



Newfound Landing

THURSDAY, FEBRUARY 23, 2017 FREE IN PRINT, FREE ON-LINE • WWW.NEWFOUNDLANDING.COM COMPLIMENTARY

Selectmen hear pros and cons on SB2 proposal

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Residents asked questions during the first two public hearings, but it was the third hearing by the Bristol Board of Selectmen on Feb. 16 that elicited the most discussion. That hearing was on a petitioned warrant article that would replace the traditional town meeting with separate deliberative and voting sessions under the Official Ballot Act, RSA 40:13, commonly known as SB2.

The arguments on both sides are well-known, after a number of towns and school districts have adopted the provisions of the law, established in 1995 with the backing of then Bris-

tol Representative John Root. New Hampshire's Live Free or Die Alliance at <http://www.lfda.org/issues/sb2> provides a succinct analysis of the pros and cons of the Official Ballot Act:

Pros:

The traditional town meeting approves the town budget and warrant articles at a day-long town meeting where, typically, only a couple hundred votes are cast and there is the potential for a special-interest group pushing its own issues and agendas to take control of ballot and budget issues.

With the official ballot, voters have time to think about the issues on the ballot after

hearing the arguments at a deliberative session. Under the town meeting format, voters must make an immediate decision without thinking about the con-

sequences of the vote. Additionally, the voting under the Official Ballot Act takes place in the privacy of the voting booth without the pressure of fellow

citizens.

Official ballot voting at the second session allows more citizens to participate in the democratic process. In order to vote at the tradition-

al town meeting, residents must spend hours or even a whole day. Citizens with young children and elderly citizens find it difficult

SEE SB2, PAGE A11

Voters add \$25,000 to proposed Alexandria town budget for road maintenance

BY DONNA RHODES
dhrhodes@salmonpress.news

ALEXANDRIA — The Town of Alexandria held its First Deliberative Session Saturday morning, Feb. 11, and the sparse crowd on hand voted to move all 12 articles on this year's ballot on to the polls in March, amending only the proposed operating budget in Article 3 that they were presented with that day.

This year's budget originally was set at \$1,536,047 for town expenditures in the coming fiscal year. After hearing from Road Agent Jeff Cantara that his department was in need of more funds for things such as salt and sand for winter road maintenance, there was some debate before the total was amended upward by \$25,000 to help meet that need, bringing the new budget to \$1,561,047.

Should Article 3 fail to meet voter approval, the default budget would be-

come last year's total of \$1,508,116.

Other articles that will be presented to voters will be a request from the fire department to enter into a 48-month lease/purchase agreement for 12 self-contained breathing apparatus units. Payment in the first year would be \$28,500, which would impact taxes by an estimated \$0.142 per thousand in property evaluation.

The Alexandria Fire Department, now municipally owned, is also asking voters to establish a Fire Department Maintenance Expendable Trust Fund under RSA 31:19-a for future maintenance and upkeep of the department's vehicles. A request to raise appropriate \$10,000 to start that fund is included in the article.

SEE DELIBERATIVE, PAGE A11

Undefeated

The Newfound girls' basketball team celebrates its 18-0 regular season after defeating Somersworth in the final game of the season on Thursday, Feb. 16. The undefeated regular season is the first in Newfound history and the Bears earned the top seed in the Division III playoffs, which begin tonight, Feb. 23.



JOSHUA SPAULDING — SPORTS EDITOR

Successful Poker Run supports Hebron Fire Department Improvement Fund

BY DONNA RHODES
dhrhodes@salmonpress.news

HEBRON — A Poker Run drew more than 20 snowmobiles to Hebron Village last Sunday morning, where riders relished the unusually warm temperatures and bright sunshine as they gathered to raise money for the Hebron Fire Department's Fire/Rescue Improvement Fund.

Beginning at 9 a.m., participants pulled their sleds up to the life safety building in Hebron to register for the ride and enjoy a hearty breakfast before heading out on the trails. As every snowmobiler signed up,



DONNA RHODES

Nancy and Fred Brooks were among the more than 20 snowmobilers who took part in last weekend's Poker Run, which benefitted the Hebron Fire Department's Fire/Rescue Improvement Fund.

they were also directed to event organizer Lynn

SEE POKER RUN, PAGE A11

Budget battle ahead in Bristol

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The Bristol Board of Selectmen is poised for a battle at Town Meeting over the Bristol Budget Committee's proposed operating budget of \$5,931,480 for 2017, a figure that is \$249,166 less than what the selectmen were proposing.

Meeting on Feb. 16, the selectmen voted, 1-3, on a motion in support of the budget committee's figure, effectively voting not to recommend it on the town warrant. J.P. Morrison, the selectmen's representative

to the budget committee, was sole vote in favor of the lower number. Selectman Paul Manganiello was out of town and did not vote.

Selectmen had been proposing a \$6,180,646 budget, of which \$4,897,391 represented general fund appropriations, with the remaining amount covering debt service, enterprise funds, and special warrant articles. The budget committee had pared the general fund figure back to \$4,648,222 in order to limit the increase in spending from 2016 to 2.5 per-

SEE BUDGET, PAGE A11

INDEX

Volume 4 • Number 8

Opinion.....	A4-A5
Obituaries.....	A6
Towns.....	A6-7
Churches.....	A7
Arts & Ent.	A9
Health.....	A10
Business.....	A10
Sports	B1-B4 & B8
Classifieds.....	B6-B7

20 pages in 2 sections
©2017, Salmon Press, LLC.
Call us at (603) 279-4516
email: newfound@salmonpress.com
www.salmonpress.com



DONNA RHODES

Spreading smiles

Shawn Adams of Bristol (far right) was pleasantly surprised when his purchase of three tickets for the Webster Lake ice fishing derby tickets from Newfound Trading Post last Thursday afternoon was paid for by the Franklin Savings Bank Smile Squad. While listeners to Mix 94.1FM were advised all week of the Smile Squad's special one-hour visit to various ticket sales locations in the area, Anderson said he had not heard the announcement but was grateful he was in the right place at the right time. Shown paying storeowner Anthony Ledbetter for Adams' tickets are Taylor Laro and Anna Offen of the FSB Smile Squad.

Alexandria PD to host program on active shooter response

BY DONNA RHODES
dhrhodes@salmonpress.news

ALEXANDRIA — Alexandria Police Chief Donald Sullivan recently became a certified instructor for the Civilian Response Active Shooter program, and on Thursday, March 2, at 7 p.m., he will present a public educational program on the topic at the Alex-

andria Town Offices on Washburn Road, which will explain ways people can protect themselves in the event of such an incident.

“When something like that happens, it’s too late to start thinking about how you will react. This program has a lot of useful information on what people can do to most en-

sure their survival,” Sullivan said.

In addition to that, the public will also get a better understanding of what type of response they might expect to see from police and other safety officials in such an emergency.

“Law enforcement began to look back through the history of active

shooter events since Columbine to see what was learned from each of them, and how responses have changed since then,” Sullivan said.

“We also realized that it’s our obligation as professionals to let people know what they should do if they ever find themselves in such a situation,

and what they can expect when we respond.”

The program is two-hours long, and will include an instructional video and discussion.

It is free and open to residents of all communities, and while it is not required, pre-registration would be appreciated. To do so, please call 744-6651

or via email at apd@metrocast.net.

Sullivan is also available to bring his program to area businesses, churches, schools and other locations that would like to educate their employees, staff or members on what they can do in such an emergency.

Eversource grant funds free NLRA EcoTours for local families

BRISTOL — The Newfound Lake Region Association (NLRA) is grateful to have received a generous \$2,500 grant from Eversource Energy.

“The grant will be used to provide free Newfound EcoTours to 100 local families,” said NLRA Director Boyd Smith.

“Our goal is to share Newfound’s beauty, and a little educational fun, with people that otherwise might not have access to the Lake,” Smith added.

Eversource Community Relations Specialist Donna Keeley invited the NLRA to apply for the grant after taking an EcoTour with several colleagues as part of a leadership meeting last summer. According to Keeley, the time shared on the lake at the end of the day was memorable, and suggested an easy way to give back to the local community.

“The NLRA is a perfect partner for this purpose,” said Keeley, “and their environmental mis-



COURTESY

Local partners make Newfound EcoTours more accessible to Newfound community. Pictured left to right: Andrew Veilleux and Karen Bemis (NLRA), Brittany Overton (Minot-Sleeper Library), Donna Keeley (Eversource Energy), and Boyd Smith (NLRA).

sion is important to all of us at Eversource.”

Bristol’s Minot-Sleeper Library played a critical part in the grant success, and is taking on the role of distributing EcoTour passes to their patrons.

Library Director Brittany Overton said “The Library is designed to serve the Newfound Region, and we are thrilled to be working with the NLRA and Eversource to expand our offerings.”

NLRA Program Manager Andrew Veilleux noted that the additional funding will build on an

existing program with the Tapply-Thompson Community Center, Watershed Outdoor Week (WOW!).

Veilleux said “Seeing the kids’ faces when they are out on the lake is a real joy - Newfound is awesome!”

For more information about Newfound EcoTours, call NLRA at 744-8689 or go to www.Newfoundlake.org. To learn more about your EcoTour tickets, contact the Library at 744-3352, email librarian@townof-bristolnh.org, or stop by at 35 Pleasant St., Bristol.

Events both small- and large-scale welcome for regional calendar

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — A brochure containing the 2017 calendar of activities in the Newfound Region is currently being compiled by the Town of Bristol, and now is the time to get events listed in the widely distributed publication.

Leslie Dion of the Tapply Thompson Community Center is among those putting together this year’s calendar and said they are reaching out to all in the region,

no matter how large or small their event may be.

“A lot of times people aren’t aware they can list their event so we’re trying to track everyone down and include them this year,” she said.

Anything from yard sales sponsored by non-profit groups to outdoor adventures, educational programming, church activities and other fundraising endeavors are all welcomed, Dion added.

Events for the calen-

dar are not limited to Bristol, but can also encompass surrounding towns, including Alexandria, Bridgewater, Danbury, Hebron, Hill and New Hampton.

“We don’t want to miss anyone who has a great event planned for this year,” said Dion.

The deadline for submissions is March 30, but the sooner the better, she advised. To have an event listed in the 2017 publication, please send the information to her at BCCfun@metrocast.net.

Candidates’ Forum returns to Minot-Sleeper Library

BRISTOL — As part of this year’s local election, the Minot-Sleeper Library hosts a candidates’ forum on Saturday, March 4 beginning at 2 p.m. The event welcomes the public to hear the motivation and ideas of each person whose name will appear on the 2017 ballot. Last year’s candidates’ forum drew the community together for an afternoon that informed and gave voters information they could use at the polls on Bristol’s election day. This year’s election will be held Tuesday, March 14 from 8 a.m.-7 p.m. at the Old Town Hall.

This year, there are open seats on the Select Board, Budget Committee, and School Board. Other positions that will be voted on include Library Trustees, Town Clerk/Tax Collector, Treasurer, and Trustee of Trust Funds. All candidates who will appear on this year’s ballot have been invited to the forum at the library and will have an opportunity to share with the public their interest in the position for which they are running.

The Library as a center for information and community space is pleased to host

this important event. The Friends of the Minot-Sleeper Library are the sponsor of this year’s forum. Refreshments will be provided

beginning at 1:30 p.m. on the day of the event. Questions presented to candidates by moderator Paul Fraser will begin promptly at 2 p.m.

Inn on Newfound's Guess the Number of Lights contest raises more than \$1,500

BRIDGEWATER — The Inn on Newfound Lake in Bridgewater conducted the annual “Guess the Number of Lights” contest this winter. Every year, the Inn goes beyond and above all expectations of decorations and lighting for the holidays. Guests make a donation for each guess, and all proceeds of the contest are donated to local families in the Newfound Lake area. This year’s number was 52,453.

Along with Breakfast with Santa, the Inn raised more than \$1,500

that was donated toward coats, boots, mittens, and gloves, wrapped Christmas gifts for children and teens, as well as Christmas dinners and gas gift cards purchased and distributed by local businesses and the Town of Bridgewater.

A big thank you to all of the Inn’s guests who donated, and to Terry, the meat manager at Market Basket in Tilton, St. Vincent DePaul in Gilford, Town of Bridgewater, Holly from Newfound Grocery and Mark Boyd for being the best Santa Claus ever!

Bristol Historical Society to host program on local railroad history

BRISTOL — Did you know that in the late 1800’s you could board a train in Bristol and spend the day in Boston and then return in the evening? Do you know where the depot was? These and many other questions will be answered by our guest speaker, Ken Cushing on March 11 at 10:30 a.m. in the meeting room at the Minot Sleeper Library. Cushing has done extensive research and is the author of the forthcoming book “The Northern Railroad.”

Bristol was once a center of manufacturing with mills along the Newfound River. The train was used extensively to transport goods from these factories as

well as for tourists to arrive from the cities for extended visits to local inns and farms.

The Town of Bristol is working on a plan to stabilize the bridge across the Newfound River that once took traffic to the depot at the base of the hill. A park will be created in that location and in time the old rail bed will become a path for walking, biking and snowmobiling which would take visitors to the Profile Falls Parking Area and connect with the Heritage Trail to Franklin.

This program is free and open to the public. If you would like to support the work of the society membership is available for \$10.

Paid Advertisement Paid Advertisement Paid Advertisement

Use Your Tax Refund Wisely

It’s tax time again – which for many Americans means that a tax refund is on its way. If you’re going to get a refund this year, how can you use the money to your best advantage?

Of course, it’s always tempting to spend the check from Uncle Sam on something fun. But a tax refund could be sizable – the average amount in 2016 was \$2,857, according to the IRS – so putting this money to work could help boost your progress toward your financial goals.

Here are some possibilities for using your refund:

- Help fund your IRA. If you were to receive a tax refund of \$2,857, you’d have slightly more than half of the \$5,500 annual IRA contribution limit for 2017, although, if you are 50 or older, you can contribute an extra \$1,000. Consequently, you may find it much easier to fully fund your IRA for the year – and you should do exactly that, because an IRA is a great retirement savings vehicle. If you have a traditional IRA, your contributions may be fully or partially deductible, depending on your income, while your earnings can grow tax deferred. (Taxes

are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% IRS penalty.) With a Roth IRA, your contributions are not deductible, but your earnings are distributed tax-free, provided you don’t start taking withdrawals until you’re 59½ and you’ve had your account at least five years.

- Help diversify your portfolio. If a market downturn hits one asset class, and that’s where you keep most of your money, you could take a big hit. Owning an array of investments – such as stocks, bonds, certificates of deposit, and so on – can help prepare your portfolio to weather the effects of market volatility. By adding new investments, or increasing your holdings of existing investments, you may be able to further diversify your portfolio – and you can use your refund for this purpose. (Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.)
- Contribute to a 529 plan. If you have children or grandchildren whom you’d like to help send to

college, consider using your tax refund to help fund a 529 plan. Your 529 plan contributions may be deductible from your state taxes, and your earnings are distributed tax-free, provided they are used for qualified higher education expenses. (However, withdrawals not used for higher education expenses may be subject to both income tax and a 10% penalty.)

- Pay off some debts. You can help improve your financial picture by reducing your debt load – but it may make sense to prioritize these debts. For example, rather than make an extra mortgage payment, you might want to first tackle those debts or loans that carry a high interest rate and that don’t allow you to deduct interest payments. After all, your monthly mortgage payment will remain the same even if you make an extra payment, but if you can get rid of some smaller debts, you will free up some cash that you could use to invest for your future.

Think carefully about how to use your tax refund. It represents an opportunity that you won’t want to waste.



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

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith.

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

www.facebook.com/EJAdvisorJacquelineTaylor.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.



MEREDITH CINEMAS
Meredith Shopping Ctr. • 279-7836
844-4BARNZS
Week of 2/23 - 3/1

CALL THEATER FOR SHOWS & TIMES

Find us online at BarnZs.com 

Travel back to the silent film era at Danbury Grange

DANBURY — The silent film era returns to the big screen at the Blazing Star Grange in Danbury for the Third Annual Silent Movie Night. Showtime is Saturday, March 18 at 7 pm.

The evening will begin with a short comedy, "The Haunted House" (1922), starring Buster Keaton. The main feature will be Lon Chaney in "Phantom of the Opera" (1925). All are welcome to this family-friendly event.

The screenings will feature live accompaniment by Jeff Rapsis, a

New Hampshire-based composer who specializes in creating scores for silent films. He performs on a digital synthesizer to reproduce the texture of the full orchestra and create a traditional "movie score" sound.

"The Phantom of the Opera," starring legendary actor Lon Chaney in the title role, remains a landmark work of the cinematic horror genre. To modern viewers, the passage of time has made this unusual film seem even more strange and otherworldly.

Members of the Blaz-

ing Star Grange decided to present silent films to give the public a chance to experience restored prints of these great films as they were intended: on the big screen, with live music and an audience.

Rapsis says "There's a reason people first fell in love with the movies, and we hope to recreate that experience. Silent films were communal experience very different from today's movies—one in which the presence of a large audience intensifies everyone's reactions."

This proves true, as the silent films are al-

ways a popular event.

In the early 1900s, silent films were shown at the Blazing Star Grange Hall. This screening will

pay tribute to that tradition. "The Haunted House" (1922) and "Phantom of the Opera" (1925) will be shown on Satur-

day, March 18 at 7 pm. at the Blazing Star Grange Hall, 15 North Rd., Danbury. The program is open to the public.

Alexandria police log

ALEXANDRIA — The Alexandria Police Department responded to 56 calls for service, made six arrests and 65 car stops, and reported one motor vehicle accident during the month of January.

Among the crimes reported were one simple assault, two thefts, one possession of a controlled drug, one criminal trespass, one violation of a protective order, and three suspended drivers. Calls for service in-

cluded nine fire/EMS assists, six other agency assists, four citizen assists, seven pistol permits, three suspicious incidents/vehicles, one attempted suicide, and 26 other miscellaneous calls for service.

Ski for Heat! cross-country race scheduled for March 11

PLYMOUTH — The second annual Ski for Heat! cross-country freestyle ski race will be held on Saturday, March 11 at Plymouth Regional High School. The race, organized by PRHS junior Sam Ebner, will benefit the Keep the Heat On! fuel assistance fund administered by the Plymouth Area Community Closet.

Ski for Heat! is for all ages and abilities, and will feature a five kilometer race and a three kilometer race, as well as a lollipop race. The lollipop race, new to Ski for Heat! this year, will be a fun event for skiers new to competition—and every skier who finishes will win!

The first Ski for Heat! in 2015 brought out a field of enthusiastic competitors and raised over \$1,000 for Keep the Heat On. The event was cancelled in 2016 when the weather failed to deliver the snow conditions the racers needed. This year, the Plymouth Parks & Recreation Department promises to groom the cross-country trails to perfection, so come on out and join the race, or join the fun by cheering for your favorite racer!

The 12th annual Keep the Heat On! dinner and auction in January was a tremendous success, but the need is still great, and this event will help fill that need. The Ski for Heat! race will start at 10:00 am, with registration starting at 9 a.m. Registration fees are \$15 for adults, \$7 for rac-



COURTESY

The second annual Ski for Heat! cross-country freestyle ski race will be held on Saturday, March 11 at Plymouth Regional High School. The race, organized by PRHS junior Sam Ebner, will benefit the Keep the Heat On! fuel assistance fund administered by the Plymouth Area Community Closet.

ers under the age of 18. please call Sam Ebner at 536-4964. For more information,

New Hampton Garden Club members visit Golden Crest

New Hampton Garden Club members Eleanor Morrison and Phyllis Schofield were in Franklin at Golden Crest on Tuesday, Feb. 14. Morrison instructed them in the steps involved in the creation of a floral design. There were many artistic arrangements. Putting bows on their containers proved to be a slippery job. While creating their bouquet, some of them began singing old, popular tunes with most everyone joining in. Many laughs were had by all! They also enjoyed a sweet treat or two, along with Valentine cards to give to their favorite visitors or friends. Garden Therapy is a part of the New Hampshire Federation of Garden Clubs mission and the Club goes there monthly to share their creative ideas.

Husson University announces Fall 2016 Dean's List

BANGOR, Maine — Husson University is pleased to share their Fall 2016 Dean's List. Students who earn Dean's List honors must carry at least 12 graded credit hours during the semester and earn a grade point average of between 3.60 to 3.79 during the period. The Fall 2016 Dean's list includes the following students:

Carolyn Miller of Bristol is a sophomore enrolled in Husson's Bachelor of Science in Healthcare Studies / Master of Science in Occupational Therapy program.

Allison Carey of Plymouth is a first-

year student enrolled in Husson's Bachelor of Science in Kinesiology-Human Movement Science / Doctor of Physical Therapy program.

Jessica Toomey of Wentworth is a junior enrolled in Husson's Bachelor of Science in Nursing program.

For more than 100 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson

University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells and Northern Maine provide advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Applications now being accepted for 2017 NHEC Foundation scholarships

PLYMOUTH — The New Hampshire Electric Co-op (NHEC) Foundation is pleased to announce that applications are now being accepted for 2017 scholarships. This year a total of six, \$1,500 scholarships will be awarded to deserving Co-op members or their dependents.

Scholarships are available to college-bound high school seniors, students returning to college, and non-traditional students. One scholarship will be reserved for a student entering a vocational or technical institution. All applicants must be a

Co-op member, or a legal dependent of a Co-op member. Complete details and applications are available online under the Community menu at www.nhec.com, or by calling 1-800-698-2007.

The deadline for applying for scholarships is April 21. All mailed applications must be postmarked by this date and mailed to: NHEC Foundation Scholarship, 579 Tenney Mountain Highway, Plymouth, NH 03264. Applications may also be emailed to foundation@nhec.com by 4 p.m., April 21. For more information about the NHEC Foun-

dation Scholarships, please contact Sara Thielbar at 536-8884, or thielbars@nhec.com.

The NHEC Foundation and the Foundation scholarships are funded by the donations of more than 40,000 Co-op members who participate in the Round Up Program. Participating members agree to have their monthly electric bills rounded up to the next dollar with the proceeds benefiting the Foundation. The NHEC Foundation provides support for non-profit groups that enhance the quality of life in New Hampshire.

Electric Co-op is a member-owned electric distribution cooperative serving 84,000

homes and businesses in 115 New Hampshire communities.

CASS INSURANCE INC.
'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855
**PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS**
802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

**PLYMOUTH
OPTICAL SHOPPE**
Martin D. Kass, Registered Optician
• Repairs Done on Premises •
607 Tenney Mtn. Hwy., Suite 101
Plymouth, NH 03264 • 603 / 536-3569

Your "Favorite" Decorator
"For Sewing done right"
Jodie Favorite
Owner
#36 Baker St.
Bristol, N.H. 03222
Office: 603-744-9433
Cell: 603-738-3399
Email: jfavorite@ttlc.net
Facebook: Your favorite decorator
Website: yourfavoritedecorator.com
Slipcovers
Cushions
Window Treatments
Pillows & Accessories
Alterations

Elect ★★★★★ VOTE!
Fran Skiffington
Alexandria
Town Clerk/Tax Collector
March 14, 2017
Currently Serving as Town Clerk/Tax Collector
Certified Municipal Agent for DMV
20 Year Resident of Alexandria
It Pays To Shop Locally!!

CASS INSURANCE INC.
'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855
**PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS**
802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

Therapeutic cannabis in New Hampshire: Laws and responsible use

BY DEB NARO
Contributor

Only July 23, 2013, Gov. Maggie Hassan signed House Bill 573 into law, a measure relative to the use of cannabis for therapeutic purposes. Under the law, patients would purchase marijuana from four regional dispensaries, one being located in Plymouth, Sanctuary ATC.

Below are some frequently asked questions about therapeutic cannabis in New Hampshire:

WHO can have therapeutic cannabis? Qualifying patients and designated caregivers who have a valid registry identification card. Selling or giving away therapeutic cannabis is against the law.

HOW much therapeutic cannabis can a qualifying patient have? Maximum amount is two ounces; having more than two ounces at any time is against the law. Criminal penalties and fines may be given for having more than the allowed amount.

WHERE is it illegal to have therapeutic cannabis? In school buildings and/or on school grounds; At public recreation centers/youth centers; At a place of employment without written permission from the employer; The law does not require employers to allow the use of therapeutic cannabis.

WHERE is it illegal to use therapeutic cannabis? It is against the law to smoke or vaporize in public places. Outdoor public places such as: public parks, public beaches, public fields and sidewalks or indoor public places such as: public recreation centers/youth centers, restaurants/bars and common areas of apartment buildings

WHEN is it illegal to be under the influence of therapeutic cannabis? If driving any type of motor vehicle, motorcy-

cle, snowmobile, boat or ATV; If operating heavy machinery; If at a place of employment without written permission from the employer; employers may discipline employees under the influence while at work if written permission was not granted.

Tips for Safe and Responsible Use: Do not mix therapeutic cannabis and alcohol. Using alcohol and therapeutic cannabis at the same time is more dangerous than using either one alone.

Be careful if you take medication. There may be drug interactions between therapeutic cannabis and your medication. Do not drive. Cannabis makes driving more dangerous as it slows your reaction time, makes it harder to tell distances, and is illegal to be under the influence while driving. Store it safely. Therapeutic cannabis products can be confused for regular food or candy. Be sure to store all therapeutic cannabis products in a locked container, make sure children cannot see or reach the locked container, and keep therapeutic cannabis in the original child-resistant packaging. Do not use cannabis during pregnancy. If you are pregnant or thinking of becoming pregnant, talk to your doctor first. There is no known safe amount of cannabis use during pregnancy or while breastfeeding, and there may be other safer choices to treat medical conditions during pregnancy or breastfeeding.

It's important to realize that Cannabis is illegal under federal law. For more information on the New Hampshire Therapeutic Cannabis Law (RSA 126-X) and Administrative Rules, visit www.dhhs.nh.gov. To access New Hampshire's 24/7 Addiction Crisis Line, call 1-844-711-HELP (4357).

PET of the Week Peter

Peter, handsome black and white feline has travelled a little due to the trials and tribulations of his human owners. Originally an apartment cat, much loved, his first owner was unable to care for him. He arrived at NHHS in 2012. We adopted him a short while later, now three years later, he has return to us again since he wasn't part of the relocation plans of his second owner.

Both homes loved

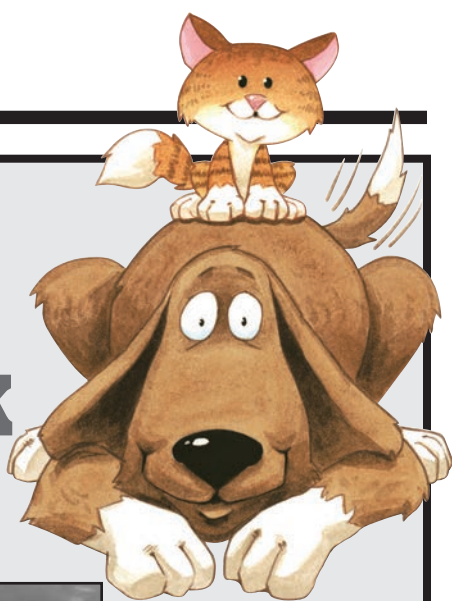


him, cared for him, and ultimately did the right thing by bringing him to NHHS. OUR deep and abiding hope is he

is not now trapped in a kitty version of "Hotel California" he's checked out twice but has yet to really leave.

Could his third home be the final one, committed to him for the rest of his life. Peter is sweet as can be, loves to tuck himself in under his blankets, enjoys cuddling once he knows you, and this time, please this time, a permanent home. He's declawed, so an indoor home is absolutely a pre-requisite for his next adoption.

Check www.nhhumane.org for more details.



Letters to the Editor

Tax cap could prevent Newfound students from receiving needed resources

To the Editor:

The Newfound Area School District School Board and Budget Committee have been working under a tax cap when creating budgets to operate our schools since 2012.

What is a tax cap? A tax cap requires that the proposed budget cannot exceed 2 percent of the FY assessment of the previous budget. For the 2018 budget, this means that the assessed value portion of the budget for 2018 is \$12,478,298. The remainder of the budget comes from other revenue, which for this budget is \$8,722,358.

I have submitted a petition (Article 2) that is on the 2017 SAU4 warrant that would rescind this cap. Why would I want to eliminate this cap, you ask?

Let me say that I am a taxpayer in Bristol, and have been for many years, I am a retired teacher from the district, and also a graduate of the district schools. I pay real estate taxes in Bristol, and I am on a fixed income as a retired person. My concern is that this tax cap is preventing our district from moving forward with programs and building maintenance.

Some will say our enrollment is down and we shouldn't need so much money to operate our schools. However, basic costs have risen. I noticed that the district is reducing the teaching staff at NHCS to reflect their decline in enrollment for next year, but that could change in the future, as often does. I also heard at the deliberative session that the school board has eliminated the money set aside to hire a new teacher during the school year in case the need should arise. These are but two examples of how the Board has worked to stay within the tax cap.

We need to have the resources for administrators and teachers to support the students and offer them the best education possible. In this age of technology and social media, we need to make sure our children are well educated and capable of using critical thinking in order to sort out truth from fiction. This tax cap may prevent our elected officials from creating a budget that best reflects the needs of our school district.

At the deliberative session (Newfound is a SB2 district), a list was presented of all the programs and projects that were left out of the budget in order to meet the tax cap. Two programs that stood out for me were summer school (for regular education) and a portion of the Bridge Program for incoming high school students. Eliminating programs such as these that provide our students an extra boost and opportunity to be successful in order to meet the requirements of the tax cap is unfortunate but when making the choices of what to cut this is what can happen.

At the deliberative session, a motion was made to fund the replacement of the high school roof, and the motion was approved. The budget number to be voted on reflects this increase. These funds would not have been available under the tax cap without severe cuts to other areas.

I encourage you to vote yes on Articles 2, of the Newfound Area School District Warrant on March 14. If you would like to learn more about the tax cap you can call the SAU4 office.

*Lucille Keegan
Bristol*

Supporting John Sellers for Bristol Select Board

To the Editor:

I write this letter to show my support of John Sellers for the Bristol Select Board.

John and his family have lived in Bristol since 2010. He is employed, for more than 16 years, at SAS Institute as a business industry consultant. He and his family have been very involved in our community. Currently, John is a member of the Bristol Budget Committee where he has been a voice of moderation. He has made many cost saving recommendations to our budget and has provided a comprehensive analysis of our ambulance service, which would add essential revenue to the Town of Bristol.

John is a great listener with the temperament nec-

essary to work with various voter groups and individual voter needs. I am confident of his skills to oversee our town's management, and I believe he will complement the existing Board of Selectmen.

If you would like more information on John Sellers he is holding a Meet and Greet at Kathleen's Cottage (across from the Bristol Fire Department) on Thursday, Feb. 23, starting at 6 p.m. Come meet John and ask questions.

Please join me in voting for John Sellers on March 14 at the Old Town Hall and come out to Town Meeting on March 18 at the Newfound Memorial High School.

*Betsy Schneider
Bristol*

Thank you for your support at a difficult time

To the Editor:

Dear Citizens of Senate District 2,

I'm writing to express my deepest gratitude to all who have offered prayers and support since my beloved Christine, was stricken on Jan. 18. For those many who have sent cards, cooked meals for us, cared for our pets, plowed our driveway, helped with groceries, and babysat our home, please know that you have greatly eased the difficulties we faced early on. It is at times like this that you prove time and time again the love, care and concern of neighbor for neighbor here in our great state of New Hampshire.

Our family has been present at Chrissy's bedside all day, every day at DHMC, and we know that she is receiving the finest care possible from the world-renowned teams that have been treating her. While she has made some minor gains, our road to recovery is going to be long and arduous. We accept whatever the future may bring, and remain firm in our faith and

undiminished in our resolve.

As your State Senator, please know that I will continue to fulfill my obligation to represent you in Concord. My Senate colleagues, the Senate staff and Gov. Sununu have been superb in working with me to ensure that I am fully engaged, and you are fully represented on the issues important to you and to our state. Just as I continue to honor my oath to love, honor and cherish Christine, I will continue to honor my oath of office in service to you.

I close with gratitude and humility for the prayers, kindness and compassion you continue to visit on Christine and our family. And I ask you to please remember to cherish your loved ones, each and every day of your life.

Sincerely,

*Bob Giuda
State Senator
NH District 2*

Newfound Landing

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

ESTABLISHED SEPTEMBER 18TH, 2014

Offices at 5 Water Street, P.O. Box 729,
Meredith, New Hampshire 03253

Phone: 603-279-4516 • Fax: 603-279-3331

Frank Chilinski, President & Publisher
Ryan Corneau, Information Manager

Brendan Berube, Editor

E-mail: newfound@salmonpress.com

Joshua Spaulding, Sports Editor

Donna Rhodes, Reporter

Advertising Sales: Tracy Lewis

Distribution Manager: Jim Hinckley

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

SALMON PRESS PHOTO POLICY: As a community oriented family of newspapers, Salmon Press welcomes photos from readers, business owners, and other outside sources for publication in any of its titles. Any photos submitted for publication become the property of Salmon Press, and may be displayed in our newspapers, as well as on our Web site. They may also be made available for re-sale, with any proceeds going to Salmon Press and/or the photo re-print vendor.

Free in Print, Free Online. www.newfoundlanding.com

Choose Your Future, Part I

A series to save Newfound Lake

BY BOYD SMITH
Newfound Lake Region Association

Newfound Lake is known for water so clear you can see fish swimming 30 feet below you, hills and ridges cloaked in expansive forests and capped by rocky summits that frame the moods of the sky, and a laid-back pace reminiscent of years past. Newfound makes memories—playing on the beach as a kid, swimming with friends, boating with family, waking to the calls of loons, or quietly watching the motion and light of the water. Everyone that has been here, once or for a lifetime, remembers.

We wish this source of wonder to always be this way but fear it may not. The water is less clear, the sand less crunchy, and the rocks more slimy than recent memory. Houses crowd the shoreline and climb the hills, some contrasting garishly with their surroundings. The pace has changed: fireworks crash the once quiet evenings all summer long while lights from houses, docks, driveways, and roads blot out the wonders of the night sky.

Data collected by the Newfound Lake Region Association (NLRA) confirms that water clarity is declining, nearly 600 new homes have been built since 2000, and town land-use regulations and compliance are not aligned with the vision and goals of residents. For those who know Newfound, this sad report brings focus to old news.

"Choose Your Future" is more than a title for an article - it is a real, feasible call to action to take control. Simple steps can maintain Newfound's sublime beauty for generations to come: care for your land, take part in your town's plans and decisions, and support land conservation. Together, these three steps will bring the promise of memories for future generations that are as special as your own. There is only one other choice: business as usual, with murkier water, shattered forest views, and a deep sense of loss with little or no way to retrieve what we all cherish.

This article is the first in a six-part series calling to all that love and depend on Newfound to make one of two choices. Either accept "business as usual," which is losing Newfound's purity and peace and watching things get worse within our lifetimes, or decide

that you care enough to return Newfound to its earlier glory, creating a lasting legacy to your respect and love for this area. Future articles in this series will clearly identify threats to the Lake and land, and the simple steps you can take to build a proud legacy.

The NLRA's purpose is to motivate landowners, town officials, businesses, and visitors to give a small and highly-rewarding amount of time back to the land and water that support us. Our mission is to protect and preserve Newfound's uniquely pristine environment. We have proven strategies

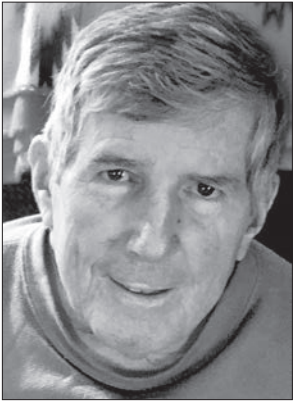


and programs to achieve our mission but need your hands to help wield the tools. You may own land, you have a voice in your town, and you know the value of Newfound's beauty.

In a time when every last piece of the Newfound watershed means more each day, rejoice in the power that we have to choose the future. Together. Now.

The NLRA was founded in 1971 to protect and preserve the Newfound Lake watershed. Learn more on our website, our Facebook page, or contact us at info@NewfoundLake.org or 744-8689.

North Country Notebook



By JOHN HARRIGAN
COLUMNIST

On the day I wrote this, Feb. 15, the snow was coming down hard, alternating between big, dry, puffy flakes and the kind of smaller stuff that drives hard before the wind.

This storm, which was supposed to dump nearly a foot, was coming on the heels of a pretty big storm two days earlier that dropped a foot and a half, with 30-m.p.h. winds to boot.

I couldn't resist calling a friend who lives along the northern foothills of the Whites. I wanted to be sure that she was rushing down to Walmart, as urged by all the media "Winter Storm Alerts," to stock up on bottled water, candles and batteries.

I could picture a stampede, with everyone tuned in to radio or TV heeding the dire warnings all at once and stampeding for Walmart. Police in riot gear, and all that.

I was sure that Dolly's household routinely keeps candles, batteries and bottled water, as well as several working flashlights and maybe even oil lamps all over the place, because guess what? We live about half-way between the Equator and the North Pole, and we have these things called "storms," and the power sometimes goes out.

Reflections on a snowstorm, from fright to fun to fantasy



JOHN HARRIGAN

In the middle of a pretty good snowstorm, beyond the nearly buried pile of logs, the hush of the deep woods beckons.

Don't most people keep at least some of these basics on hand?

+++++

This is shaping up to be what older people fondly refer to as "an old fashioned winter," like the ones they remember when they were kids, when the snowbanks were way, way over their heads.

Wait a minute--they were kids, as in "little."

Of course, the snowbanks were way over their heads.

But the memories are real, and there was one whale of a lot more snow when I was growing up in the '50s and '60s, no doubt about it. In particular, I remember snowbanks that were above the climbing spikes on utility poles--and that's high. And I remember shoveling out tunnels and walkways in the back yard just to

be able to go out to play, and not being able to see my mother's face in the kitchen window because I couldn't see over the surface of the snow.

As we three siblings reached our teens, we used to set forth on the golf course, sleds in hand, and spend the day sliding and exploring. The last glacier did stupendous things with its melting and outwash around 14,000 years before there was

a Colebrook. One was the formation, on the golf course, of three big potholes, or kettleholes. The glacier left three gigantic, adjacent chunks of ice buried deeply, and when they melted, there remained three great hollows in the earth. Golfers traverse these hollows on the 7th and 9th fairways at the Colebrook Country Club, which is public.

These were a source

SEE NOTEBOOK, PAGE A11

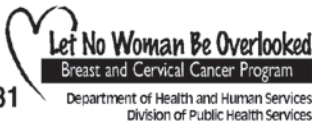
Are You Over 50?

FREE

Mammograms and Pap tests for eligible women.

Professional Screening Sites Statewide

Call today!
1-800-852-3345, ext. 4931



PLYMOUTH
GENERAL DENTISTRY



With over 20 years experience,
Dr. Kirschner combines
cutting edge dental technology,
with a caring & gentle touch.

We give our patients
something to smile about!
Call for an Appointment Today

Joan Kirschner, DDS
65 Highland Street, Plymouth, NH 03264
(603) 536-4301
pgdentistry.com

Alberta Myrle Daigneau, 83

HILL — Alber- ta Myrle (Libby) Daigneau died peace- fully at home in Hill on Saturday Feb 11, 2017, having recently moved back from North Car- olina in November of 2016. She was the wife of the late Wallace A. “Curly”Daigneau, Jr., who passed away in November of 2012. Nicknamed “Ber- tie,” she was born in Everett, Mass. on May 23, 1933, daugh- ter of the late Marion (Prescott) and Miles N. Libby. She then transplanted to a farm in the Borough of Hill. Schooled in Hill and then at Bristol High School, Alberta went on to be Valedictorian of her Class. She had lived in Bristol, Franklin and Andover before mov- ing with her husband

to Rutherfordton, North Carolina where she worked for Web- ster Valve. Alberta’s passion was raising an- imals, especially rab- bits and chickens and she was never without a dog or two. She is survived by a step daughter, Patri- cia Alexander, and her husband Johnny of Forest City, N.C.; a step son, Andrew Daigneau, and his wife Leslie of Moultonborough; three step grandchildren (Al- lison Greene, Desiree Howell and LeAnn Daigneau) and a step great granddaughter, Ava Clair Howell; two sisters, Marion Grout and her husband Er- nie of Alexandria and Virgina Cantara and her husband Fred of Hill; and brother An- son Libby and his wife Barbara of Hill; also,

many nieces and neph- ews. Alberta is also survived by her dear friend Bunnie Blais of North Carolina. Alberta was pre- deceased by a step son, James Daigneau; also, three brothers, Norman, Roland and Prescott Libby; along with two sisters, Eliz- abeth Cutter and Helen Moyer. Graveside services at Pleasant Hill Cem- etery in Hill, will take place at the conve- nience of the family in the spring. In lieu of flowers, the family requests donations in Alberta’s memory be made to your local animal shel- ter or the charity of your choice. Emmons Funeral Home of Bristol is han- dling arrangements for the family.

George Owen MacDonald, 69

FRANKLIN — Mr. George Owen MacDon- ald, of Franklin, passed away on Feb. 12, 2017 of natural causes. George MacDonald was born on May 7, 1947 in Boston, Mass. to Mr. Owen R. MacDonald and Mrs. Phyllis Claire (Nowlin) MacDonald. Mr. George O. Mac- Donald enlisted in the Navy on Dec. 7, 1965 and served in the Viet- nam War onboard the U.S.S. Boston as an electrical mechanic, until he was honorably discharged in October 1969. George was prede- ceased by his wife, Mrs.



Beth E. MacDonald, and daughters Miss Molly Jean MacDonald and Miss Jennifer Rose MacDonald. George is survived by his daughter, Mrs. Sarah P. MacDonald, and her husband Mr. Corey D. Smith, and

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

February

The snow piles in our driveway remind me of snow banks of yore. Scurrying up to top, yelling ‘I made it’. That the sun has already started melting is a good sign: Room for more!

From the town
Select board meeting Feb. 14
Meeting minutes from Jan. 31 were approved.
Items Reviewed and Signed
Letter to NH SEC: Local Control of Municipal Roads
Purchase Order: Weatherstrong Over- head Door for repairs to the doors on the highway garage

Business
The Selectmen re- viewed the NH DOT Inspection of Red List- ed Bridges Report. Al- exandria currently has three bridges on the report: Knowles Hill Road Bridge over Brock Brook, Cole Hill Road Bridge over Fowler Riv- er and Bailey Road Bridge over Bog Brook. Mr. Tuthill mentioned that there is a warrant article this year to re- place the Knowles Hill Road Bridge. There was discussion regarding the process of closing the Cole Hill Road Bridge and opening up the Class VI portion of Cole Hill Road; that would re- quire a vote of the Town. Mr. Tuthill was re- appointed to the Lakes Region Planning Com- mission Transportation Advisory Committee. There was discussion regarding the Highway Department receiving two loads of salt. There was discussion regarding a property in town for which the owner is unknown; the Selectmen requested having research done to determine if an owner can be located.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church
The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Feb. 26. All are welcome and encouraged to at- tend.

Danbury Winter Market
Saturday March 4th is the Danbury Winter Farmers Market. Held from 9 a.m.-1 p.m. at the grange hall in Danbury, the market features locally grown, made and produced items. The theme of the day is maple. Stop in for breakfast. The homemade yeast waffle sundaes with local maple syrup served in Feb- ruary are being offered

again by request. Also offered are breakfast sandwiches, juice, coffee, cocoa and a hot soup, hot dogs and crock pot item for lunch. The Cuttings of Springfield have al- ready begun boiling sap this season so drop by to pick up their newest crop or another sweet—their honey. Henry Ste- vens has been building birdhouses for the spring hatching season while Annette is refilling her baby set supply. Winter weather isn’t over yet, so grab a pair of wool socks from Margaret Hoyle to keep your feet toasty warm. Autumn Harvest and Danbury grows still have squash. In soup, as a pasta sauce or a veggie, squash can also be baked in the shell to which makes peeling not nec- essary. Cooked squash is then scooped form the shell, mashed and sea- soned to taste. A cooking matters workshop will be held at the market from 10-11:30 a.m. Participants will re- ceive a market tour, rec- ipes, buying local food hints, a reusable grocery bag and a \$10 voucher to use at the market.

Blazing Star Grange
The grange held meet your neighbor night on Feb. 16. The timing for this cabin fever relief program was on target following a couple of weeks of snowy weather. The program includ- ed song, skits, reading and social mixers. At- tendees were asked to share their connections to Danbury as well as where else they might be found in the community. These exercise helped put names with faces and establish our common traits among Danbury’s diversity. Two nonres- idents, both with deep affection and ties to the community, expressed connections that partic- ipants felt was unique and “dead on.” 1. Dan- bury is the center of the Universe. 2. Danbury is the cultural hub of the area. Expect to hear more about these reve- lations in the upcoming months. Silent Movie
Mark your calendars for the grange’s annual silent movie night on Saturday March 18th at 7pm. Live accompani- ment is provided by Jeff Rapsis.

DCC Turkey Raffle
The turkey raffle at the DCC is this Saturday. Chili cook off begins at 5:30 p.m. Raffle starts at 7 p.m. Call the DCC at 768-3424 from 9 a.m. to 2 p.m. weekdays for more information. Snow date for the event is March 4—same times.

Groton

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

The Select Board re- visited the budget on Tuesday night and cor- rected a few lines. The

two lines on the Ceme- tery budget (4195) were switched (lines 4195.1 and 4195.2). They will revisit the gas line under Highways and Streets (4312.8) next year to com- bine all the gas used for all Town departments into one budget line for convenient reconcili- ation at the end of the year. One Warrant Arti- cle was deleted (Article 8 on the original copy), which had to do with the maintenance of Province Road. It was brought to our attention that this road will still be main- tained out of the High- ways and Streets budget, but does not require a vote on a Warrant Ar- ticle to do this. On the Warrant Article 21 con- cerning the “no spray- ing of power lines” ordi- nance, the Select Board is divided on this and does not recommend this 1-2. The change in vote came when they were in- formed that there will be no way for the persons doing the spraying to de- termine who wants this done on their property lines and who does not. I am sure there will be more discussion on this during the Town Meet- ing. The Select Board also signed the agree- ment with the Rumney Fire and Ems service for this year. Under Select Board issues it was brought to light that any and all complaints concerning animals in the Town need to be directed to the Police Department/ Ani- mal Control. The Select Board has no jurisdic- tion nor does the Town Clerk. It is best not to circulate via social me- dia since all animal in- formation is considered confidential and no one who is a Town official or employee other than a Town Police Officer will be able to assist in these matters. This is true also for any other com- plaint of criminal na- ture. The Police Depart- ment needs to hear about what is happening in the Town. The Police De- partment phone number is 744-3703, and of course, if there is an emergency please dial 911. Here is a list of those who are running for Town Offices on the bal- lot. Many will be here for Candidates Night on March 7 before the Select Board Meeting sched- uled for that night also. This would be a good time to meet them and ask questions on Town matters. Selectman for 3 years – Kyle Andrews, Treas- urer for 3 years – Dar- lene Andrews, Town Moderator for 2 years – Tony Albert, Trustee of the Trust Fund for 3 years – Michele Lacroix, Trustee of the Trust Fund for 1 year – Gina Rescigno, Town Auditor for 1 year – Otto Jespers- en, Planning Board for 3 years – Deborah John- son and Russell Carruth (two positions open), Su- pervisor of the Checklist for 3 years – Gina Rescig- no, Zoning Board – Hel- en Martyszyn for 2 years and Elizabeth Jespersen for 3 years, Cemetery Trustee for 3 years – Sharon Nelson, Library Trustee for 3 years, Otto Jespersen. Samples of the final

CONGRATULATIONS TO
LARRY STAGE ...

Our Patient of the Month!

"I chose Choice Physical Therapy because they are close to my home and I like to keep things local! Everyone is like a friend to me ... they are great to talk to and make my therapy fun. I am very pleased doing my rehab at Choice PT. Everyone is friendly, they seem to really enjoy their jobs, and they do everything to help with my recovery. I would definitely recommend Choice PT to my friends. I cannot say enough about them ... being there is a bright point in my day!"

Photo: Larry Stage (left) and Nathan Rinaldi, DPT

NEED PHYSICAL THERAPY?

Choice Physical Therapy

"Putting Education, Experience and Research into Practice"

790 Lake Street • Bristol • 603.744.0275 • www.choicephysicaltherapyofbristol.com • [facebook/choiceptnh](https://facebook.com/choiceptnh)

CHOOSE CAR SEAT:
BY AGE & SIZE

THE NUMBER
OF PEOPLE
**WHO
THINK**
THEY HAVE
THEIR CHILD IN
THE RIGHT
SEAT.

THE ONES
**WHO
ACTUALLY
DO.**

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

VISIT SAFERCAR.GOV/THERIGHTSEAT

**NORTH COUNTRY
COINS, LLC**
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES • FRI 10 • 5 • SAT 10 • 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry,
scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities



Find it **FREE** Online at:
www.NewfoundLanding.com

Or **FREE** at these
fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Parkhurst Plaza

Shacketts

Rite Aid Bristol

Shop& Save Bristol

Wizard of Wash

DANBURY:

Danbury Country Store

**PUBLISHED
EVERY
THURSDAY!**

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill General Store

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

New Hampton School performs "Almost, Maine" by John Cariani

NEW HAMPTON — On Friday, Feb. 24 and Saturday, Feb. 25 at 7 p.m., New Hampton School's theatre program will be showing "Almost Maine," a play by John Cariani, comprising nine short plays that explore love

and loss in a remote, mythical town called Almost, Maine. "Almost, Maine," an endearing and captivating series of short plays, by John Cariani, takes place in the remote, mythical town of Almost, Maine. In their

remote Maine backdrop, characters of the play explore the themes of love and loss, full of humor and human connection. The play will air in New Hampton School's McEvoy Theatre on Friday and Saturday, Feb. 24 and 25, at

7 p.m. On a beautiful winter night, under a clear starry sky, Almost's residents find themselves exploring, and falling, in and out of love in the strangest of ways. A comical, romantic, whimsical eve-

ning will change the lives of Almost's residents forever. The production features New Hampton student actors from eight countries and four states, who have been working hard throughout the winter to bring this endearing and captivating play to life in McEvoy Theater. Performances on both Friday and Saturday evenings are open to the public.

Director of Technical Theatre Meredith Brown directs and says she has been thrilled to work with a talented and dedicated group of students on both the theatrical and techni-

cal aspects of the production. She has also designed sets and lighting for the play. Founded in 1821, New Hampton School is an independent, co-educational, college preparatory secondary school of 320 students who come from more than 28 states and 31 countries. An International Baccalaureate school, New Hampton School cultivates lifelong learners who will serve as active global citizens. Students benefit from an average class size of 11 and a student-faculty ratio of five to one. For more information, please visit www.newhampton.org.

March madness — a variety of classes offered at Artistic Roots this month

PLYMOUTH — Suzan Gannett is a multi-medium artist working in watercolors and Zen Doodles and jewelry (making her own flame work beads). She is offering adults a Zen Doodle Class featuring Making Letters on March 28 from 5-7 p.m. Students will learn a variety of designs and how to incorporate them into their letter. This class The cost is \$20 for members and \$25 for non-members. She is also offering a Water Color Class on March 23. Students will study painting sunflowers and come away with an 8X10 painting matted and ready to frame. The cost of the class is \$30 for members and \$35 for non members.

Veggie Girl Art, Stacey Lucas, is offering her Sign Painting Class again this month on March 9th from 5-7 p.m. Cost of the class is \$25 for members and \$30 for non-members. All supplies and instruction will be provided. Bring a favorite quote, word or idea to incorporate into your design. Think about a St. Patty's Day theme.

Lynn Haust is offering The Glass Fusing Class: Creating Sun Catchers or Night Lights on March 20 from 5-7 p.m. She teaches participants to create beautiful spring inspired fused glass creations to place in a window to catch the light or a nightlight. Students will learn to use stringers, frit and how to cut and place glass. Cost



COURTESY

Photographer Melissa Greenawalt will be giving a Digital Photography class at Artistic Roots on March 7 from 5:45 to 7:45 p.m. Cost is \$25 for members and \$35 for non-members. Sign up at Artistic Roots, 73 Main St., Plymouth.

is \$25 for members and \$35 for others.

Melissa Greenawalt is offering Digital Photography Basics on March 7 from 5:15-6:45 p.m. Learn to use basic photo settings (ISO speed, shutter speed and aperture). Through hands on experiences, students will learn to take their best shot. Cost of the class is \$25 for members and \$35 for non-members.

Irene Marocco, fiber artist is offering two courses this month. She will be teaching Crochet a Headband on March 11 from 10 a.m. until noon. The cost of the class is \$20 for members and \$25 for non-members. Make An 8 Pointed Star Ornament on March 18 from 10 a.m. until noon. The cost of the class is \$15 for members and \$20 for non-members.

The Open Knitting Class is Back! Join other knitters led by Polly Bartlett on Sunday afternoons from 2-4 p.m. Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

Humane Society benefits from Pemi Baker Vendor Bingo February game

PLYMOUTH — There is a new game in town at Plymouth Common Man Inn & Spa – the Pemi Baker Vendor Bingo game, held monthly on the third Thursday. The game is only two months old, with the February game, held on Feb. 16, benefitting the New Hampshire Humane Society, on Meredith Center Road in Laconia.

Debbie King, who sells Origami Owl jewelry, and Becka Mor-

rill, a thirty-one independent consultant, knew that there was a bingo game in Laconia, but decided that Plymouth was ripe to host its own game. "Plymouth Common Man is a great location, especially with the food and drink being available," said Becka Morrill.

"We had over 40 people come out, despite the winter storms last week," added Debbie King.

The Pemi Baker

Vendors held their first Bingo game on Jan. 19, which benefited the Circle Program in Plymouth. The Feb. 16 game was only their second, but already the turn out increased threefold, and hopefully will continue to grow. The game raised \$435 for the shelter, and featured wares from

14 vendors, including: Origami Owl, Stampin' Up!, thirty-one, Avon, Rodan+Fields, Herbalife, The Pampered Chef, jamerry nails, LulaRoe and Beautycounter.

Marylee Gorham, Executive Director of the New Hampshire Humane Society, attended both the

SEE BINGO, PAGE A12



COURTESY PHOTO

Diane Gravel

Pemi Valley DAR to host program on preserving family history

PLYMOUTH — On Saturday, March 4 at 10 a.m. at Pease Library in Plymouth, Pemigewasset Valley Chapter, Daughters of the American Revolution, will be hosting a free program for anyone interested in preserving genealogical research. Diane Gravel, Certified GenealogistSM CGSM, will lead a discussion about how to gather, document, organize, and preserve precious family information.

Gravel is a full-time professional genealogist and lecturer. She is a graduate of National Genealogical Society's American Genealogy: A Basic Course, and attended both the Institute of Genealog-

ical and Historical Research (Advanced Methodology and Military Records) at Samford University and the National Institute on Genealogical Research at the National Archives in Washington, D.C. She has lectured at state, regional, and national conferences. Diane co-edited Volume I of New Hampshire Families in 1790, and is currently working on Volume II of that project. She is the President of the New Hampshire Society of Genealogists, and has been a trustee of her local library since 2003. She is also a past-president of the New England Chapter of Association of Professional Genealogists.

PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, March 2, 2017 at 7:00 p.m. in the Select Board Office located at 7 School Street. The purpose of the hearing is to expend funds from the Capital Reserve Fund entitled "Security Alarm" for upgrading the secure key access system at the Public Safety Building.

Hebron Select Board,
Patrick K. Moriarty, Chair
John W. Dunklee, Vice-Chair
Eleanor D. Lonske, Member

TOWN OF HEBRON

The Supervisors of the Checklist will be in session upstairs in the Selectmen's Office Building on Saturday, March 4, 2017, from 11:00 to 11:30 p.m. This is your last opportunity to register, and/or make corrections to the Hebron Checklist prior to town elections on March 14, 2017. Voting will be downstairs in the Community Center.

Supervisors of the Checklist
Barbara Brooks
Sandra Cummings
Audrey Johnson

NOTICE ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on March 4, 2017 from 11:00 to 11:30 a.m. for additions and corrections to the checklist, in preparation for the Town Election on March 14, 2017. Change in party registration will be accepted.

George Whittaker
Suzanne Cheney
Loretta Brouillard

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	Carriage Road	N/A	\$57,000	Carriage Road RT and Donald J. Canniff	Jason and Jennifer Taschereau
Bridgewater	138 Ridge View Drive	Single-Family Residential	\$275,000	Gail Yeskis FT and Gail L. Yeskis	Audrey Freedman
Bristol	16 Central St.	Multi-Family Residential	\$27,533	Anson V. and Genevieve C. Smith	Vacation Paradise RT and Eugenio Ianniciello
Bristol	Lake Street	Residential Open Land	\$50,000	James P. Connolly T and James P. Connolly	Tammy Furlog
Bristol	Lake Street	N/A	\$38,000	Freudenberg Nok GP	Newfound River Apartments
Bristol	224 Summer St.	Single-Family Residential	\$140,000	Dean J. and Jennifer A. Dimarzo	Dana L. Pruet and Kathleen M. Smith
Bristol	Upper Birch Drive	Residential Open Land	\$35,933	Bruce E. Kling 2005 RET and Bruce E. Kling	David A. Harrow
Bristol	90 Upper Birch Drive	Single-Family Residential	\$245,000	Joel J. and Rachel A. Kirby	Charles Pittit
Campton	40 Page Rd.	Single-Family Residential	\$259,000	Robert M. and Jeanne Cola	Sam R. and Linda A. Arcadu
Campton	8 Skye Drive	Single-Family Residential	\$100,700	Reverse Mortgage Solution	Nathaniel Banville
Hebron	37 Sarah Lane	Single-Family Residential	\$210,000	Sarah Lane RT and David M. Vemet	David K. O'Leary
Holderness	58 Hardhack Rd.	Single-Family Residential	\$395,000	Shirley Barbera	Fenster T and Karen M. Fenster
Thornton	23 Granite Ledge Rd.	Single-Family Residential	\$165,000	Philip W. and Kathryn L. Holland	Holly A. Rousseau
Wentworth	32 NH Route 25A	Single-Family Residential	\$270,000	Peter F. and Mary H. Blewett	Christine Stymus and Amy J. Downing

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.

Senior nutrition: Foods that can reduce the risk of heart disease

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Heart Health as We Age

As we age, the risk of heart disease can increase due to a condition known as atherosclerosis. Atherosclerosis occurs when the arteries begin to narrow from plaque build-up in the arterial walls, disrupting blood flow throughout the body. If blood flow stops altogether, from a blood clot, the outcome could include a heart attack or stroke.

While unhealthy lifestyle choices, such as lack of physical activity and/or smoking, can trigger atherosclerosis, poor diet can also be a cause. Foods high in salt and fat can result in high blood pressure, high levels of cholesterol, and high blood sugar levels – all of which are factors that can increase the risk of atherosclerosis (and heart disease) significantly.

Seniors who configure their diets to

include healthy foods can make a profound impact on the health of their hearts. In fact, it's been reported that 70% of heart disease can be prevented with correct nutrition. Here are some of the foods that seniors – under proper supervision from a physician and/or dietitian – can incorporate into their diet to reduce the risk of heart disease.

Foods that Can Reduce the Risk of Heart Disease

Berries: Blueberries, strawberries, cranberries, and raspberries are all beneficial when it comes to your heart, due primarily to their plentiful supply of antioxidants – which reduce damage caused by free radicals in the body.

Oranges: The potassium found in oranges helps to maintain blood pressure, while the pectin (a high source of water-soluble fiber found in the pith and pulp)

collects the cholesterol from ingested food, reducing absorption. Additionally, recent research indicates that citrus pectin aids in neutralizing galectin-3, a protein that damages heart tissue.

Apples: Comparing apples to oranges may not be such a bad idea after all, as the former also contains pectin. Its fiber content also aids in removing cholesterol. With all of its benefits together, daily apple consumption can reduce LDL cholesterol by 40%.

Nuts: Although nuts have a high level of fat, it is primarily monounsaturated and helps lower LDL (bad) cholesterol and increase HDL (good) cholesterol. Nuts also contain essential vitamins and minerals, such as folic acid, niacin, vitamin B, and vitamin E – all of which aid in helping the heart.

Avocados: Similar

to nuts, avocados are full of monounsaturated fats that help to reduce LDL cholesterol. The one downside is that avocados contain a high number of calories, so it's best to consume in moderation.

Fish: Omega-3 fatty acids – often found in salmon, trout, and other cold water fish – work to simultaneously reduce triglycerides and raise HDL. Sardines, in particular,

are said to provide the greatest number of Omega-3 fatty acids, compared to other cold-water fish. Note that the American Heart Association recommends two servings of fish at least twice a week.

Asparagus: Similar to berries and other fruits and vegetables, asparagus is full of free radical-neutralizing antioxidants. It's also a great source of

vitamins A, C, E, and K, fiber, and beta-carotene. Just be sure not to overcook or boil it for too long, as this can compromise the nutritional content.

Oatmeal: Unprocessed oatmeal – free of added sugar – can reduce cholesterol due to its beta-glucan content. Try adding fresh berries to your oatmeal for flavor and added benefits.

SEE NUTRITION, PAGE A12

Roche Realty to present at Great Northeast Boat Show

LACONIA — Roche Realty Group, an independent real estate brokerage specializing in waterfront and water-access residential and condominium properties, announced recently that they will be appearing for three days at New Hampshire's largest boat show, the Great Northeast Boat Show, on March 24-26 at the Hampshire Dome in Milford.

Representing the company will be Jeremy Avery, who in the last two years has sold property on six of the state's most beautiful lakes, including Win-



COURTESY PHOTO

Jeremy Avery nipesaukee, Winnisquam, and Newfound Lake.

"I am excited to be able to bring our waterfront, water-access, and boat facility listings to the buying public in this way," Avery

said. "We will be the only real estate company represented at the boat show; I really think this gives our clients an advantage as we approach the spring selling season."

The Great Northeast Boat Show has grown in popularity every year of its eight-year existence. This year, thousands of water enthusiasts will attend the show at the 100,000-square-foot Hampshire Dome. If you are interested in having your waterfront property included in the Roche Realty Group presentation, call Avery at 481-2657.

Covering the
Newfound Lake Area &
Surrounding Communities

Newfound Landing

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton

A community publication full of local news, sports & happenings.

FREE IN STORES! FREE ONLINE!

Reserve your ad space today!
ONLY \$7.00/pci

Call Tracy Lewis at (603) 444-3927
Email: tracy@salmonpress.com

Have you fallen or do you have a fear of falling?
Did you know that falls in older adults are largely preventable?

You're invited to our
FALL PREVENTION PRESENTATION
by Amber Schaefer, DPT

Wednesday, March 8th • 5:00-6:00 pm
Choice Physical Therapy • 103 Boulder Point Drive - Plymouth

By attending our **FREE** Fall Prevention Seminar you will learn:

- What causes falls in older adults
- What you can do to protect yourself and your loved ones from a fall
- The important role of Physical Therapy in reducing your fall risk and helping you live life to its fullest

Choice PhysicalTherapy

To reserve your seat contact us at 238.2225! Space is limited!

WE OFFER "FREE" FALL RISK ASSESSMENTS! Call today!

SB2

FROM PAGE A1

to attend town meeting, even when babysitting and transportation are provided.

Cons:

Because the votes at the deliberative session are not final, many people don't consider attendance to be important. Data from towns that have adopted RSA 40:13 show a marked reduction in meeting attendance. In many cases, the smaller number of attendees means the quality of the debate is poor and those present tend to go along with the recommendations of the governing body, or of special-interest groups.

People who are interested in controlling their town budget must either vote for the proposed budget that in their view may be too high, or a "default budget" that may be even higher; or the difference between the two may be insignificant.

Final voting action is so far removed from the debate and discussion that took place at the deliberative session that people can lose track of what was discussed at the first meeting. Most voters do not attend the deliberative session at all. The result can be legions of confused and uninformed voters.

Towns must rely on websites, newsletters and other media to get information out to the public prior to the voting session, but some residents do not have internet access or read papers. On some issues, special-interest groups will outspend the town to obtain votes.

Former selectman Janet Cote, one of the petitioners, said she felt it was time for Bristol to make the change, and said it would allow voting by absentee ballot. "I think there's people that would like to participate and have a voice, and I think this is the time to do this," she said. "It's a better way to govern."

Barbara Greenwood took the opposite view, citing the poor attendance at the Newfound Area School District's deliberative session a few weeks ago.

"I find it's very discouraging at the school, to find a handful of people who come to discuss it," Greenwood commented. "We used to

have a gym full of people. I just feel it would not be the best way for Bristol to go."

Selectman Leslie Dion agreed, stating "I'm absolutely passionate about town meeting. I could go into the meeting with my mind made up, and then hear the back-and-forth discussion, and I can change my mind. I don't find that with SB2."

Budget committee member John Sellers said, "I signed the petition because I wanted folks to have a say on whether they want to do it or not. There are some people who are away in the military, and others go south in the winter. Being able to vote by absentee ballot is a plus. And you get almost 30 days to do research on it and educate other people in town."

Tom Keegan, another budget committee member, said, "Going to town meetings, you learn a lot, and if you just go to the ballot, they don't see the reason why we're spending \$500,000 this year and spent only \$5 last year."

He added, "Democracy is not a convenience. It should be a learning process."

Selectman Rick Alpers said neither form of government operates at the high level it should.

"I've worked at towns with SB2 and, lots of times, you can end up with uninformed voters," he said. "If I had to pick a side, I think that town meeting works for Bristol."

Alpers noted that there is a third option that would give voters more control: adopting a town charter. Such a charter would establish whatever voting rules and procedures residents feel would be desirable for the town, and free the town from the state statutes it currently must follow.

Selectman J.P. Morrison said, "On SB2, I was dead set against it when John Root was pushing for it, but now it's gotten to the point where we're hearing about people not attending town meeting and not attending the deliberative session — it's the same thing. With elections, they have a window of time to stop by the polls. Who says they haven't done their homework? And they don't have to sit through and listen to me and Leslie and Boake [Morrison], and you

get a lot more done in a short period of time. It's a lot more efficient, and that's what government should be. I don't think it's any less democratic. The more people you get involved in voting, the more democratic it is."

Chair Shaun Lagueux commented, "Town meeting is the best entertainment. It's priceless."

The other public hearings concerned a warrant article seeking \$375,000 for dewatering equipment at the wastewater treatment plant and another asking for \$765,000 for water, sewer, and roadway improvements on Central Street. Selectmen and department heads answered questions about the need for the projects.

In other business, selectmen voted against recommending the budget committee's proposal for 2017, which is \$249,166 less than what the selectmen were proposing.

They also took up a request to designate Nyberg Road as an emergency lane, which would require that the town handle maintenance of the private road. Concerned about the implications for all the other private roads in town but wanting to address the safety of the seven disabled residents living on Nyberg Road, they decided to waive the two-bucket limit on sand taken from the highway shed and allow a designated resident to take a pickup-full of sand to keep the road passable during icing and snow buildup.

Selectmen approved the transfer of \$55,917.50 in revenues from police details to the revolving account for that purpose, and then the transfer from the account of \$40,976.04 to reimburse the general fund for officers' payroll and another \$12,515.50 to the general fund, representing 20 percent of revenues as stipulated in the warrant article that created the fund.

Budget

FROM PAGE A1

cent, which represents an 8.6 percent increase from what actually was spent in 2016.

The budget committee also did not support all of the warrant articles the selectmen are proposing for 2017. Members voted, 3-6 with one abstention, on support for an article seeking \$765,000 for water, sewer, and roadway improvements on Central Street. They noted that the water and sewer lines, while aging, still have 10-20 years of useful life, so they felt the project could wait for another year.

The budget commit-

Deliberative

FROM PAGE A1

The Highway Department has several articles contained in the 2017 warrant, two for the second payments due on previous lease agreements for a 2016 dump truck and a backhoe, totaling \$48,301 collectively.

For 2017 the department is seeking additional approval to enter into a six-year lease for a new 19,500-lb. truck at a full-term cost of \$94,000, which would be lowered to \$62,000 through the trade-in value for an older vehicle the town

already owns. The first payment of \$13,500 would impact taxes in the coming year at an estimated 67 cents per thousand.

They are also asking for consideration of \$105,000 for repair and maintenance of town paved roads, and an additional \$140,000 to replace a bridge on Knowles Hill Road. Lastly, voters will decide whether or not to place \$50,000 in the Highway Department Capital Reserve Fund for major expenses in the future.

Article 11 is a request from Haynes Library for \$5,000 need-

ed for window repairs and other maintenance items on the building.

The final article will ask voters if they would be in favor of adopting a building permit ordinance for the town, as proposed by the Board of Selectmen.

A full copy of the warrant can be found on the town's Web site.

Voting will take place on Tuesday, March 14, from 11 a.m. until 7 p.m. in the Alexandria Town Hall, which is located at 45 Washburn Road. Residents are reminded that a photo I.D. is required at the polls.

Poker Run

FROM PAGE A1

Comeau of the Hebron Fire Department's Auxiliary Organization to draw their first playing card for the day.

"They'll be riding 50 miles of trails with three stops along the way. Everyone draws another card at each stop then they come back and draw their last card here when they're done," Comeau explained. "The person with the best poker hand at the end of the day wins the top prize."

Once the riders arrived back at the station they also had the opportunity to buy a sixth "wild card" for an additional \$5 if they felt they needed to better their playing hand.

Among the stops along the way were Ryezak's One Stop store in Rumney, Baker River Valley Snowmobile Club on the Wentworth/Dorchester town line, which also offered lunch for the riders, and Shawnee's Store in Wentworth Village.

"It's about a four hour ride, or maybe less, depending on how you want to drive," one rider said with a smile as he registered for the event.

It was all about the cards, though, and not who finished the course

in the fastest time. People were able to enjoy a leisurely ride on the snow-packed trails as they stopped to select their cards and hoped for a winning hand at the end of the day.

For Nancy and Fred Brooks, owners of Hebron Village Store, it was the first time they were taking part in a Poker Run and the couple was excited about the day.

"We came out to support the fire department and have fun on the trails. It just sounded like a great way to spend the day," said Nancy as she suited up for the ride.

Comeau said people didn't necessarily have to have a snowmobile to join in the fun however. The card draw locations were selected so that people in automobiles could also drive to each designated stop and complete their playing hand for the game and a chance to win.

Besides the rolling poker game, there was a 50/50 along with several other raffles that people could take part in and Comeau congratulated John Koslow of BFD for selling the most raffle tickets in the days leading up to the event.

That evening participants gathered at Bridgewater Inn where the raffles were drawn

and the top three winners were announced.

First prize for the day was \$100, while the second best hand paid \$50 and third place received \$20. Assessing each hand at the end of the day was Jessica Gaudette.

Coming in first with an Ace High Straight was Frank Hobart, Jr. of Hebron. The Brooks discovered Lady Luck was on their side that day, too, when Nancy's hand placed second and Fred's came up in third place for their first ever Poker Run.

Comeau declared the day a success and said she hopes it will become an annual fundraising event for HFD that can continue to grow over the years.

For those who missed out on last weekend's fun, Baker River Valley Snowmobile Club will also be hosting a Poker Run this Saturday, Feb. 25. The day will include a pancake breakfast from 7-10 a.m., registration from 8-10 a.m., a bake sale, midday cook out, warming fire, vintage snowmobile displays, a sled dog visit and raffles for gas cards.

Baker River Valley Snowmobile Club is located at 197 North Dorchester Rd. in Wentworth. For more information, please visit them on Facebook or call 786-2388.





THE SUNSET ROOM
OWL'S NEST RESORT & GOLF CLUB

Enjoy a casual dining experience with outstanding views and sunsets.

Fridays and Saturdays 4-9 p.m.
Sunday Brunch 9:30 a.m.-2:30 p.m.

For reservations,
call (603) 726-3076 ext. 215.
owlsnestresort.com/golf/dining

40 CLUBHOUSE LANE, THORNTON, NH 03285

Notebook

FROM PAGE A5

of great wonder and adventure for local kids, especially the biggest and deepest bowl, situated on the ninth fairway, from the bottom of which you can see nothing but the sky--not a tree, not a mountain, nothing but the clouds going by.

Winter's prevailing winds blew snow into a huge curl over the lip of the bowl, and many times I crawled in there,

onto a small shelf, tired from exertions on hill and dale, and decided to take a nap.

I could have died of hypothermia there, but quite happily was too young and dumb to know it, and even more happily, didn't.

+++++

A friend in Webster and I were talking about going into the woods during a heavy snowfall, and the de-

light of it, but she could say it better than I could, and so:

"There is absolutely no sound. Everything is muted and hushed, muffled. None of the usual little animals are scurrying around, but if you look up into the trees you can find them, and see them huddled up there, riding out the storm.

"It's an entirely different world, and it's all yours, because no one else is going to be out

there in that weather, and so it's one of the few times when you can be sure that you have the woods all to yourself."

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

Nutrition

FROM PAGE A10

Red Wine: Resveratrol, an antioxidant-rich compound found in certain berries and grapes, is what makes red wine heart-healthy, but most health professionals advise drinking no more than one glass a day. Anything past that and one's risk of heart and liver damage can increase.

Dark Chocolate: The flavonols found in cocoa – chocolate's plant source – can reduce blood pressure, maintain blood flow, and relax the arteries. To get the most out of dark chocolate, choose a bar that is at least 70% cocoa. Be sure that cocoa is the first list-

ed ingredient, as opposed to sugar.

Nutrition Along with a Healthy Lifestyle

One of the added benefits of choosing heart-healthy foods is that they supply other organs in the body with essential nutrients, adding to physical well-being. However, one should not rely solely on a heart-healthy diet in order to prevent heart disease.

In addition to taking steps to establish a daily exercise routine (including at least 30 minutes of moderate physical activity – with permission from a doctor or physician), seniors should also monitor their cardiovascular health regularly by vis-

iting a doctor or physician. Regular consultation with a health professional can provide further insights into how to prevent heart disease, but it may also help in detecting other issues early on.

Comfort Keepers® Can Help

Our compassionate, professional in-home caregivers can help promote a heart-healthy lifestyle for your loved one. From healthy meal preparation to transportation to a gym or local senior center, we are ready to help provide what he or she needs to live a happy, healthy, and independent life. Ask your local Comfort Keepers office today about how their services can make a dif-

ference in your loved one's life.

About Comfort Keepers

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



COURTESY

Nancy Veasey (LuLaRoe), Debbie King (Origami Owl), and Becka Morrill (thirty-one) of the Pemi Baker Vendor Bingo visit the New Hampshire Humane Society on Meredith Center Road, Laconia to deliver the proceeds of their February game to Marylee Gorham, Executive Director of the New Hampshire Humane Society.

Bingo

FROM PAGE A9

tended the Fe. 16 game, along with her NHHS Ambassa-dog, Daisy.

"It was a great turn out, a room full of people," she says.

The New Hampshire Humane Society serves 17 communities in the Lakes Region, providing essential services to animals and pet owners alike. NHHS is dedicated to finding responsible and caring forever homes and providing shelter for lost, abandoned and unwanted animals. NHHS advocates for animals and speak for those who cannot speak for themselves, as well as implementing educational programs and

services to promote responsible pet ownership and the human-animal bond. The shelter and its tireless staff and cadre of dedicated volunteers work to prevent cruelty to animals.

To make a donation or view adoptable pets visit www.nhhumane.org.

Next month's game will be held on Thursday, March 16, with proceeds to benefit the Tapply-Thompson Community Center in Bristol. Admission is \$10 for 10 bingo cards, \$5 for additional cards. Doors open at 5:30 p.m. at the Plymouth Common Man Inn; game starts promptly at 6 p.m.

OLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS

Do you have an uncontrollable desire to clean your attic, basement, garage or start your home improvement project now?

Cupid's Arrow Strikes Again!

THE DUMPSTER DEPOT® Waste Recycling Services

TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050 WWW.DUMPSTERDEPOT.COM

DUMPSTER RENTALS FROM \$320

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 2/28/17.

What's Happening at
Plymouth State University

MARCH 3-5

PSU/AMC Pinkham Notch Adventure

PSU Alumni and the AMC team up again this year at Joe Dodge Lodge in Pinkham Notch for a great White Mountain experience!

Plymouth State UNIVERSITY

For information about activities or to register, PSU alumni should contact the Alumni Relations Office at (603)535-2589, or alumni@plymouth.edu, or visit <http://tinyurl.com/AMC-PSU>.

Every 8 minutes, we respond to a disaster.

American Red Cross

HELP NOW

Disaster Relief

**EVEN TEXTERS AND DRIVERS
HATE TEXTERS AND DRIVERS.**

STOPTEXTSSTOPWRECKS.ORG

Newfound Landing Sports

Section **B**
Thursday,

Thursday, February 23, 2017

What's On Tap

The local high school scene includes more play-offs in the coming week in addition to the continuation of regular season games.

The Division III girls' hoop tournament starts today, Feb. 23, and continues on Saturday, Feb. 25, both at the home of the higher seed at 7 p.m. The semifinals are Wednesday, March 1, at 5:30 and 7:30 p.m. at Southern New Hampshire University.

The Division II girls' hoop tournament begins on Tuesday, Feb. 28, at 7 p.m. at the home of the higher seed.

The Division III boys' hoop tournament also kicks off on Tuesday, Feb. 28, and continues on Thursday, March 2, both at 7 p.m. at the home of the higher seed.

The Division III ice hockey tournament begins on Wednesday, March 1, at the home of the higher seed at 6 p.m.

The wrestling Meet of Champions takes place at Nashua North High School on Saturday, Feb. 25, at 9 a.m.

The Newfound hoop boys will wrap up the regular season with a game at Belmont on Thursday, Feb. 23, at 6 p.m.

SEE **ON TAP** PAGE B6

Bears finish off perfect regular season

Newfound hoop girls roll past Somersworth to move to 18-0

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — For the first time in school history, the Newfound hoop girls finished the regular season with an undefeated record.

But the work is not done for coach Karri Peterson's girls.

The Bears pulled away in the second half for a 56-30 win over Somersworth on Thursday, Feb. 16, finishing off the regular season at 18-0.

"You fight to get to 18-0 and get the number one seed," said Peterson. "But that's all it is."

"You never know what can happen in the state tournament," Peterson continued. "I hope they're proud of what they've accomplished but I hope they're not satisfied yet with what they've accomplished."

Alexis Vantil hit a free throw to open the scoring but the "Toppers answered with a pair of free throws to take the lead. Ashlee Dukette finished off a steal to take the lead back and then Vantil did the same thing. Savanna



JOSHUA SPAULDING

Seniors were honored before the final regular season home game at Newfound last week. Front row (l to r), managers Nick Crosby and Megan Gebhardt. Back row (l to r), Alexis Vantil, Amanda Johnston, Hailie Clark, Lauren Boisvert, Vicky Steele and Molly Schilling.

Bony hit a hoop and then drilled a three-pointer to stretch the lead to 10-2.

Somersworth hit a hoop and a free throw to cut the lead to 10-5 but a Dukette hoop finished off the first quarter scoring and Newfound was up 12-5 after one.

The "Toppers got the

first points of the second quarter, drilling a three-pointer to cut the lead to 12-8. Dukette drained a three-pointer to push Newfound's lead to seven again but the visitors hit another three to stay in the game.

Dukette drained another three for an 18-

11 lead but again the visitors hit another three-pointer, making it 18-14. Dukette hit another basket for the Bears but Somersworth came back with a hoop and it was a four-point game at the half, with Newfound up 20-16.

Vantil hit the first

hoop of the third quarter and Somersworth answered with a hoop to keep things close.

Bony drained a three-pointer and Molly Schilling followed with a hoop. Bony hit another hoop and Newfound's lead went to

SEE **HOOPS** PAGE B6

968 Laconia Road, Tilton, NH (Winnisquam village next to Pirate's Cove) ~ 524-4200 ~ www.giguereauto.net

Huge Truck \$ALE ALL WEEKEND

2008 Jeep Wrangler X 6-Speed, Hard Top Only 72k \$16,995	2008 Jeep Wrangler Unlimited, 4-Door, 4x4, Rock Crawler, Lift Kit, Fox Shocks Rubicon \$20,995	2013 Ford Taurus 4-Door, All Wheel Drive, Loaded Cuff 'em & Stuff 'em! \$9,995	2000 Jeep Wrangler Sport 4x4, 4.0L, 6-cylinder, Hard-top Go Topless \$9,995	2014 Jeep Wrangler Sport 6-Speed, Hard Top, V-6 Only 52k \$21,995
2008 Toyota Tacoma Reg. Cab, SR5, 4x4, 5-Speed, 4-Cylinder Only 93k \$11,995	2009 Toyota Tacoma Access Cab, 4-Door, 4x4, 5-Speed 4-Cylinder \$15,995	2005 Toyota Tundra SR5, Access Cab, 4.7L, 4x4, Loaded 4-Door \$13,995	2010 Toyota Tacoma Double Cab, 4-Door, 4x4, Automatic 6-Cylinder \$17,995	2009 Ford Ranger Super Cab, 4x4, Automatic FX-4 \$12,995
2007 Dodge Dakota Quad Cab, 4-Door, 4x4, Chrome Wheels, V-8 R/T Sport \$11,995	2007 Ford Explorer Sport Trac, Limited, 4x4, Leather, V-8 Moonroof \$10,995	2005 Nissan Frontier LT Crew Cab, 4-Door, 4x4, 6-Cylinder Automatic \$11,995	2005 Chevy Colorado 3.5L, Automatic, 4x4, Loaded, 4-Door Z-71 \$11,995	2007 Dodge Dakota Ex-Cab, 4-Door, Automatic, V-8, A/C 4x4 \$7,995
2006 Chevy 1500 4-Door, Ex-Cab, V-8 4x4 \$10,995	2008 Chevy 1500 Ex-Cab, 4x4, Loaded Only 81k \$17,995	2008 Ford F-150 Super Crew, 4-Door 4x4, FX-4 Leather Interior \$15,995	2006 Chevy 1500 LT Crew Cab, 4-Door, 4x4, 5.3L, V-8, Z-71 Leather \$14,995	2009 Chevy 1500 4-Door, 4x4, V-8, Loaded Only 79k \$17,995
2013 Chevy 1500 4x4, Automatic 8-Ft. Bed \$16,995	2011 GMC 1500 Ex-Cab, 4-Door, 4x4, Loaded Only 73k \$16,995	2007 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, Leather FX-4 \$16,995	2011 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, 5.0L, V-8, Black Beauty 5.0L V-8 \$19,995	2007 GMC Sierra 1500 Auto, 4x4, Z-71 8-Ft. Bed \$13,995
2005 Ford F-150 Super Cab, 4-Door, V-8, Loaded 4x4 \$10,995	2006 Dodge Ram 2500 4-Door, 4x4, SLT, Loaded, Black Beauty HEMI \$16,995	2014 Dodge Ram 2500 Heavy Duty, Reg. Cab, Loaded, 8-Ft. Bed 6.4L HEMI \$19,995	2007 Dodge Ram 2500 Quad Cab, 4-Door, 4x4 HEMI \$15,995	2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather 5.0L V-8 \$20,995
2011 Ford F-250 Super Cab, 4-Door, 4x4, Lariat, 2-Tone Running Boards Leather \$21,995	2006 Ford F-350 Dually, 4x4, Dump, Automatic, Boss Plow Powerstroke Diesel \$14,995	2013 Ford Cargo Van V-8, Automatic, Loaded All Power Options \$12,995	2015 GMC Sierra 3500 Crew Cab, 4x4, Dual Rear Wheels, Cabin Chassis w/9-Ft. Fixed Body Only 18k \$29,995	2006 Chevy 2500 HD Reg-Cab, 8ft Bed, 6.0 L, 4x4, Low Miles Rough Country Lin Kit \$14,995
2008 Ford F-350 Super Crew, Lariat, 4-Door, 4x4, Leather, Moonroof, Stainless Steel V-Blade Powerstroke Diesel \$22,995	2009 Ford F-350 Reg. Cab, 8-Ft. Bed, 4x4, Loaded, Fisher Plow Powerstroke Diesel \$21,995	2009 Dodge Ram 2500 Quad Cab, 4-Door, 4x4, XD Wheels, Blackout Cummins Turbo Diesel \$26,995	2004 Ford F-250 Super Crew, 4-Door, 4x4, Lariat, Leather, Curtis Plow Powerstroke Diesel \$17,995	2005 Ford F-350 Super Cab, Ex-Cab, Diesel, 4x4 Curtis Plow \$10,995

GIGUERE AUTO2.NET • 315 Laconia Rd. Tilton
Not responsible for typographical errors.

Bears come up just short against Franklin

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' basketball team had a good battle with Franklin on Tuesday, Feb. 14, eventually dropping a 67-55 decision to the Golden Tornadoes.

The host Bears got out to a 14-12 lead after the first quarter but they fell behind by a 27-24 score at halftime. Franklin outscored the Bears 11-10 in the third

RC GREENWOOD
AJ Muse drives to the basket for two of his 18 points during action against Franklin last week.



quarter and then outscored the Bears 29-21 in the fourth quarter to pull away for the win.

"Good battle, tight throughout the contest," noted coach Tom Bourdeau.

Jarrold Fairbank led the way on the scoring sheet for Newfound, as he put in 19 points, including a trio of three-pointers.

AJ Muse was next for the Newfound boys with 18 points on the evening and he also pulled down 12 rebounds to complete a double-double.

Mason Dalphonse was also in double figures for the Bears, as

he put in 13 points on the night.

Newfound shot 38 percent from the field while the Golden Tornadoes shot 44 percent from the field. The Bears were hurt by their free throw shooting in the second half, as they went just four for 10 in the final 16 minutes after going five for seven in the first half.

The Bears will be wrapping up the regular season with a trip to Belmont today, Feb. 23, at 6 p.m.

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

Back on top

Plymouth alpine boys win second consecutive Division II title

BY JOSHUA SPAULDING
Sports Editor

MADISON — For the second year in a row, the Plymouth alpine boys came out on the top of the Division II pile.

The Bobcats did have to wait a while, as the meet, originally scheduled for Wednesday at Crotched Mountain, was postponed to Thursday due to weather and was then postponed again due to weather and had to be moved as well, as Crotched was hosting the Division IV girls on Friday, Feb. 17. So the meet moved to King Pine in Madison.

The Bobcats finished second in the morning giant slalom behind a strong showing from Windham, finishing with 360 points to Windham's 365.5. The Bobcats then won the afternoon slalom with 377 points, well ahead of the Jaguars' 363 points to pick up



JOSHUA SPAULDING
The Plymouth alpine boys celebrate their Division II title. Coaches Dan LeBlanc (left) and Steve Babler pose in front of racers (l to r), Matthew Clark, Michael Ouellette, Thomas Inwood, Connor Magowan, Tucker Boyd and Lucas Johnstone.



JOSHUA SPAULDING
Tucker Boyd rips through the King Pine slalom course on Feb. 17.

II powers, who finished in third for the second year in a row. "With all the stuff we went through this week, it was a little much.

"But they all pulled through," LeBlanc continued. "They saved it for when it counted."

In the morning giant slalom, the Bobcats were led by Lucas Johnstone, who skied to second place overall with a time of 52.17 seconds for his two runs.

Tucker Boyd was second for Plymouth, finishing in 53.39 seconds for seventh place and Thomas Inwood finished in 54.02 seconds for 12th place overall.

Connor Magowan rounded out the scoring for Plymouth with

a 23rd place finish in a time of 55.66 seconds.

Matthew Clark finished in 56.02 seconds for 25th place and Michael Ouellette finished in 29th place in 56.58 seconds.

Inwood led the way for the Bobcats in the afternoon slalom, as he finished in a time of 1:17.42 for second place overall.

Magowan skied to third overall in a time of 1:18.06 and Boyd was Plymouth's third scorer, finishing in 10th place in 1:21.22.

Johnstone rounded out the scoring for Plymouth in 1:21.8 for 12th place overall.

Ouellette finished in 21st place in 1:25.58 and Clark finished in 49th place in 1:46.76.

Carter Wilcox also skied for Skimeister points in both races.

"We had trouble with finishing all year, but they all pulled it out today," LeBlanc said. "We had 11 clean runs out of 12.

"And that was the best giant slalom we had all year," LeBlanc continued.

With their top 10 finishes, Inwood, Magowan, Johnstone and Boyd all qualified for the Meet of Champions, which will take place at Cannon Mountain on Thursday, March 2.

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

THE FABULOUS, FUNKY, FLYING MONKEY
As they say in Miami, Come on down.

HACKSAW RIDGE
Nominated for 6 awards
20th CENTURY WOMEN
Annette Benning
THE COMEDIAN
Robert De Niro
GET YOUR TIX 4 FLIX
flyingmonkeynh.com

"I'm a dreamin' man.
Yes, that's my problem."
Neil Young

MARSHALL TUCKER BAND
Their last show was sold out!
2/24
JONATHAN EDWARDS
and Little Feat duo
2/25
VICTOR WOOTEN TRIO
Nominated for 5 Grammys
2/26
JERRY GARZIA BAND
Starring Melvin Seals
3/7
Tix On Line
flyingmonkeynh.com

"Don't criticize
what you don't understand."
Bob Dylan

Make your baby smile...
A Flying Monkey
Dinner and a Show.
You pick the amount,
They pick the show!
HOW FUN IS THAT?
603-536-2551

Overheard: He said, "I deliver
meals-on-wheels to a 93-year old
woman who is always laughing.
When I ask why she is so happy,
she says, 'This might be my last
meal. I want to enjoy it!'"

THE FLYING MONKEY
Movie House & Performance Center
39 Main Street * Plymouth * NH
603-536-2551
FLYINGMONKEYNH.COM

How to Submit
Announcements & Obituaries
To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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

the win by 8.5 points.

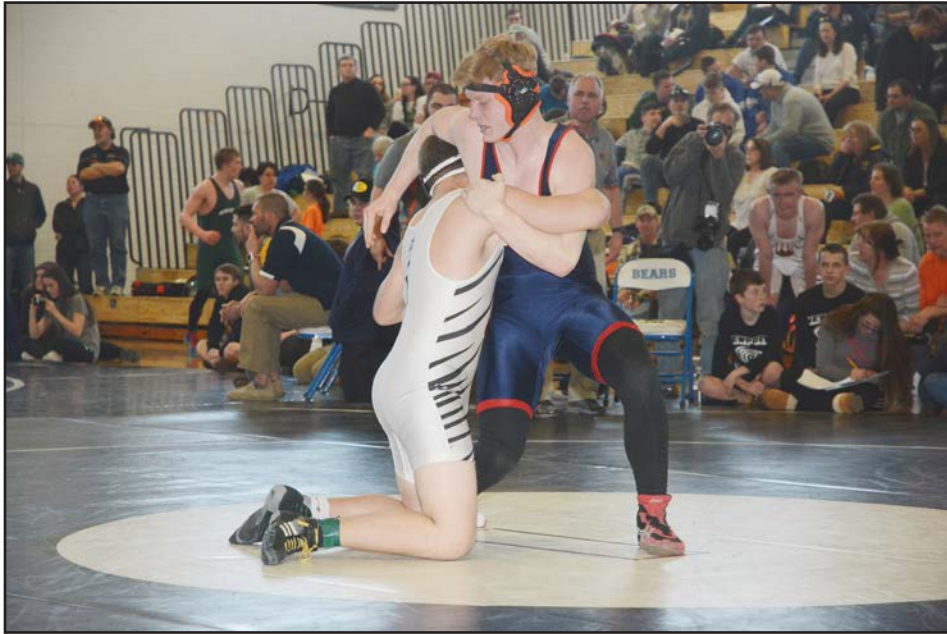
"We don't get to take one from Kennett too often," said coach Dan LeBlanc, referring to the perennial Division

ATTACK ASTHMA. ACT NOW.
I-866-NO-ATTACKS
WWW.NOATTACKS.ORG

DON'T LET YOUR CHILD FEEL LIKE A FISH WITHOUT WATER.



JOSHUA SPAULDING
Garrett Macedonia wrestles Sheldon Farnsworth of Mascoma in the 182-pound finals.



JOSHUA SPAULDING
Troy Johnson works toward a pin of Michael Tremblay of Newport in the finals at 195 pounds.

Total domination

Plymouth wrestlers cruise to Division III title

BY JOSHUA SPAULDING
Sports Editor

TILTON — In about as dominating performance as possible, the Plymouth wrestling team cruised to its second Division III title in three years on the strength of six individual championships.

In fact, the Bobcats had wrestlers in the finals or consolation finals of every single one of the 14 weight classes.

“Six champions, that’s pretty good,” said coach Randy Cleary. “Eight in the finals, only 14 weight classes.”

The Bobcats finished with 247.5 points, which was more than 100 points better than second place Campbell, with Newport in third place and White Mountains in fourth place.

The finals started at 170 pounds and Nolan Farina was pinned by Jared Cape of White Mountains. Farina

reached the finals by beating Ryan Leuteritz of Pelham by pin and then won by major decision over Jack Olson of Bow, 19-5.

At 182 pounds, Garrett Macedonia was the defending champion and the top seed and he defeated Sheldon Farnsworth of Mascoma by a 22-7 decision in the finals. He reached the finals with a pin of Michael Grosman of Pelham and an 11-2 win over Junius Adams of Monadnock.

Troy Johnson picked up the second championship for the Bobcats, pinning Michael Tremblay of Newport in the finals. Johnson defeated Kevin Curnane of White Mountains by pin in his only other match of the day.

At 220 pounds, Drew Hodges picked up the championship with a pin of Jacob Mitchell of John Stark. Hodges

defeated Dawson Nedreau of Winnisquam by pin and then beat Riley Odum of Campbell by pin to advance to the finals.

Jared Benoit wrestled his way to the finals at 285 pounds, beating William Zachistal of Bow by pin and Tyler Hall of Newport by pin before being pinned by Tyler Bill of Mascoma in the finals.

Joe Cleary defeated Noah Dutkewych of White Mountains in the finals, earning his second pin of the day. Cleary beat Garrett Harold of Newport in his first match, also by pin.

At 113 pounds, JC Gaumer got a pin of Michael Mitchell of Winnisquam to open the tournament and then picked up a win by pin over Michael York of Bow, who was in the finals last year in his weight class.

“that was a great win for JC,” Cleary said.

Gaumer was pinned by defending champion Jon Austin of White Mountains in the finals.

Trevor Randlett of Plymouth won his first match at 120 pounds by a 6-0 decision over Kaiden Cunningham of White Mountains. He then was pinned by Ben LaBatt of Campbell before coming back to beat Caleb Palmer of Newport to advance to the consolation finals. He lost to Gabe Benedict of Kearsarge in the finals.

At 126 pounds, Hunter Lessard got a 10-5 win over Mason Benedict in the finals to clinch his state title. In his only other match, Lessard pinned Tristan White of White Mountains.

Brandon Welch lost his first match at 132 pounds to Alex Becker of Pelham but went on to pin Mike Wilkinson of Newport to reach the consolation finals. He earned third place with

a pin of Cameron Roberts of Winnisquam.

At 138 pounds, Scott Boyd beat Joshua Almstrom of Newport by pin in his first match before falling to Dayton Chandonnet of Campbell. He then beat Gabrielle Isabelle of Winnisquam by a 14-1 decision before falling to Mark Borak of Bow in the consolation finals.

Griffin Smith beat Brady Lombard of Kearsarge by pin in his first match, then fell to Dylan Palmer of Newport. He then beat Ben Bouffard of Bow by pin and then beat Luke Beaulieu of White Mountains and faced off with Palmer again in the consolation finals, where he dropped his final match.

Alex Hamel was the top seed at 152 pounds and beat Gaige Bassett of Pelham by pin in the first match, then pinned Alex Boufford of Bow to reach the finals, where he earned a pin over Robert Ladd of Campbell for the win.

The final match of the day for Plymouth was at 160 pounds, where Austin Appleby earned a third place finish by defeating Nick Carroll of Plymouth by pin. Appleby pinned Carroll in the first match of the day before falling

to Marc Boomhower of Campbell. He then defeated Michael Merrihew of Mascoma by pin to reach the consolation finals.

“We’ve performed pretty well all year,” Cleary said. “We weren’t going to sneak up on anybody this year. But I feel like we performed well today as the favorites.”

“And I hope we can continue to the next tournament,” Cleary continued.

The Bobcat coach praised the work of his captains.

“I give Austin and Garrett lots of credit for being awesome leaders,” Cleary said. “They’re the reason why we had the success we did. They really work hard.”

“They’re working hard and everybody is following,” the Bobcat coach added.

Cleary was also honored as the Division III Co-Coach of the Year.

All top three finishers qualify to move on to the Meet of Champions, which will be held at Nashua South High School on Saturday, Feb. 25, at 9 a.m.

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

Fishing Derby is March 5

GILFORD — Belknap County Sportsmen’s Association will be holding its annual free kids’ ice fishing derby on March 5 at

Lily Pond, Gilford 9 a.m. to noon. Bait, tip-ups, hot chocolate, hot coffee will be available at the pond. Lessons provided for the first

timers. No registration required, just show up and have fun. At noon in the clubhouse on Lily Pond Road they will have awards and

trophies for the largest fish caught as well as having hot dogs, chips and milk for all the participants.

Register now for spring flag football

REGION — The Lakes Region Flag Football League is an NFL Flag youth program and is open to all boys and girls in the Lakes Region area between the ages of 4 and 17. For Spring 2017 the league has expanded to seven age divisions: U6, U8, U10, U12, U14, 15-17 (or high school senior) boys and 15-17 (or high school senior) girls. All divisions ex-

cept 15-17 are co-ed. Player’s age as of June 1.

The registration fee covers all expenses for the season, and each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Credit card payments are accepted online and checks are also accepted. Register online at lrffl.com.

Practices for the U8,

U10 and U12 divisions are one hour per week, typically on Wednesday nights, while the U6, U14 and 15-17 divisions will practice on game days one hour before games start. Games are one hour long and are played

primarily on Saturday afternoons at the Inter-Lakes High School turf field in Meredith.

Like the league on Facebook at [lakesregionflagfootball](https://www.facebook.com/lakesregionflagfootball).

Questions? E-mail lrffl@metrocast.net.

MODEL HOME OPEN
SUNDAY: NOON – 2 P.M.

\$129,995 or \$755.00 per month*

55+

18x24 Garage
Full Appliance Package
*Based on 10% down payment
6% Interest for 25 years

Mansfield Woods
88 North, Rt. 132, New Hampton, N.H.
Directions: I-93 Exit #23. Right for 1/2 mile, left at post office for 800'

Call Kevin
603-387-7463

Camelot HomeCenter
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

Hurry Down & See Our Homes!

\$28,995 56' 2 bed	\$34,995 66' 3 Bed, 2 Bath	\$38,995 48' 2 Bed	\$42,995 76' 3 Bed, 2 Bath
\$47,995 44' 3 bed, 2 bath	\$57,995 44' 3 bed, 2 bath	\$61,995 48' 3 bed, 2 bath	\$64,995 48' 3 bed, 2 bath

SEE OUR AD AT WWW.CM-H.COM - HOMES FROM COLONY, NEW ERA & TITAN

\$72,995 36x28, Sunny Chapel	\$106,995 56x28 Ranch, Roman Spa Bathroom, Irresistible Kitchen!	\$109,995 2000 Sq. Ft. 2 Story
--	--	--

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
ALWAYS OPEN DAILY, 10 TO 6 SATURDAYS & SUNDAYS 10 TO 5 Rt. 3, Tilton NH WWW.CM-H.COM

Large, Affordable HUD Apartments
with Utilities Included.
2 Country Settings, 2 Convenient Village Settings.

Apartment currently available at
Prospect Pines, Enfield NH & Indian River, Canaan NH

Rent is 30% of adjusted income.
Elderly Preferred under Title VI
Qualified, Targeted Income Applicants Wanted
(Income Limit for Extremely Low TI Preference is \$15000 for one and \$17150 for two people)
Persons with higher income limits may apply.
Call for more information.

Bristol Town Square - Bristol
Country Manot - Bristol
Prospect Pines - Enfield
Indian River - Canaan

Must pass credit, criminal, sex offender registry and landlord checks. No smoking allowed.

For information or an application contact:
Beno Management Company LLC
603-744-3890 or 711 NH Relay

Not the time to check your child's car seat.

safercar.gov/TheRightSeat

Child Car Safety

Town-to-Town

Home of the **Jumbo Ad**,
reaching loyal readers of eleven weekly papers

CLASSIFIEDS

www.salmonpress.com

1-877-766-6891



Place your ad today!

Call toll free
or visit our website



Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" / May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news

Twin bed 1940's medallion inlay headboard and footboard. \$75 Please call 603-539-6375 or email at hrwamw@aol.com for pictures.

Lost & Found

Found Ads

Are published Free of Charge.
30 words for 1 week.

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free
Mon-Fri 8:00-4:00
1-877-766-6891
or go to
www.nhfrontpage.com
24/7

Thank-You

Our line ad classifieds
are on our website!

www.nhfrontpage.com

is the place to check our weekly
classifieds online!
More great coverage
and information from the

Salmon Press
Town To Town
Classifieds!

Why place your ads
anywhere else?
1-877-766-6891

Thank you
for browsing
The Town To Town
Classifieds in the

West
Meredith News
Record Enterprise
Winnisquam Echo
Newfound Landing

Publication Rates (30 words)
\$12 - 1 Week
\$20 - 2 Weeks
\$27 - 3 Weeks
\$36 - 4 Weeks

Call Our main Call Center
1-877-766-6891
Mon-Fri 8:00-4:00

or place online 24/7 at
newhampshirelakesandmountains.com

Deadline:
Monday 10:30 am

Fuel/Wood

FIREWOOD: Cut, Split,
Local Delivery \$200 Green.
Please Call 286-4336

Pets/Breeders

GIANT SCHNAUZER PUPPIES,
Born 11/29/16. Quality pups, home
raised, first shots, tails and dewclaws
done. Hypoallergenic and great
temperaments. Both parents on
premises. Ready to go February, 12th
2017.
\$750.00- Call Dan @ 603-973-0391

LOW COST SPAY/NEUTER
Dogs Conway clinic starting at \$100.
Cats Mobile clinic NH&ME \$70-\$85.
Rozzie May Animal Alliance
www.RozzieMay.org 603-447-1373

Lost & Found Pet:

STILL MISSING!!
SHANE- Shetland Sheep Dog
Lost in Laconia NH on August 27,
2016. 9 year old male, very shy.
Prefers women. **Please do not**
chase! Old or new leads
welcomed! If sited in the area call
1-855-639-5678. Not from the
area- he slipped his collar upon
arriving.

ACT AGAINST ABUSE!

General Help Wanted

Come be a part of our team at
CASTLE IN THE CLOUDS
in Moultonborough, NH

Seasonal positions available:

- Dining Manager
- Line & Prep Cooks
- Dishwashers
- Front Gate
- Gift Shop
- Trolley Drivers
- Event Security
- Servers & Bartenders
- Facilities Assistant
- Housekeeper
- Museum Guide

Call 476-5900 or visit
www.castleinthecLOUDS.org
for more information.

Open House February 13th-17th

Job Fair – Saturday February
25th 10:00-12:00

CONSTRUCTION SUPERINTENDENT

Meridian Construction Corporation has
become one of New Hampshire's most
trusted CM/GC/Design Builders. We
are known as people who care about
our employees and clients, are easy to
work with, bring integrity, experience
and expertise to the building process.
Located in Gilford/Laconia, the heart of
the NH Lakes Region, we work to all
over NH with occasional projects in
bordering states. For nearly 25 years,
our company has been building and
renovating commercial; institutional;
healthcare; manufacturing, and
high-end multi-million dollar residential
projects.

Our success and financial stability
employs a controlled growth strategy
and we are now searching for a
qualified candidate to join our team of
construction professionals:

Construction Superintendent -
Minimum of 8-10 years relevant
experience and a proven track record
of successfully managing new
construction or renovation projects in
the range of \$1M to \$10M. To be
successful the candidate will possess:
people skills, be an effective
communicator, be able to coordinate
all trades in the field; a reliable and
safety first attitude, at times being a
working Super, experienced at layout
of concrete, steel, wood and masonry
assemblies, efficiently and accurately
processing paperwork, and computer
savvy. Experience in commercial as
well as highend residential projects is a
definite plus.

Excellent compensation and benefits
package, includes paid vacation and
holidays, project bonuses, health
insurance, 401 K. EOE

Please e-mail resumes in confidence
to:
Tim@MeridianNH.com

Great Part-Time Opportunity Top Hourly Wage

Established transportation company
based out of the Plymouth area looking
for drivers. Clean driving record a
MUST.

Must be available weekdays, nights
and weekends.

Willing to drive long distances
including airport pick-ups in Boston
and Manchester

E-mail only letters of inquiry via
mtviewshuttle@gmail.com

The Mill Fudge Factory
and Ice Cream Cafe is hiring Cafe
Operations and Customer Service
Staff. Must be dependable,
energetic and friendly. Retail and
or Food Experience Required.
Details and application available at
TheMillFudgeFactory.com

**REDUCE
RECYCLE
RENEW**



General Help Wanted

Vice President of Resource
Coordination

Lakes Region Community Services
(LRCS) is seeking a Vice President of
Resource Coordination. LRCS, a
progressive non profit organization in
Central New Hampshire is looking to fill
this position with a creative, detail-
orientated, and flexible person. The Vice
President of Resource Coordination will
directly supervise, lead, and support
LRCS' professional staff of Resource
Coordinators and Self Directed Services
Representatives. The ideal candidate will
have experience working with families,
program development, budget
development and monitoring, training,
supervision, facilitation. Knowledge of
supporting people with disabilities and
their families is a plus. This person must
be comfortable leading groups as well as
being an active participant on a number
of agency and community initiatives.
LRCS is looking for someone who has at
least 5 years of related experience. All
candidates must possess a minimum of a
Bachelor's Degree and a Master's
Degree is preferred.

We are an Equal Employment
Opportunity Employer.

Please send your resume to Nicole
Lemelin at LRCS, PO Box 509, Laconia,
NH 03247, e-mail Nicole.Lemelin@lrCS.org
or visit www.lrCS.org to apply.

Professional Services

Selling your home? Why pay 5-6%
commissions when you can hire a
full-service REALTOR® pro for as little
as 1.5%. Ask me how. Randy Hillman,
Keller Williams Lakes & Mountains
Realty 603 569-4663.

Grown in NH

Herbal Apprentice Program

We cover Everything Herbal! Learn
all about Herbs and how to use them!
Hands on learning to make
everything from soap, tea, salves,
syrops, and everything in between!
www.moorefarmherbs.com
859-0464 Call Kim

Real Estate



Equal Housing Opportunity

All real estate advertising in this
newspaper is subject to
The Federal Fair Housing Law
which makes it illegal
"to make, print, or published any notice,
statement, or advertisement, with respect
to the sale, or rental of a dwelling that in-
dicates any preference, limitation, or dis-
crimination based on race, color, religion,
sex, handicap, familial status or national
origin, or an intention to make any such
preference, limitation or discrimination."
(The Fair Housing Act of 1968 at 42
U.S.C. 3604(c))

This paper will not knowingly accept
any advertising which is in violation of the
law. Our readers are hereby
informed, that all dwellings advertised
in this newspaper are available on
an equal opportunity basis.

To complain of discrimination call
HUD toll free at
1-800-669-9777
For The Washington DC area, please call
HUD at 275-9200.

The toll free telephone number for the
hearing impaired is
1-800-927-9275.
You may also call

**The New Hampshire
Commission for Human Rights**
at 603-271-2767
or write

The Commission at
163 Loudon Road,
Concord, NH 03301

Neither the Publisher nor the
advertiser will be liable for misinformation,
typographical errors, etc. herein
contained. The Publisher reserves
the right to refuse any advertising.

Rentals

Office space for rent in town Plymouth,
Plymouth Professional Place. 4 rooms
including large waiting area. Recently
remodeled with plenty of parking, close
to down town Plymouth. \$600 per
month. Call Russ 536-1422

Automobiles

GIGUERE AUTO
968 Laconia Road,
Tilton, NH
603-524-4200

2008 Jeep Wrangler X
6-Speed, Hardtop
\$16,995

2005 Toyota Tundra
SR5, Access Cab, 4.7L, 4x4,
Loaded
\$13,995

2013 Ford Taurus
4-Door, All Wheel Drive, Loaded
\$9,995

2009 Ford Ranger
Super Cab, 4x4, Automatic
\$12,995

2007 Ford Explorer
Sport Trac, Limited, 4x4, Leather,
V-8
\$10,995

2005 Nissan Forintier LT
Crew Cab, 4-Door, 4x4,
6-Cylinder
\$11,995

2008 Chevy 1500
Ex-Cab, 4x4, Loaded
\$17,995

2011 GMC 1500
Ex-Cab, 4-Door, 4x4, Loaded
\$16,995

2007 Dodge Dakota
Quad Cab, 4-Door, 4x4, Chrome
Wheels, V-8
\$11,995

2005 Chevy Colorado
3.5L, Automatic, 4x4, Loaded,
4-Door
\$11,995

2013 Ford Cargo Van
V-8, Automatic, Loaded
\$12,995

2015 GMC Sierra 3500
Crew Cab, 4x4, Dual Rear
Wheels, Cabin Chassis w/ 9-Ft.
Fixed Body
\$29,995

2009 Ford F-350
Reg. Cab, 8-ft. Bed, 4x4, Loaded,
Fisher Plow
\$21,995

2012 Ford F-150
Super Cab, 4-Door, 4x4, Loaded,
Leather
\$20,995

2006 Chevy 1500 LT
Crew Cab, 4-Door, 4x4, 5.3L, V-8,
Z-71
\$14,995

2006 GMC 2500 HD
Automatic, Loaded, Only 73K
\$21,995

2006 Ford F-350
Dually, 4x4, Dump, Automatic,
Boss Plow
\$14,995

2007 Dodge Dakota
Ex-Cab, 4-Door, Automatic, V-8,
A/C
\$7,995

2009 Chevy 1500
4-Door, 4x4, V-8, Loaded
\$17,995

2010 Toyota Tacoma
Double Cab, 4-Door, 4x4,
Automatic
\$17,995



PLYMOUTH ELEMENTARY SCHOOL 2017-2018 SCHOOL YEAR

SPECIAL EDUCATION TEACHER 3-5

Must be NH General Special Education certified
and preferred advanced endorsement of LD.

Interested candidates should send cover letter, resume,
3 current letters of reference, transcripts
and certification to:

Lynn M. Davis
Human Resources
SAU #48

47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

ELEMENTARY EDUCATION TEACHER

Must be certified in Elementary Education.
Interested candidates should send cover letter, resume,
3 current letters of reference, transcripts and certification to:

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

Waterville Estates

is looking for a reliable, customer
service orientated individual to fill
a Front Desk position here at our
Community Rec Center. Part-Time.
Some evening Shifts a must.

If interested please contact
Front Desk Supervisor
Naomi at **603-726-3082**
562 Winterbrook Road, Campton NH
Or email at naomi@waterville-estates.com

Looking for New Customers?



FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

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



CALL 603-279-4516
TO PLACE YOUR AD TODAY!

**TEXTING AND DRIVING
MAKES GOOD PEOPLE LOOK BAD.**

STOPTEXTSSTOPWRECKS.ORG



TOWN-TO-TOWN CLASSIFIEDS

Facilities Director Opening
Starting July 1, 2017

Newfound Area School District

We are looking for a professional in facilities management who has a strong background in project management; overseeing both building and grounds maintenance plans, site repairs, and construction projects. This is a full time position with substantial program oversight.

Salary: \$70,000 with an excellent benefits package

Candidates should provide a letter of interest, resume, job application, and three (3) current letters of recommendation no later than March 10, 2017 to be considered.

Mail to: Newfound Area School District
Attn: Business Admin., Michael Limanni
20 North Main Street
Bristol NH 03222

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

Newfound Area School District
Student Services Secretary
5hrs per day - Bristol Elementary School

The secretary provides support to special educators in scheduling meetings, ensuring timelines are met and assisting with paperwork. Knowledge of NHSEIS helpful.

Interested qualified candidates should send a letter of interest, resume, transcripts, job application, and letters of recommendation to:

Stacy Buckley – Superintendent
Newfound Area School District
20 North Main Street, Bristol, NH 03222

For more information and a copy of an application go to:
<http://www.sau4.org/human-resources/employment-information>

Principal Opening
Starting July 1, 2017

Newfound Area School District

We are looking for an Educational Leader for Danbury Elementary School. The next leader should have a strong background in an elementary educational setting, experience in the use of data to drive instructional decision making, and knowledge of the role of Principal in building level management. This is a full time position with additional responsibilities including district wide Title 1 and summer programming oversight.

Salary: \$74,000 with an excellent benefits package

Certified candidates should provide a letter of interest, resume, transcripts, job application, and three (3) current letters of recommendation no later than March 10, 2017 to be considered.

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

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



NOW
HIRING

Salmon Press publishers of 11 weekly New Hampshire newspapers is seeking the following:

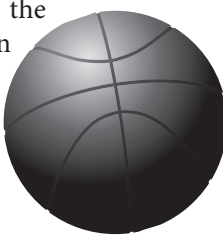
FULL-TIME
SPORTS REPORTER

Location - Meredith, NH

The job includes coverage of five high schools for three newspapers (Winnisquam Echo, Gilford Steamer and Meredith News), which includes writing stories and taking photos. The right person should have the ability to work on his or her own and produce copy to fill the three papers each week. The job includes afternoon/evening hours to coincide with the high school game schedule. Salmon Press takes pride in providing excellent coverage of local sports and the right candidate will share in that vision.

Anyone interested in the position should contact Salmon Press Sports Editor

Joshua Spaulding at 569-3126 or by e-mail at josh@salmonpress.news



FULL-TIME
GRAPHIC DESIGNER

Location - Meredith, NH

You will be responsible for, but not limited to, newspaper pagination and ad design. You must be proficient with InDesign and Photoshop in a Mac environment. Ability to work independently and as part of a team under tight deadlines required.

This is a in-house position, please no telecommuters.

Anyone interested in the position should email a cover letter and resume to jobs@salmonpress.news



Salmon Press offers competitive wages, paid time off, and 401k plan.

Equal Opportunity Employer

DRIVEWAYS • WALKWAYS • PARKING LOTS • ROADS



Now Hiring Team Members

Roller Operator - Paver Operator
Back End - Class A Drivers

Benefits - 401K - Hiring Bonus - Insurance Options

Call: 279-1499 | Fax: 279-0074

Visit us online at Bryantpaving.com

PART TIME MAINTENANCE
PERSON

Looking for a Maintenance Person Working outside on grounds and working in shop.

Must be dependable and have valid drivers license.

Forklift operating experience a plus.

Apply in person at:



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

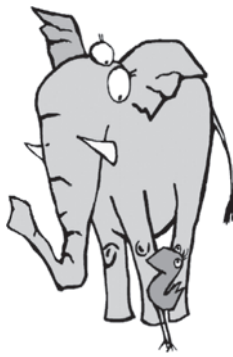
Leading Pre Engineered Metal Building Co.

SPREAD
THE WORD!

Buy the Jumbo Ad and reach readers in ELEVEN NH Weekly Papers. From the Lakes Region to the Canadian Border.

Call 1-877-766-6891

salmonpress.com



Now Hiring-Sign-On Bonus!!!
Yeaton Oil & Pemi River Fuels is
Now Hiring a Full Time Year -Round
Propane Technician

Yeaton Oil & Pemi River Fuels is pleased to announce we are looking for a Full Time - Year Round Propane Service Technician.

The selected applicant **must** have a *current* New Hampshire Gas Fitters License.

While not required, higher consideration will be given to applicants with a current CDL B operator's license with tank and haz-mat endorsements or fuel service technician experience.

This position is **Full Time & Year Round**, it includes a full benefits package including health benefits and 401K. This position reports to a Service Manager.

This position is very customer focused and has significant customer interaction. The selected candidate shall have excellent customer service skills and be willing to cover on-call needs. Lastly, the selected candidate needs to be able to successfully pass a drug test and criminal background check.

To apply, please send resume to Jstevens@stoneroadenergy.com or drop off at our office - 9C Main Street, Plymouth, NH 03264

Yeaton
OIL
603-536-2738
yeatonoil.com
pemiriverfuels.com

YEATON OIL NOW
OFFERS PROPANE
THROUGH
PEMI RIVER FUELS!



Pemi River Fuels
the fuels you need by the people you know



\$hop CLASSIFIED and \$ave

Alpine Bears wrap up the season at State Meet

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfound alpine ski team put the bow on the season by competing at the Division III State Meet at Gunstock Mountain Resort on Tuesday, Feb. 14.

The meet was originally scheduled to be held a day earlier, but the snowstorm that came through the area forced a postponement.

For the day, Kearsarge was the top finisher for both boys and girls, as the Cougars won both Division III titles. The Newfound boys finished in 11th place

overall with 488 points. Belmont, Bishop Brady, Bow and Gilford rounded out the top five for the boys. The Bear girls skied to 10th place overall with 526 points, with Bishop Brady, St. Thomas, Belmont and Gilford rounding out the top five.

For the Newfound boys in the morning giant slalom, Reid Wilkins led the way with a 36th place finish in 1:25.39.

Trevor Robie was next for Newfound with a 37th place finish in 1:25.4 and Charles Gould was the third scorer with a time of 1:33.37 for 50th place overall.

Cian Connor round-

ed out the scoring for Newfound with a time of 1:34.93.

Brandon Marcoux also completed both runs of giant slalom, finishing in 55th place in 1:36.56.

In the afternoon slalom, Connor led the way for Newfound with a time of 1:54.11 for 41st place overall.

Ethan Pruett was next for Newfound, finishing in 43rd place in 1:55.22 and Gould was the third Bear scorer, finishing in 1:56.89 for 44th place.

Wilkins was the final scorer for the Bears, finishing in a time of 2:18.36 for 53rd place overall, rounding out the field

of Newfound boys who finished both runs of slalom.

For the girls, Victoria Roman led the way in the morning giant slalom with a time of 1:30.17 for 23rd place overall.

Shanley Camara finished in 1:33.63 for 32nd place and Stephanie Norton finished in 1:45.07 for

45th place.

Sophia Pettit was the final scorer for the Newfound girls, finishing in 53rd place in 2:15.98.

Roman again led the way in the afternoon slalom, as she finished in 26th place in a time of 1:55.21.

Camara was second again for Newfound,

finishing in 2:03.96 for 40th place and Norton finished in 49th place in 2:26.57.

Pettit rounded out the scoring for Newfound with a time of 2:49.63 for 53rd place overall.

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

At the end of a crazy week, King Pine to the rescue

One of the busiest weeks of each winter season is the week when skiing State Meets are held. It usually means that I'm out of the office for three days, at least, covering ski meets all over the state.

This year, however, the Nordic season was bumped back a few weeks, meaning that it was just alpine and ski jumping that had State Meets this past week.

Of course, Mother Nature decided that it would bring plenty of snow for the local skiers and in the process, forced the postponement of races across the board on a few different days.

The week was supposed to start on Monday with the Division III State Meet, which was scheduled to be at Gunstock. Since Jeff Lajoie, my reporter in the Meredith office, recently left, I didn't have anyone to cover the event so was hoping to get there myself. Of course, Sunday and Monday of last week brought us one heck of a snowstorm and the decision was made to postpone the race until Tuesday.

As to be expected, that caused problems, as the Division II girls were already slated to have their State Meet that day at Cranmore in North Conway and with three teams in that race, that was where I had to be, meaning I missed out on the Division III meet.

The decision was made that afternoon

SPORTING CHANCE



By JOSHUA SPAULDING

to postpone the boys' State Meet, which was supposed to be held on Wednesday at Crotched Mountain in Bennington. The race was moved to Thursday, but again, Mother Nature's good sense of timing brought a bunch of snow on Wednesday and into Thursday and the decision was made on Wednesday afternoon to postpone the meet again.

The problem came in the fact that the Division IV girls were slated to have their State Meet at Crotched on Friday, meaning the Division II boys needed a new place to race. Additionally, the ski jumping State Meet was happening at Kennett on Friday night and many of the boys racing on Friday were also jumping on Friday night.

Kennett coach Lauren Zengilowski and Kingswood coach Kris Niiler came together and King Pine agreed to host the boys on Friday. Basically, the mountain knew about this event late on Wednesday and did a fantastic job of hosting the many kids and parents that rolled into town on Friday.

From the people running the lifts and selling the tickets, to the King Pine race team personnel who helped to time

the race and set the course, to the King Pine groomers who helped to make the course perfect for the kids, to the parents who volunteered to help out, this was a true collaborative effort on short notice.

Both coaches praised the commitment of King Pine in helping to make this happen. Of course, anyone who knows the King Pine people knows that they are all top-notch. From owner Bob Hoyt down to every employee in the kitchen, ski school, ski patrol, lift operations and everywhere in between, King Pine knows how to treat guests.

And I can't lie, I didn't miss the long drive to Crotched. King Pine was a bit closer, which will never be bad in my book.

Kudos to King Pine and all the volunteers and workers who made Friday happen. You all are awesome.

Finally, have a great day Joyce Wood.

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



JOSHUA SPAULDING

Bears on the fly

The Newfound cheerleaders perform during halftime of the girls' basketball team's final home game on Thursday, Feb. 16.

Hoops

FROM PAGE B1

29-18. The "Toppers hit a three-pointer to keep things alive but Schilling answered with a basket for Newfound.

After Somersworth hit a hoop, Dukette finished off a steal with a basket and then hit two free throws for a 35-23 lead after three quarters.

Newfound scored the first six points of the fourth quarter, with Amanda Johnston hitting a basket and Dukette hitting a pair, pushing the lead to 41-23. After Somersworth hit a hoop, Bony drained a three-pointer, Johnston hit a free throw and Dukette hit a basket, stretching the lead to 47-25 lead. Somersworth hit another hoop to make it a 20-point game.

Dukette hit a pair of free throws for the Bears and then she put back a rebound for a 51-27 lead. Bony hit another three-pointer and after a Somersworth



JOSHUA SPAULDING

Savanna Bony drives to the basket for two points in action against Somersworth last week.

hoop, Bony hit two free throws. The "Toppers hit a free throw to finish out the scoring for the 56-30 final.

"I'm happy for them," Peterson said of her team. "At the beginning of the season I don't think anyone thought we'd be 18-0.

"I thought Somersworth did a good job with their game plan tonight," the Bear coach continued, noting that the adjustments made in the second half allowed the Bears to move a bit more freely.

"Defensively, I wasn't unhappy with the first half," Peterson said, and noted that continued in the second half. "I can live with that, 14 and 16 points."

The Bears were led by Dukette, who finished with 26 points while Bony finished with 18 points.

The Division III tournament is scheduled to begin today, Feb. 23, at the home of the higher

seed and continues on Saturday, Feb. 25, also at the home of the higher seed. The Division III semifinals will be held at Southern New Hampshire University on Wednesday, March 1, at 5:30 and 7:30 p.m.

JV action

The JV Bears rolled to a 45-14 win over Somersworth. Hayleigh Pabst led the way for the Bears with 13 points and Leah Bunnell added 12 points.

NRHS 12-8-15-21-56
SHS 5-11-7-7-30

Newfound 56

Bony 6-2-18, Johnston 2-1-3, Schilling 2-0-4, Vantil 2-1-5, Dukette 10-4-26, Totals 22-8-56

Somersworth 30

Gould 2-1-7, Croteau 2-0-5, Hamilton 3-1-7, Fauci 1-0-2, Dow 1-2-4, Wall 2-0-5, 11-4-30

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

On Tap

FROM PAGE B1

The Plymouth hoop girls will wrap up their regular sea-

son at Laconia on Thursday, Feb. 23, at 6 p.m.

The Plymouth hoop boys will be hosting Bow on Tuesday, Feb. 28, and will visit Kennett on Thursday, March 2,

both at 6:30 p.m.

The Kearsarge-Plymouth hockey team will finish the regular season at Moultonborough-Inter-Lakes on Saturday, Feb. 25, at 1:45 p.m.

BRING ON THE SNOW AND THE SAVINGS.

Ashland Lumber

Division of Belletetes, Inc.

www.belletetes.com

UP TO **\$100** MAIL-IN REBATE

When you buy a new Husqvarna snow blower.

Offer valid February 1 to February 28, 2017 at participating local independent Husqvarna dealers only.

Models* Available: ST224, ST227P, ST230P
*Not stocked at all locations, while supplies last.

Additional \$100 Special Offer on models ST324P, ST327P, ST330P and \$200 Special Offer** on MODEL ST327T at our Andover location ONLY.**

**While supplies last.

Husqvarna
READY WHEN YOU ARE

20 West Street, Ashland, NH - 603-968-7626