individual tips. All are welcome but the clinics will be geared towards beginning golfers with the emphasis on basic fundamentals, ball contact and beginning swing mechanics. Golf clubs are available and info/questions can be answered at 369-1767.

Newfound searching for JV baseball coach

BRISTOL — Newfound Regional High School has an opening for a JV baseball coach. Please send letter of intent, resume and names and phone numbers of three references to

Superintendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.

A new year is here, but the old year wrapped up with plenty of stuff happening in the world of local sports.

At the top of the list was the Lakes Region Holiday Hoop Tournament, which each year brings together six of the teams I cover as part of the action in Gilford. The Kingswood, Newfound and Prospect Mountain boys and girls all participate in the event.

This year, in order to keep the days a bit shorter, the tournament was split between the high school and the middle school. I was lucky in that all six of the teams I covered played in a row in the same location, so I was set up in the middle school gym for four games on Tuesday, Dec. 27. All the teams earned a chance to play again on Wednesday, Dec. 28, but because of my early deadlines and the fact that I had 10 stories to write before deadline, I was unable to make the trip over on Wednesday. Jeff LaJoie from our Meredith office kept me updated

SPORTING CHANCE



By JOSHUA SPAULDING

and I was happy to hear that the Newfound and Prospect girls and the Kingswood boys all made the finals. Unfortunately, because of early deadlines, those games happened after the papers went to press.

Of course, it wouldn't be the holiday season if a storm didn't come through and change the holiday tournament schedules. The finals in Gilford were supposed to be on Thursday but the storm postponed them to Friday, which means I was unable to make the trip to Gilford again, as I had made plans to see the new Star Wars movie on Friday night when the tournament schedules were supposed to be completed. Kathy Sutherland was set to take pictures at the games for our future edition.

The Peter Hall Christmas Tournament at the Ham Are-

na in Conway is also a great event and the Kennett Eagles won their own tournament for the first time this season. This tournament featured five of the top teams in Division III, plus Division II Dover and there was plenty of great hockey. I was able to catch the Eagles win two overtime games, one on the day after Christmas against Belmont-Gilford and the other in the championship on Wednesday night against Somersworth-Coe-Brown. Coach Mike Lane's kids were firing on all cylinders and the Ham Arena was packed with hockey fans all three days. It was nice to see the Eagles celebrate with a tournament win.

I also made the trip to Farmington for the Mike Lee Holiday Basketball Bash, where Kennett was again on the schedule. I journeyed there on Tuesday night after my four games in Gilford, making for a long day of basketball. But I did get to see the Eagle boys get a win, while the girls came up just

short. Girls' coach Larry Meader kept me updated with the progress on Wednesday, when the roles were reversed, with the girls winning and the boys losing.

So, while it may have been vacation week, between early deadlines and holiday tournaments, there was not much vacation to be had. Though I did enjoy a couple of days at home over the Christmas weekend. It's always nice to catch up with family.

Finally, have a great day Mike and Kristen Lane.

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

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JOSHUA SPAULDING

Alex Hamel works toward his pin at 152 pounds in the first home match of Plymouth's season on Dec. 22.



JOSHUA SPAULDING

Austin Appleby grapples with his Mascoma opponent on Dec. 22.

Four pins lead Bobcats to big win over Mascoma

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth wrestling team had its match with Mascoma on Dec. 20 pretty much in the bag before anyone hit the mat. However, the Bobcats took care of business in the six matches that took place and walked away with a 69-12 win over the Royals.

"He's finding the difficulties of keeping kids interested," said Plymouth coach Randy Cleary of his Mascoma counterpart, Ricky Simula, a former Bobcat star. "It's different

in this sport.

"He started with 30 kids and he only came with six tonight," Cleary added.

That being said, the veteran Plymouth coach praised his kids who did get to wrestle for coming out and competing.

"I think our kids showed up and were ready to compete," Cleary said.

The Bobcats were up 12-0 before anyone faced off on the mat, as Jason Macalister at 106 pounds and Joe Cleary at 113 pounds both got forfeit wins.

JC Gaumer was the

first Bobcat to take to the mat and his match lasted all of 12 seconds, as he pinned his opponent quickly for an 18-0 lead. Hunter Lesard continued the run for Plymouth with a pin at 126 pounds for a 24-0 lead for the Bobcats.

The next three Bobcats earned wins by forfeit, with Brandon Welch at 132 pounds, Scott Boyd at 138 pounds and Griffin Smith at 145 pounds all putting 12 points on the board for a 42-0 lead.

Alex Hamel picked up a pin at 152 pounds for a 48-0 lead and

then Austin Appleby picked up a pin at 160 pounds for a 54-0 lead. Thias Silvia picked up the forfeit win at 170 pounds to make it 60-0 for the Bobcats.

The lone match not to be decided by pin came at 182 pounds, where Garrett Macedonia fought his way to a 6-1 win over his Mascoma opponent to put three points on the board and making it 63-0. Troy Johnson got the forfeit win at 195 pounds for a 69-0 win.

Mascoma got a forfeit win at 220 pounds and then Jared Benoit was pinned at heavy-

weight to finish out the scoring for the 69-12 final.

There were also two exhibition matches that took place, with Johnson and Eric Hogan both getting pins for the Bobcats.

"There were really two big matches tonight, at 182 and heavy-weight," Cleary said. "To Mascoma's credit, they split those two big matches."

Cleary also pointed out that as the schedule heads to the holidays and then into the new year, he's looking forward to seeing some teams with full lineups.

"I'm looking forward to wrestling a team with a full lineup so we can get everyone in," Cleary said, noting the Noble High School holiday tournament (which took place

on Dec. 29 and 30), would be a great opportunity for the team, with about 50 squads in attendance.

The Bobcat coach also pointed to the Jan. 11 match with Newport as a key one in the upcoming schedule.

"That's a team that's coming on strong," Cleary said. "They have a very successful youth program."

The Bobcats were back in regular season action after deadline on Jan. 4 at Pelham and will be at Nashua South to face the hosts, Windham and Winnisquam on Saturday, Jan. 7, at 9 a.m. Newport comes to Plymouth on Wednesday, Jan. 11, at 6 p.m.

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

Van DeMoere, Ueland represent Bobcats at Dartmouth

BY JOSHUA SPAULDING

Sports Editor

HANOVER — Two Plymouth athletes traveled to Hanover to compete in an indoor track meet at Dartmouth College on Friday, Dec. 23.

Samantha Van DeMo-

ere competed in three different events on the afternoon.

In the 300 meters, she finished in 44th place overall in a time of 52.34 seconds. In the 600 meters she ran to a time of 2:02.15 for 17th place

overall and in the 1,000 meters she had her best finish, placing 12th overall in 3:41.22.

Karnar Ueland raced for the boys and in the 55 meters he finished in 41st place in a time of 7.52 seconds. He also

competed in the 300 meters and finished in a time of 42.28 seconds for 33rd place overall.

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

PMHS seeking JV volleyball coach

ALTON — Prospect Mountain High School in Alton is looking for

a girls' JV volleyball coach for the fall 2017 season. Anyone inter-

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the school's web site at www.pmhschool.com.

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High School Slate

Thursday, Jan. 5 NEWFOUND Boys' Hoops at Laco- nia; 7 PLYMOUTH Unified Hoops at Winnisquam; 3:30	Friday, Jan. 6 NEWFOUND Alpine Skiing at Gunstock; 9:30 Girls' Hoops vs. In- ter-Lakes; 6:30 PLYMOUTH Alpine Skiing at Gunstock; 9:30 Boys' Hoops vs. Goff- stown; 6:30 Girls' Hoops at Goff- stown; 6:30	Saturday, Jan. 7 PLYMOUTH Nordic Skiing at Sandwich; 10 Wrestling at Nashua South; 9 Monday, Jan. 9 PLYMOUTH Hockey at Con-Val; 7	Tuesday, Jan. 10 NEWFOUND Boys' Hoops at Ber- lin; 6:30 Girls' Hoops vs. Ber- lin; 6:30 PLYMOUTH Boys' Hoops at Laco- nia; 6 Unified Hoops vs. In- ter-Lakes; 3:30 Wednesday, Jan. 11 PLYMOUTH Hockey at Hol- lis-Brookline; 8:10 Nordic Skiing at Great Glen; 2:30 Ski Jumping at New- port; 6 Wrestling vs. New- port; 6 Thursday, Jan. 12 NEWFOUND Alpine Skiing at Bretton Woods; 10 Boys' Hoops vs. White Mountains; 6:30 Girls' Hoops at White Mountains; 6:30
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E	V	E	N	I	N	G	T	W	E	I
B	L	N	C	T	S	A	O	T	A	N
M	P	D	Y	P	R	J	T	C	M	D
V	V	S	A	B	I	Q	Q	J	E	I
F	I	R	E	W	O	R	K	S	R	M
A	T	L	W	R	H	W	L	A	S	S
Y	E	A	N	I	A	T	R	E	T	E
C	W	K	Z	F	I	E	U	N	V	J
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- ITALIAN:** Anno
- FRENCH:** Année
- GERMAN:** Jahr

Cofran honored at national conference

BRISTOL — At the recent National Interscholastic Athletic Administrators Association and the National Federation of High Schools National Conference, Newfound Regional High School Athletic Director Peter Cofran was presented with the Distinguished Service Award for the state of New Hampshire.

The annual conference, held in Nashville, Tenn., was attended by more than 2,000 athletic directors from around the country, Canada and Puerto Rico.

The award was presented to Cofran, at

the Section 1 meeting, which includes the New England states, New York and New Jersey. It recognizes individuals for outstanding service and unselfish devotion to school-based athletics.

Cofran is in his 10th year as NRHS Athletic Director, after a 24-year career in athletics at Plymouth State University. He is President of the NH Athletic Directors Association, has been associated with the NHIAA since 1972; and is presently the NHIAA Awards Committee Chair and a member of its football committee.



BRIANNA BURLEY puts up a shot during first-round action against Laconia in the Lakes Region Holiday Hoop Tournament.



KATELYN LANK fights through Laconia traffic during action on Dec. 27 in Gilford.

Timber Wolves roll past Sachems in tourney opener

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain hoop girls got the Lakes Region Holiday Hoop

Tournament off to a good start with a solid win over Laconia on Tuesday, Dec. 27.

“A win is a win,” said coach Rick Burley. “Laconia plays good defense, so to win by 20, we did all right.”

The Timber Wolves were aided in the cause by their hot start, which gave them plenty of room in which to maneuver throughout the rest of the game.

Prospect scored 14 points in the first quarter and held the Sachems to just five on the way to the 61-40 victory.

Laconia scored the game’s first hoop, but a free throw from Emma Hardie and a three-point play from Delia Everhart gave the Timber Wolves the lead at 4-2 and they never looked back. Laconia hit a free throw to get within one, but Brianna Burley had a strong finish to the quarter, as she scored her team’s final 10 points on her own. She started the run with a hoop and then drilled a three-pointer and two foul shots. She then sandwiched a Laconia bucket around a hoop and a free throw, closing out the quarter with the 14-5 lead for the Prospect girls.

Hardie hit two free throws to start the scoring in the second quarter and after a Laconia bucket, she hit a hoop of her own. Laconia answered with another basket and Burley countered with two from the charity stripe for a 20-9 lead for the Timber Wolves.

The Sachems came charging back and scored the next seven points, cutting the lead to 20-16. Alyssa Spiewak stopped the Laconia run with a free throw and then Ali Brown hit basket and Burley hit a free throw to give the Timber Wolves a 24-16 lead at the halftime

break.

Two free throws from Hardie got the Timber Wolves started in the third quarter but Laconia answered with consecutive baskets to cut the lead to 26-20. Hardie hit another free throw and then Burley drained a bucket for a 29-20 lead. Laconia continued to battle, hitting a three-pointer to make it a six-point game.

However, the Timber Wolves finished the quarter strong, scoring 11 points to just one for the Sachems.

Spiewak got the run started with a hoop and Katelyn Lank finished off a nice feed from Hardie for two more. Brown and Hardie both put back rebounds and Brown hit another hoop to push the lead to 39-23. Laconia got a free throw to stop the run, but Emmalee Riel finished off the third quarter scoring with a free throw to make it 40-24 heading to the fourth quarter.

The Timber Wolves scored the first five points of the final frame, with Everhart hitting a hoop and Burley converting a three-point play. After a Laconia bucket, Tiffany White hit for the Timber Wolves and Everhart hit another hoop to make it 49-26. Laconia hit one from the line and Leah Dunne answered with a free throw for Prospect. The Sachems put in the next three points but White hit two from the line for Prospect. After three more Laconia points, Burley hit a free throw, Mackenzie Burke put back a rebound and Spiewak drained a bucket for a 57-33 lead.

The Sachems came through with the next seven points to cut the lead to 57-40 but hoops from Ali Brown and

Bekah Wheeler rounded out the scoring for the Timber Wolves, finishing things off with a 61-40 win.

“We’re using this tournament to get some kids some playing time and get some of the younger kids developed,” said Burley, noting that his goal was still to try and win games, but it’s a bit different in the tournament. “We were mixing it up a bit with the players.”

The Timber Wolves were led by Burley’s 19 points, while Hardie added 10 in the winning effort.

Prospect moved on to play Belmont in the semifinals on Wednesday morning, Dec. 28. The Timber Wolves defeated the Raiders 53-26 to earn a spot in the tournament finals, which took place after early holiday deadlines on Friday, Dec. 30.

The Timber Wolves will be in action next on Friday, Jan. 6, when they face off on the road at Gilford at 6 p.m. Prospect will host Franklin at 6:30 p.m. on Tuesday, Jan. 10.

PMHS 14-10-16-21-61
LHS 5-11-8-16-40

Prospect 61

Burley 5-8-19, Brown 4-0-8, Hardie 2-6-10, Everhart 3-1-7, Spiewak 2-1-5, Dunne 0-1-1, Riel 0-1-1, Burke 1-0-2, Lank 1-0-2, White 1-2-4, Wheeler 1-0-2, Totals 20-20-61

Laconia 40

Dow 2-1-5, Howe 0-1-1, Ross 3-1-9, Tautkus 2-1-5, Mello 1-0-2, Gasper 1-2-4, Burgess 1-0-2, Zapala 3-0-6, Tautkus 1-0-2, Kirk 2-0-4, Totals 16-6-40

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

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