



Newfound Landing

THURSDAY, JANUARY 11, 2018

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COMPLIMENTARY

Newfound athletic standouts look to compete in Australia

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Two outstanding female athletes from Newfound Regional High School have been invited to share their skills and talents next July through a friendly yet meaningful competition between U.S. and Australian high school students.

Sophomores Hayleigh Pabst and Amy Combs, both from Bristol, are now working hard for the opportunity to team up with other students their age from all across the United States when they meet head-to-head with some of the best high school athletes from Australia.

Pabst is a three-year member of the NRHS softball team who takes her sport seriously. "I've been playing softball since I could walk," she said.

Besides the spring softball season, Pabst works out year round to increase her skill levels while participating in basketball and other school activities as well. She said she typically pitches or plays shortstop for the team, but is a flexible player who can fill in wherever she may be needed.

"They can put me anywhere on the field and I'll do my best to get the job done," said Pabst.

Last summer, Pabst attended the esteemed Jennie Finch Softball Camp in Saratoga Springs, N.Y. Finch was an Olympic gold medalist in softball, and Pabst was thrilled to now only meet the star athlete but hold her gold medals as well.

"I really want to win one of those medals myself one day," Pabst said with a determined look.



DONNA RHODES

Newfound Regional High School sophomores Hayleigh Pabst (left) and Amy Combs (right) have been invited to take part in softball and track competitions in Australia this summer, and are working hard to raise the funds they need to attend the international athletic event.

While at the camp, she also caught the attention of two other U.S. Olympic softball players, Crystal Bustos and

Toni Mascarenas. "They worked with me then asked me to talk to my parents (about attending the event)." SEE STANDOUTS, PAGE A9

Recent fires prompt local woman's arrest on multiple animal cruelty charges

BY DONNA RHODES
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ALEXANDRIA — A local woman was arrested in Alexandria last Tuesday afternoon for 22 counts of Cruelty to Animals, following investigations that began last fall in Bristol and came to a head after two fires occurred at her residence at 92 Chestnut St.

in Bristol in November. In those two incidents, firefighters and police in Bristol found several dogs on the property, some of which died as the result of faulty heating appliances that sparked the flames.

Prior to those fires, SEE FIRES, PAGE A9

Newfound district hosting strategic planning roundtable for community members

BRISTOL — On Wednesday, Jan. 17, the Newfound Area School District Strategic Planning Committee will hold a roundtable session for any community member, community partner, or business in order for the Committee to gather feedback and

input from all partners in the districts effort to create a five-year strategic plan. This plan will help guide the district over the next five years and the input of all constituents is important.

Please plan to attend SEE NEWFOUND, PAGE A9



COURTESY

Rare cloud passes over Newfound Lake

A rare Lenticular cloud with iridescence was captured by a camera as it shimmered above Newfound Lake in Bridgewater last weekend. The sun's rays were at just the right angle, penetrating the extremely cold ice formations in the cloud formation and creating a spectacular rainbow of colors that could be seen for several minutes.

Keep the Heat On auction will feature familiar favorites and exciting new items!

PLMOUTH — With the freezing temperatures and snow we've experienced this winter,

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18 pages in 2 sections
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ter, the Keep the Heat On (KTHO) Committee is happy to report that tickets for the 13th annual event on Jan. 17 are selling fast at Chase Street Market! Sponsors are signing on to help in a big way, and new auction and raffle

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items are coming in every day! The Plymouth Area Community Closet (PACC) and the Committee are truly grateful to our generous friends who have responded to the urgent appeal for assistance to our neighbors.

The live auction with Terri Dautcher will be the culmination of a fun-filled evening that will include a silent auction, raffle, and buffet dinner supplied by more than 20 of our finest area restaurants and their chefs—all to raise money for local families in

SEE HEAT, PAGE A9



COURTESY

Garden Club members visit Golden Crest

Residents of Golden Crest Assisted Living in Franklin welcomed members of the New Hampton Garden Club on Jan. 8 for an afternoon of crafting a snowman. They were given instructions by member Eleanor Morrison and assisted by Phyllis Schofield. They started with a sock, stuffed it with cotton, added a felt hat, felt scarf, eyes, nose and buttons on his coat. A book entitled Frost the Snowman was read and they reminisced about the song which was made famous by Gene Autry in 1950. A chorus of this song was sung by many of the participants.

Common Man contributes funds and food to assist neighbors in New Hampshire

ASHLAND — The Common Man hospitality family in New Hampshire closed out 2017 with a cash donation and the collection of hundreds of pounds of food for The New Hampshire Food Bank.

A donation of \$8,000 was made by The Common Man Vice President Diane Downing and Chief Executive Officer Vincent Vella as a result of funds raised at the Common Man Invitational golf tournament held in the fall.

The Common Man also participated in The Spirit of Giving Food Drive held in December in partnership with WMUR-TV, Dead River Company, Hannaford Supermarkets, Shaw's Supermarkets and The New Hampshire Food Bank, inviting guests to bring non-perishable food items to select Common Man locations throughout the state.

"The Common Man collected 891 pounds of food during the Spirit of Giving Food Drive, providing 743 meals to our neighbors in need," said Nancy Mellitt, director of development for the New Hampshire Food Bank.

"With cash donations, we can provide two meals for every \$1 donated. Between the golf tournament funds and cash donations made by guests during the food drive, plus an anonymous matching grant that doubled those donations, The Common Man helped to raise \$16,170, which totals 32,340 meals," said Mellitt.

The New Hampshire Food Bank is also the beneficiary of "Do Good" coupon books that The Common Man family sells during the holiday season. Proceeds are donated to the Food Bank once all books are sold



The Common Man Vice President Diane Downing and Chief Executive Officer Vincent Vella (right) present Eileen Liponis, executive director of the New Hampshire Food Bank, with a donation from the proceeds of The Common Man Invitational golf tournament.

and sales are tallied. The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, has been working to relieve hunger in the Granite State since 1984. The New Hampshire Food Bank receives no federal or state funding for food distribution. In 2016, as the state's only Food Bank, the New Hampshire Food Bank efficiently procured and distributed nearly 13 million pounds of food to people in need through more than 425 non-profit registered agencies. Agencies include food pantries, neighborhood centers, low-income housing sites, senior nutrition centers, family crisis centers, hospices, soup kitchens, emergency shelters, after school programs, and day care centers. For more information about the New Hampshire Food Bank, please visit www.nhfoodbank.org and find them on Facebook and Twitter.

Founded in 1971, the Common Man family in New Hampshire is made up of 16 restaurants, two Inns, a Spa and Salon,

Company Store and The Flying Monkey Movie House and Performance Center. Common Man locations include Common Man restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; The Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse and

The Flying Monkey in Plymouth; The Common Man Inn & Restaurant in Claremont; Lakehouse Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; and the Common Man Company Store in Ash-

land. The Common Man also offers Common Man-made food at the Hi-Way Diner and The Common Man Roadside food court at the Hooksett Welcome Centers on Interstate 93 north and south in Hooksett.

The hospitality family's newest project is the revitalization of an antique barn, which was moved from Canterbury

to Plymouth, and is taking on a new life as a wedding and event venue called The Barn on the Pemi, opening this spring. For more information about The Common Man, visit thecman.com or become a fan on Facebook at www.facebook.com/thecmannh and find them on Twitter and Instagram @thecmannh.



Kristie Saulnier, a Co-op employee, and her daughter Alyson ringing the bell for the Salvation Army of Laconia.

Co-op bell ringers help raise \$3,766

PLYMOUTH — Nine employees of New Hampshire Electric Co-operative (NHEC) and their families helped raise \$3,766 for the Salvation Army of Laconia. The employees collected donations totaling \$1,766 over three days last month outside the Wal-Mart store in Plymouth. That amount was matched by the NHEC

Foundation in the amount of \$2,000. This is the 15th year NHEC employees and their families have "stood kettle" during the holiday season for the Salvation Army. NHEC is a non-profit electric distribution co-operative serving 84,000 homes and businesses in 115 New Hampshire communities.

Holiday Decorating Contest winners announced

BRISTOL — The Bristol Events Committee held its second Holiday Decorating Contest for residents and businesses during the month of December. Registration forms were made available at the TTCC, Library and Town Office building.

In spite of a number of beautifully decorated homes there were only 3 residential registrations and three business ones. The three registered homes were the Thibodeaus on Mayhew Street, the Learned's on Robieson Drive and the Bonin's on Smith River Road. Each will receive a gift certificate to a local business. The Purple Pit has been selected as this year's business winner. The will have the honor of displaying the trophy for the year. Also registered were BHOP and Pat's. They all had lovely displays and we appreciate their participation. Bristol was beautifully decorated and the events committee wishes to thank all that participated for their hard work and community spirit.

News from Artistic Roots

PLYMOUTH — Artistic Roots welcomes photographer Mark Tuckerman and blacksmith Gary LaRose and painter, Molly Stark. Their work is amazing. Stop by to take a look at these new artists' work.

On Jan. 15 from 5-7 p.m., Suzan Gannett will offer a Zen Doodle Animal Class. She will teach students to incorporate Zen doodle designs into their favorite animal drawing. Cost of the class is \$20 for members and \$25 for non-members.

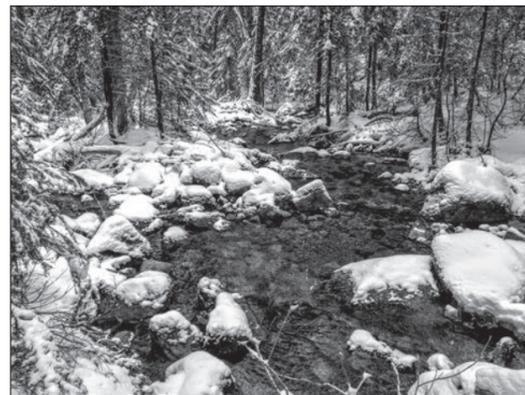
On Jan. 25, Lynn Haust will offer a Melted Glass Sun Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. They can also make a nightlight. Students will learn to use

stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members.

Suzan Gannett will be teaching a series of Watercolor Classes this month featuring Winter Landscapes. The classes will be held on Jan. 9, Jan. 16, and Jan. 30 from 10 a.m. until noon. The first class will feature pine trees in winter, the second class we will paint birch trees, and our last class will be on chickadees.

Each month, Artistic Roots also offers an Open Knitting class held weekly on Sundays from 2-4 p.m. sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

All classes are offered in our newly renovated



On Saturday, Jan. 13, we invite you to join Lakes Region Conservation Corps (LRCC) AmeriCorps member, Meghan Christie, to learn more about the intricacies of the snow and ice surrounding us, followed by a peaceful snowshoe walk through nearby Belknap Woods!

SLA to host guided snow science hike in Belknap Woods

HOLDERNESS — On Saturday, Jan. 13, we invite you to join Lakes Region Conservation Corps (LRCC) AmeriCorps member, Meghan Christie, to learn more about the intricacies of the snow and ice surrounding us, followed by a peaceful snowshoe walk through nearby

Belknap Woods! More than 70 percent of Earth's surface is covered in water (liquid or frozen) and the average human body is over half water — so clearly this molecule is very important in all aspects of life around us! Meghan is excited to share her

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Mon.: 12:00, 2:25, 4:50, 7:15 PM
Tues.-Thurs.: 4:50, 7:15 PM

STAR WARS: THE LAST JEDI PG-13
Fri.-Sun.: 12:15, 3:30, 6:45, 10:00 PM
Mon.: 12:15, 3:30, 6:45 PM
Tues.-Thurs.: 3:30, 6:45 PM

JUMANJI: WELCOME TO THE JUNGLE PG-13
Fri.-Sun.: 1:00, 4:00, 7:00, 9:45 PM
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Local band Nostalgic Distortion releases first new single in 15 years

PLYMOUTH — Veteran Plymouth rock band Nostalgic Distortion (ND) have released their first new single in 15 years. Entitled “Punk’s Not Dead (It’s Just Older, Balder, and Fatter,” the new song was made available on Jan. 15 as a digital download exclusively on the band’s Web site, NostalgicDistortion.com, though plans are in the works to make the song available through major digital retailers such as iTunes and Amazon in the near future.

The new song was written for and about ND by founder Ryan



Nostalgic Distortion. From left to right - Tim Hazelton, Ryan Byrne, Marc Sheehan.

Byrne, who says of his composition, “It is an extremely catchy, three-minute pop-punk autobiography of ND’s 20-plus-year history

leading up to our current reunion status as older, balder, fatter rockers.”

Nostalgic Distortion (ND) was formed in 1994

on the campus of Plymouth State University and remained active for the next 10 years, peddling their brand of “power pop punk

rock n roll” with shows throughout the Granite State as well as stints in Maine, Vermont, and Massachusetts. During this time they also released three albums on Dissonance Records, a vanity label owned and operated by Byrne.

ND went on “hiatus” (Byrne refuses to use the term “broke up”, because his plans always included performing and recording with the band again) in 2004 when Byrne moved to Nashville, Tennessee to pursue other musical interests. In 2006, Byrne had the opportunity to become the touring bassist for country artist Stephen Cochran, who was then newly signed to indie label Aria Records Nashville. Byrne would remain Cochran’s bassist for the next 10 years, checking off a lot of items on his musical bucket list, such as: appearing in several music videos (one of which was in regular rotation on country music channel GAC), touring the USA multiple times opening for a large list of bona fide country stars, participating in a 17-day AFE (Armed Forces Entertainment) tour of the Middle East performing for American and Coalition troops in Kuwait and Bahrain, and performing for millions of TV viewers as part of FOX News Channel’s 2008 New Year’s Eve Special live from Times Square.

After nearly a decade on hiatus, Byrne contacted the other mem-

bers of ND (guitarist Tim Hazelton and drummer Marc Sheehan) and made arrangements for a reunion benefit show in October 2013 to raise money for JDRF. The band decided to make it an annual event, and as of October 2017 completed their 5th annual show. Now, January 2018 sees the band kicking off the new year working it’s first new single in 15 years - and according to Byrne, it’s not going to stop there.

“Fifteen to twenty years ago, we spent thousands of dollars each time we put out an album. But today’s digital technology allows us to record right from our own homes on our own schedules for next to nothing, and we can share files from hundreds of miles apart! For me, releasing this new single is like cracking open a faucet. There is a backlog of material that ND never got to record, plus whatever new stuff we write. I think that this new single will be the first of many to come for the foreseeable future,” says Byrne.

Whether you are a long-time follower of the band, or are just hearing of them for the first time, readers of the Record Enterprise can get a free digital download of ND’s new single! Simply visit www.nostalgicdistortion.com/store/punks-not-dead-m4a, add the song to your cart, and enter coupon code RECORDENTERPRISE at checkout. Join ND’s continuing saga and download it today!

Pink Talking Fish brings a musical mashup like no other to Plymouth

PLYMOUTH — Pink Talking Fish began as a simple concept: wouldn’t it be a deliciously jammy experience for audiences if a crack ensemble of jam-band veterans tackled the songs of Phish, Talking Heads and Pink Floyd in endlessly inventive combinations? Nearly five years later, the band has a national following that’s buoyed its appearances at major U.S. festivals and headlining dates.

Pink Talking Fish is a Hybrid Tribute Fusion Act that takes the music from three of the world’s most beloved bands and creates a special treat for fans of the music.

On Jan. 12 at 7:30 p.m., the band will bring their unique stage show to the Flying Monkey in Plymouth.

Pink Floyd, The Talking Heads and Phish are all more than just bands... they are Phenomenons. Their creations have artisti-

January Squam Speaker to present on Northeastern Alpine landscape

PLYMOUTH — The Squam Lakes Association is excited to announce the first Squam Speaker Series program of the year on Wednesday, Jan. 17 at 7 p.m. Join us as we explore the dramatic winter landscape above treeline on the Northeast’s highest mountains with Ryan J. Harvey. At this special speaker series, Harvey will draw from his experience and time spent working in the backcountry from the Adirondacks to Mt. Washington and the Northern Presidential of New Hampshire.

Through stunning photographs of the presentation we will explore this winter landscape, snow and ice dynamics, and weather phenomena of the rugged yet beautiful landscape. Ryan J. Harvey is a licensed professional forester, land manager, and trails consultant. He has worked various backcountry



Pink Talking Fish is a Hybrid Tribute Fusion Act that takes the music from three of the world’s most beloved bands and creates a special treat for fans of the music. The band will take the stage at the Flying Monkey on Jan. 12

cally inspired people and their mind-blowing live performances have brought people together to form a special sense of community around the love for their favorite band.

Although the music from each act is different, Pink Talking Fish has discovered that fusing the material together creates an amazing story. The epic emotion of Pink Floyd... The funky, danceable layerings of The Talking Heads.... The multitude of styles, unique compositional structures and pure fun of Phish... to merge these three into one gives music lovers a special experience.

Pink Talking Fish

features Eric Gould on bass, Richard James on keyboards, Zack Burwick on drums and Dave Brunyak on guitar. This is a band created by musicians who love the music of these acts. It’s purpose is to heighten people’s passion for this music by creating something fresh and exciting for fans.

Discovering connections is part of the fun: Pink Floyd’s “On The Run” seamlessly fitting in the middle of the composition of Phish’s “You Enjoy Myself.” Perfectly placing Phish’s “Sand” into the groove of The Talking Heads’ “Slippery People.” Segued collections from all three acts such



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CADY Corner

Drug Overdose epidemic impacting life expectancy

BY DEB NARO
Contributor

Life expectancy in the United States fell for the second year in a row in 2016, and government researchers say the epidemic of drug overdoses is to blame. The overall life expectancy for a baby born in 2016 is now 78.6 years, a small decline of a tenth of a percent, the National Center for Health Statistics (NCHS) team found. At the same time, mortality from drug overdoses rose by 21 percent.

"This was the first time life expectancy in the U.S. has declined two years in a row since declines in 1962 and 1963," the NCHS, part of the Centers for Disease Control and Prevention, said in a statement.

"The new report shows the decline in life expectancy occurred despite an overall decline in U.S. mortality," the statement added.

Life expectancy is affected by mortality rates, but other factors also influence mortality rates, including the age of the overall population. The number of people who died, not the rate, went up in 2016, with more than 2.7 million people dying in the U.S., 31,618 more deaths than in 2015.

Drug overdoses accounted for a large proportion of deaths. The NCHS found that 63,600 people died of drug overdoses in 2016.

"The majority of these overdose deaths were unintentional," the NCHS team, led by Dr. Holly Hedegaard, wrote.

The death rate from drug overdoses rose 18 percent a year from 2014 to 2016, the team reported. In 1999, 6.1 per 100,000 people died from drug overdoses. That rate rose to 19.8 per 100,000 in 2016.

The team found there has been a big increase in deaths from synthetic opioids, including fentanyl; and a somewhat smaller increase in heroin deaths. Overdose deaths, counted as injuries and unintentional injuries, became the third leading cause of death in 2016, after heart disease and cancer.

"Chronic lower respiratory diseases, the third leading cause in 2015, became the fourth leading cause in 2016," the NCHS said.

Men were more likely to die from drug overdoses than women were, but other reports have found a growing number of opiate overdoses among women. Still, as in other countries, American men die younger than women. Male life expectancy fell from 76.3 years in 2015 to 76.1 in 2016, while female life expectancy stayed steady at 81.1, the NCHS said. If you make it to age 65, you'll likely live longer than 78 years. People who were 65 years old in 2016 can expect to live another 19 years, the NCHS team projected. It breaks down to almost 21 years more for women and 18 years more for men.

U.S. life expectancy does not stack up well compared to other developed countries. The Organization for Economic Cooperation and Development keeps an index of life expectancy and the U.S. falls in between Chile and Turkey in terms of average rates, and far behind Britain, France or Greece. Iceland, Switzerland and Japan have the longest life expectancies and South Africa has the lowest.

For more data and statistics, visit the Centers for Disease Control and Prevention website at www.cdc.gov. If you or someone you know struggles with substance use or addiction, call the NH Statewide Addiction Crisis Line at 1-844-711-4357.

Newfound Landing

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PET of the Week BUDDY



Our pets simply want to just BE with us. Sitting in our laps, cuddling, providing quiet, non-judgmental companionship.

They are always there for us even as we weather the storms of our lives. Buddy, aged about 10 years, has been a GOOD CAT.

His original owner fell upon very hard times and brought him to us. We placed Buddy in a wonderful home – but the change of pace was difficult for him, he may have mourned his previous comfy, cozy life since adjusting to a more lively household with children, proved to be a difficult transition. Buddy was returned in June 2017. Seven months later, he still awaits a permanent home. Such a handsome, sturdy, grey and white boy simply should not have been overlooked for so long. Buddy is quiet and reserved. He prefers not to indulge in the social scene with the other cats, not because he is unfriendly, he is just so terribly sad.

His prior home said he was a wonderful sweet lap cat. Image what his perspective is now – and his favourite



toy – a Santa Claus treat toy is nowhere in sight. He was nice all year, but did not get what must have been on his Wish List this holiday season, a new loving home!

Surely Buddy has complet-

ed his stint at New Hampshire Humane Society and surely should start the new year off properly, with people who will love him always.

Call 524-3252 or check www.nhhumane.org.

Letters to the Editor

Church of the Holy Spirit is still active in Plymouth

To the Editor:

Thank you for your coverage of the selling of our Church of the Holy Spirit building on Main Street to Plymouth State University. However, there has been some misunderstanding about our parish because of this sale. Some of our neighbors think we are no longer in the town of Plymouth. This is not true.

Our spiritual space has been relocated to 263 Highland St., directly across from The Whole Village complex. We have two buildings there. One build-

ing is our office, and the other is a building called Griswold Hall.

It is in Griswold Hall that we conduct our Sunday 8 a.m. service. In fact, last Sunday, Jan. 7, we had the pleasure of welcoming our new priest, The Rev. Kelly Sundberg Seaman. We are very excited to have her with us to chart our new mission in the town of Plymouth and surrounding towns.

Anne Hunewell
Holderness

An update from under the dome

To the Editor:

This is the 33rd in my series of reports on the House Legislature in Concord.

This was the first session in the New Year, and started with the "clean-up" of bills that were held over from last year. As a freshman Representative, I learned a little about how bills are magically sent to the grave yard. Now, many of these bills deserved their fate, but it shows that the fallacy of all 1,000 bills get an up or down vote. They don't.

One way is to "table" the bill -- that means the bill is laid on the table awaiting future action. This is an easy vote because it avoids hard decisions and possibly getting an undesirable outcome for the bill. The catch is that it takes a super majority (two thirds vote) of the House to bring the bill back for consideration. This seldom occurs, and the bill effectively dies of starvation. Another way is to recommend a bill for "interim study." This is done during the second year of session, and puts off any action until further "interim study" is done later in the year when it is too late to act on the bill. I didn't keep statistics but if you look on the House web site you can see the results on Thursday in the Journal for the week at <http://www.gencourt.state.nh.us/house/caljournals/default.htm>.

Now... the bill that filled my inbox and phone message machine with "please pass" or "please do

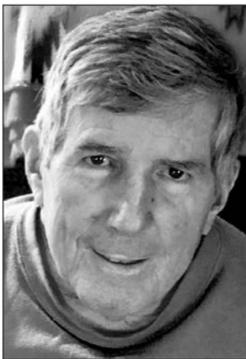
not pass." This was Senate Bill 193 to establish "education freedom savings accounts for the student." This sets aside the state designated money or about \$4000 for low income and working families to find the best educational fit for their child. It focuses the education on the child and not the education bureaucracy. It provides grants for districts that lose more than one quarter of one percent of their budget. That means a district with a \$10 million budget will see it reduced by a maximum of \$25,000. There are all sorts of protections written into the bill, but the fact is it enables the parents to exercise their responsibility to tailor their child's education to the needs of the child. It also provides incentive to the public school to provide an education that will entice the child to remain in the public school. It did not go as far as I would have liked but it is a start. It passed the House with about a 20 vote margin and now goes to the Finance Committee for approval after which the Senate will give their approval. Now Senator French's will be filled with messages from Chicken Little.

As always, please contact me with your opinions, requests or just to chat at dave@sanbornhall.net or 320-9524.

Cheers!
Dave Testerman
State Representative
Hill and Franklin

North Country Notebook

The weather (What else?), and killing the pups' parents



By JOHN HARRIGAN
COLUMNIST

There's a lot of carp-ing (and not just from

people who drill holes in the ice) when the temperature gets down to 20 and then 25 below. It did so during the last several days. We're not talking "wind chill" here, but the real deal.

When things get down to zero, it all seems pretty much the same to me, meaning that in my experience, there's not a whole lot of difference between minus 5 and minus 40.

Except with tools and machinery. Soon after I

bought the Coös County Democrat in 1978, the region experienced some of the colder weather ever recorded in its history. It was 48 below one early morning, a Wednesday as I recall, and local thermometers read 50 below the next morning.

I'm sure to get mail on this, and that's why I wrote "local thermometers," which are hardly ever in synch with official temperatures for the region.

At the time, I had an

older-model, tank-like Toyota Scout, and I removed the battery the afternoon before that first cold night, to keep it warm and ready. When I put it back in on that 48-below morning, first one wrench and then another snapped in two. And the battery got the old Scout started all right, but I couldn't move it because the grease in the wheels had frozen to the likeness of

SEE NOTEBOOK, PAGE A11

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Hope everyone has fared reasonably well through this cold snap. Last week was very special for me as my little side kick spent several days keeping me on my toes! We even managed to have one snow day from school, on Thursday and delayed opening on Friday. I am blessed to have such a delightful young lady in my life!

Town

Monday, Jan. 15, Town Offices will be closed in observance of Civil Rights Day.

Board of Selectmen Meeting Tuesday, Jan. 16 at 6 p.m. The Public Hearing on the proposed Building Permit Ordinance is also scheduled for this evening.

Planning Board Meeting Wednesday, Jan. 17 at 6 p.m.

Filing for Town Offices will begin on Wednesday, Jan. 24 through Friday, Feb. 2. The Town Clerk's Office will also be open from 3 until 5 p.m. on Friday, Feb. 2 for those wishing to file for Office.

Offices for election are as follows: Selectmen, 3 year term, one position. Trustee of Trust Funds 3 year term, one position. Cemetery Trustee 3 year term, one position. Town Moderator, 2 year term, one position. Road Agent, 3 year term, one position. Town Clerk/Tax Collector, 3 year term, one position. Planning Board 3

year term, two positions. Budget Committee 3 year term, two positions. Budget Committee 2 year term, two positions. Supervisor of Checklist 6 year term, one position.

First Deliberative Session is Saturday, Feb. 10 at 10 a.m. in the Town Hall, 45 Washburn Rd., Alexandria.

Town Voting Day (Second Deliberative Session) Tuesday, March 13 in the Town Hall, 45 Washburn Rd., Alexandria. Polls are open from 11 a.m. to 7 p.m. If you need an Absentee Ballot, please contact the Town Clerks Office.

Alexandria UMC

There were a few brave souls who ventured into the deep freeze on Jan. 6 for the

Community Dinner! The wood stove warmed the hands and hearts of those attending, as promised! Thank you, Donna DeLuca and Mike Provost, for clearing the walkways!

Sunday, Jan. 14, services begin at 9 a.m. with Fellowship Hour after worship. Sunday School will begin after the Fellowship time.

Sunday, Jan. 14, Administrative Council will meet at 6:30 p.m. in the Vestry.

Christian Unity Week is Monday, Jan. 15, through Friday, Jan. 19, each day at noon, with lunch following.

Monday, Jan. 15 is at Hebron Congregational Church, Tuesday, Jan. 16 is at Our Lady of Grace, Wednesday, Jan.

17 is at New Hampton Community Church, Thursday, Jan. 18 is at Bristol UCC and Friday, Jan. 19 is at Alexandria UMC.

Hope you all have a wonderful week ahead, and are able to enjoy this warmer weather. I know I'm ready for it! Be safe in your travels and bundle up when going outside!

Patricia M. Topham, 82



MEREDITH — Patricia M. Topham, 82, of Campton passed away peacefully on Friday, Jan. 5, at Golden View Health Care Center, in Meredith, after a courageous battle with several prolonged illnesses.

Pat was born in Manchester on Aug. 20, 1935. And while she moved several times during her elementary school years, she was proud to have graduated from West High School in 1953. She remained close to many of her classmates throughout the years and enjoyed their frequent reunions.

While growing up, Pat enjoyed ice skating and roller skating and competed in both at rinks around Manchester. She also loved to dance and taught dance lessons with the local Arthur Murray Dance Studio of Manchester.

Married to Richard L. Topham of Plymouth for 58 years, they resided in the Plymouth area for many years. She was active in the community through her work with the March of Dimes, Girls Scouts and as a Cub Scout Den Mother. Pat served on the board

of the Speare Memorial Hospital for a number of years and she was active in the Plymouth United Methodist Church.

Pat worked for many years as a librarian at the Pease Public Library for the town of Plymouth and then at the Gordon Nash Library in New Hampton. She was an avid reader and especially loved children's literature. She was a guest lecturer/instructor at Plymouth State University for many years presenting the highlights of children's literature to students in elementary education.

After her library careers, she was asked to be the professional and personal assistant to Dr. Nevin Scrimshaw, a pioneer in nutrition research. Her work for Dr. Scrimshaw was chal-

lenging and educational and she enjoyed that time very much.

Pat was predeceased by her son, Mark A. Topham, who died in June of 2017.

Pat is survived by her husband, Richard L. Topham of Campton; daughter Kim Mayhew and her husband Jack of Park City, Utah; son Chris L. Topham of Campton; son Gavel C. Topham and his significant other Lori of Manchester; grandson Peter John Mayhew and his wife Victoria of Park City, Utah; and several nieces and nephews.

A special thanks to the staff at Golden View Health Care Center. As per her wishes, she will be cremated and a celebration of life will be planned for the spring.

Memorial donations in her memory may be made to the Plymouth United Methodist Church, 334 Fairgrounds Rd., Plymouth, NH 03264.

"I am at peace, my soul at rest, there is no need for tears. With your love I was so blessed for all those many years."

To sign Pat's Book of memories, visit www.mayhewfuneralhomes.com.

Virginia M. Saulnier, 78

BRISTOL — Virginia M. Saulnier, 78, died Sunday, Jan. 7, 2018 at the Genesis Center in Laconia following a two year decline with failing health.

She was born in Bridgewater April 9, 1939, daughter of the late John and Kathryn (Elliott) Morgan. She spent most of her youth, residing in Bridgewater, attending the Bridgewater one room elementary school and then graduating as Valedictorian from Newfound High School. She continued her education and received her K-12 teaching degree from Plymouth Teachers College. Along with several years of teaching kindergarten at New Hampton Community School, she taught school with the Newfound School District for 26 years until her retirement in 2001.

As an adult, Virginia initially lived in Bristol, before returning to live in Bridgewater. Following her second marriage to Arthur Saulnier, she resided in Thornton for many years before returning to Bristol in 2003. She was a longtime active member of the United Methodist Church in Franklin. She was involved with many local organizations including; serving as Treasurer for the local NEA chapter for many years, also volunteering for SHARE, Grafton County Senior Citizens Council, Heifer International, Friends of the Minot-Sleeper Library, along with teaching Sunday School and participating on the Missions Committee at the Franklin United Methodist Church.

Virginia had many passions in life. First and foremost she was passionate about her faith, her family, friends and students. She enjoyed being a lifelong learner — continuing to pursue her interest in reading, poetry, math, science and art and music. Quilting, card stamping other paper crafts, and cooking were hobbies she loved as well as acquiring many collectible Santas and Teddy Bears, which will now be part of the annual Christmas display at the Inn on Newfound Lake in Bridgewater. Virginia also enjoyed art through several mediums and along with Arthur had decorated their home with an eclectic mix of artistic expression originating from a variety of artists.



Later in life, with her husband, Arthur, she became a diehard Patriot fan, had a great fondness for animals, especially German Shepherds, and during their almost 30 years together, made many memorable trips with family and friends to the Maine coast to enjoy their love of the ocean.

In addition to her parents, she was predeceased by her first husband, Theodore Rivest, Sr.; a sister, Elaine Defosses; a brother, Eugene Morgan; and the love of her life, her husband, Arthur D. Saulnier, Jr., who passed in 2013; Theodore's sister and brother-in-law, John and Julia (Rivest) Dow; and his brothers, Raymond and Henry Rivest.

She leaves a son and daughter from her first marriage, Theodore Rivest, Jr. and wife Charlotte of Bridgewater, and Darla Jaquith and fiancé, Kurt Lantis, of Hill, respectively. She also leaves three stepsons from her second marriage, Michael Saulnier and his fiancée, Carmen O'Mara, of Ashland, Jeffrey Saulnier and wife Diane, of Plymouth, and Timothy Saulnier and wife Kristie, of Camp-

ton. She also leaves four granddaughters (Shannon Wharton, Breanna Saulnier, Kerri Saulnier, and Allison Saulnier); two grandsons, Cooper and Lincoln Gonyo, with one great grandson, Rory Wharton; a brother, John Morgan, Jr., and his wife, Marion of Bridgewater; brothers-in-law, Melvin Defosses of Alexandria and Ronnie Saulnier of Holderness; and sister-in-law, Linda Morgan of Haverhill; her long-time son-in-law, Michael Jaquith; her first husband's sisters, Greg and Alice (Rivest) Watkins of Texas and MaryJane Rivest of Bristol; and many nieces and nephews.

A calling hour will be held, Friday, Jan. 12, 2018 from 1 to 2 p.m., with a service following at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A gathering will follow to celebrate Virginia's life at the lower level of Franklin United Methodist Church, located at Franklin and School Streets in Franklin.

Spring burial will be in Blair Cemetery in Campton when weather permits where Virginia will rest with her husband, Arthur.

Those wishing may make memorial contributions in Virginia's name, may do so to the Franklin United Methodist Church or Grafton County Senior Citizen Council or a charity of their choice.

For more information, go to www.smartfuneralhome.com.



2018 Pemi-Baker Beekeepers' Assn.

Beginner Bee School Info:

Dates - Saturdays only from
January 27 through February 24, 2018

Times - 9am to 2pm

American Legion, Post 15, 39 Main Street, Ashland, NH

Cost - \$60/pp (one additional family member \$15 extra)

Register - <http://www.pemibakerba.org/>

Norma Jean Sirles, 48



NEW HAMPTON — Norma Jean [Batchelder] Sirles, 48, of New Hampton passed away on Christmas Day after a year-long battle with cancer.

Norma was born in Laconia on Jan. 30, 1969, the daughter of Norman and Marilyn [Gray] Batchelder Sr. She was employed at Walmart in Tilton for many years.

Norma loved traveling and spending time with her family and friends. She was the happiest, loving, and most positive person that you could ever have the honor of meeting. She was never negative even when things didn't go her way. She will always be remembered as

a ray of sunshine in our lives.

She is survived by her husband, Chris Sirles of New Hampton; her daughter, Sarah

Sirles of New Hampton; her grandchildren, Aubrey-Lynn, Bailee, and Bentley; her brothers, Norman Jr., Ed, Scott, Harry, and Chris, and her sisters Sandra, Holly and Barbara.

She was predeceased by her parents and sister Linda.

Calling hours were held on Tuesday, Jan. 2 from 5-7 p.m. at the Dupuis Funeral Home, 11 Hill Ave. in Ashland. A graveside service will be held at Meredith Village Cemetery in the spring.



What can I do for you?



The staff of the Newfound Landing works for you, the local reader, the local advertiser, our local friends. We are just a call or email away.

Joshua Spaulding
Sports Editor
josh@salmonpress.news
Office: (603) 279-4516 ext. 155
Direct: (603) 941-9155

Visit us online at www.SalmonPress.com

CLASSIFIEDS
WHERE BUYERS AND SELLERS MEET

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Christian Church's worship service on Sunday, Jan. 14 will be at the regular 11 a.m. time. Everyone is welcome for worship, and for conversation and refreshments afterward. In case of stormy or frigid weather, we will have a virtual worship service using a (free) conference call. To check on the location of the Sunday service (real or virtual), and for information about calling in to the conference call service, email southdanburychurch@gmail.com.

Blazing Star Grange

The next pickup farmers market will be Jan 20. Warner River Organics has joined the pick up market on harvesttomarket.com. If they are to continue participating on the 3rd Saturday, they will need to have orders enough to make it worth their time to deliver from Webster. They have beautiful kale, mixed greens, carrots and other root crops. Please check them out and place an order by January 18th.

The workshops will also run on pickup day. It is time to sign up for the Stampin' up class by Maria Polizzi. The class will be held from 9am-noon. For a fee of \$7, you will go home with 3 cards made by you and all you need to add is the stamp. If your New Years resolution was to tie up some loose ends in your life, come listen to Marion Hafner as she leads a discussion on funeral and burial arrangements. Registrations for both events are required by emailing Blazingstargrange71@gmail.com or by calling 768-5579.

Looking ahead, the Feb. 17 pickup market will feature a Thrifty Yankee Ragbag while the March 17 market will be a local business meet and greet. For more information, check out blazingstargrange.org.

Groton

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

There was a Select Board meeting last night. On the agenda were two items which were tabled till later due to the need for more information. The damage to the Town Garage from the flood this fall was discussed. There were two quotes for work that needed to still be done. The electrical wiring had to be redone due to rodent damage and bare wiring. This has already been repaired. There is still mold in some of the wall/insulation which we could have a company come and work on by tearing out more of the drywall and insulation. It was decided that members of the Select Board would look at the situation and treat with an antifungal if necessary which is not covered by insurance. Then we would have closed cell insulation sprayed on and dry wall installed which is covered under our insurance. The problem being that frost is forming on the inside of the exposed walls and this needs to be done soon to prevent more moisture and molding. By doing the mold remediation ourselves we are saving money for the Town. The Select Board is hesitating to put too much more money into the existing building, when a new building is being planned out of the flood plain.

A building permit for Map 5, Lot 46 was tabled till the Select Board has a chance to contact the Town Lawyer on the matter. They hope to get this issue tended to right away so that we do not cause any more inconvenience to the resident than he has had to deal with already. Once a reply is received from the Town Lawyer they will proceed with either granting the building permit or setting up a meeting with the Planning and Zoning and Select Board together for resolution.

Otto Jespersen has resigned from the Conservation Commission, and the Commission is now looking for new members. If you are interested in serving in this role, please contact the Town

office. The Conservation Commission serves the Town by overseeing Town properties and dealing with other conservation issues. They are the ones who sponsor the Fishing Derby each year. Funds come into the Conservation Commission from fees attached to Current Use acreage in Groton.

The Town's Holiday schedule was approved and holidays will appear on the calendar on the Town Web site: www.grotonnh.org. Tax Collector/Town Clerk closures will also be listed on the Tax Kiosk (grey button) on our Web site.

Meetings and Closures Coming Up

The next Select Board meeting is scheduled for Tuesday, Jan. 16 at the Town House at 7 p.m.

Select Board Work Session - Tuesday, Jan. 16 at 5 p.m. at the Town House

The Conservation Commission will be meeting on Thursday, Jan. 11 at 7 p.m. in the Town House.

The Planning Board will be meeting at the Town House on Wednesday, Jan. 31 at 7 p.m.

All Town Offices will be closed Monday, Jan. 15 for the Civil Rights Holiday.

The filing period for Town Offices will be from Wednesday, Jan. 24 through Friday, Feb. 2. A listing of the Offices that will be on the ballot will be posted in the Paper, on the web site and in this article two weeks prior to the filing period.

Dates to keep in mind for the coming year

Town Elections - March 13; the Town House is our polling place, and the polls will be open from 11 a.m. to 7 p.m.

Town Meeting - March 17 at the Town House

Dog Licenses are due by April 30. We have the new tags in and you can license your dog anytime with a current rabies certificate.

Newfound Area School Budget Hearing Jan. 12 at 6:30 p.m. (snow date Jan. 13 at 10 a.m.) at the Newfound Regional High School.

Filing period for the Newfound Area School District Positions - Jan. 24 through Feb. 2 at 3:30 p.m.

School Board - Groton for a 3 year term
Budget Committee - Groton for a 3 year term.

First Deliberative Session will be held at the Newfound Regional High School on Feb. 3 at 10am (snow date Feb. 5 at 6:30 p.m.).

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Area Women's Group

The Hebron Area Women's Group will meet on Thursday, Jan. 18. The meeting takes place at the Union Congregational Church Hall in Hebron at noon. All area residents are welcome to attend. We welcome our guest speaker, Marylee Gorham, New Hampshire Humane Society Director. Our hostesses are Barbara Stevens, Sue Hunt and Marion Weber. Please bring non perishable items for the Bristol Community Service or if you feel so inclined the Humane Society would be grateful for donations from their wish list which includes laundry detergent, toilet paper, paper towels, stamps and hand soap dispensers. Further information can be found at nhhumane.org.

Ashland Community Church

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

Sundays

9 a.m. - Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. - KidZone for K-grade six

Special Needs Ministry-high school-adults

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 to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach someone age appropriate lessons in a loving atmosphere.

Axyon Youth Ministry, for grades six through 12

Fridays 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 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.

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) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, 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 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!

Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by fellowship and coffee. Please come meet our Interim Minister, Rev. Earl Miller.

During the week of Jan. 15- Jan.19, the Newfound Area Churches celebrate the Week of Prayer for Christian Unity by holding a short noon service followed by a light lunch every day at a different church. On Jan. 15, Martin Luther King Day, the service is at our church in Hebron, on Jan. 16 at Our Lady of Grace in Bristol, Jan. 17 at New Hampton Community Church, Jan. 18 at Bristol UCC, and on Jan. 19 at Alexandria United Methodist Church. In case of inclement weather, if the local schools are cancelled, then the service will be cancelled. If schools are delayed, the services will take place.

Save the date - on Jan. 27, there will be a fundraising lasagna dinner by our Church & the Hebron Village Store - more details coming soon.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our church secretary's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church website at www.hebronchurchnh.org. Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the

Church Secretary, Linda Kriss using the contact information in this paragraph.

Holy Trinity (Roman Catholic)

Christmas thanks

The Holy Trinity Liturgy Committee would like to thank the altar servers, Eucharistic ministers, lectors, singers and musicians, designers and decorators, ushers and greeters and everyone that worked in the background to make our celebration of Christmas such a beautiful and moving experience for all of us. We are truly blessed by your time and talent, now and throughout the year.

Red Cross Blood Drive Tuesday, Jan. 23, 1 to 6 p.m., Simard Hall At Our Lady of Grace. Call 1-800-733-2767 for an appointment, or log on to www.redcross.org.

Central NH VNA and Hospice Bereavement Support Groups

There are currently five different kinds of bereavement and support groups offered at no cost in Laconia and Wolfeboro locations through Central VNA and Hospice. The groups being offered right now are: First Step Group is for those seeking support for grief over the recent loss of a loved one. Living With Grief is a seven week program to learn about the unique and personal process of grief and coping with loss. Child and Family Expressive Arts Group offers children, teens and family members an opportunity to remember a loved one through art or music. Please call Dan Kusch, bereavement coordinator, for additional information at 524-8444, ext. 2390, or email dkusch@centralvna.org.

Weekly Meetings

Thursday, Jan. 11
Men's Group, North American Martyrs Oratory, 10 a.m.

Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Boy Scout Meeting, St. Matthew Hall, 6 p.m.

Weblo Meeting - St. Matthew Meeting Room, 6 p.m.

Friday, Jan. 12
RCIA, Marian Center - 6:30 p.m.

Sunday, Jan. 14
No Faith Formation classes

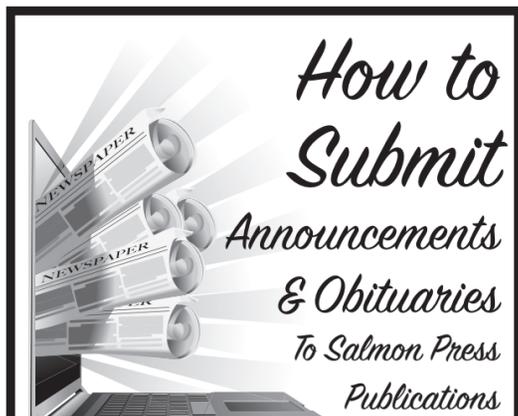
No Confirmation classes

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

Restoration Church, Plymouth (Assemblies of God)

Happy New Year and greetings from Restoration Church Plymouth located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 1-603-536-1966. Our schedule has changed to

SEE CHURCHES, PAGE A7



How to Submit Announcements & Obituaries To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

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

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

BRISTOL UNITED CHURCH OF CHRIST
15 Church Street • Bristol, New Hampshire

MEXICAN TACOS
SATURDAY, JANUARY 13TH
FROM 5:30 - 7 PM

Tacos with all the fixings
ice cream for dessert

PUBLIC WELCOME!

ADULTS: \$9.00 — CHILDREN 12 & UNDER: \$4.00
Take out meals are available.

For more information call the Church at 744-8132.

Churches

FROM PAGE A6

the following:

Sunday:

10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Upcoming Events

Sunday, Jan. 14: Espresso Sunday: we will have Free catered espresso beverages in the lobby of the church.

Sunday, Jan. 21: Baptism Sunday: deciding to follow Jesus is exciting and we want to celebrate with you. For more information inquire at the Welcome center in the church lobby.

Our Mission Statement:

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

Star King Unitarian Universalist Fellowship

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

Sunday, Jan. 14

Nursery and Religious Education – 9:30 – 10:30 a.m.

Contact: Jane Clay, DRE

Service 9:30 – 10:30 a.m. – The Promise and the Practice of Our Faith
Rev. Dr. Linda Barnes, Worship Leader
Paul Phillips, Guest Leader
Sarah Dan Jones, Music Director and Choir

In our commitment to dismantling white supremacy as a system, white Unitarian Universalists are still learning to decenter our whiteness so that people of color are brought from the margins to the center. Join us as we practice that work, and promise a new way of being together in the wider faith and closer to home.

Visit our Web site
www.starrkingfellowship.org
536-8908

Fellowship Office Closed – The Fellowship Office will be closed on Monday, Jan. 15 in observation of the Martin Luther King holiday.

The Nicaraguan Experience through Photos and Food - Jan. 14, 6:30 p.m. at Starr King UU Fellowship. A traditional Nicaraguan meal with photos and conversation. Suggested donation \$10 per person, \$25 per family. This is a fundraising event for our Youth Group.

Share-a-Book HERE! You can give books in Spanish to the families in Nicaragua to remember anyone in your life who values books and reading!

Give to Share-a-Book now or in January. We will see that every dollar will go to books for the children of Compas de Nicaragua. These families have no other

library! See Margaret Salt or Danni Simon with questions.

Jan. 14 is the donation Sunday for Black Lives Matter UU. In order for the UUA to receive matching funds for us, we need to contribute \$10 per member. That means that we need \$1,400. You can contribute at

our Fellowship on that Sunday or before on our web site using the designated "Donate" button. We encourage everyone to participate by donating as much as you can to this important cause.

The Activities Committee encourages you to participate in the abundance of interest-

ing events happening in the area. Please take a look at the Activities board outside the Fellowship Hall, pick up the latest copy of our monthly newsletter in the foyer, or visit the Events Page on our Web site: www.starrkingfellowship.org. Contact Mitch Manseau for further details.

MARK ON THE MARKETS

2018 resolve



BY MARK PATTERSON

Almost every one of us have a New Year resolution. Some are major do-overs and some are subtle changes that we may have wanted to do, but just got put off. Many of our resolutions are about our health and fitness levels. For myself, I would like to exercise more often and maybe drop a few pounds, which is very likely a common resolution. I am going to

attempt to be somewhat smarter than in the past and work my way into a more structured routine of exercise and not go all out right from the get-go saddling myself with an overuse injury. The temptation is to go really hard for a couple of weeks to get through that sore phase when our bodies are adapting to the stress. But that is difficult for our de-conditioned bodies to absorb, often resulting in that injury that puts our quest for fitness on the back-burner until the next New Year. Because our fitness quest is on hold we might as well just say "to hell with that diet" too.

Well you can all probably figure that I have an analogy cooking up here, and you are correct. Another big resolution is the "want to

get my financial life in order." I have clients that typically are very intelligent people who are very motivated in their lives and business who do not have the most fundamental financial planning task underway. We typically start this journey together, with me being the chief organizer and constant voice keeping the ball rolling to update and consolidate all the stuff that is just so boring and tedious for them to get to. I actually warn them in the beginning of this process, that if we start this, we are going to finish this. A file of their life insurance, long term care, even health and Medicare policies are consolidated with the names and contacts of family and beneficiaries. In the event of a health crisis

or accident I want everyone to know where this information is kept. Any wills or trust documents should also be in a location that can be accessed quickly when need be.

The end result of this arduous exercise in planning and organization is a happy client that can cross that task off their mental "keeps me up at night" list.

So if you want to start this journey you must gather all your policies together. If you can't find them all, contact the carrier and get a duplicate. Then call your planner that is well versed in what is going on with life insurance, disability and long term care policies. The insurance industry has created some very good products with multiple benefits. If you have

not seen these products, I suggest you look at them.

Your investment portfolio should have a purpose that aligns with your objectives and is properly structured for the level of risk you can tolerate, but more important is the ability to create steady sustainable income if that is your objective. You can't rely on the equity markets going up for sustainable income.

If you need help with your planning and organization, or would like to see some of the asset-based life and LTC policies, you may call our office and we will be glad to help.

Mark Patterson is a planner and asset manager with MHP asset management. Mark can be reached at 447-1979 or mark@mhp-asset.com.

Franklin Savings Bank announces promotions

FRANKLIN — Franklin Savings Bank announced today the recent promotions of Sarah E.M. Stanley to Community Relations & CRA Officer, Ulrike Smith to Quality Control & HMDA Manager, Dawn Phelps to AVP, Retail Lending Officer & Team Leader, and Kimberly Bliss to Commercial Lending Assistant.

"This is a tremendous opportunity for Sarah, Ulrike, Dawn and Kim to advance further within their respective roles at the bank," said Ron Magoon, President & CEO. "As we continue to expand our lending capabilities it became apparent that we needed to add additional support for home mortgage disclosure act reporting, commercial credit analysis, along with expand-

ed oversight of data collection for community reinvestment act compliance."

In her new role, Stanley will continue her community relations efforts as well as administering all aspects of the bank's Community Reinvestment Act Compliance Program. She joined FSB in 1998 in the marketing department where she advanced into a few positions until she transitioned into the role of Community Relations Officer in 2015.

Smith will assume the responsibilities of Quality Control and HMDA Manager where she will have oversight of the administration and management of all commercial and residential lending quality control compliance, along with the administration and

management of all Home Mortgage Disclosure Act (HMDA) compliance. She joined FSB in 2014 as Loan Operations Manager, then transitioned to Residential/Consumer Project Manager in 2017.

In her role as AVP, Retail Lending Officer & Team Leader, Phelps will oversee the strategic and new business development responsibilities for the residential lending department and will manage the residential lenders. Phelps started with FSB in 2003 as a Mortgage Loan Originator. In 2004, she was promoted to Mortgage Loan Officer, then to AVP, Retail Lending Officer in 2013. She will report to Jim Dubois, SVP, Senior Loan Officer.

Bliss joined FSB in January 2017 as a Commercial Lending Assistant in the commercial lending department. As the bank continues to experience growth in its commercial lending division, Bliss will develop and enhance her skills in credit analysis under the tutelage of Debbie Clapp, AVP, Senior Credit Analyst.

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

fices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of em-

SEE FSB, PAGE A11



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	340 Bailey Rd.	Single-Family Residence	\$165,400	Hennah Fulk	Bobby Allen-Yoho and Ida Yoho
Alexandria	780 Cass Mill Rd.	Mobile Home	\$71,000	Norman P. Bourbean	Patrick A. Kenney
Alexandria	197 Fairview Lane	Single-Family Residence	\$165,533	William F. Maloney (for Joyce Priestly Fiscal Trust)	Dale R. Robie
Alexandria	Knowles Hill Road	Other/Exempt	\$15,000	Timothy J. Harvey	Aaron Fournier
Alexandria	41 Patten Rd.	Single-Family Residence	\$194,933	Shirley L. Avellino	Sherry L. Reinholz
Ashland	51 Main St.	Department Store	\$345,000	Tesla Properties LLC	Quince Tree Properties
Ashland	25 Winona Rd.	Mixed Use	\$199,000	FNMA	Timothy L. and Christine A. Alexander
Bristol	Maple Grove Lane	Residential Open Land	\$50,000	Kenneth A. and Linda D. Rossi	Kevin Tanner and Kim M. Gemma
Bristol	135 S. Main St.	Single-Family Residence	\$245,000	Diane Hewitt	Stephen J. Vissers (for Vissers Fiscal Trust)
Campton	63 Cindys Lane	Single-Family Residence	\$380,000	Alan Alves	Paul S. and Renee Martins
Campton	26 Condo Rd., Unit 3	Condominium	\$84,500	Jared M. Thomassi and Julie Thomassi	Alejandro Zulli
Campton	102 McLaren Dr.	Single-Family Residence	\$158,400	Sherri Myers	Russ and Jillian Kikkert
Campton	NH Route 49 (Lot)	Mixed Use	\$32,000	Michael Shklar (for Thomas A. Michaud Estate)	Smith & Stachecki LLC
Campton	414 NH Route 49	Commercial Building	\$1,890,000	Campton DG LLC	Goodwife LLC
Campton	20 Sandy Dr.	Single-Family Residence	\$335,000	Kevin J. and Sandra F. Murphy	Linda J. Barnes and Mark W. Runquist
Campton	2230 US Route 3	Single-Family Residence	\$124,000	Patricia L. Meara and Jeanne R. Cox	John Piche
Dorchester	854 N. Dorchester Rd.	Single-Family Residence	\$149,000	Robert F. Green (for Sandra K. Green 2015 RET)	Evan M. Hacker and Tannar Cote-Melanson
Hebron	172 George Rd.	Single-Family Residence	\$520,000	Gary R. and Sally J. Filteau	Edward M. VanDorn and Sally Batton
Hebron	320 George Rd.	Single-Family Residence	\$267,533	Edward M. VanDorn and Sally A. Batton	Gary R. and Sally J. Filteau
Holderness	19 Fairway Dr., Unit 7	Condominium	\$257,000	Thomas R. and Susan M. Hess	Lev Mukhlyan
New Hampton	Forest Pond Road	Residential Developed Land	\$392,533	Thomas E. and Diane B. Coveny	Alex and Medena Rastorgouev
Plymouth	88 Chaisson Rd.	Mobile Home	\$10,200	Beans Mobile Homes Inc.	Fred E. Schneider
Plymouth	479 Daniel Webster Highway	Single-Family Residence	\$49,000	Mary V. Thornton and FNMA	FNMA
Plymouth	Fairgrounds Road (ns) Lot	Farm	\$80,000	Charles R. McLoud (for Charles R. McLoud Trust)	3 Lakes Properties LLC
Plymouth	Reservoir Road (ss) lot	Woodland	\$84,600	Heidi T. Wrighton (for Joan C. Frey 1993 Trust)	Kurt W. Schuler and Alexander B. Disney
Thornton	11 Blue Ice Dr.	Mobile Home	\$110,000	Forhman C. Anderson	Kelly A. Collins (for Kelly A. Collins LT)
Thornton	Edgewater Lane (Lot)	Acc. Land Imp.	\$78,000	Randall V. Offord	William J. and Deborah A. Doucette
Thornton	94 Mountain River East Rd., Unit 36	Condominium	\$130,000	Joseph F. Burchill	Thomas A. Murphy and Jeannine G. Robbins-Murphy
Thornton	71 Waterville Acres Rd., Unit 5	Condominium	\$67,000	Patrick G. and Deborah A. Sullivan	Sacha Cavezzali and John M. O'Brien
Waterville Valley	15 Moose Way, Unit 32	Condominium	\$275,000	Harrison A. Fitzpatrick	James and Kerry Macurdy
Waterville Valley	35 Tecumseh Rd.	Commercial Building	\$430,000	JNR Gutters Inc.	35 Tecumseh Realty LLC

ABOUT THE REAL REPORT

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

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

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

Seniors and overmedication

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

For some, taking medications is essential to maintaining health, and can't be avoided. But evidence suggests and experts agree that millions of people are taking more medications than

needed. The more drugs that are taken at the same time, the greater the risk of adverse interactions and potentially devastating side effects, due to the cumulative impact and the mixing of drugs.

Overmedication and taking multiple medica-

tions (technically called polypharmacy), are common and increasing to epidemic proportions among the senior population. Seniors are prone to more chronic conditions that require medication, but an aging body tolerates drugs differently and metabo-

lizes drugs more slowly, making drug interaction a greater concern.

Contributing Factors: The main reason polypharmacy has increased over the past decade is that there are more drugs available for chronic illnesses from high blood pressure and

cholesterol to osteoarthritis and osteoporosis. Improved diagnoses also enhance medication use. Marketing of drugs to consumers plays a role, as patients inquire about and demand the medicines they see advertised on TV and in magazines.

There also is a lack of coordination among insurers, doctors, and pharmacies. Patients may see multiple specialists who don't coordinate with each other to discuss what drugs are being prescribed. It is then left to the patient to track it all, and some seniors are simply not prepared for that. Recent statistics show that on average, one out of every four patients have prescriptions from at least 4 different doctors.

In addition, it is often assumed that people need to take chronic disease medications for long periods, or the rest of their lives. Many who have marginally high cholesterol, high blood pressure and blood sugar can cut back on their medications if lifestyle changes bring their conditions under control and there is too little emphasis on exploring those options. There's also a fair amount of research suggesting that a sizable portion of people are taking antidepres-

sants, anti-anxiety meds, and pain relievers when it is not necessary.

Potential Dangers: While drugs do save lives, few prescription medications are completely free of risks or side effects. A 2012 report by Bruyere, a Canadian health services organization, listed several factors that put seniors at increased risk from polypharmacy:

Physiologic changes (increased sensitivity to benzodiazepines, analgesics, or antihypertensives)

Reduced kidney and liver function (making it harder to excrete drugs)

Reduced body fat (this changes the distribution of drugs)

Existing conditions (dementia, delirium, poor kidney function, poor balance and increased likelihood of falls)

Polypharmacy also has an effect on cognition and the mental capacity of seniors. Overmedicated seniors have been mistakenly diagnosed with depression, dementia, and even Alzheimer's disease.

Recognize the Warning Signs: Knowing symptoms to watch for can help you determine if your loved one may be overmedicated. **SEE MEDS, PAGE A11**

FSB raises more than \$16,000 for Granite United Way

Bank provided a matching campaign contribution of more than \$8,400

FRANKLIN — Franklin Savings Bank announced this week that it raised more than \$16,900 for its Granite United Way Pacesetter Campaign. From this total, the bank provided a dollar for dollar matching contribution of more than \$8,400. As a Pacesetter organization, the bank's annual fundraising campaign takes place prior to the launch of GUW's general campaign.

"I am truly proud of the amount we were able to raise for our annual Pacesetter campaign for Granite United Way," said Ron Magoon, Presi-

dent & CEO. "This was the first time our Board approved a dollar for dollar match from employee contributions to the campaign which far exceeded our initial goal. This is just another example of our commitment to caring for and contributing to the communities we serve."

The funds raised for Granite United Way will be used to support three community impact areas, including education, income and health across New Hampshire.

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bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merri-

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

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

NOTICE

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on January 23, 2018 from 7:00 to 7:30 p.m. for additions and corrections to the checklist, in preparation for the Deliberative Session of the Newfound Area School District on February 3, 2018 at Newfound Regional High School

The Supervisors will also be in session on January 27, 2018, from 11:00 to 11:30 a.m. in preparation for the Deliberative Session of the Town of Alexandria on February 10, 2018 at the Alexandria Town Hall.

George Whittaker
Loretta Brouillard
Suzanne Cheney

HOLDERNESS SCHOOL DISTRICT

Holderness Central School 2017-2018 School Year

LONG-TERM SUBSTITUTE MIDDLE SCHOOL ENGLISH LANGUAGE ARTS TEACHER (6-8) (Must be certified)

Holderness Central School has an opening for a Middle School (6-8) English Language Arts long-term substitute. The position requires a highly qualified NH certificate or eligible teacher. The position begins in April.

If you are interested, please contact:

William Van Bennekum, Principal
Holderness Central School
19 School Road
Holderness, NH 03245
(603) 536-2538
wvanbennekum@pemibaker.org

HOLDERNESS SCHOOL DISTRICT

Holderness Central School 2017-2018 School Year

BASEBALL COACH MIDDLE SCHOOL TRACK COACHES

Holderness Central School has an opening for a baseball coach and middle school track coaches for the 2017-2018 season. Must be available to begin Monday, April 2, 2018.

If you are interested in the positions, please contact:

William Van Bennekum, Principal
(603) 536-2538
wvanbennekum@pemibaker.org

Heat

FROM PAGE A1

need of home heating fuel and other forms of assistance. The contributions for the raffle and auctions—both silent and live—are truly ex-

traordinary, so be sure to bring your checkbook or credit card to KTHO and help us reach this year's goal of \$55,000 for fuel assistance!

Based on its popularity in the past, the Auction Committee has again selected the African Photo Safari for two as this year's fabulous

travel vacation. Want something closer to home? How about a retreat to a charming bungalow in the Blue Ridge Mountains of Virginia,



COURTESY

Based on its popularity in the past, the Keep The Heat On Auction Committee has again selected the African Photo Safari for two as this year's fabulous travel vacation.

Newfound

FROM PAGE A1

this work session to provide the committee your views on education, how you think we are doing as a district,

and what you would like to see that our graduates have accomplished upon receipt of their high school diploma. Building a positive school community cer-

tainly takes an entire village—please plan to attend the roundtable session and provide your input! The session will be held from 6-8 p.m. at Newfound Me-

morial Middle School (155 School St., Bristol).

Any community member or business partner from our sending towns is more than welcome to attend!

Fires

FROM PAGE A1

Alexandria Police Chief Donald Sullivan said Bristol Police advised his department last October that there was an issue with a dog kennel and presumed breeding operation overseen by Jennifer "Bobbi" Choate on Chestnut Street, as well as many of her animals, were consequently being moved to Alexandria.

Concerned about the number of animals involved, APD decided to stop by for a welfare check on the animals, which they learned were being temporarily housed at a farm on Burns Hill Road.

"We obtained a search warrant and went up to check on them due to the sheer number of dogs she owned," Sullivan said. "Basically, there were

a lot of dogs there but there was fresh, clean shavings, water and plenty of food, so we determined the dogs were fine at that time."

With frigid winter temperatures settling in however, Alexandria Police received a call last week from the property owner who then voiced concerns of her own. Through an agreement with Choate, the dogs were temporarily housed inside her barn while Choate was expected to provide all care for the animals. Throughout the fall, the dogs remained in open cages with no real enclosed shelter and that, the landowner told police, was troubling to her as temperatures soon plummeted in early January.

Alexandria Police agreed.

"We went up there

last week and found the water bowls were frozen, the shavings were soaked with frozen urine and feces, and the dogs had no solid structures where they could stay warm," said Sullivan. "Basically, it was colder in the barn than it was outside and that was a real concern."

The chief said Choate readily agreed to meet them at the property last Tuesday afternoon, then left for a while, hoping to find other accommodations for the dogs. When she returned however, she found officers had a warrant for her arrest and vehicles from the SPCA had arrived to remove the animals.

"We ended up arresting her for 22 counts of Cruelty to Animals, which is currently only a Class B misdemeanor. There is no jail time involved, but we're work-

ing with the prosecutor to see if we can up that to a Class A Misdemeanor," Sullivan said.

With other cruelty charges pending in Bristol as well, they hope that may help their case.

"What initially caused her arrest in Alexandria, though, was the weather and her failure to provide proper care," said Sullivan.

Choate was released on personal recognizance bail and will now face arraignment on those charges, tentatively scheduled for Feb. 12 in Plymouth District Court.

In the meantime concerned animal lovers can help provide food and care for the 22 German Shepherds currently being housed and assessed at the Strafford SPCA by making an online cash donation through nhspca.org.

Standouts

FROM PAGE A1

tending the Australian games) and email them back," Pabst said. "I did and they arranged for me to get an official invitation to be part of America's Team for softball."

She received that invitation in September.

"I was shocked. It was kind of a dream come true. I didn't think it would really happen," she said.

Eager to be a part of an international competition, Pabst immediately began fund raising for the trip in July of 2018 and hopes to reach her necessary goal of \$5,008 by the March 1 deadline.

Amy Combs is a cross country and track star for NRHS who has also put her heart and soul into her sport. That effort also earned her the illustrious invitation to be part of the Down Under Track and Field team that will compete next summer in Australia.

Combs said she began running simply for exercise in sixth grade. One day, however, Ken Cutting, the father of one of her classmates, saw her run and encouraged her to join the cross-country team. It turned out that she was the fastest runner the middle school had at that time and Combs has been literally off and running ever since that fateful day.

A set back that first year came when she didn't initially make the track team as a sprinter, but that didn't discourage this determined young gal; it only served to spur her on.

"I realized I needed more training so I started running and practicing even more on my own. I eventually went from a time of 13 seconds in the 100-meter race to 12.5 seconds, which is now the school record," said Combs.

Her running career has earned her many accolades over the years in the 100-, 200-, and 400-meter races, along with the 4x100 and 4x400 team events. As a sophomore in high school, Combs is already the captain of the NRHS track team and Captain of the Sprinters, a title she hopes to hold through graduation.

As if that isn't enough, she has already been offered an athletic scholarship to Plymouth State University when she graduates in 2020, and hopes to use that towards a degree in law enforcement.

"I just basically love everything there is about running. It's so much fun and I'm so happy to be part of it all," she said.

Her invitation to Australia for the track team arrived just last week

however. That has left her until only May 15 to come up with the airfare and registrations fees if she wants to join Down Under Sports in July. She said she is determined to meet that fundraising goal though.

"This is something I really want to do. I've already had videos conferences with some of my teammates from all across the country and I can't wait to meet them and compete with them as a team," Combs said.

Both girls are solid academic students, three-season athletes and still manage to hold down after school jobs as well.

Combs currently holds two jobs, one at Dunkin Donuts and another at Ragged Mountain Ski Area. She plans on putting as much of that of that money as possible toward her \$4,700 registration and travel expenses but realizes she can't do it all on her own by May. To help boost her fundraising, she also created a Go Fund Me page, "Please Help Amy," where oth-

ers can contribute to her goal.

Because of her early invitation, Pabst is much further along in her fundraising endeavor but is still working to meet her expected financial goal. She began by selling bracelets at school last fall, then hosted a booth for handmade cards, ornaments and Santa figurines at Santa's Village in December, and held a raffle for two scenic photos of Newfound Lake that were donated to her cause. This winter she also works weekends as a snowboard instructor at Ragged Mountain when she isn't out on the basketball court for NRHS.

Paired up now in their mutual goal to compete in Australia, the two girls have even more plans to help raise the money they need.

"We're working on a bake sale and we'll also be hosting a dance at Tapply-Thompson Community Center when we hope people will come out to support us," said Combs.

PLYMOUTH ELEMENTARY SCHOOL 2017-2018 SCHOOL YEAR

IMMEDIATE OPENING SPECIAL EDUCATION AIDE

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Please send letter of intent, resume, and recommendations to:

Julie Flynn, Principal
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
jflynn@pemibaker.org

SLA to lead four-mile winter hike at Cotton and Livermore Mountains

HOLDERNESS — Join the Squam Lakes Association (SLA) on Tuesday, Jan. 16 at 10 a.m. for a day exploring some of the great trails in the Squam watershed! Lakes Region Conservation Corps member, Connor Piechota, will guide hikers up to see some amazing views of the Squam Lakes. This program coincides with the Squam Ranger program, which encourages community members to explore all of the 50-plus miles of hiking trails within the Squam watershed.

For more information, or to sign up for

this Adventure Ecology Program, please visit the SLA Web site (www.squamlakes.org) or contact the SLA directly at 968-7336. The SLA is currently offering Adventure Ecology Programs on Tuesdays and Saturdays. These programs are free of charge, open to the public, and cover a wide range of conservation and nature related topics. Adventure Ecology Programs are planned and hosted by the AmeriCorps - Lakes Region Conservation Corps members in order to further the overall mission of the Association.

Select Board Town of Hebron PO Box 188, Hebron, NH 03241

NOTICE OF PUBLIC HEARING

In accordance with RSA 32:5, you are hereby notified that there will be a public hearing on the Hebron town budget and warrant articles for fiscal year 2018.

To be held at 7:00 P.M. on Tuesday, January 23, 2018 at the Hebron Community Hall located at 16 Church Lane.

Copies of the budget and warrant articles will be available at the Hebron Select Board Office.

Per Hebron Select Board,

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

Pride 'N Groom
All Breed Dog Boarding and Grooming

Brenda and Jamie Sullivan
Owners/Operators
pridengroom1992@yahoo.com (603) 744-8123
476 Berry Road cell (603) 498-2535
Alexandria, NH 03222 (texts welcome)



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Wizard of Wash

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Danbury Country Store

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Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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

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Squam

FROM PAGE A3

stewardship positions in the White Mountains, Adirondacks, and Berkshires, including nine years serving in the Pemigewasset District of the White Mountain National Forest. This speaking event will un-

doubtedly be fun for the whole family!

Each month, the Squam Lakes Association hosts a Squam Speaker Series program on a Wednesday evening, free and open to the public. The Squam Lakes Association is a non-profit organization

established in 1904, and for more than 100 years has been working to protect and conserve the natural beauty, peaceful character, and resources of the Squam watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use

and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region. For more information about this event visit, www.squamlakes.org or give the Squam Lakes Association a call at 986-7336.

Roots

FROM PAGE A2

studio. Come and see what a great space Artistic Roots has for offering art classes to our communities. Please note that until a class is paid for, you are not officially enrolled. All classes should be paid for at least by the day before the class.

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

Meds

FROM PAGE A8

tential signs include: drowsiness; physical complications, like dry mouth and ulcers; confusion; withdrawal from family or friends; hallucinations; dizziness or falls; fractures; and seizures. If your loved one experiences these warning signs or any sudden changes in behavior, notify a doctor immediately.

How to Cut Down on Prescriptions:

If your loved one takes 4 or more medications (including vitamins, herbs, and OTC medicines) and has not had them reassessed by the primary care doctor within the past year, this should be done as soon as possible. Pill bottles should be taken to the doctor, so he or she has accurate information.

Be proactive when discussing meds with the doctor. Your loved

one should ask if he or she still needs to be taking each drug and why. Seniors can also ask if dosages can be lowered.

Ask the doctor if lifestyle changes, such as modifying diet or exercising more, would enable your senior to cut back on any medications. See if alternative treatments like acupuncture, yoga, or meditation can help.

Don't just rely on the doctor to know details about drug-drug interactions. Do online research. Reliable websites such as healthline.com and medscape.com list potential interactions and provide explanations.

If a new medicine is taken on top of 2 or more and there are new side effects, tell the doctor right away especially if symptoms include stomach upset or queasiness,

dizziness, sedation, or loss of balance.

A new side effect or drug-drug interaction can develop with meds that have been taken for a while.

That's because some drugs build up in the body, increasing their potency. Other drugs can lose their effectiveness over time, so a condition's previously treated symptoms can resurface.

Use only one pharmacy and pharmacist. Make sure the pharmacist knows what is being taken (including herbs prescribed elsewhere). Pharmacists are often better drug interaction specialists than doctors.

Comfort Keepers® can help. As part of our quality in-home care, our caregivers can aid in monitoring the right type, timing, and dosage

of medications to help keep loved ones safe and healthy. We also offer some technical products as solutions. Contact us today to discover all of the services we offer

About

Comfort Keepers

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

Notebook

FROM PAGE A4

peanut butter.

+++++

A major move is being made to get Fish and Game to treat coyotes at least as fairly as it treats other furbearers. This would mean no killing during denning season, except of course for problem animals, as is commonly the case. The killing of parents is particularly cruel, petitioners say, because it consigns the pups to a long and slow death by starvation.

"The relentless and needless recreational killing of coyotes needs to stop," the petition states. "Other furbearers have closed hunting seasons. It is well-known, and an accepted fact, that coyotes are important members of our eco-system and they should be given a break from hunting as other wildlife species are given."

The petition, being advanced by Voices of Wildlife, is the organiza-



JOHN HARRIGAN

One heart-warming part of this scene (you have to look way right to see it) is the snow curling around the edge of the hay barn roof, a sign that the sun is climbing higher every day.

tion's second attempt to protect coyotes during the denning season. It is open season year-round on this creature, which has occupied the niche left vacant by the eradication of the wolf.

And as for that "recreational killing" business, yes, Virginia, we allow coyote killing contests in New Hampshire.

+++++

"Absurd" and "ludicrous" are two of the words that came to mind the other day when I was pulling shades to shield the living room from the bright sun.

Why? Because here

we were, coming off a spate of 25 below zero weather, and here I was, blocking the warming rays of the sun so I could watch the Sunday talk shows.

+++++

In the weather vein, two thoughts:

--When people who have been around for a while talk about how cold it got last night, they're apt to be talking about the raw, unvarnished figure--the actual temperature. "Wind chill" (not to diminish its seriousness) is a product of TV weather hype.

--"How much snow you got?" is a frequent question when someone calls me up from outside the region. My half-kidding reply is often "Ask my neighbors," because I'm on top of a ridge, and my snow blows off to Maine.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

FSB

FROM PAGE A7

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Newfound Landing Sports

Section **B**

Thursday,
Thursday, January 11, 2018

What's On Tap

The local high school teams continue with the regular season action as 2018 goes into full swing.

The Newfound unified hoop team will be hosting White Mountains Regional at 3:30 p.m. on Friday, Jan. 12.

The Bear girls' basketball team will be hosting White Mountains on Friday, Jan. 12, and will be at Mascoma on Tuesday, Jan. 16, both at 6:30 p.m.

The Newfound hoop boys will be at White Mountains on Friday, Jan. 12, and will be hosting Mascoma on Tuesday, Jan. 16, both at 6:30 p.m.

The Newfound alpine team will be at Sunapee on Tuesday, Jan. 16, for a 1 p.m. meet.

The Plymouth alpine ski team will be at Cranmore on Friday, Jan. 12, at 9:30 a.m.

The Plymouth hoop boys will be hosting Lebanon on Friday, Jan. 12, at 6 p.m. and will be hosting John Stark at 6:30 p.m. on Tuesday, Jan. 16.

The Bobcat girls' basketball team will be at Lebanon on Friday, Jan. 12, and at John Stark on Tuesday, Jan. 16, both at 6:30 p.m.

The Kearsarge-Plymouth SEE ON TAP PAGE B6

Bear girls earn split of two

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound girls' hoop team bounced back from a loss in the semifinals of the Lakes Region Holiday Tournament, returning to action with a win, but also experienced the first regular season loss of the year a few days later.

The Bears opened the week on Wednesday, Jan. 3, and came ready to play from the start, holding Newport scoreless in the first quarter and taking a 22-0 lead after the first eight minutes. Five different players contributed points in the quarter and the Bears utilized the fast break and strong defense.

Newfound outscored the Tigers 20-10 in the second quarter to take a 42-10 lead and then outscored the visitors 10-4 in the third and 11-9 in the fourth for the 63-23 win.

Ashlee Dukette finished with 20 points, 20 rebounds, seven blocks, four steals and three assists, while Jasmine Peterson had 16 points, six rebounds, five assists



RC GREENWOOD
(Left) Madi Dalphonse chases down a loose ball in action against Newport last week.

and four steals. Savanna Bony got in foul trouble early and had to sit much of the first half but still had 13 points. Madi Dalphonse put in eight points and Bailey Fairbank added six.

"The girls came out of the gates strong and it was fun to watch them execute on the offensive and defensive side of the ball," said coach Karri Peterson, offering praise to Tiffany Doan for her strong defensive effort.

The Bears struggled out of the gate at Inter-Lakes on Friday, Jan. 5, and fell behind 6-2. However, Newfound finished the quarter on a 10-0 run and took a 12-6 lead after one.

The Lakers had the 14-11 advantage in the second quarter to take a 23-20 lead to the halftime break.

"We struggled to make layups in the second, keeping our offense stagnant," Peterson stat-

ed. "Tried to get them going at the half, but it was a struggle."

Dukette picked up two quick fouls early in the third quarter and fouled out with the game tied. From there, the Bears struggled at the rim and trailed 39-31 after three quarters.

The Bears were able to keep the deficit around six points for the first half of the quarter, but with Peterson also on the bench with foul trouble in the final four minutes, the Bears scored just three points in that span and were outscored 17-6 in the quarter and the Lakers had the 56-37 win.

"I am hoping the girls can learn from this game and carry it forward for the next 11 games," Peterson said. "We need to come ready to play every day."

"This game does not make our season, we need to move on and learn from this game," the Newfound coach continued. "We can't change the outcome now, but we can learn from it."

Peterson noted that for much of the second half there were four freshmen and one senior on the floor and they were competitive for much of that time.

Dukette had 15 points, 10 rebounds, five steals, four blocks and two assists in one half. Peterson had seven points and five assists, Bony had six points and Mackenzie Bohlmann added five points.

Newfound will be hosting White Mountains on Friday, Jan. 12, at 6:30 p.m. and will be at Mascoma for a 6:30 p.m. game on Tuesday, Jan. 16.

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

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Newfound searching for spring coaches

BRISTOL — Newfound Regional High School is looking for a varsity softball coach and a JV baseball coach for the 2018 season. Please send letter of interest, resume, two letters of recommendation and names and phone numbers of two other references. Please send to Supt. Stacy Buckley, SAU4, 20 North Main St., Bristol, NH.

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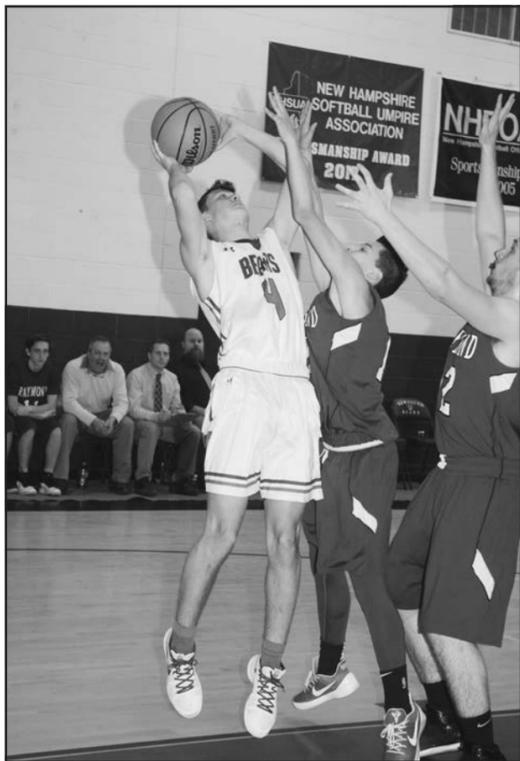
Struggling offense dooms Bears in Laconia

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' basketball team returned to regular season action on Friday, Jan. 5, traveling to Laconia to resume regular season play after the Lakes Region Holiday Hoop Tournament.

It was a tough evening for the Bears in the Lake City, as they scored just seven points in the second half, with only one field goal, and they dropped a 68-21 decision to the Sachems.

The Bears also started a little slow, as they managed just four points in the first quarter and trailed 18-4 after one. Newfound was stronger in the second quarter, as they put up 10 points but Laconia added 17 more and the Sachems had a 35-



JOSHUA SPAULDING
Colby Miles puts up a shot in pre-holiday action against Raymond. This photo was supposed to run in last week's edition with the story on the game, but was omitted.



JOSHUA SPAULDING
(Left) Stine Williams drives to the basket in action against Raymond in December. This photo was supposed to run in last week's edition with the story on the game, but was omitted.

14 lead at the halftime break.

Laconia outscored the Bears 23-4 in the third quarter and 10-3 in the fourth quarter for the final margin.

AJ Muse returned to action after missing the first part of the season and led the Bears with eight points and Mason Dalphonse added seven points. Both players, along with Colby Miles, led the way with five rebounds on the day.

The ears shot just 17 percent for the game, including a one-for-13 performance in the second half that coach Tom Bourdeau noted was obviously not nearly enough.

The Bears will be back in action on Friday, Jan. 12, traveling to Whitefield to take on White Mountains in a 6:30 p.m. game. On Tuesday, Jan. 16, the Bears will host Mascoma at 6:30 p.m.

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

Hendrickson leaps her way to South Korea

BY TOM KELLY
US Ski and Snowboard

PARK CITY, Utah — Ski jumpers Michael Glasder (Cary, Ill.) and Sarah Hendrickson (Park City, Utah) ended up with two things in common after Sunday's (Dec. 31) Team USA Olympic Trials for ski jumping. Both came into the event to put on a smile and have fun. Now both are heading to PyeongChang. Glasder and Hendrickson each won against very balanced fields in a winner-take-all competition. The remainder of the Team USA ski jumping squad nominations will be announced the week of Jan. 22.

A crowd of more than 7,000 packed the Utah Olympic Park - the largest attendance of any event at the Park since the 2002 Olympics, bringing the weekend to nearly 11,000 for the Olympic Trials, which were televised live on NBC.

Both the men's and women's fields were among the tightest in history. Glasder took his win by a mere 1.4 points over Norge Ski Club teammate Kevin Bickner (Barrington, Ill.). Local favorite Will



US SKI AND SNOWBOARD - COURTESY PHOTO
SARAH HENDRICKSON poses with her father, Bill, a Plymouth Regional High School graduate, at the US Olympic Trials on Dec. 31.

Rhoads (Park City, Utah) was third. All three went 97.5 meters or longer.

Hendrickson, the only Olympian in the men's or women's field, took a solid win over Abby Ringquist (Park City Utah) with Nita Englund (Florence, Wis.) third. Nina Lussi (Lake Placid, N.Y.) was a strong fourth with the long ride of the day at 98.0 meters, crashing on her second and final jump.

The women's field provided a pressure competition from the start. Jumping sixth in a nine-athlete women's field, Lussi ignited the competition

with a 98.5 meter first jump - longest of the day - to take the early lead. Hendrickson was next going 97.5 but nailing the style to move in front. Ringquist and Englund came next, but could not match Hendrickson, who took a 6.3-point margin over Ringquist.

In the second round, Englund soared 96.0 meters to challenge. Lussi came back with another long jump at 97.0 meters but lost her footing on landing and crashed. She was taken from the venue and was being evaluated by medical personnel. After a lengthy delay, only Ringquist and

Hendrickson were left to go.

Ringquist punched it out to 91.0 meters to move ahead of Englund. Then it all came down to Hendrickson, the 2013 World Champion who has battled surgery after surgery since a training crash in the summer of 2013. She pushed out and flew 93.5 meters, far from long ride of the day but nailing a perfect landing to win both rounds on style points.

Tears flowed freely as she experienced what was certainly her most gratifying win since she took World Championships in Val di Fiemme, Italy in 2013.

"I never really get the opportunity to jump in front of a home crowd," said Hendrickson. "For me, my goal was to have fun and smile today. When I got up today that was what I set my mind on. I love ski jumping and that's why we are all out here."

Hendrickson has endured years of pain and surgery since her 2013 training crash. And she had a rough opening to the World Cup season earlier in December.

"When you show up on competition day you can't think about the aches and pains and missed training days," she said. "I'm really happy with how I managed it mentally."

The high caliber of the U.S. women's field was a factor that weighed on Hendrickson and others coming into the winner-take-all event. "Honestly, we had five girls who could have won today - it was anybody's game," she said. "But you can't control what the others are doing. It was a difficult field today and I'm just glad I could compete today because four years ago I couldn't."

As thousands of spectators flowed up to the Utah Olympic Park Sunday morning, it brought back memories for Hendrickson of the Olympics 16 years ago. "I remember when I was seven years old and walked up to watch the men's Olympic ski jumping event - that's when I fell in love with it. I'm a result of the 2002 Olympic legacy that Park City and Salt Lake City has continued to develop for young

Chris Martin to address Trout Unlimited Tuesday

PLYMOUTH — Seeing a Bald Eagle on local lakes or rivers still comes as a pleasant surprise to many. Some of the thanks go to Chris Martin, who has worked for New Hampshire Audubon for more than 26 years as a Conservation Biologist, specializing in birds of prey. Martin has climbed to bald eagle nests in Alaska's Katmai National Park, counted seabirds near the Aleutian Islands and will be the guest speaker at the Pemigewasset Chapter of Trout Unlimited's monthly meeting. He will speak about the remarkable recovery of the Bald Eagle in NH.

Come early to the Pemigewasset Chapter
SEE FISHING PAGE B3

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Edward Jones: Financial Focus

How Can You Improve Your Financial Fitness This Year?

If one of your New Year's resolutions is to get healthier, you may already be taking the necessary steps, such as improving your diet and increasing your exercise. Of course, physical fitness is important to your well-being - but, at the same time, don't forget about your financial fitness. Specifically, what can you do to ensure your investment situation is in good shape?

Here are a few "healthy living" suggestions that may also apply to your investment portfolio:

Build endurance - Just as

exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. These are the investments that, ideally, you can hold on to for decades and eventually reap the benefits of capital appreciation. Of course, growth-oriented investments, such as most

types of stocks, will rise and fall in value over the short term, and there's no guarantee of profits, or even preserving principal. But if you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

Maintain an ideal "weight" - You can help yourself stay healthy by maintaining your ideal weight. This can be challenging - as you know from the recently finished holiday season, it's easy to put on a few extra pounds. And,

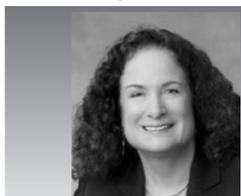
just as inadvertently, your portfolio can tack on some unneeded weight, too, in the form of redundant investments. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidating some of your duplicate, or near-duplicate, investments, and using the proceeds to help broaden your investment mix.

Get proper rest - Many studies have shown that we need adequate rest to stay alert and healthy. In your life, you've probably already found that if you over-tax your body, you pay a price in your overall well-being. If you look at your investment portfolio as a living entity - which, in a way, it is, as it certainly provides life to your goals and aspirations - then you can see that it, too, can be weakened by stress. And one of the main stress factors is excessive trading. If you're constantly buying and selling investments in an attempt to

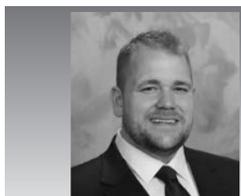
boost your returns, you may rack up hefty fees, commissions and taxes - and still not really get the results you wanted. Plus, if you're frequently moving in and out of different investments, you'll find it hard to follow a unified, long-term strategy. So, confine your trading to those moves that are really essential - and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health - and, as it turns out, you can make similar types of moves to help yourself in both areas.

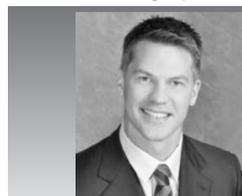
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Bobcats pull away, beat Knights for first win

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — It seemed that both teams were seeking to make it ugly for the other side when the Plymouth and Kingswood hoop boys returned to regular season action on Jan. 2 in Plymouth.

And even in ugly games, there will be a winner and the Bobcats were able to pick up their first win of the season with a 63-50 win over the Knights.

“The way we’re playing this year, we’re going to turn games ugly for both teams,” said Plymouth coach Mike Sullivan. “But they were trying to do the same thing to us.

“We were able to speed them up and they took some quick shots,” said Sullivan. “We got going in transition and had some buckets.”

“We missed a lot of stuff that needs to go in,” said Kingswood coach Dan Place. “We didn’t handle their 1-3-1 well in the first half.

“But still, some of those shots have to fall,” Place added. “And they’ll fall.”

The first quarter was back and forth the entire way with neither team able to build much of a lead.

A Jake Lamb hoop and a Jordan Docen free throw got Plymouth out to a 3-0 lead before Matt Place of Kingswood drilled a three-pointer to tie the game at three. Mike Hogan came back with a hoop for Plymouth but Russ Lucia responded with a corner three for Kingswood to give the Knights the 6-5 lead.

Plymouth’s Nick Qualey answered with a three-pointer and Docen hit a hoop to give the Bobcats a 10-6 lead before Place drilled another three-pointer to pull the Knights to within one. A Richard Curran basket gave Kingswood an 11-10 lead but Plymouth hit the final two baskets of the quarter, with Colby Moore and Qualey getting the hoops and Plymouth led 14-11 after one quarter.

Josh Duntley finished off a nice feed from Erik Madden to give Kingswood the lead out of the gate in the second quarter but Docen and Qualey followed with baskets for the Bobcats. A Lucia basket pulled King-



JOSHUA SPAULDING
Kingswood’s Matt Place leaps for a rebound between Plymouth’s Owen Brickley and Colby Moore during action on Jan. 2.

swood within three at 18-15 but Qualey drilled a three-pointer to give Plymouth the 21-15 lead.

Tim Lemay finished off his own steal to get things back on track for the Knights but Plymouth finished out the quarter on a 10-3 run to open the lead. Moore had three baskets, Qualey added one and Owen Brickley had one to pace the Bobcat scoring and Curran had a hoop for the Knights and Lemay added a free throw to make it 31-20 for the Bobcats at the halftime break.

Three-pointers were the name of the game out of the gate in the third quarter, as Danny Carey hit one for Plymouth and Place and Duntley each hit one for Kingswood to cut the lead to 34-26.

However, Docen came back with a bucket inside, Qualey converted a three-point play and Carey drilled a basket to push Plymouth to the 41-26 lead.

Duntley came back with three hoops in a row for the Knights, including one off of a Le-

may steal but Brickley ended the Knight run with a three-pointer. Lucia had a hoop for the Knights and Docen hit a free throw to finish out the quarter with a 45-34 lead for Plymouth.

Duntley opened the fourth quarter with a hoop for Kingswood and Brickley followed with a hoop for the Bobcats. Madden and Duntley hit back-to-back hoops to cut the lead to just seven with 6:10 to go in the game.

The Bobcats used a 7-0 run to open the lead back up, with Moore and Qualey hitting hoops and Lamb hitting a free throw then finishing a steal for the 52-40 lead.

Liam Morrissey got a hoop for Kingswood but Docen answered with one for the hosts. Morrissey followed with four free throws sandwiched around a Brickley free throw. Qualey and Carey each hit two free throws and Jackson Palombo added a hoop for the Bobcats to make it 63-46. Duntley hit four free throws down the stretch to finish out the



JOSHUA SPAULDING
Jake Lamb fires up a shot during his team’s win over Kingswood on Jan. 2.

63-50 final.

Qualey and Duntley each finished with 19 points to lead their respective teams, while Moore and Docen added 10 each for the Bobcats and Place added nine for Kingswood.

“I was disappointed in the way we attacked their pressure in the first half,” Sullivan said, but noted that improved in the second half.

He also noted that the spread out scoring is something that should be consistent throughout the season.

“Playing 10 guys this year, the scoring

will be spread out,” Sullivan stated. “We try to wear teams down a little.

“Last year we averaged 49 points a game and this year we’re at 63, 61 and 56,” Sullivan said. “Our scoring is up a little, so it’s nice to see the guys play with a little more confidence.

“This is a step in the right direction for us,” the Bobcat coach added.

“They hit their open shots,” Place said of the Bobcats. “We did OK on the glass, but we’ve got to make a shot or two.

“I give them (Plymouth) a lot of credit,” Place continued. “They’re a senior and junior team, they’ve played together for a long time.

“They’re going to beat some teams I think,” the Knight coach added.

Plymouth continued its week with a 56-53 win over Goffstown while Kingswood lost to Timberlane 72-67.

Kingswood returns to action on Friday, Jan. 12, hosting Bishop Brady at 6:30 p.m. On Tuesday, Jan. 16, the Knights host Coe-Brown at 6 p.m. and visits Hanover at 6 p.m. on Wednesday, Jan. 17.

Plymouth will be hosting Lebanon on Friday, Jan. 12, at 6 p.m. and will be hosting John Stark at 6:30 p.m. on Tuesday, Jan. 16.

PRHS 14-17-14-18-63
KRHS 11-9-14-16-50

Plymouth 63

Qualey 7-3-19, Moore 4-0-8, Hogan 1-0-2, Carey 2-2-7, Lamb 2-1-5, Brickley 3-1-6, Docen 4-2-10, Palombo 1-0-2, Totals 24-9-63

Kingswood 50

Curran 2-0-4, Duntley 7-4-19, Madden 1-0-2, Lucia 3-0-7, Morrissey 1-4-6, Lemay 1-1-3, Place 3-0-9, Totals 18-9-50

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

Deadlines and the Olympics

MEREDITH — Sports Editor Joshua Spaulding will be covering the Winter Olympics in Pyeongchang, South Korea coming up in February.

Because of the time difference and the Olympic schedule, this will require a few deadline changes for a couple of weeks while he is out of the country.

All sports items for the North Country papers (Littleton Courier, Coos County Democrat, Berlin Reporter) for the issues of Feb. 14 and Feb. 21 must be submitted by noon on the Sunday prior to publication.

All sports items for the Lakes Region papers for the issues of Feb. 15 and Feb. 22 must be received by 8 a.m. on the Monday prior to publication.

All items not received by these times may miss being included in that week’s issue.

And a reminder, if you know of an Olympic athlete with local connections, send an e-mail to josh@salmonpress.news so we can hopefully catch up in Korea.

Fishing

FROM PAGE B2

ter of Trout Unlimited, Jan. 16, meeting, 7 p.m. at the Common Man Inn, in Plymouth and meet Martin and fellow fishermen. There will be a raffle with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America’s cold-water fisheries and their watersheds. Membership is open to all; meetings are free and open to the public. Visit www.pemigewasset.tu.org and like the group on Facebook.

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Unified Bobcats push past Lakers in opener

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth unified basketball team opened the new season with a hard-fought win over Inter-Lakes-Moultonborough on Friday afternoon, Jan. 5.

The Bobcats got the first two hoops of the game, one from Lyndsy Stevens and one from Amber Dow. ILMA answered with the next nine points of the game, including a three-pointer and they took the 9-4 lead.

Plymouth came back with buckets from Alexis King and Kyle Stickney to cut the lead to 9-8 and then a bucket from Joshua Curtis gave the Bobcats the 10-9 lead. ILMA got the next bucket but another hoop from Stickney put Plymouth back on top by a 12-11 score. The Lakers got the final basket of the quarter and took a 13-12 lead after one.

Erika Cutshaw got the first basket of the second quarter to give the Bobcats the lead but the Lakers answered with a hoop of their own. Shenice McCoy hit a basket for the Bobcats



JOSHUA SPAULDING

Lyndsy Stevens shoots a hoop in early action against ILMA on Jan. 5.

to put them back in the lead but again, ILMA answered. Cutshaw got the final basket of the second quarter and the halftime score was 18-17 for the Bobcats.

The back and forth continued to start the third quarter, as ILMA hit the first hoop, only to see Stevens answer with

a hoop for the Bobcats. Another ILMA three put them up by two at 22-20 but Plymouth hit the next six baskets to catapult them out to the lead. Curtis got the scoring started and then King hit a hoop and Dow also drained a basket. Elijah Potter hit two hoops in a row and #2 hit one more

and Plymouth was up 32-22 over the Lakers. The visitors got the final two baskets of the quarter and it was 32-26 for the Bobcats at the end of the third quarter.

McCoy started the fourth quarter scoring with a basket and then came up with a steal and got another bucket to push the lead back to 10. Stevens then hit two hoops in a row and Plymouth upped the lead to 40-26. A basket from Cutshaw made it 47-26 before ILMA got their first basket of the frame. Cutshaw got the final hoop of the game for the Bobcats as well, with ILMA finishing out the scoring with a hoop for the 44-30 final.

Stevens and Cutshaw each finished with eight points to lead the way for the Bobcats.

The next game for the Bobcats will be at home on Jan. 22 at 3 p.m. against Winnisquam.

**PRHS 12-6-14-12-44
ILMA 13-4-9-4-30**

Plymouth 44

Potter 2-0-4, Cutshaw 4-0-8, King 2-0-4, McCoy 3-0-6, Curtis 2-0-4, Stickney 2-0-4, Stevens 4-0-8, Dow 3-0-6, Totals 22-0-44

ILMA 30

Sorell 2-0-6, Ledger 7-0-14, Bickford 3-0-6, Dennis 2-0-4, Totals 14-0-30

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

On Tap
FROM PAGE B1

hockey team will be at Somersworth-Coe-Brown at 4 p.m. on Saturday, Jan. 13, and will be at Monadnock at 6:10 p.m. on Wednesday, Jan. 17.

The Bobcat wrestlers will be at Winnisquam for a 9 a.m. meet on Saturday, Jan. 13, and will be at Bow at 6 p.m. on Wednesday, Jan. 17.

The Plymouth Nordic ski team will be at Great Glen today, Jan. 11, at 2 p.m. and at Souhegan for a 10 a.m. meet on Saturday, Jan. 13.

One month and counting

I traditionally write this column on the Sunday before it comes out in the newspaper and this week is no different.

But looking at the calendar, the day after I wrote this (Jan. 8) marked one month until I was on a plane for South Korea (via Toronto).

I took a little time away from writing and editing on Sunday afternoon to send out an e-mail to my coworkers regarding my trip to the Winter Olympics and I wanted to keep them informed about some of the changes that might be made in the schedule for the two weeks that I am away.

First and foremost, I will be 14 hours ahead of everyone here on the east coast of the United States. In Sochi four years ago, I was nine hours ahead, which put a wrench into trying to meet deadlines. I imagine the 14-hour difference will also play a role in how I make deadlines.

I made the request to the writers who submit stuff to me to edit that they send in their stuff a little early so that I can avoid last minute problems. Traditionally, the North Country papers (Littleton, Lancaster, Berlin) are due first thing Monday morning and I put them together on Sunday afternoon, editing content from the three writers who cover that area. Since I will be 14 hours ahead, I am hoping that I can get everything in by noon here (2 a.m. in Korea) so I can work on it first thing in the morning when I wake up on Monday and have it all in the folders for our paginators by noon Korea time, meaning they can have access first thing on Monday morning.

The same goes for the Lakes Region papers, which will hopefully have stuff submitted first thing Monday morning so I can put the pages together before I go to bed on Monday night in Korea. This worked out okay

in Sochi (once I got used to the time difference) and I anticipate it going smoothly this time around as well, internet willing of course.

There is a lot of planning going into this trip and with it now a month away, I have started to take a look at the sports schedule to plan out what I need to see. Women's ski jumping is certainly on the list since Sarah Hendrickson qualified for her second Olympics last week. I also anticipate having to see biathlon and alpine skiing events to hit up some local athletes.

Additionally, my fraternity brother and fellow UNH Marching Band alum Lee Kelly is living in South Korea now and I am hoping to catch up with him while I am there, so I want to work that into my schedule.

There is some nervous anticipation on my part, but the credential sits on my desk and every time I glance down at it, there's a little excitement. I remember there being a bit of trepidation prior to Sochi but I had the time of my life on that trip and I'm hoping this ends up being much the same.

And a reminder to all readers, if there's an athlete with local connections who will be competing in Pyeongchang, please let me know so I can touch base with them while I'm there. E-mail me at josh@salmonpress.news with any information I might need.

Finally, have a great day Ted and Carol Bense.

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

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