

Newfound Landing

THURSDAY, MARCH 19, 2020

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COMPLIMENTARY

Area residents cast their ballots in local elections

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – March 10 was the second time polls across the state were open in recent months. This time, though, it was for the election of local town representatives who will serve our communities in the coming year and beyond. Below is a synopsis of how each of your local communities voted.

Alexandria- Chet Caron received 293 votes in his unopposed quest

for another term on the Board of Selectmen. Also unopposed in their races were Doug Benton (274) and Donald Paiva (211) for two of three openings on the Budget Committee, the other remaining open at this time. Dennis Ford received 287 votes to remain his position as Town Moderator, while only a few write-in votes were cast for three openings on the Planning Board. Benton also received 295 votes for Trustee of the Cemeteries, along with another

295 voted for Trustee of the Trust Funds, and Suzanne Cheney had 284 votes for her re-election as Supervisor of the Checklist. As an SB2

town, voters also approved all other articles on this year's warrant, including an operating budget of \$1,877,454 and \$210,000 for the purchase

of land to be used in the future development of a new transfer station.

Bristol- It was a five-way race for two openings on the Board of Select-

men this year and Don Milbrand and Anita Avery walked away winners with votes of 238 and 267 respectively. Challenger

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"Hooked: Narratives of Addiction, Recovery, and Redemption" to be held at library

BRISTOL — The Minot-Sleeper Library and Stand up Newfound will co-sponsor the program, "Hooked: Narratives of Addiction, Recovery, and Redemption" on Thursday, April 9 at 6:30 p.m. at the Minot-Sleeper Library.

This timely and thought-provoking lecture will be presented by Katherine Gaudet, Associate Director of the University Honors Program and member of the Humanities Faculty at the University of New Hampshire, and is funded by a grant to the library from New Hampshire Humanities. The program is free and open to the public. "Hooked: The Community Conversation" on Thursday, April 16 at 6:30 p.m. at the Minot-Sleeper

Library is the second Part of the Hooked series. The community conversation will host different sects of the Bristol community impacted on a personal level by addiction. The

SEE ADDICTION, PAGE A9



COURTESY

Official visit

On Monday, March 9, Newfound Regional High School had the pleasure of hosting a visit from the United States Department of Education. Assistant Secretary Frank Brogan traveled to New Hampshire for a three day trip, stopping at several schools to observe innovative approaches. Assistant Secretary Brogan is responsible for Elementary and Secondary Education and visited Newfound to learn about our Extended Learning Opportunities including Senior Project. While here, Assistant Secretary Brogan met with various community stakeholders such as the Tapply Thompsen Community Center and Freudenberg-NOK, school personnel and three different panels of students. He also had an opportunity to tour part of the school and see the Robotics Team at work. NRHS is grateful for this opportunity to showcase our learners! Pictured are Superintendent Stacy Buckley, Student Autumn Braley, Assistant Secretary Brogan, student Tuan Nguyen, Principal Paul Hoiriis and Director of Extended Learning Amy Yeakel

Bristol police take steps to limit face to face contact

BRISTOL — In order to continue providing the best police services to the Bristol community, the Bristol Police Department will be limiting our face-to-face interactions when possible. We are concerned with the health and well-being of our staff as well as the public we serve. As

this virus continues to spread our goal is to maintain a healthy police force for the continuation of services without resorting to contingency plans. Therefore, until further notice, the department is not taking walk-ins for fingerprints or responding to VIN checks.

Also, please call in to the station rather than walk in for non-emergencies. As a temporary change, non-emergency mat-

ters may be reported over the phone and an

SEE BRISTOL, PAGE A9

NH Electric Cooperative responding to COVID-19 outbreak

PLYMOUTH — In response to the COVID-19 pandemic, New Hamp-

shire Electric Cooperative (NHEC) is taking the steps necessary to ensure it can continue providing safe and reliable electricity service to its members throughout the crisis. This includes making necessary changes to our operations to limit the potential spread of the virus, while we continue to provide uninterrupted service to our members. NHEC continues to coordinate its COVID-19 response efforts with New Hampshire state officials, and we are closely monitoring this fluid situation.

NHEC's mission is to provide our members the ability to access affordable, reliable electric service options that support and simplify their lives. To do this we need to protect the health and

welfare of our employees, members, and the communities we serve.

NHEC recognizes that the COVID-19 pandemic is likely to have a significant impact on our economy and cause stress and financial challenges for many of our members. To assist our members who are struggling financially due to this pandemic, NHEC is suspending late payment charges and service disconnections for nonpayment.

Members who are having difficulty paying their bills are encouraged to contact NHEC through our Web site, www.nhec.com, or by calling (800) 698-2007, to learn about bill assistance programs, special payment arrangements, and community

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18 pages in 2 sections
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DONNA RHODES

Local schools closed amid COVID-19 outbreak

With increased public health concerns over the spread of the COVID-19 virus, Newfound Regional High School, as well as all other schools in the district, was quiet on Monday morning after Gov. Chris Sununu ordered the temporary closure of all schools in the State of New Hampshire.



In challenging times, it is more important than ever to **SUPPORT OUR LOCAL BUSINESSES.** They will be here for us, so we must be there for them.





DONNA RHODES

Filled with equipment donated by nearby New Hampton School, a workout room in Mount Prospect Academy's new Career Development Center provides health and fitness opportunities for students.



DONNA RHODES

Instructor Paul Guldmond displayed one of the many dressers he and his students build for Mount Prospect Academy through their new Career Development Center in Plymouth.

Career Development Center expands opportunities for Mount Prospect students

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH – Mount Prospect Academy in Plymouth offers a residential academic program for male students who are faced with physical, emotional and behavioral challenges so to better serve their needs and promote their future success. Last July, the academy opened a Career Development Center on Tenney Mountain Highway where their education can be expanded upon.

Jay Marshall is Head of School for Mount Prospect Academy and said the school was excited to purchase a 25,000 square foot building on approximately five acres of land that has brought so much more to their programming.

On any given day, people can find students of the school taking part in a wide variety of educational opportunities, ranging from Personal Health and Fitness to Auto Shop. The site also has space for woodworking technology and a first in the state National Youth Program Using Minibikes (NYPUM). Each program brings different learning capabilities and skills to the roughly 85 students, ages 11-21, who attend Mount Prospect Academy.

Each session of their school day offers eligible

students the chance to take part in extra-curricular learning through the Career Development Center.

For Personal Health and Fitness, the students take part in classroom learning time then move on to the state of the art gym to work on their fitness skills.

Sixteen-year-old Damian said he enjoys coming to the center where he can hang out with friends as they develop their strength and fitness.

"When we come here, we can work out and be with peers and develop good relationships," he said. "I like having a place where I can get into shape so I can go back to my school and play sports."

For Alex, the fitness center is even more.

"This is my life. This is where I come to cleanse my soul; it's my positive outlet," he said.

Instructor John Fouch praised him as well, saying Alex puts his heart into his fitness workouts and even motivates him as his teacher.

"This is a safe environment for these guys to learn and grow," Fouch said.

Adjacent to the fitness center is the Boxing Club. There the students can work on hand-eye coordination with punching bags, build on their strength, and perhaps sometimes just get out

their frustrations in a positive manner.

"Another skill here is perseverance," Marshall said. "There's a three minute timer they set for their workout and when a minute or so in their body says it's tired, they have to tell it to go a little bit more."

Off the Boxing Club is a fully equipped equipment room where all they need for a workout is sanitized and stored for the next person to strap on a helmet and gloves.

Behind the fitness area is a wood technology shop where Paul Guldmond shares his lifetime skills with students. Working with Guldmond the boys help make custom-designed dressers, tables, chairs, benches, shelving units and even decorative radiator covers for the school.

"They were buying furniture for the school but I told them I could build it cheaper. We tend

to overbuild things but we build things that last," said Guldmond.

There, too, is a classroom off the shop floor where students discuss plans, measurements and other skills necessary to create something from wood.

The offerings of the center do not end there, though. There is also an auto shop, run by mechanic Don Morrill who teaches the boys skills for the future, if only for their own auto repairs. The shop also features classroom space with computers to help trouble shoot problems. There are two full-sized repair bays, a well-stocked tool room, lifts and even welding equipped available for age-appropriate use. For nominal fees, the students learn to repair vehicles for employees at Mount Prospect as well as some of their community friends.

Marshall said the

school is now saving money for a ventilation system that will allow them to then rebuild an old vehicle paint room once located in that building.

Last, but just as important, is another garage in the rear of the complex, which is home to the NYPUM program. Dan Burke is a special education instructor who brought the program to Marshall's attention and has been joined by Guldmond as certified instructors. Founded in California, the basis of NYPUM is to help boys develop an interest in the outdoors while spending time with strong, positive mentors. Partnered with Honda, the school has received eight mini-bikes for students and coaches to ride and will have four more by this spring. Through NYPUM, the boys gain mechanical knowledge, motor skills and even therapeutic behavior

modification.

Marshall said there are stipulations to the program though. Anyone interested is required to first be accepted into the program based on age, school performance and behavior. Once accepted, they then sign a contract and must maintain those requirements or be removed from NYPUM.

So far, the students have embraced those rules with positive results.

"Riding clears my mind and motivates me to stay out of trouble. If I get in trouble, I can't ride," said Eli, one of the first accepted into the program. "It also teaches me responsibility and perseverance. If I can't make it up a hill, I have to keep trying."

Marshall discovered that another bonus of NYPUM is how the boys now encourage one another, both in school and

SEE CAREER, PAGE A12

Pasquaney Garden Club thanks Cumberland Farms for support in replacing arbor

BRISTOL — Last fall our area experienced an unusually heavy windstorm. A victim of that storm was one of the lovely arbors that grace the entrances to the Butterfly Garden behind Minot-Sleeper Library in Bristol. The Garden has been planted and maintained by members of Pasquaney Garden Club for over 20 years and the original arbors were purchased through fund raisers and donations.

When the destroyed arbor was discovered, it was observed that the

fallen branch was from the Cumberland Farms property and the owners quickly agreed to have the debris removed. Later, representatives of Cumberland notified the club that they were seeking insurance coverage for the arbor. This process led to a settlement that will allow the purchase of a new arbor in time for the garden season.

Pasquaney Garden Club thanks Cumberland management for being such responsive community neighbors and for supporting the

continuance of the lovely riverside garden environment.

Other notes on club activities include the first Books in Bloom being held in cooperation with Minot-Sleeper Library. The first arrangement will appear on March 16, and will be created by JoAnne Cole. JoAnne has chosen "The Scarlet Feather" by Maeve Binchy as the basis for her companion arrangement. The Books in Bloom display at the Library

will feature Irish books and authors as part of their St. Patrick's Day display. Visitors interested in the Books in Bloom event are encouraged to visit close to March 16 when the floral arrangement is at its best! Please come enjoy the monthly Books in Bloom displays and consider participating yourself or with a friend. Contact jewhitenh@gmail.com if you would like to sign up for a monthly display.

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Squam dugout is dated

BY TINK TAYLOR
Contributing Writer

HOLDERNESS — In the midst of cancellations, school closures and escalating bad news about the advance of coronavirus comes welcome news.

Recovered from Squam Lake some 81 years ago, a dugout canoe has now been dated taking it back to the mid-17th century, a hundred years before there was a Holderness. The test to establish this timeline has just been provided by the PaleoResearch Institute in Golden, Colorado and conveyed to the Holderness Historical Society, custodial curators of the dugout.

By chance, the dugout was discovered by three fishermen from Tilton in the fall of 1939 under 14 feet of water in Veerie Cove along Squam's northwest shore. Lacking local interest, it found its

way to Tilton, then the Shelburne Museum in Vermont where it was identified as Native American. In January a year ago the Society was asked if it should be returned to Squam. The offer was enthusiastically accepted and last July volunteers, with a well-padded flatbed in tow, traveled to Shelburne to bring it home. Since its return local interest has been high with visitation to the Society's building at Curry Place up tenfold.

The highly complex procedure for dating this artifact, fashioned from a felled tree trunk by first burning its top surface, then scraping away the charred wood, burning again with repeated gouging, all with stone tools, consists of taking a small sample of the wood and exposing it to a series of stress tests: freeze-drying it to -107 degrees C to remove all mois-



COURTESY — HOLDERNESS HISTORICAL SOCIETY

ture, then heating the wood sliver to +110 C to remove any trace of iron and calcium carbonates. Instruments to remove the sample were first sterilized. Then the sample was placed inside a quartz tube with cupric oxide and silver added where it was then "hydrogen flame-sealed" under vacuum and combusted at 820 degrees.

If all of this was not enough, the residue was sent on to the Keck Carbon Cycle AMS (Accelerator Mass Spectrometry) lab at the University of California to determine how much carbon-14 had been given off since the tree had been cut thus yielding how long ago this was.

Knowledgeable experts theorize that since there are no saw or met-

al tool marks evident, not a square but upturned stern also with upturned bow, thin gunwale sides of varying thicknesses, that it is undoubtedly Native of the "Early Contact Period." By the mid-1600s, the more maneuverable birch bark canoe had replaced the cum-

bersome dugout so this Squam Lake artifact most likely had been abandoned by whatever Natives who were still here. In 1751 the King's surveyor, Samuel Lane, here to lay out by chain and compass what would become New Holderness, noted the presence of cornfields, charcoal pits and other signs of Native occupancy above Livermore Falls where he started his survey. The species of wood used to make this dugout and its age at the time it was cut remain to be determined by foresters who will visit later this spring.

Grand Jury issues February indictments

BY THOMAS P. CALDWELL
Contributing Writer

HAVERRHILL — A Thornton man is facing four counts of selling cocaine to a confidential informant between January and May last year.

The indictments, handed up by a Grafton County Superior Court Grand Jury in February against Jeffrey R. Chapell, 59, of Mount Woodlands Road, Thornton, are all Class B felonies, each punishable by 3.5 to 7 years in jail.

An indictment is not a finding of guilt, but an independent jury's decision, after hearing from police, that sufficient evidence exists to warrant a court trial.

Jason Boulanger, 36, of Meadow Lane, Meredith, is facing two Class B felonies for allegedly having methamphetamine in his possession while in Campton on Nov. 27, 2019, at a time when he was out on bail, and for driving after having been declared a habitual offender.

Eugene Devold, 55, of Renihan Meadows, Lebanon, is facing two Class B felonies for allegedly having hydrocodone and oxycodone in his possession while in Plymouth on May 24, 2019.

Crystal Hodgdon, 35, of Shelby Lane, Alexandria, is facing two Class B felonies for allegedly having hydrocodone and methamphetamine in her possession on Dec. 5, 2019.

Joshua Ingram, 25, of Rumford Street, Franklin, is facing the Class B felony of having tramadol and fentanyl in his possession while in Lebanon on Dec. 17, 2019, at a time when he was out on bail. He also is charged with the Class A misdemeanor of violating a protective order.

Craig Braman, 53, of North Road, Alexandria, is facing a Class B felony

for allegedly possessing oxycodone on Nov. 19, 2019.

Cheryl L. Clermont, 39, of Texas Hill Road, Plymouth, is facing the Class A felony of possessing methamphetamine on July 15, 2019, after previously having been convicted of possession of a controlled drug. Conviction of a Class A felony can potentially result in a 7.5- to 15-year jail sentence.

Amanda Colgan, 32, of Terrace Road, Franklin, is facing a Class B felony of possessing the controlled drug alprazolam while in Plymouth on Nov. 17, 2019.

Katherine A. Drouin, 41, with a post office box in Plymouth, is facing the Class B felony of driving in Campton after having been declared a habitual offender.

Paul J. Gilmore, 48, of Circle Drive, Ashland, is facing the Class B felony of selling marijuana to a person working with the New Hampshire Drug Task Force on July 12, 2019.

Rayanna Greenwood, 29, of Main Street, Plymouth, is facing a Class A felony charge of having fentanyl in her possession on Nov. 15, 2019, after having previously been convicted of possessing controlled drugs.

Jonathan Mosteller, 31, of Boot Jack Road, Campton, is facing the Class A felony charge of having more than \$1,500 in currency belonging to the Campton Dollar General.

Jason Shedenhelm, 41, of Route 11, Farmington, is facing the Class B felony charge of possessing methamphetamine in Holderness on Sept. 1, 2019.

Tom T. Smith, 33, of East Rummey Road, Rummey, is facing the Class B felony charge of possessing fentanyl on May 28, 2019.

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CADY Corner

Why do teens act the way they do?

BY DEB NARO
Contributor

Have you ever looked at your teenager and wondered “Why do you do that?” There’s a reason that teenagers act the way they do. Understanding the brain science behind teenage behavior can help parents better prepare their kids for healthy lifestyles, including the avoidance of drugs and alcohol.

From mood swings to risk taking, “normal teenage behavior” can appear to be anything but normal to parents and other adults. However, research reveals that patterns of brain development during these formative years play a significant role in shaping your teen’s personality and actions. In other words, there’s a biological reason teens act the way they do. Scientists have learned that it takes about 25 years for brains to fully develop. To some degree, you can consider the teen brain is still on “training wheels” – it’s not yet able to perform at optimal adult levels. A huge burst of development happens during adolescence, and that burst can explain a lot of unpredictable – and sometimes risky – teen behavior.

From early adolescence through the mid-20s, the brain develops somewhat unevenly, from back to front. This may help to explain teens’ endearingly quirky behavior, but it also makes them prone to risk-taking. The parts of the adolescent brain that develop first are those that control physical activity, emotion and motivation. However, the part of the brain that controls reasoning and impulses – known as the prefrontal cortex – is near the front of the brain and, therefore, develops last and doesn’t fully mature until the age of 25. The staggered development of certain parts of the brain can have noticeable effects

on adolescent behavior. As a parent, you may have noticed your teen having difficulty controlling their emotions, having poor planning skills and judgment, and most risky, impulsive behaviors.

The development of the adolescent brain and behavior are closely linked. The prefrontal cortex, which could be called the ‘voice of reason’ in the teen brain, isn’t as influential as those parts that place a higher emphasis on emotion, excitement and short-term reward. In an instant, hormones can shift your teen’s emotions into overdrive, leading to unpredictable – and sometimes risky decisions and actions. Unfortunately, the developing teen brains is generally more vulnerable and prone to damage. This means that experimentation with drugs and alcohol can have lasting, harmful effects on your teen’s health.

Finding ways to satisfy needs and desires is part of life. It’s one of the many skills being fine-tuned during the teen years. When a teen takes drugs in order to feel good, it interferes with the body’s natural ability to do so. Because teenagers have an over-active impulse to seek pleasure and less ability to consider the consequences, they are especially vulnerable when it comes to the temptations of drugs and alcohol. And because the internal reward systems are still being developed, a teen’s ability to bounce back to normal after using drugs may be compromised due to how drugs affect the brain.

For more information about teen brain development, visit our Web site at cadyinc.org. If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LR-Healthcare (934-8905) for help.



DONNA RHODES

Dipping ducks

Temperatures ranged only in the mid 30’s last Sunday afternoon, but with the sun shining brightly, these pet Mallards in Plymouth still thought it was a “ducky” day for a dip in their swimming pool.

Sustainable Bristol

Hello from “Sustainable Bristol!”

We are a newly formed committee dedicated to creating a bright today and a green tomorrow. Our members range from 16 years old to septuagenarians, with diverse backgrounds and many ideas and goals for helping Bristol move towards greener practices. Our hope is to educate the public on big and small changes you can make to reduce

your carbon footprint, as well as keep you up to date on the ever changing list of things accepted, and rejected, at the Bristol Transfer Station. We were brought together by a shared interest in improving the recycling program in Bristol.

Due to the rising costs of sending single stream recycling to be sorted, the recycling program was halted in 2018. At this point in time, the Bristol Trans-

fer Station is accepting cleaned glass free of metal to be crushed and used as aggregate in town wide construction projects. Please check with an attendant before you dump your glass first. It is a lot easier to remove something before it goes into the glass pile than it is after the fact. The VFW has a bin located near the compactor for aluminum cans and would gladly accept those if separat-

ed out from your other refuse.

The Sustainable Bristol Team looks forward to working with the town to create positive changes, and to educate the community and help you lower your bills and your carbon footprint.

Lauren’s Green Tip of the Week: Use cloth napkins at dinner. You’ll feel fancier and save a tree or two by forgoing the paper napkin.

Does humanity really end when the toilet paper runs out?

BY GARY W. MOORE

I have a friend since high school named Karen. She was a smart and focused student, a cheerleader... very popular but always a kind soul. We lost touch through the years but reconnected when, to her surprise, she saw my name on a book at Barnes & Noble. Karen was always engaged and helpful. Raised by kind parents, she was always one of those people who were... well, just that way.

Sunday morning, Karen rose early and headed to the grocery store in her small Michigan town. She had a plan to arrive as the doors opened and get the few items she needed and did. Toilet paper was on her list and she bought the only package left ... a package of eight rolls. She, like most of us, was surprised by the empty shelves. She bought what she could and headed out of the store and to her car. In the parking lot, she encountered an elderly man, visibly upset. Karen asked if he was okay.

“My wife and I are out of toilet paper. I’ve been searching for days. I don’t know what to do,” the troubled old gentleman explained.

He didn’t know what



POSITIVELY
SPEAKING

GARY W.
MOORE

to do, but Karen did. She broke open the package of eight rolls and tried to give him half. He would only accept two and was touched to tears. He didn’t have to leave empty handed because of the generosity of Karen Tyson. She, and others like her, give me hope and optimism in a time wrought with despair and pessimism.

We still live in the richest nation in the history of the world. Is it truly necessary for some of us to survive, that others must go without?

No.
“We have nothing to fear but fear itself.” – Franklin Delano Roosevelt

When fear sets in, irrational behavior begins. Saturday, I witnessed a man and a woman struggling in the aisle of my local store over a bottle of bleach. There’s really not a shortage of bleach, there is only the fact that some bought more than they needed and left others without. The same with hand sanitizer. I’ve

seen some on social media bragging about how much they have while others are driving all over town and can’t find a single bottle. I personally know of a sixty-five-year-old man with cancer who is at high risk and can’t find a single bottle anywhere.

Being prepared is admirable, while hoarding is only selfish.

Last week I wrote a column that I thought would be whimsical but by the time it went to print was not. There are people in serious need of the basics of life. No, not having toilet paper may not be life threatening, but a lack of food items and basic products for disinfection are. If you have a little to spare, please share. Call your local house of worship, food pantry, Salvation Army or any organization who can help get these into the hands of someone in need. Be inspired by the kindness and willingness to share that Karen, and many like her have displayed.

No. I am not asking you to share what you need for the survival of the next few weeks or month, but please examine your heart and ask yourself if you have a little to spare.

I believe the supply chain of these items will catch up with demand sooner than later. The shelves will soon be filled again. That’s the beauty of capitalism. Just look into your heart and pantry and see, like Karen, if you can graciously give a little to help someone who is in need.

Keep your eyes open. Most people in need will never ask. Karen saw a man who was distraught and asked him. Will you do the same? Do you have elderly neighbors? Will you stop by and check on them? See if they are in need?

Be kind... be optimistic... and pray.

If you have nothing to give, share a kind and encouraging word. Do not take part in the negative gloom and doom conversations. Be uplifting and encouraging in public and in private, if you are so disposed... please pray.

We’ve always been a nation that looked out for our neighbor and pitched in to help where we can. Yes. These are unprecedented times, but we will survive then thrive. And besides... I am old enough to brag that I have survived at least ten end-of-the-world

SEE POSITIVELY, PAGE A9

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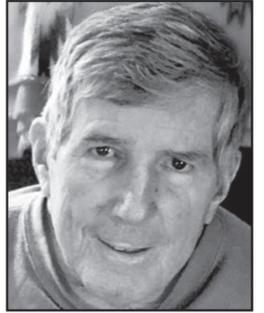
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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Racing the spring meltwater from logging camps to home



This is the time of year when men and grown boys left logging camps deep in the woods, and headed home to farms and families. In many cases, their wives and siblings had not seen them for months. Out of the wilds they came, clothes in tatters and famished for a home-cooked meal. The food in the camps was good, but not that good.

They came with hard money hard-earned, the lure that had drawn them to the woods. Farm families could produce few non-perishable goods that could survive the long trip to outside markets and earn hard money--maple candy, wool, honey. The logging camps were a siren song.

The suggestion of deception was earned. Scouts for labor often painted life in the camps as far better than it was. Work commenced with the time-honored cry, "Daylight in the swamp!" and ended at dark. Camps were not tall enough for a tall man to stand, to conserve heat. The men in camps, as Dough-boys would soon do in the trenches, raced

bedbugs for sport. Swampers, fellers, and limbers were so tightly packed under long quilts in long bunks that everyone had to turn over at once.

Swampers cleared trails for horses and teamsters to skid logs out to shoreline piles. Fellers were the tough men who felled the tall trees. Limbers knocked the limbs off logs and hewed the sides smooth so they'd skid. And teamsters and horses did the skidding, the articulated skidders of yore.

+++++

In the spring, when the brooks and streams and rivers began shaking free of their bonds, and ice on lakes and ponds began to settle and crack, about two-thirds of the crew were sent home. The remainder stayed on for the drive--a few teamsters, the river hogs, and of course the cook and cookee.

The teams and teamsters stayed on to help break out the immense shoreline piles of logs, and then followed the drive to round up strays--logs stranded on meadows and shoals. The



NEW ENGLAND HISTORICAL SOCIETY

A river hog with a pike pole on a long-log drive, with a batteau toward the far shore.

river hogs were the men herding, picking, shoving, dragging, and cursing the logs down the river. The cook and cookee were what made it all move.

The logging company's lawyers often followed right along behind the drive, paying farmers for damages to fields and fences, and towns for bridges and roads. Once in a while, they followed the letter of the law.

"River hog" was a term of endearment, sort of. Not for nothing did generations of families up and down major rivers hand down stories from when the drive and the river hogs hit town.

Some of the men, the true river hogs of the bunch, wore footgear with small spikes in the soles, known as caulked

soles, or spiked boots. Like tightrope-walkers they carried long poles, with spiked tips for pushing and pulling and nudging logs that needed a little encouragement down toward the mills. They hopped from log to log, rode them like canoes, tried to roll each other off, and occasionally did a little jig.

These were tough men and had to be, working in ice-cold water at one of the most dangerous jobs on earth. No wonder they had the devil-may-care attitude they did. No wonder some lost their lives on a dare, running rapids where no men and boats were supposed to be.

+++++

Andy Anderson was

one of my favorite people. He came to New Hampshire's northernmost town of Pittsburg with the Civilian Conservation Corps--the famed "CCC" of Depression times--and decided to call the place home. He fit his adopted town like hand to mitten. Quite soon, he knew the old stories from the old men, the river hogs of yesteryear, as well as the men who told them.

In his later years, Andy worked for the state's old Forest Fire Service. One of the jobs he did was help maintain the trail and lookout's cabin on the summit of Magalloway Mountain, at 3,383 feet one of the North Country's higher peaks.

Andy was on my short-list of people to call when I needed an excuse for a story

somewhere back in the woods. So it was that I called him one day back in the early 1970s, when I was working for the New Hampshire Sunday News, and said "Andy, I need an excuse to get into the woods."

There was silence for a heartbeat or two--maybe Andy, putting thumb to pipe--and he said "Sounds like a trip to Sheehan's."

So into Sheehan's Flowage we went, hauling grub and gear into a camp far behind First Connecticut Lake. It was one of Andy's several homes away from home, and as soon as we hung up our packs and hats, it felt like mine.

(For readers pinning for more about the early and innovative days of logging, I highly recommend Robert Pike's companion books, "Tall Trees, Tough Men," and "Spiked Boots," available at finer book stores everywhere.)

(Please address mail, with phone numbers in case of questions, to campguyharrigan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Towns

Alexandria

Mary Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Well, here we are in a whirlwind of the Coronavirus; not sure what is going to change from moment to moment. Patience and perseverance, folks, we will make our way through it all! Above all else, please stay safe and use common sense. If you're not feeling well, please stay home! Keep an eye on your elderly neighbor, and lend a hand. Perhaps if you're going to the store, check to see if they are in need of anything, including prescriptions!

Town

I had hoped to be able to send along an update from the Board of Selectmen however it hasn't arrived via email as yet. So, instead, I will give you the telephone number of the Administrative Assistant (Board of Selectmen's Office), Jennifer Dostie, 744-3220 and that of Town Clerk/ Tax Collector, Fran Skiffington, 744-3288. Please feel free to give them a call with any questions you may have. They do ask you wait outside, or in your car should you go to the Municipal Building and there is someone inside.

Alexandria UMC

There have been discussions with the congregation and Church Leadership, however no decisions have been made at this time, regarding services and functions.

The Administrative Council will have further discussion and make their decision on Wednesday, March 18, 2020 at 7:00 PM via Zoom. Please be sure to check out AUMC Message Board on the Church Common, across from Haynes Library for updates with respect to church services and functions. Please feel free to give Pastor Faith a call or text at 491-4028.

I do hope things will slow down a bit as we travel through the next few days and weeks ahead. I look forward to being a little more "pulled together" next week. Thanks for your patience and understanding! Please have a good week, be safe, and most important of all, be kind in your words and deeds!

Bristol

Al Blakeley
adblakeley0@gmail.com

I hope all those reading this are staying healthy, practicing good health practices to protect you and those around you and that this hiccup in our lives is over soon with good outcomes. It certainly has given us all cause to pause and assess our personal situations and hopefully to appreciate the situations of others to the point of doing all we can to make everyone's lives a bit easier to deal with. We are in it together. Let's do all we can to make it through

successfully.

The celebration of life for Archie Auger to have been held at NMMS has been postponed to a date TBD.

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

The Bristol Historical Society will hold its 2020 annual meeting on Tuesday, March 31 at 7 p.m. at the Minot-Sleeper Library. Following a short business meeting there will be a presentation of "Old Stories of Bristol." The Society will have a few stories to share and we invite others to share stories they may have. NRHS senior, Evelyn Cut-

ting, will talk about her senior project which has involved collecting stories and creating a website.

The second event scheduled for 2020 is a fashion show at the Historic Town Hall on Sunday, April 19, at 2 p.m. Nancy Spears of Imagine will showcase some of her latest spring attire. This is a free event and all are welcome.

Copies of the 2020 brochure are available at the MSL and the Town Office building. The Society welcomes new members and is looking forward to a busy season. The museum will open in June and is always available upon request. For more information call 744-2751.

In lieu of events that have been cancelled, I of-

SEE TOWNS, PAGE A9

TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 12, 2020 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 25 and Friday, April 3, 2020 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, April 3. Positions to be filed for are:

- Selectman: three-year term
- Treasurer: three-year term
- Library Trustee: three-year term
- Trustee of Trust Funds: three-year term
- Town Moderator: two-year term
- Supervisor of the Checklist: six-year term
- Auditor: two-year term

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

Tracey Steenbergen, Town Clerk
Office Location: 10 Church Lane, Hebron
Office Hours: Tuesdays 3:00-8:00 PM, Saturdays 8:30-11:00 AM
(603) 744-7999 or clerk@hebronnh.org

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Edward Jones: Financial Focus

What's the Difference Between Short- and Long-term Investing?

As you go through life, you'll have many financial goals. Fortunately, you don't need to achieve them all at the same time. But when you have a mix of short- and long-term goals, you will need to pursue some different investment strategies simultaneously. Your short-term goals may depend somewhat on your stage in life. For example, when you're starting out with your career and you're beginning to raise a family, you may well have a goal of saving enough money for a down payment on a home. Later on, though, you may decide you want to travel the world for a year. Because you know about how much money you'll need, and when you'll need it, you can choose the appropriate investments, with these characteristics:

- Low risk - Above all else, you want the right amount of money to be there when it's time to use it. So, you'll need low-risk, high-stability investments. You won't see much in the way of growth from these types of investments, but you also won't be sweating every single market downturn in fear of not reaching your goal.
 - Liquidity - You won't want to worry about trying to find a market for your investment when it's time to sell it and then use the proceeds for your short-term goal. That's why you need to pick short-term vehicles that are highly liquid.
- Now, moving on to longer-term goals, the situation can be quite a bit different. Suppose, for instance, you're saving and investing for a retirement that may be three or four decades away. For

this goal, you have one overriding motivation: to end up with as much money as possible. And since you have so many years until you need this money, you may be able to take on more risk than you could with the investments you counted on for your short-term needs. This isn't to say you should be reckless, of course - you still need to pay attention to your individual risk tolerance. Overall, though, there's a big philosophical difference, in terms of risk capacity, between investing for the long term versus the short term. When you're saving for a long-term goal such as retirement, you may need to rely primarily on your IRA and your 401(k) or similar employer-sponsored retirement plan. And within these accounts, you'll need a reasonable percentage of growth-ori-

ented investments. It's true that growth investments are volatile, but sometimes sharp price declines. But in exchange, you have the opportunity for greater growth potential. Once you do retire, you'll still have long-term goals. For one thing, even during retirement, you'll need your portfolio to have some growth potential to keep you ahead of inflation. And you'll also need to address perhaps the longest-term goal of all: leaving the type of legacy you desire for your loved ones. A financial professional can help you clarify and prioritize your short- and long-term goals, as well as assist you in choosing the appropriate strategies for helping meet these goals - whether they're three years or three decades away.

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



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Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

Pastor: Ernie Madden

Worship Pastor: Aaron Stout

Phone: 968-9464

Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

Sundays:

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

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

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

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

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

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

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

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

We look forward to seeing you soon!

Plymouth Congregational UCC

You are invited to join us for worship at 9:30 am at the white church located in the heart of Plymouth on the Town Common. Pastor Mike Carrier and this lively, diverse congregation of children, youth and adults will warmly welcome you.

**YOU ARE INVITED
March 29 –
New Hampshire**

Master Chorale Concert

April 5 – Palm Sunday 9:30 a.m.

April 9 – Maundy Thursday, Communion Service 7 p.m.

April 10 – Good Friday, Tenebrae Service 7 p.m.

April 12 – Easter Service 8 & 9:30 a.m.

April 15 – New Hampshire Chamber Singers 7:30 p.m.

Feeding Our Children Together

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

PCUCC is a vibrant community of faith that is welcoming,

theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. If you are new to the community and looking for a church home, we invite you to join with us in experiencing God's love through worship, study, fellowship and service. Please visit our Web site: www.uccplymouth.org.

Restoration Church, Plymouth (Assemblies of God)

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

1966. Our schedule has changed to the following:

Sunday:
10:30 a.m. Morning Service

Monday:
First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry

Friday:
Second Friday of the month
6 p.m. Food, Fun, Fellowship

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

**Our Mission Statement:
Just One More!**

Everyone is wel-

come to all of our services. The church is handicapped accessible on the east entrance.

Starr King Unitarian Universalist Fellowship

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

This week at Starr King:

Due to concerns for our member's health and safety, our scheduled Sunday services have been canceled until further notice.

www.starrkingfellowship.org
536-8908

SKUUF celebrates 40-year anniversary

PLYMOUTH — The Starr King UU Fellowship of Plymouth was founded in February 1980, when 18 people responded to a local newspaper ad placed by Ruth and Irv Macey seeking individuals interested in forming a Unitarian Universalist fellowship. Forty years later, we remain an active and vibrant liberal religious community, and will celebrate our anniversary on March 15!

Over the course of its lifetime, the Fellowship has met in many venues. On March 27, 1993, we celebrated as founder Ruth Macey broke ground for a home of our own; our current Meetinghouse at 101 Fairgrounds Rd. In 2009, we built an addition to include a Fellowship Hall and a wing to house our Religious Education program.

Our values lead us to work for social justice. In our early years, we were involved in starting up the Community Closet, including a Food Pantry, and Meals for Many. We supported the creation of the Whole Village Family Resource Center. Currently, we play a vital role in the Got Lunch Plymouth program. Each Monday during the summer, we pack food for lunches at our building, then deliver those packages to local families with school age children who need food assistance. One Sunday each month we donate



COURTESY Ruth Macey, prime mover in the 1980 genesis of Starr King Unitarian Universalist Fellowship, is shown here breaking ground for the meetinghouse on March 27, 1993.

banner on our building. We look forward to continuing our so-

cial justice work in the areas of climate and economic justice.

Roland Morin served as our first minister, part time. He was followed by full time ministers the Rev. Arthur Vaeni in 1989, and the Rev. Sarah Stewart in 2003. In 2016, we called the Rev. Dr. Linda Barnes as our new full time minister. We are delighted to have her here with us.

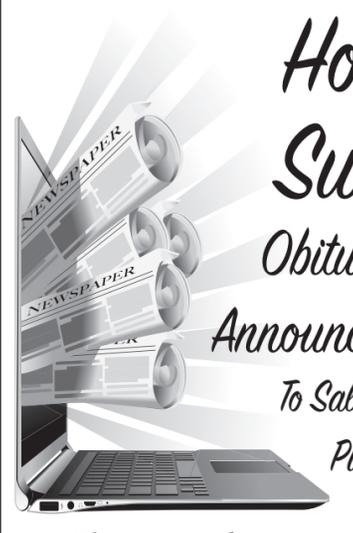
Our celebration will include a brief history told in story form during our regular service, followed by the formal dedication of Macey Hall, named in honor of those brave souls who placed the ad that started our community. We will award special recognition to our founders, and will also celebrate by decade the anniversary of each member's joining. We'll present a short commemorative slide show, marking our important moments. And of course, there will be cake!

Squam Lakes Association closed through end of March

HOLDERNESS — The Squam Lakes Association is committed to the health and well-being of our community members and staff. With that in mind, our offices are closed to the general public for the remainder of March. Our staff will continue to work during this time, but we ask that you contact us via phone (968-7336) or email info@squamlakes.org rather than in-person. Our public programs scheduled for March are canceled. In

the place of these programs, we will be sharing DIY nature-based activities that individuals and families can do on their own in the comfort of their homes, backyards, or nearby trails. All programs will be shared to the Squam Lakes Association Facebook page.

We will continue to maintain our trails during this time and ask that you give fellow hikers and our trail crew plenty of space when crossing paths.



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to:
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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.*



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Foster Pond Road	N/A	\$30,000	Andrew J. Deroma	Joseph W. and Gina M. Morrison
Bristol	265 Pikes Point Rd.	Single-Family Residence	\$780,000	Kevin M. and Margaret B. Butler	Flatwater RT and David Mermelstein
Campton	Waterville Estates Mountain, Unit 3	Condominium	\$70,000	Stephen F. Lacouture	Stacy M. Lang and Robin J. Ward
Campton	N/A	N/A	\$20,400	Christa A. Richello	Kevin M. Harrison and Amy L. Gray
New Hampton	39 Blake Hill Rd.	Mobile Home	\$105,000	C&T Alternative Builders	Kristin L. King
New Hampton	5 Pemi Shores Condo Rd.	N/A	\$65,000	Normand A. and Theresa M. Pinette	Martin Dunlap
New Hampton	85 Sky Pond Rd.	Mobile Home	\$139,000	Don I. Grant Estate and Erica Slade	Paul J. and Angeliue M. Rossi
Plymouth	23 Binks Hill Rd.	Single-Family Residence	\$80,000	Christopher Lyman-Turgeon and Kristina Coit	Kristina Coit
Plymouth	Pleasant Street	N/A	\$46,000	Lisa A. MacDonald	Leigh H. English and Sheila M. Mapes
Rumney	Marie Drive	N/A	\$118,000	Robert E. Cormiea	Benjamin S. Anderson
Thornton	Jack O'Lantern Resort Condominiums, Unit 50	Condominium	\$202,000	Janice Defeo	Bhasker Gutti
Thornton	112 Mountain River East Rd., Unit 20	Condominium	\$132,000	Brian and Laurie M. Mellen	Stephen and Susan Brady
Thornton	52 Notchway Rd., Lot 9	Residential Open Land	\$65,000	Gay L. Baker and Susan W. Dexter	J. Bradley and Tracy D. Maberry
Warren	74 Lake Tarleton Rd.	Single-Family Residence	\$80,000	Justin A. Smith	Megan and Walter J. Rebele
Waterville Valley	28 Packards Rd., Unit 223	Condominium	\$72,533	Ashley Arceneaux	Golden Eagle Lodge A Condominiums
Wentworth	8 Atwell Hill Rd.	Single-Family Residence	\$100,000	FHLM	Cheryl and Peter Bates
Wentworth	18 Philbrick Rd.	Single-Family Residence	\$172,000	Alan R. Monroe and Andrea J. Achillers-Monroe	Traves J. Avery and Megan A. Plante
Wentworth	52 Wentworth Village Rd.	Single-Family Residence	\$290,000	John P. and Jennifer P. Meade	Adam G. and Toni Sylvain

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.

MARK ON THE MARKETS

End of the bull



BY MARK PATTERSON

March 9, 2009 was the beginning of an 11-year bull market in stocks. On that day, I was sitting in

front of my computer in my office, at the time in Conway. There was panic in the markets, the S and P 500 index hit 667, before turning up that day. That was a point of capitulation which is a word that means "surrender." During these times of capitulation and extreme fear is the time that you want to step in and buy assets that many

people and institutions are trying to sell at any cost. This is a very difficult thing to do, but the professionals thrive in times that the average investor panics. Conversely when the equity(stock) markets are high and toppy, these same investors want to buy at the top! I have addressed this "emotional" investing in other articles, but I am

still fascinated with investor behavior. I can say that many people do not fall into this panic selling and marking a top buying, and that is hopefully a positive behavior that we have learned from experience!

If you have structured your portfolio with non or low correlated asset classes, which is very different from having different mutual fund names, and you have achieved true asset class diversification, you will be able to weather market corrections with less pain than if you were fully invested in equity mutual funds from the same fund family. I am not saying that in recent weeks you would not have seen your portfolio down, but not with the same intensity as if you were not properly diversified.

The other issue is the lack of any cash or liquidity. It is ok to take a profit and hold cash for other opportunities. If you are fully invested, with no available cash, you would not have any dry powder to take advantage of volatile markets. Some cash is good!

Actively managed portfolios using low cost ETF's, stocks and bonds are going to offer more diversification, flexibility and control of taxes and timing than the all too often family of funds.

Yes, I have referenced funds a couple of times, but only because that is what is commonly found in many 401K's and 403B's. It is likely that you can stay in the plan however transfer assets to an IRA where you can take advantage of fee based active asset manage-

ment. This is known as "in service distribution". I would encourage anyone inside of five years of retirement to contact me about this method to customize your portfolio for the purpose of your needs. You may be surprised that it is more cost efficient and effective than staying in your current plans.

The bull market with low volatility has ended. Hopefully, what seems to be a volatile mess will end up being an opportunity to upgrade your portfolio to an actively managed portfolio that is designed with conviction and purpose!

Mark patterson is a portfolio manager with MHP Asset Management LLC, and can be reached at 447-1979 or Mark@mhp-asset.com.

Comfort Keepers

Home care tips for improving memory for seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

For seniors with memory issues, receiving care while remaining in their home can further enhance their quality of life. This is true for those with minor memory problems that result from age or for those with Alzheimer's, dementia or other forms of memory loss. A familiar environment can reduce confusion and improve mental engagement, and being surrounded by beloved objects and memory cues can foster a sense of connection and peace.

For older adults, there are some conditions that progress over time and have a significant effect on memory. However, lifestyle changes may help control memory problems and help seniors continue to remain independent at home with a little extra help from family or a professional caregiver.

- Mental exercise: Research has shown memorization helps keep the brain healthy. Learning how to play an instrument or fix a car, and even teaching others, strengthens the brain's circuits.

- Take a class: Formal education works the brain through the learning process. For those that want to keep their mind sharp, many colleges and universities offer courses at low cost or for free to seniors.
- Socialize: Seniors

who interact regularly with friends, family, and community are less likely to experience cognitive decline and can experience a better sense of overall wellbeing. Those who are unable to drive can enlist the help of family and friends to get to social engagements or seek the assistance of a caregiver.

- Get up and move: Exercise is a great way to help keep the mind sharp. Seniors that are interested in increasing their physical activity should consult with a physician before beginning an exercise program.

- Eat well: Good nutrition benefits the mind and the body. Healthcare professionals can suggest dietary guidelines and/or supplements that can help with memory issues.

- Believe in yourself: Scientists are not sure why self-efficacy seems to ward off mental decline, but it may have to do with a person's ability to manage stress.

- Organize the home. Creating to-do lists, calendars, dedicated spot for keys and items that are often lost, and ensuring that things are put back after use can help those with memory issues feel comfortable and confident.

- Get enough sleep. Lacking sleep can contribute to memory loss, so seniors should take steps to improve their sleep.

Taking an active role in engaging the mind can

help older adults continue to live with purpose, connection and joy. To learn how professional caregiving can help seniors stay active, social, and engaged, contact your local Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

SEE COMFORT, PAGE A12

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Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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Elections

FROM PAGE A1

John Sellers received 165 votes, Paul Barnett had 108 and Douglas Voebel came in with 58 votes. All other races were uncontested. Raymah Simpson retained her position of Town Clerk/Tax Collector with 420 votes, Edward "Ned" Gordon had 420 votes to continue as Town Moderator, and Kathleen Haskell garnered 399 votes for her role as Town Treasurer. A tally of 348 votes came in for Joseph Caristi and there were 306 votes for Susan Sodano for two three-year terms on the Budget Committee. Another count of 348 votes gave Charles Therriault a one-year seat on the same committee. For terms as Supervisor of the Checklist it was Gail Sarto (386), Martha Hulman (374) and Marilyn Bucklin (397). For Library Trustees the three unopposed winners were Rosemary D'Arcy (338), Travis Kelley (320) and Nancy Spears (351) while 365 votes gave Elizabeth Geiler a one-year term as Trustee of the Trust Fund.

Bridgewater- Maurice Jenness received 149 votes in his bid for re-election as selectmen, Michael Capsalis had 131 votes to continue as Town Moderator and Colleen Kenney was re-elected as Town Clerk with 161 votes. At their town meeting, voters also approved a \$1,543,300 operating budget for the coming year along with a \$165,000 bond for computer network equipment, the replacement of the roof on the public safety building and a new highway truck.

Danbury- Jessica Hatch was elected to the Board of Selectmen with 216 votes, Jeremy Cornell had 206 votes cast for him as Road Agent, and Trish Taylor was re-elected as

Town Clerk/Tax Collector with 221 votes. For two openings on the Planning Board it was Richard Swift (190) and John Taylor (188). Dale Cook received 210 votes for the Recreation Department and Twila Cook had 209 votes for Treasurer. For Trustee of the Trust Fund, Karen Padgett received 215 votes and the only clear winner for one of two seats open on the Zoning Board was Corey Giroux with 198 votes. David Suckling was re-elected as Chief of Police with 180 votes. On the warrant there was also an article asking the town if the position of police chief for Danbury should become an appointed, rather than elected, position but by a vote of 109 to 123, that article was the only one to fail this year.

Groton- Tony Albert received 74 votes for selectman and Tony Taveres received 24 write-in votes for two years as Town Moderator. Pamela Hamel took the Treasurer's position, Gina Rescigno had 68 votes for a full six-year term as Supervisor of the Checklist and Michele Lacriox drew 70 votes for Trustee of the Trust Fund. For the Planning Board it was Russell Carruth (64) and Deborah Johnson (63) who came out winners, while it was all write-ins for the Zoning Board this year; Ann Joyce received eight votes, Gary Eason had four and Barrie Sawyer had three. Cemetery Trustee votes went to James Gaffey (67) and there were 12 write-in votes for Ruth Gaffey as a Library Trustee.

Hill - With 769 registered voters in the town, Hill saw a 19-percent turnout for their town elections this year with no contested races. Thomas Seymour had 136 votes from the 153 ballots cast on March 10 in his

bid for selectman. Shelly Henry received 143 votes for re-election as Town Clerk/Tax Collector and Gerard Desrochers had 149 votes for Town Moderator. For the Budget Committee's three-year term, the three openings there saw Paul Meyerhoefer (the only registered candidate) getting 124 votes while Marshall Bennett and Betty Hanks had nine and six write-in votes respectively. For a one-year seat on the same committee Lee Herterich had 120 votes, and Joann Irving received 118 votes for a two-year opening. Judy Brady received 137 votes for Town Treasurer and there were 128 votes for Paula Lovejoy as Library Trustee. For Cemetery Trustee it was Lisa Seymour with 137 votes, with another 134 ballots cast for her as Town Trust Fund Trustee. Paula Lovejoy rounded out the ballot with 128 votes for Library Trustee.

New Hampton - As an SB2 town, voters in New Hampton not only elected town officials on March 10, they also made decisions on articles presented on this year's warrant. In just three uncontested races, it was Michael Drake elected to the Board of Selectmen with 177 votes, Ken Kettering re-elected as Town Moderator with 221 votes and Andrew Moore elected to a term as Trustee of the Trust Funds. All 16 articles on the 2020 warrant were approved by voters this year. Among those was a \$2,976,540 operating budget as well as \$200,000 for the repaving of town roads with \$50,000 of that to come from the town's Fund Balance. Also on the warrant were requests for lease/purchase agreements for fire and police vehicles, several of which were funded through revenue funds.

Addiction

FROM PAGE A1

panel will consist of someone in the medical field, law enforcement, a social worker, a family member of someone in addiction/recovery and someone going through recovery. After each panelist's speech there will be time for questions and answers.

In the midst of New Hampshire's opioid crisis, we are far from the time when addiction was an unfamiliar and even taboo subject. Narratives of addiction and recovery have become their own genre, with familiar shapes and forms that reflect deep cultural ideas about morality, free will, and social responsibility. The popularity of such narratives has created opportunities for empathy and understanding; they have

also fostered particular beliefs about how addiction and recovery work. This talk will explore some of the most common stories about addiction, providing tools for understanding on a narrative and structural level. From this foundation, we will explore whether the familiarity of some stories might create barriers to recognizing different experiences of addiction or approaches to recovery, and think about where we might find more diverse accounts to inform our understanding of and response to addiction.

This program is made possible by a grant from New Hampshire Humanities, an independent, state-wide nonprofit that sponsors more than 650 educational and cultural programs each year, throughout New Hampshire. For

more information on the event, contact the Minot-Sleeper Library at 744-3352.

Stand Up Newfound is a drug-free community awareness coalition dedicated to working together to eliminate substance misuse. Working with the community to share information, engage in discussion and to proactively seek to eliminate substance misuse through community engagement. For more information please see their Web site at www.stand-upnewfound.org.

Editor's note: The preceding press release was submitted for publication prior to the library's decision earlier this week to close its doors to the public until further notice, so please check the town Web site for updates on hours and programming.

Bristol

FROM PAGE A1

officer will be assigned to follow-up with you. This applies to a variety of less serious offenses that are not in progress. In these cases, officers will be utilizing email for statements or photos needed for the report. We have not reduced or restricted our emergency personnel.

If it is determined that a response by an officer is warranted please understand that they are likely to keep a "safe distance" and unlikely to shake hands, etc. Again, this is out of an abundance of caution to keep our staff and the public safe and not an indicator of the officers' friendliness or will-

ingness to help.

Officers will always respond to crimes of violence and crimes against a person.

Rest assured that we are here for you, as you would expect. If you need us, call us. The only thing we are temporarily changing is the manner in which we provide our services not the quality of the services we provide.

We will continue to monitor the constantly evolving recommendations for health and safety as they relate to the COVID-19 virus.

Thank you for your cooperation.

The latest recommendations and updates can be found below:

NH Dept. Of Health & Human Services
<https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

Centers for Disease Control & Prevention
<https://www.cdc.gov>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Electric

FROM PAGE A1

support services that are available.

"We appreciate our members' understanding and patience, as NHEC responds to this public

health crisis, while continuing to provide our communities with the electricity they need," said Steve Camerino, president and CEO of NHEC. "We encourage all our members to follow public health officials'

guidance on what they can do to protect themselves and their community."

About New Hampshire Electric Cooperative
NHEC is a mem-

ber-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, NH, our business is to keep, maintain and service our 5,600 miles of energized line in order to provide our members with the best possible service.

Positively

FROM PAGE A4

predictions. I'm optimistic the world will survive this one too.

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed,

"Playing with the Enemy." Follow Gary on Twitter @GaryW-Moore721 and at www.garywmoore.com.

Towns

FROM PAGE A5

fer you the following tidbit from my friend Richard from Bridgewater on Canada Geese.

We all see Canada geese around the fresh water ponds and fields of New Hampshire. Some are impressed with their almost tuxedoed appearance. Some are annoyed by the widespread droppings. Others feed them bread that they would and should never eat in the wild. They should just be foragers of plants and grass as one might conclude by the main color of their green droppings.

This rather big goose is only one of 180 species in the taxonomic order of Anseriformes (or water birds) or in the family of Anatidae that include ducks, geese and swans. The Canada goose is properly known as *Branta canadensis* and is

a rather handsome bird with its black head and neck set off with its white chin strap.

The Canada goose is quite large and fully capable of flight, walking and foraging on grass or underwater. It loves companions and prefers flocks. How big is it? Well, its wing span ranges from 4.2 to even 6.1 feet. Males can weigh from 7 to 14 pounds while females are smaller at 5.5 to 12 pounds. Males will dispute with other males for the chance to mate with a female. Naturally she is the one who lays 4 to 10 eggs. With few urban predators the goose population is growing and certainly they are not endangered and some people would be glad to have fewer Branta!!

In principle they should be flying north in the spring and south in the fall, but with climate change, they often just

stay put and the famous V-shaped high-altitude flocks of honkers might not be seen so often.

A well-known quasi-ornithological tale of these birds is found in the "Seven Lessons of Geese" by Christopher Knight who reflected or interpreted goose sociality and V-flight formation and he then applied these observations to human work places. Paraphrased, these are: 1) Share a common goal: V-formation creates uplift so all can fly further. 2) Increase Visibility: V-formation allows all to see where they are going. 3) Have Humility: Fly together, don't fly alone. 4) Empower Others: Goose flight leadership rotates. 5) Recognize great work: Honk to encourage others. 6) Offer Support: help the sick or injured geese. 7) Stay Committed: Geese use the same route and teach the young.

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Movie House & Performance Center

PARASITE
Oscar Winner: Best Film
March 19 & 21-25

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March 27-31, April 1, 2 & 5-8

ONCE WERE BROTHERS
April 12-17 & 20-23

LIVE EVENTS

- Fri, Mar 20 - TAPESTRY: Carole King Songbook
- Thur, Mar 26 - STEPHEN MARLEY ACOUSTIC SOUL
- Sat, Apr 4 - AL DI MEOLA - Across The Universe
- Fri, Apr 10 - ASLEEP AT THE WHEEL
- Sat, Apr 11 - KASHMIR: Ultimate Led Zeppelin Tribute
- Sat, Apr 18 - JOHN CAFFERTY & THE BEAVER BROWN BAND

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- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent

Salmon press

Email: tracy@salmonpress.news
Phone: (603) 616-7103



5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are

five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to liv-

ing sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's

learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

Summer Sailing Camp

May-August: Come for just 1 or 2 weeks or as many as 9
Beginner to advanced • Ages 7 - 16 • Financial aid available

The LWSA has taught several thousand young sailors since 1988. Our US Sailing Association nationally-certified instructors know what to teach at each level from novice to racer, and how to make it fun, too! Course includes classroom and on-the-water training on our fleet of 37 boats.



See our schedule and course details online at www.lwsa.org
Questions? E-mail us at sailing-school@lwsa.org
Check us out on Facebook <https://www.facebook.com/LWSA.School/>



July 7 - 27, 2020
Ages 10 - 17





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Tennis Anyone?

<p>Youth Tune Up Camp \$45 Residents \$55 Non-Res (per session) Session 1: June 29, 30 & July 1 Session 2: July 13, 14, 15 Beginners: 4:00-5:30 pm Intermediate/Advanced: 5:30-7:00pm</p>	<p>Youth Tennis Camp \$55 Residents \$65 Non-Res (per session) Session 1: July 6, 7, 8 Session 2: July 20, 21, 22 Beginners: 8:00-10:00am Intermediate/Advanced: 10:00-am-12:00pm</p>
--	--

Camps include instruction, fun and a camp t-shirt
(if make-ups are needed they will be scheduled on the Thurs and Fri of that week)

Adult Clinics & Lessons
\$15 Residents \$25 Non-Res
Intro to Tennis Clinic: July 6: 6-7:30pm
Hone Your Skills Clinic: July 20: 6-7:30pm
Adult lessons are available upon request
Private lessons also available upon request

Registration opens April 15

Tennis Camps & Clinics are weather permitting and take place at Kraine Meadow Park on Playground Drive, Moultonborough. Classes are limited, so contact our office & sign up early!

Moultonborough Recreation Dept.
10 Holland St. PO Box 411
Moultonborough, NH 03254
603-476-8868
www.moultonboroughnh.gov

MOULTONBOROUGH RECREATION DEPARTMENT SUMMER DAY CAMP 2020

Weekly Sessions available from June 29 thru August 14

Another Summer of Fun!
Sessions & options for everyone!
Registration opens April 15th!

<p>Happy Campers Ages 5-7 Grades K - 2 </p> <p>RECKing Crew Ages 8-12 Grades 3 - 7 </p> <p>Full Day: 8:00am - 4:00pm</p> <p>Extended Day: 7:30-8:00am & 4:00 - 5:30pm</p> <p>Half Day Options: 8:00am - 12:00pm or 12:00pm - 4:00pm</p>	<p>DAY CAMP OFFERINGS</p> <ul style="list-style-type: none"> • One central location • Games of all kinds • Wednesday Field trips • Foam Day • Game Room • Snacks • Indoor Space • Food Days • Splish Splash Fun Days • Arts & Crafts • Sports • & More!
--	--

Trip Based Teen Program:
Ages 12-15 June 30 - Aug 6

Going on vacation? No Problem!
Choose when you have Fun...
Parents have the option to sign their kids up for weekly sessions!
You choose which weeks your child goes to camp!
The registration deadline for all sessions is Thursday, June 11.

MOULTONBOROUGH RECREATION DEPARTMENT
603/476-8868
www.moultonboroughnh.gov



Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families

choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the

child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families consider-

ing overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length
Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think

their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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Kingswood Arts Center, Wolfeboro, NH

Beginning Late June/Early July
Performances: Saturday July 25th and Sunday July 26th

More info/Register at: www.wolfeboro-arts.org
or call 603-651-3338

Discounts for registrations received before May 1st

Summer Camp

The Boys & Girls Club of the North Country is a fun, safe, positive place for your child to spend time at this summer. Action-packed activities inspire creativity, build character and provide academic enrichment. Not only will your child participate in field trips and swim lessons, they will also enjoy learning archery, bike riding, and gardening. Our summer program is an affordable way for kids to make friends, learn new things and just have fun!

When: June 22nd—August 21st
7:30am—6:00pm

Ages: 5-15 years old

Costs: \$125/week or \$25/day

- WEEKLY FEE includes field trip, swim lessons and open swim sessions
- DAILY FEE does not include field trip cost of \$20. Daily fee does include swim lessons and open swim

Pre-registration Required
To register, email sara@bgcnorthcountry.org
Space is limited, sign up today!

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Waterville Valley Recreation Dept.
9 Week Summer Day Camp Program
June 22 - August 21, 2020
Monday-Friday 9am-4pm
(8am before care available)
Age appropriate groups for 5-12 year olds

Outdoor Adventures • Weekly Field Trips • Swimming • Indoor Climbing
Arts & Crafts • Cooking • Tennis • Hiking • Boating & More!

Register at watervillevalley.org/recreation (603) 236-4695

Come dance this summer at
The White Mountain School's Creative Edge Dance Studio!

Young Dancer Day Camp, July 6-10
A fun, week-long camp for ages 6-11
Dance Classes
Outdoor Games
Arts and Crafts
Monday-Friday, 8:45-2:45

The White Mountain School Summer Dance Intensive, July 11-18
A residential summer program for dancers entering grades 6-10

Visit www.creativegedgedancestudio.com for information and registration!

Waterville Valley Recreation Dept.
SUMMIT Teen Adventure Camp
2-week sessions
Week One: M/T/TH/F
Week Two: T/W/TH/F with 2 Night Overnight!

Session 1: June 29 - July 10
Session 2: July 13 - July 24
Session 3: July 27 - August 7

Outdoor Adventures • Swimming • Climbing • Hiking
Whale's Tale • Whitewater Rafting • More!

Register at watervillevalley.org/recreation (603) 236-4695

SUMMER GUIDED DISCOVERIES
Week-long outdoor natural adventure day camps for ages 4 to 14

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ROUTE 113, HOLDERNESS, NH

Schwartzberg Law expanding its family law and estate planning practice

PLYMOUTH — Schwartzberg Law of Plymouth welcomes a new addition to the firm. Ora Schwartzberg would like to introduce Attorney Steven Gahan to the community.

Gahan comes to Schwartzberg law with nearly two decades of combined law enforcement and criminal prosecution experience. His experience as a police officer and prosecutor allow him a unique insight into the oftentimes emotional and complicated aspects of family issues. During his career, he has assisted countless victims of domestic violence and oftentimes would be an on-scene mediator to marital and family disputes. As Gahan's career progressed, he would train and mentor new police officers in not only the enforcement of law, but also how to resolve non-criminal disputes necessitating police responses.

In addition to prosecuting felony and misdemeanor cases, he has participated in many juvenile delinquency and child in need of services hearings. His compassion and creativity help resolve issues that put children into the criminal justice system. Oftentimes, children in the justice system were lashing out as a result of con-



COURTESY

Schwartzberg Law of Plymouth welcomes a new addition to the firm. Attorneys Ora Schwartzberg and John Katsirebas, Jr. would like to introduce Attorney Steven Gahan to the community.

flict or stressors within the home. Gahan did not only examine what was best for the child but also helped established rehabilitative approaches to modify the child's behavior.

Gahan's presence at Schwartzberg Law is a compliment to the firm's existing attorneys. The firm was established in 1985 and Attorney Ora Schwartzberg has been practicing family law since its inception. Possessing a master's degree in counseling, Schwartzberg's firm philosophy is one of reducing conflict while enhancing communication. She is the firm expert on estate planning and has helped many clients create wills and trusts for the benefit of themselves, their families and selected charities.

Attorney John Katsirebas, Jr. is another

law enforcement veteran who retired as a police captain and who served our country with the United States Marine Corps. Like Gahan, Katsirebas has seen first-hand the trauma caused by family conflict. John utilizes his calming presence to bring resolution to his clients in a manner that helps them focus on the issues which can actually be resolved within our legal system rather than focusing on how to punish the other party.

Schwartzberg Law focuses its efforts on high quality legal representation. The attorneys focus substantial time and effort on their client's needs with the purpose of producing the most prepared and creative arguments to present to opposing counsel and the Court. Clients are treated as members of the

firm and communication is key in these stressful and complex legal situations where their clients control the direction of the legal strategies exer-

cised by their attorneys. Schwartzberg Law is a collaborative office, where the staff meets weekly to address and collectively strategize

on client's issues. The combined efforts afford their clients a variety of options coupled with multiple perspectives to resolve client problems.



DONNA RHODES

Mount Prospect Academy instructor Dan Burke is grateful for the donation of trail bikes from Honda that are used in the school's new National Youth Program Using Mini-bikes skill and incentive building program.



DONNA RHODES

A professional auto shop is one of the many educational features of Mount Prospect Academy's new Career Development Center on Tenney Mountain Highway in Plymouth.

Career

FROM PAGE A2

on the trails. Students also works closely with the Merrimack Trail Riders Association and this spring they will be helping with trail maintenance as a community service piece to the program. And for those who stay within the guidelines, they are rewarded with not only exciting trail rides but an overnight stay at the school's camp in Warren.

Once they make their way through the NYPUM curriculum and gain routine maintenance skills as well as riding experience, there is one other final reward, Burke said. "Fish and Game will then come here to give them OHRV training so they can get their certification to ride on the state trails," he said. "It's a wonderful program. It's not for everyone, but if the students here see that you believe in them and trust them, they reciprocate."

Marshall, the faculty and leadership at Mount Prospect Academy are very pleased with all they've gained with the creation of their new Career Development Center and look forward to seeing it grow even more in the future. "I love that we can teach outside the 'nine dots.' Everyone learns in their own way and these boys need a nontraditional setting to be successful. This is working," he said.

Comfort

FROM PAGE A7

of additional items, all meant to keep seniors living independently

worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help

you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.



Fay Pierce
Mother, Daughter,
Sister and Person
in Recovery



Alexander Annunziata
Recovery Coach, Peer Support,
Person in Recovery

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If you are struggling with alcohol or drug issues, you're never far from help.

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*at Dartmouth-Hitchcock
at LRGHealthcare
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For help with drug or alcohol issues visit theDoorway.NH.gov OR dial 2-1-1.

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ROWELL'S SERVICES

Newfound Landing Sports

Section **B**

Thursday,

Thursday, March 19, 2020

Newfound hands out winter sports awards

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Newfound Regional High School wrapped up the fall sports season last week, hosting the annual winter sports awards. Athletes in basketball, skiing and spirit were honored.

For the boys' basketball team, Tyler Boulanger was selected as the Player of the Year. Malaki Ingram was named Offensive Player of the Year and Brandon Marsach earned Defensive Player of the Year. The Bears Booster Club Outstanding Student Athlete Award was presented to Jack Gosson. The varsity

JOSHUA SPAULDING
(Right) Paulina Huckins was named Athlete of the Winter at Newfound.



JOSHUA SPAULDING
Isaac Page was named Male Athlete of the Winter at Newfound.

Bears Booster Club Outstanding Student Athlete Award was presented to MacKenzie Jenkins. Jazmin Ivers received the Sportsmanship Award.

For the spirit team, Emma Tucker received the Coach's Award, Gracelyn Huntoon was named Most Versatile and Elveena Shedd was named Most Improved. The Bears Booster Club Outstanding Student Athlete Award was presented to Riley Pierce and Aiayana Morin received the Sportsmanship Award.

Matt Karkheck was presented with the Racer of the Year Award for the boys' alpine ski team, with Dalton Dion named Rookie of the Year and Trevor Sanschagrin was named Skier of the Year. Owen Henry received the Bears Booster Club Outstanding Student Athlete Award and Karkheck was presented with the Sportsmanship Award.

For the girls' ski team, Hayse Broome was named Racer of the Year, Lily Karkheck was named Rookie of the Year and Rebecca Dillon was named Skier of the Year. The Bears Booster Club Outstanding Student Athlete Award was presented to Broome and Hannah Owen received the Sportsmanship Award.

Nurse Lisa Hodsdon was presented with the Cathy Lever Athletic Director's Award.

Isaac Page was named the Male Athlete of the Winter and Paulina Huckins was named Female Athlete of the Winter.

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

Coronavirus wreaks havoc on local sports schedules

BY JOSHUA SPAULDING

Sports Editor

REGION — Things took a pretty tough turn on the local sports scene last week, as the NHIAA joined the professional and collegiate ranks in taking games off of the schedule to help combat the spread of the coronavirus.

Most impacted by the cancellations in the short term was Kennett High School, which as of Friday's postponements, still had two teams alive in the post-season tournaments. The Kennett hoop boys were scheduled to play at Bow on Friday night in the quarterfinals and the hockey Eagles were slated to be in Manchester on Saturday for the Division III championship.

Originally, on Thursday, the NHIAA decided that the games would go on with limited spectators, including media, necessary staff and a small number of family members.

However, that decision changed on Friday morning when all of the weekend's games were suspended, with more to be determined after deadline on Monday.

The NHIAA also cancelled the annual student leadership conference that was supposed to happen on Tuesday and Wednesday at the Mount Washington Omni Hotel.

At Kennett, the school district made the decision on Thursday to cancel all out of state field trips, meaning Kennett baseball's first-ever spring training trip to Florida at the end of the month was postponed.

"Other than that, we are business as usual at this point, but this is a very fluid situation and things are changing by the minute," said Kennett Athletic Director

Neal Weaver.

Prospect Mountain Athletic Director Corey Roux shared on Friday afternoon that the NHIAA was looking into a possible shortened spring season, with a delay of the start of practices to early April, with games to start either in late April or early May and an abbreviated season with an open tournament.

PMHS Principal J Fitzpatrick noted that things were on a day-to-day basis at his school, which was cancelled on Friday. The school also changed up its winter sports awards, moving the ceremony to during the day on Thursday instead of at the evening, with Roux and Fitzpatrick presenting awards to the students.

"At this point, everything seems to be day-by-day," Fitzpatrick noted. "As of right now, there's no intention to close Prospect or cancel any programs. However, circumstances seem to be changing on an hourly basis."

At Plymouth Regional High School, SAU 48 made the decision to halt all afternoon activities in a note from Superintendent Mark Halloran and Assistant Superintendents Kyla Welch and Pam Martin. This suspension of activity is through March 31.

Included in the suspension of activities are all afternoon and evening activities (except for local after school programs), field trips, assemblies and guest speakers, community use of the building, professional development conferences and non-essential meetings.

"This will include cultural arts and any and all academic, co-curricular and/or athletic practices or competition," the SAU

notice stated. "We will reassess these guidelines in consultation with state and local health authorities the last week of March to determine the April schedule. Please know we are acting in the best interest of all and we will continually monitor and consult with our health care partners."

At Kingswood, school was cancelled on both Thursday, March 12, and Friday, March 13. Athletic Director Aaron House put out a notice on all the school's social media accounts on Friday noting that all athletic events, including practices, preseason sessions and meetings, were cancelled for the weekend, with hopes of things resuming on Monday.

House also noted that the students were at the forefront of the decisions.

"Ultimately, the wellness of our student-athletes and our community is at the forefront of every decision being made," House said. "Our student-athletes and coaches are resilient and I wish our GWRSD and Kingswood community the best during these times."

At Newfound, Superintendent Stacy Buckley sent out a note to all parents in the district on March 11. She pointed out that no more field trips were planned and any scheduled trips out of state were being cancelled. In-state field trips on the schedule will be reviewed and decisions made a few weeks before the trip.

"At this time, we do not anticipate any school closures, however, should this happen, we are in the process of working on a plan for students," Buckley

stated. "The safety of our students and faculty are our priority."

Athletic Director Alex Sobolov noted that the sports schedule had not been impacted as of yet.

"At this time, none of our sports or school schedule has been impacted," Sobolov said on Friday. "I know that our district is evaluating all field trips and events on a case by case basis."

Newfound's baseball team is scheduled to compete at the Baseball Hall of Fame in April.

On Sunday, Governor Chris Sununu announced that all school in New Hampshire

Sportsmanship Award was given to Marsach and the JV Sportsmanship award was presented to Jeffery Huckins.

For the girls' basketball team, MacKenzie Bohlmann earned the Most Improved Player award and Leah Franklin was presented the Sixth Man Award. The Most Outstanding JV Performance award went to Matti Douville and the Bears Booster Club Outstanding Student Athlete Award was given to Tiffany Doan. Bohlmann received the varsity Sportsmanship Award and Lindsey Lacasse was presented with the JV Sportsmanship Award.

For the unified basketball team, Isaac Page was named Most Valuable Player, Logen Haskell was presented with the Coach's Award, the Team First Award went to Faith Smith and the

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Locals shine at Special Olympics Winter Games

BY JOSHUA SPAULDING

Sports Editor

WATERVILLE VALLEY — A number of local athletes took to the snow at Waterville Valley Resort to kick off the month of March for the annual Special Olympics New Hampshire Winter Games.

Granite State Adaptive

For the Granite State Adaptive team, Michael Foy finished first in division three for Super-G in 37:33 and was second in division two in the giant slalom in 1:14:73.

Hunter Sampson was first in division 11 in the Super-G in 43:49 and was second in division 15 in the giant slalom in 1:34:57.

Cynthia Verrill finished first in division seven in the super-G in 51:26, was second in division seven in the slalom in 2:14:25 and was second in division 10 in the giant slalom in 2:08:39.

Pemi-Baker River Rats

Joshua Gardiner finished third in division 16 in the giant slalom in 2:25:89 and was third in the Super-G in division 12 in 59:35.

Brandon Lawson skied to second in division three in the slalom in 1:38:93, was fourth in division three in the giant slalom in 1:42:58 and was sixth in division three in the Super-G in 43:53.

Desirae McCoy finished in sixth place in division nine for the slalom in 1:00:16, was eighth in the Super-G for division nine in 35:52 and was seventh in division 13 for the giant slalom in 1:19:32.

Shenice McCoy won the slalom for division nine in 50:04, was second in the Super-G in division nine in 31:64 and was second in division 13 in the giant slalom in 1:09:22.

Jeremiah Stevens finished in fourth in

the division 17 giant slalom in 74:03, was fifth in division 15 in the slalom in 1:32:64 and was fifth in division 15 in the Super-G in 36:56.

Lyndsy Stevens placed second in division three in the giant slalom in 1:33:39 and was fourth in the Super-G in division three in a time of 39:70.

Shawnee Stevens was first in the division three slalom in 1:34:87, was first in the division three giant slalom in 1:21:38 and was third in the division three Super-G in 39:34.

Team Gunstock

For Gunstock, Jayson Bruno was third in the division eight giant slalom in 1:41:39, was fifth in division 21 in the slalom in 1:31:04 and was fourth in the Super-G for division 21 in 59:93.

Jacob Chick was second in the division 19 slalom in 1:09:22,

placed third in the division 19 Super-G in 47:48 and placed third in division six giant slalom in 1:24:57.

Nathan Chick won the division 19 slalom in 1:07:14, won the division 19 Super-G in 43:41 and placed second in the division six giant slalom in 1:20:25.

Brendan Curry finished first in the division four snowboarding slalom in 1:25:96, placed second in division one snowboarding giant slalom in 1:38:03 and was second in division four snowboarding Super-G in 56:81.

Laura Davies finished in sixth place in division 15 giant slalom in 2:23:26 and was

sixth in the division 11 Super-G in 1:12:30.

Jaime Evans was fourth in the division 16 giant slalom in 3:14:50, was fourth in the division 12 slalom in 1:46:41 and was fifth in the division 12 Super-G in 1:24:78.

Mandi Evans was third in the division 11 slalom in 1:42:58, was fourth in the division 15 giant slalom in 2:17:98 and was seventh in the division 11 Super-G in 1:12:47.

Matthew Fink placed fourth in the division 15 slalom in 1:31:51, was fourth in the division 14 Super-G in 34:38 and was fifth in the division 17 giant slalom in a time of 78:30.

Ben Fisher won the division 14 slalom in 1:01:29, was second in the division 14 Super-G in 36:62 and was third in the division 12 giant slalom in 1:19:01.

Christina Gladding placed seventh in the division 15 giant slalom in 3:33:36 and was eighth in the division 11 Super-G in 1:38:55.

Andrew Long was fifth in the division nine giant slalom in 3:48:75, was third in the division 22 slalom in 2:37:22 and was fifth in the division 22 Super-G in 1:30:64.

Rebecca McLaird was first in the division 22 slalom in 1:25:69, was second in the division 22 Super-G in 1:30:64.

SEE WINTER GAMES PAGE B6

Plymouth State suspends activities through April 6

PLYMOUTH — Plymouth State University Director of Athletics Kim Bownes announced Friday that the department has expanded its suspension of team activities to include all athletics programs and, in conjunction with the university's statement, has been extended through April 6.

Student-athletes are encouraged to stay home until April 6 and access their academic work online beginning Wednesday (March 18). Any stu-

dent-athletes who must return to campus may do so beginning Sunday (March 15) and will have access to food service.

All teams and student-athletes are banned from any athletic related activities, including but not limited to practices, competitions, weight training, team workouts, captain's practices and team meetings.

The Physical Education Center (PE Center) will remain closed through April 6 and, as

such, there will be no access to the Vailas Performance Center (weight room) or PSU Natatorium until that date. Likewise, ALLWell North will also be closed and all public walking sessions have been canceled for the foreseeable future.

Due to logistical reasons, PSU's baseball and women's lacrosse teams, currently playing in Florida and Colorado, will complete their trips as originally planned.

Plymouth State athletics is continuing to monitor the situation and will reevaluate its policy as new information becomes available in the coming days and weeks.

For information regarding the university's response please refer to the PSU web site, www.plymouth.edu.

World Pro Ski Tour cancels Waterville Valley event

WATERVILLE VALLEY — The World Pro Ski Tour (WPST) did not hold the Eastern Pro Championships this past weekend at Waterville Valley due to growing concerns over health and safety issues resulting from the Coronavirus (COVID-19) pandemic.

While working tirelessly all week in attempt to hold the race, this decision was made with the best interest of the WPST athletes, staff, spectators and team in mind as organizers closely monitored the guidelines set forth by the Center for Disease Control and Prevention and other regulating bodies.

"We are deeply disappointed to cancel a race in our first season of the tour's resurgence," says Jon Franklin, CEO of the WPST. "However, we feel it's necessary to take every precaution for the health and safety of our tour family,

including our staff, athletes and fans."

With the cancellation of Waterville Valley, the tour will continue to monitor the health situation closely and will make an announcement regarding events scheduled for April - including Tour Finals at Sunday River and World Championships at Taos Ski Valley - when appropriate. Check <http://worldproskitour.com> for updates.

The World Pro Ski Tour is a nationwide tour of events where professional skiers race side-by-side in a single elimination format. Prize money and an overall World Pro Tour title attract Olympians and professional skiers from around the world. On-site spectators and TV viewers can watch all stops on the Tour in an exciting and easy to understand format. Visit <http://worldproskitour.com> for information.

Changes

FROM PAGE B1

shire would be closed through at least April 3, changing many of the plans listed above.

Brewster Academy in Wolfeboro will be extending spring break for a week. Students left for their spring break last Thursday and were scheduled to return on March 24, but that was extended to March 30 and classes at that time will be online.

This impacted that perennial national champion Brewster prep basketball team, which was playing in the national championship tournament last week.

The championship tournament was played at Connecticut College and was played without the normal large

crowd. Coach Jason Smith noted that players, coaches, families, college coaches and media were the only people in the gym.

After the Bobcats won their semifinal game, Smith was told that the finals would not be played. All of the players were able to head home from the tournament and the Bobcats were named co-national champions with Putnam Science. See the full story in next week's paper.

Plymouth State University followed along with the NCAA and suspended all team activities through April 6. PSU encouraged all students to stay home until then and access their academic work online on March 18. The PE Center and ALLWell North are closed as

well.

The World Pro Ski Tour was scheduled to be at Waterville Valley this past weekend but that was cancelled amidst the coronavirus scare.

The Wolfeboro She-Wolves were slated to host their annual tournament at the Pop Whalen Arena in Wolfeboro this coming weekend, but that was cancelled.

The Bruins alumni game, scheduled as a fundraiser for the Kingswood hockey program this past weekend, was also postponed, as the Pop Whalen closed for the season a few weeks early.

"After much consideration, the decision has been made to close Abenaki Ski Area and Pop Whalen Ice and Arts Center for the remainder of the season,"

to the Wolves and the Wolves athletes in curriculum support, college application assistance, counseling and much more.

The Wolves are members of the EHL, EHLP, United Tier 1 Hockey League and New England Premier Hockey League. Located in the scenic Lakes Region of New Hampshire, Laconia is a popular vacation destination for many New Englanders, and includes annual events such as Laconia Bike Week, Pumpkin Fest, the New England Pond Hockey Classic, Barstool Sports Pond Hockey Tournament, Winnepesaukee Ice Fishing Derby, World Championships Sled Dog Derby and much more.

For more information on the Wolves or to try out for their teams, contact Trimble at scoringconcepts@gmail.com.

said a statement on the town web site. "It was not a decision made lightly, but we feel it is the right decision at this time. Thank you to everyone who made this a great season. We will update you with any further information as it becomes available."

A number of local high school Nordic skiers were scheduled to compete in the Eastern High School Championships over the past weekend in New York, but those were cancelled on Thursday.

For any updates on the NHIAA decisions about upcoming schedules, visit nhiaa.org.

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

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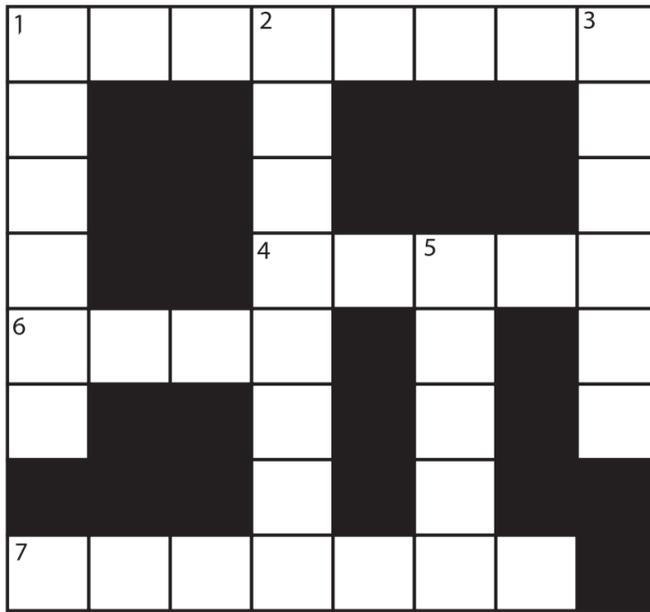
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ACROSS

- Sunlight unbroken by clouds
- Work
- No feeling
- State of atmosphere

DOWN

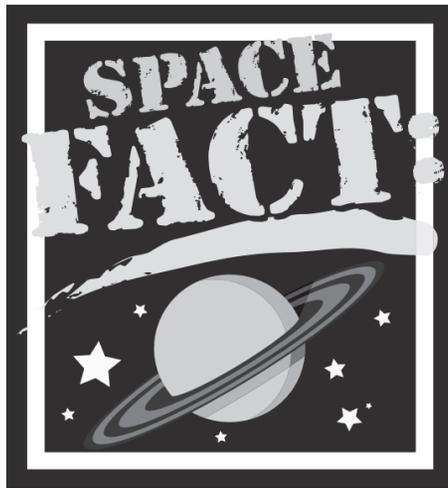
- Season of the year
- Water vessel
- Power from resources
- Cleanse in water

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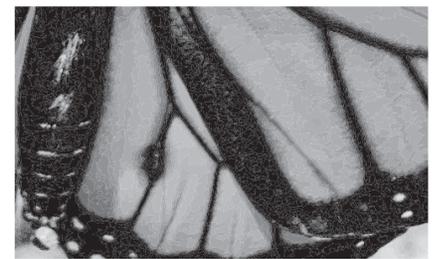
ANSWERS:
ACROSS
1. Sunshine 4. Labor 6. Numb 7. Weather
DOWN
1. Spring 2. Sailboat 3. Energy 5. Bathe

How they SAY that in...

- ENGLISH:** Life
- SPANISH:** Vida
- ITALIAN:** Vita
- FRENCH:** Vie
- GERMAN:** Leben



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CRYPTO FUN

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Determine the code to reveal the answer!

Solve the code to discover words related to lawns & gardens.
Each number corresponds to a letter.
(Hint: 6 = I)

A. 21 9 14 26 1

Clue: Cuts grass

B. 6 4 14 25

Clue: Green landscape

C. 22 1 24 25 26

Clue: Trim away growth

D. 21 24 6 19 2

Clue: Material to enrich soil

ANSWERS: A. mower B. lawn C. prune D. mulch

SUDOKU

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

Level: Beginner

Here's How It Works:

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

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

ANSWER:

Well, that was one heck of a week

Last week didn't exactly go the way I would've liked.

First and foremost, as this comes to press I was scheduled to be in Ireland as part of the UNH Marching Band's 100th anniversary celebration. Last Monday, we received word that the St. Patrick's Day celebration in Dublin

SPORTING CHANCE

By JOSHUA SPAULDING



had been cancelled, but after discussions with the university, the band director noted we were still going to be able to make the trip, just

without the parade. We met last Monday night to fill out all the requisite paperwork that the university needed us to complete and went over the precautions ahead of the trip.

The fact that the parade was cancelled may have been a blessing for me, as memorizing the music was giving me a bit of a hard time. The band director was hopeful that everything would go off as planned, but also admitted change was possible.

While I was at UNH on Monday, the Kennett boys' hoop team won the first round playoff game against Souhegan.

I took off on Monday morning for a short trip to California for a Rob Has A Podcast live event in North Hollywood. While I was eating dinner with a group of fellow podcast fans, I got the e-mail from the UNH band director that the Ireland trip was cancelled due to the travel restrictions being placed on people coming into the country.

While this was obviously disappointing (and tough to swallow since we likely won't

get most of our money back), it was the right decision. While Ireland has not been a hot-bed for the pandemic, it would be a lot of trouble when we tried to come back into the country.

Also while I was in California, Joe Souza kept me updated on the Kennett hockey team's semifinal win, earning them a chance to play in the finals.

Later that night, things were bad on my television screen, as my favorite Survivor player of all-time, Boston Rob, was voted off of the island, following the removal of my pre-season winner pick, Tyson Apostol a week earlier and sentimental pick Ethan Zohn the week before that.

The RHAP event was a good time and I got on the plane and headed home and as I was driving home, I got notification that the NHIAA was postponing games that evening.

By the time I got home, word came across that the weekend's tournament games, which included the Kennett boys' hoop team and hockey team playing

in tournament games, would be played without large audiences. The NHIAA announced that each player would receive four tickets and the facilities would be open only to the media, coaches, players and those given tickets.

That all changed on Friday morning, when word came down that all weekend games were suspended indefinitely.

While it was a surprise, the NHIAA has to keep the safety of all students, coaches and spectators in mind and taking the weekend to determine their next step was the right move. I am incredibly hopeful that the winter athletes will get a chance to play their tournament games but I am not terribly optimistic at this point.

Also on Friday, Kennett AD Neal Weaver let me know that the Kennett baseball team's trip to Florida was off, since the school district cancelled all out-of-state trips. So, I now have a good amount of Southwest credits if I want to fly somewhere, but I had to eat the hotel cancellation fee.

And later on Friday,

Rob Has A Podcast cancelled the scheduled April 1 live event in New York City, meaning my month of travel resulted in just one trip out of the planned four different trips.

It's definitely a tough situation and I understand the reasoning for caution in the sports world, but I have to admit, it's going to be weird not having sports on the television most nights. And it might be tough filling sports pages without much sports.

However, we will push on. If there are any stories out there, feel free to give me a call.

Finally, have a great day, Phoebe VanScoy-Giessler.

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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Winter Games

FROM PAGE B2

per-G in 54:98 and was second in the division nine giant slalom in 1:46:38.

Hayden Meredith skied to fifth in the division nine Super-G in 33:11 and was eighth in the division nine slalom in 1:06:18.

Jeremy Nason was first in the division eight giant slalom in 1:38:77 and was first in the division 21 Super-G in 50:71 and finished third in the division 21 slalom in 1:25:43.

Erin Rouillard was fifth in the division seven giant slalom in 1:40:82, placed third in the division 20 slalom in 1:22:98 and was seventh in the division 20 Super-G in 57:57.

Andre Saranglao was sixth in the division one giant slalom in 1:09:67.

Dominic Sirosis finished fourth in the division 19 slalom in 1:16:51, finished sixth in the division 19 Super-G in 50:81 and was sixth in the division six giant slalom in 1:37:42.

Normand Sirosis placed second in all three events, finishing in 1:16:76 in the division 18 giant slalom, in 1:32:13 in division 16 slalom and crossed in 36:15 in the Super-G for division 16.

Kristin Tower placed first in the division 10 Super-G in 41:12 and was third in the division 14 giant slalom in 1:37:69.

Nate Webb finished sixth in the division 20 slalom in 1:23:66, was sixth in the division 20 Super-G in 56:12 and was eighth in the division seven giant slalom 1:50:57.

Valley team, Alex Bond was fifth in the division one giant slalom in 1:09:54 and was fifth in the division one Super-G in 45:10.

Domenic Brown was first in the division seven giant slalom in 1:37:96, was first in the division 20 Super-G in 50:51 and placed second in the division 20 slalom in 1:18:30.

Donnovan Cahill finished third in the division 20 Super-G in 53:54, was fourth in the division seven giant slalom in 1:39:96 and was seventh in the division 20 slalom in 1:23:71.

Mackenzie Cullen finished second in all three division one events, crossing the line in 14:95 for the 10-meter glide, finishing in 31:42 for the 10-meter walk and finished in 32:19 in the 25-meter super glide.

Maeve Flack was first in the division 20 giant slalom in 1:32:93, was first in the division 18 slalom in 1:43:24 and was second in the division 18 Super-G in 39:51.

Matthew Michaud was first in all three of his races. In the division 18 giant slalom he finished in 1:12:23, in the division 16 slalom he finished in 1:28:38 and in the division 16 Super-G he crossed in 34:10.

Zoey Rose Sikorovsky placed second in all three of her events. In the division eight giant slalom she finished in 1:39:83, in the division 21 slalom she finished in 1:23:87 and in the Super-G for division 21 she finished in 58:66.

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Waterville Valley Coyotes
For the Waterville