



# Newfound Landing

THURSDAY, JANUARY 4, 2018

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COMPLIMENTARY

## Bristol FD acts quickly to douse fire at Kathleen's Cottage

BY DONNA RHODES  
dhrhodes@salmonpress.news

BRISTOL — At 7:20 a.m. on Monday, Jan. 1, crews from the Bristol Fire Department received notification of a building fire Kathleen's Cottage and Irish Pub, located at 90 Pleasant St., almost directly across the street from their station.

Chief Ben LaRoche said a driver in the area spotted the fire at Kathleen's Cottage on New Year's Day and immedi-

ately pulled into the station to notify duty crews of the situation.

"The first arriving engine found heavy fire in the rear of the building extending up the exterior. A first alarm was requested while firefighters began extinguishing the fire," LaRoche reported.

Both New Hampton and Bridgewater fire departments assisted Bristol, while they received further help from the Bristol Police Depart-

ment and a crew from the N.H. Department of Transportation.

The flames were quickly extinguished, and luckily did not make

their way into the interior of the structure, once the site of Parkhurst Hardware Store.

LaRoche said that when all flames were

extinguished, Mutual Aid crews were released from the scene. BFD firefighters remained at the site however until 9:35 a.m. to handle any smol-

dering exterior building materials and extricate smoke from the building.

An investigation into  
SEE FIRE, PAGE A5

## Helpful hints for staying safe this winter

BY DONNA RHODES  
dhrhodes@salmonpress.news

REGION — Winter has arrived, and with it, First Responders wish to pass on safety tips that can help keep people safe in the cold and snowy months to come.

Police would like to remind drivers that road conditions change rapidly, and often unexpectedly, at this time of year. A clear road surface can quickly turn into something much different and the end result is not always good. Whether an overnight re-freeze of the road occurs or plows and snowmobiles drag snow across a roadway, drivers must always be alert for those changes and be prepared to react accordingly.

Drivers are also asked to remain a safe distance behind any plows or other large trucks. If you cannot see the driver of those vehicles in their rear-view mirror, they cannot see you. Passing town and state plow trucks is also never advised as they work to clear the road ahead to make the road safe. Patience, police said, is the key.

In addition to that safety officials would like to remind everyone that

there is a state law requiring drivers to clean all snow from their vehicles. By keeping rooflines, hoods and trunk surfaces

SEE WINTER, PAGE A5



DONNA RHODES

### Wintertime fun

Cold weather couldn't keep this group from some outdoor sledding fun while vacationing at their family's seasonal home on Newfound Lake. Enjoying the day in Bristol last week were Colin, Stella and their triplet cousins Josh, Tyler and Ava.

## Newfound team to present at national conference

BRISTOL — The Newfound Regional High School community has spent a decade in redesign, processing and developing our own unique blend of best practices. We are very pleased to announce the acceptance for a presentation team to attend the 2018 Redesigning for Student Success: Student Centered Secondary School Showcase in San Diego, Calif.

The conference will be held in mid-February at High Tech High with additional field trips to other premiere high schools. The event is



DONNA RHODES

(Left) Principal Paul Hoiriis and the Newfound Area School District are pleased to announce that a team of faculty and students from Newfound Regional High School were selected to make a special presentation during a conference in San Diego next month. From left to right are students Aaron Nguyen and Matt Libby, teacher James LeBaron, Principal Hoiriis, Extended Learning Opportunities and Senior Project Coordinator Amy Yeakel, and students Hayleigh Pabst and Mackenzie Davis.

sponsored by the Center for Secondary School Redesign(CSSR), The EdExcellence Group and

the New England Association of Schools and Colleges (NEASC).

When the State of

New Hampshire officially abolished the Carnegie Unit in 2005, NRHS was among the

first New Hampshire schools to embrace the new mandate of a competency-based system of assessment. Having already immersed ourselves in standards-based approach our redesign has included the additions of a fourth block common to the entire school, advisory program, student staff senate, Extended Learning, office hours, common planning time, seminar series and more. Each of these changes were made with personalized educational opportunities in mind for each and every student.

Throughout our process, it has been the sharing of ideas with others that has prompted the most positive change and sustainable growth. In the past, we have had the opportunity to work with some of the nation's most innovative schools and then utilize components that work for us. This conference continues  
SEE CONFERENCE, PAGE A5

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COURTESY

For the Jan. 17 KTHO dinner and auction at the Common Man Inn in Plymouth, all our restaurant owners and chefs are again offering their delicious creations to make this event special and to help the community.

## Restaurants help 'Keep the Heat On'

PLYMOUTH — Every year, the committee for the annual Keep the Heat On fundraiser is overwhelmed by the generosity of local

restaurants' menu contributions, and this year is no different. For the Jan. 17 KTHO dinner and auction at the Common Man Inn in Plym-

outh, all our restaurant owners and chefs are again offering their delicious creations to make this event special and to help the community.

Over the past 12 years, KTHO has raised more than \$400,000 for assistance to local communities, and hopes to

SEE KTHO, PAGE A5

## Towns Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### South Danbury Church

The South Danbury Christian Church's Sunday worship service on Jan. 7 will be at the regular 11 a.m. time. Everyone is welcome for worship, and for conversation and refreshments afterward. In case of stormy or frigid weather, we will have a virtual worship service using a (free) conference call. To check on the location of the Sunday service (real or virtual), and for information about calling in to the conference call service, email southdanburychurch@gmail.com.

### Blazing Star Grange

The Danbury Winter Market's first market of the season is Saturday, Jan. 6 from 9 a.m.-1 p.m. Breakfast and lunch served. There will be vendors selling local meats, eggs, veggies, crafts and dairy products. New Vendors this month will be Judy Evans from Andover and Janet St Laurent and Sandi Griffin from Grafton. Maria Polizzi from Double Z Ranch joins us for the remainder of the season selling her famous cannoli and Italian cookies.

The next pickup market will be Jan. 20. Maria Polizzi will present a stampin up class from 9 a.m.-noon while downstairs Marion Hafner will present a class/workshop about funeral and burial preplanning. Registrations for both events are required by emailing Blazingstar-grange71@gmail.com, by calling 768-5579 or by signing up at the market on Jan. 6.

## Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

### Community Breakfast

Jan. 6 is the next Community Breakfast in Community Hall at the

Union Congregational Church. For \$4 we will be serving eggs, bacon, sausage, pancakes ((and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 - 8:45 a.m.

### Friends of the Hebron Library

The Friends of the Hebron Library thank Cardigan Mountain Orchard for their generous donation of apple cider for our recent Christmas Caroling event.

### Newfound Knitters

Recently the Newfound Knitters group went to the Veterans Home in Tilton. A total of 53 residents were the recipients of handmade lap robes. Along with Santa distributing other gifts and the staff serving ice cream, it was a special holiday celebration. The group was treated to a tour of the beautiful facility made special by all of the Christmas cheer.

## Churches

### Ashland Community Church

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

#### Sundays

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

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

### KidZone

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

### Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

#### Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Website, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

### Ashland Episcopal (St. Mark's Church)

The Christmas Eve Service was absolutely beautiful. The church

looked festive with it's white hangings, lots of poinsettias spaced strategically, the lovely manger scene which was made years ago by Anne Furbush and window candles and Christmas greens. The church was packed with people and the service began with the singing of several familiar carols. Jean Murphy read the Christmas Story while the children, in costume, portrayed the manger scene. Rev. Randy gave the homily and the choir sang an appropriate anthem directed by Ash Morgan, organist and Choir Director. The annual singing of Silent Night by candlelight was as beautiful and meaningful as ever. Thanks to the Altar Guild for transforming the Sanctuary from Advent Sunday morning to Christmas at 5 p.m. on Sunday evening.

Rev. Randy's last service with us was Sunday, Dec. 31. A 'thank you' reception was held in Sherrill Hall for him. He will be missed. We will welcome Rev. Kelly Sundberg Seaman our new full time resident Priest on Jan. 7, when she will begin her ministry for St. Mark's and Church of the Holy Spirit.

I wish you all a very Happy and Blessed New Year.

### Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by fellowship and coffee. Please come meet our Interim Minister, Rev. Earl Miller. Our church will be welcoming new members at our service on Jan. 7.

The Newfound Area Churches will meet on Wednesday, Jan. 3 at 9 a.m. at Bristol UCC. During the week of Jan. 15- Jan.19, the Newfound Area Churches celebrate the Week of Prayer for Christian Unity by holding a short noon service followed by a light lunch every day at a different

church. On Jan. 15, Martin Luther King Day, the service is at our church in Hebron, on Jan. 16 at Our Lady of Grace in Bristol, Jan. 17 at New Hampton Community Church, Jan. 18 at Bristol UCC, and on Jan. 19 at Alexandria United Methodist Church. In case of inclement weather, if the local schools are cancelled, then the service will be cancelled. If schools are delayed, the services will take place.

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

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

### Holy Trinity (Roman Catholic)

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

The Plymouth Knights of Columbus will host their monthly Breakfast next Sunday, Jan. 7. All proceeds go to Knights charities. There is no better breakfast in the Lakes Region

Central New Hampshire VNA and Hospice Bereavement Support Groups There are currently five different kinds of bereavement and support groups offered at no cost in Lacoconia and Wolfeboro locations through Central VNA and Hospice. The groups being offered

right now are: First Step Group is for those seeking support for grief over the recent loss of a loved one. Living With Grief is a seven week program to learn about the unique and personal process of grief and coping with loss. Child and Family Expressive Arts Group offers children, teens and family members an opportunity to remember a loved one through art or music. Please call Dan Kusch, bereavement coordinator, for additional information at 524-8444, ext. 2390, or email dkusch@centralvna.org.

#### Weekly Meetings

#### Thursday, Jan. 4

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

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

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

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

#### Friday, Jan. 5

JCDA, St. Agnes Hall, 5 p.m.

RCIA, Marian Center—6:30 p.m.

Saturday, Jan. 6

CDA Meeting, St. Matthew Hall, 5 p.m.

#### Sunday, Jan. 7

Faith Formation: Ashland, St. Agnes Hall, 9:15 - 10:45 a.m. Bristol, Simard Hall, 10:30 a.m. - noon Confirmation: Bristol, Marian Center, 9:30 a.m. - 12:15 p.m. (including Mass) Plymouth, St. Matthew Hall, 10:15 a.m. - 12:30 p.m. (inc. Mass)

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

### Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service  
Monday: First and third Monday of the SEE CHURCHES, PAGE A3

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**Week of 1/5 - 1/11**

<p><b>THE GREATEST SHOWMAN PG</b> Fri. &amp; Sat.: 12:00, 2:25, 4:50, 7:15, 9:40 PM Sun. &amp; Mon.: 12:00, 2:25, 4:50, 7:15 PM Tues.-Thurs.: 4:50, 7:15 PM</p>	<p><b>STAR WARS: THE LAST JEDI PG-13</b> Fri. &amp; Sat.: 12:15, 3:30, 6:45, 10:00 PM Sun. &amp; Mon.: 12:15, 3:30, 6:45 PM Tues. &amp; Thurs.: 3:30, 6:45 PM</p>
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**JUMANJI: WELCOME TO THE JUNGLE PG-13**  
Fri. & Sat.: 1:00, 4:00, 7:00, 9:45 PM  
Sun. & Mon.: 1:00, 4:00, 7:00 PM  
Tues.-Thurs.: 3:30, 6:45 PM

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## Edward Jones: Financial Focus

### Time is a Key Factor in Investing

With the arrival of the New Year, many of us will pause and ponder the age-old question: "Who knows where the time goes?" And, as is always the case, none of us really do know. However, wherever the time goes, it will usually be a key factor in your success as an investor. Time can affect how you invest, and the results of your investing, in different ways:

**Growth potential** – Contrary to myth, there's no real way to "get rich quick" when investing. To build wealth, you need patience – and

Time. If you own quality investments with growth potential, and you give them years – in fact, decades – to increase in value, your perseverance may be rewarded. Of course, there are no guarantees, and you'll need the discipline to withstand the inevitable downturns along the way. But in describing how long he likes to keep his investments, renowned investor Warren Buffet says his favorite holding period is "forever."

**Targeted goals** – To accumulate resources for retirement, you need to save and invest throughout your

working life. But along the way, you'll probably also have some shorter-term goals – making a down payment on a home, sending your children to college, taking a round-the-world trip, and so on. Each of these goals has a specific time limit and usually requires a specific amount of money, so you will need to choose the appropriate investments.

**Risk tolerance** – The element of time also will affect your tolerance for risk. When you have many decades to go until you retire, you can afford to take more risk with your invest-

ments because you have time to overcome periods of market volatility. But when you're on the verge of retirement, you may want to lower the risk level in your portfolio. For example, you may want to begin moving away from some of your more aggressive, growth-oriented investments and move toward more income-producing vehicles that offer greater stability of principal. Keep in mind, though, that even during retirement, you'll need your portfolio to provide enough growth opportunity at least to help keep you ahead of inflation.

Thus far, we have looked at ways in which time plays a role in how you invest. But there's also an aspect of time that you may want to keep out of your investment strategies. Specifically, you might not want to try to "time" the market. The biggest problem with market timing is it's just too hard. You essentially have to be right twice, selling at a market top and buying at the bottom. Also, as humans, we appear to be somewhat wired to think that an activity – especially a long-running activity – will simply continue. So, when the market goes up, we seem to expect it to keep rising, and when the market drops, we think it will continue dropping. This can lead to big mistakes, such as selling after a major market drop even though that can be the time when it may be much smarter to buy because prices are low.

As we've seen, the way you interact with time can affect your investment efforts. So, think carefully about how you can put all the days, months and years on your side. Time is the one asset you can't replenish – so use it wisely.

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



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## Holiday Decorating Contest winners announced

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

In spite of a number of beautifully decorated homes there were only 3 residential registrations and three business ones. The three registered homes were the Thibodeaus on Mayhew Street, the Learned's on

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



COURTESY PHOTO

### NRHS names Students of the Month

Principal Paul Hoiris of Newfound Regional High School was pleased to announce the names of recipients for the latest Students of the Month awards handed out each year. For the month of November those acknowledged for academic achievements were: Emma Tucker (Art), Shyann Seymour (Business), Collin O'Donnell (Computers), Trinity Taylor (English) and Abigail Patten (Family & Consumer Sciences). Other recognitions went to Emma Lageux (On-line Learning), Roland Sylvain-Stott (Physical Education), Kori Wilkins (Science), Dakota Goguen (Senior Project), Naomi Wade (Social Studies), Molly Croxon (Technology Education) Madison Page (Wellness) and Ashlynn Hatch (World Language). Receiving the Spirit and Service awards for students in November were Kasey Basford, Erin Connolly and Jack Gosson. Ms. Kali Dore of the NRHS staff also received a Spirit and Service Award.

## Plymouth State University completes acquisition of Church of the Holy Spirit building from The Episcopal Diocese of New Hampshire

*Centrally-located Main Street worship space will be used for a variety of University activities, and complement other event and meeting spaces*

PLYMOUTH — Plymouth State University (PSU) and The Episcopal Diocese of New Hampshire announced this week the completed acquisition of the Church of the Holy Spirit, located at 170 Main St. in downtown Plymouth.

"Plymouth State

University is pleased to have worked closely with the local congregation and the New Hampshire Diocese to acquire this beautiful building located adjacent to our campus and in the heart of downtown Plymouth," said Donald L. Birx, president, Plymouth State University.

"In addition to providing much needed space for student programs, and access to the Draper & Maynard Building, the transaction allows the local congregation to move forward with its own renewed mission and ministry."

The Right Rev. A. Rob Hirschfeld, Bishop of

the Episcopal Diocese of New Hampshire, added, "Our Diocese has been committed to the interfaith campus ministry for many years and we see this partnership as a strengthening of that relationship. I am looking forward to seeing how God shows up in the community of Plymouth and we pray our local parishioners will find ways to continue engaging students, faculty and staff at PSU."

While PSU has not finalized all details on how the university will utilize the space, initial plans include making it available for needed program and campus ministry activities. The building also complements the university's growing event and conference services.



COURTESY

Bristol Fire Department was one of six Newfound area organizations recognized by the Masonic Union Lodge #79 in Bristol this year during their annual Community Outreach event.

### Union Masonic Lodge hosts community outreach event

BRISTOL — On Dec. 20, Union Masonic Lodge in Bristol held its annual community outreach event. Representatives from the Newfound Area Nursing Association, Mayhew Project, Tapley-Thompson Community Center, Boy Scout Troop #50, Bristol Fire Company and the Circle Program were welcomed to the lodge in order that the members could recognize the great work that these organizations do for the community.

The evening started with a delicious meal followed by recognition of each group along with

a donation presentation by Union Lodge to help continue their valuable work. Each group had a chance to tell the lodge members a little bit about their mission and how donations of this kind were a great help.

The master of the lodge, Bruce MacDougall, expressed his gratitude for their efforts in making our community a better place and mentioned that the funds raised by the lodge's pre NH Marathon spaghetti supper along with community breakfasts and other donations made the donations possible.

NANA was represented by Pat Wentworth and Amanda Drake, Bristol Fire Company by Chief Ben Laroche, Chris Dollof and Gordon Ellenwood, Circle Program by director Kathy Kearns, Mayhew Program by director Jim Nute, TTCC by Lesley Dion and Barbara Greenwood, and Boy Scout Troop #50 by scout master Jennifer Kulacz, asst. scout master Barbara Rosendahl, and scouts Jarrod Cilley and Jack Gosson.

## Churches

FROM PAGE A2

Month Noon-2 p.m. Helping Hands Food Pantry

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

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

### Upcoming Events

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

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

### Our Mission Statement: Just One More!

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

### Star King Unitarian Universalist Fellowship

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

### Sunday, Jan. 7

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

Contact: Jane Clay, DRE

Service 9:30 - 10:30 a.m. - Despite Our Best Intentions

Kim Sweeney, Guest Worship Leader Sarah Dan Jones, Music Director

Visit our Web site [www.starrkingfellowship.org](http://www.starrkingfellowship.org) 536-8908

### Happy New Year!

Introducing Smooth Sundays! Join us after the service today to learn more about the new team approach to orchestrating Sunday morning tasks around the Service.

Wise Women in Training - Next meeting will be Jan. 10, 2018 at 10:30 a.m.

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Breakfast Club, Second Sunday Hike, Dinner and a Show, and more. Please visit the Events Page on our Web site: [www.starrkingfellowship.org](http://www.starrkingfellowship.org) for dates and times.



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## Correction

BRISTOL — In last week's Year in Review where shopping opportunities in downtown Bristol were spotlighted, Imagine, the women's clothing and accessory boutique in Central Square, was inadvertently left out. Imagine is not only a popular place for

both everyday women's wear and gifts, it is also an important member of the Newfound community.

We sincerely apologize for this unintentional oversight, and encourage shoppers to stop by and see all that Nancy Spears and her staff have to offer.



## 2018 Pemi-Baker Beekeepers' Assn.

### Beginner Bee School Info:

Dates - Saturdays only from  
January 27 through February 24, 2018  
Times - 9am to 2pm  
American Legion, Post 15, 39 Main Street, Ashland, NH  
Cost - \$60/pp (one additional family member \$15 extra)  
Register - <http://www.pemibakerba.org/>

## Are you at risk?

BY DEB NARO  
Contributor

If you are among the millions of people in this country who have a parent, grandparent, or other close relative with alcoholism, you may have wondered if your family's history can impact you. Are problems with alcohol part of your future? Is your risk for alcoholism greater than for people who do not have a family history? If so, what can you do to lower your risk?

Many scientific studies have shown that genetic factors do have an influence on addiction. These findings show that children of alcoholics are about four times more likely than the general population to develop alcohol problems. The potential for addiction is hard wired into our brains. When we eat a certain food we like, we associate pleasure with that food, so we look forward to that food. Children of alcoholics also have a higher risk for many other behavioral and emotional problems. But alcoholism is not determined only by the genes you inherit from your parents. In fact, more than one-half of all children of alcoholics do not develop alcoholism. Research shows that many factors influence your risk of developing alcoholism. Some factors raise the risk while others lower it.

Genes are not the only things children inherit from their parents. How parents act and how they treat each other, and their children, has an influence on children growing up in the family. These aspects of family life also affect the risk for alcoholism. Researchers believe a person's risk increases if he or she is in a family with the following difficulties: a parent who is depressed or has other psychological problems; if both parents abuse alcohol and other drugs; if the parents' alcohol abuse is severe;

and if conflicts lead to aggression and violence in the family.

The good news is that many children of parents with alcoholism from even the most troubled families do not develop drinking problems. Just as a family history of alcoholism does not guarantee that you will develop the disease, neither does growing up in a very troubled household. Just because alcoholism tends to run in families does not mean that a child of an alcoholic parent will automatically develop alcoholism too. The risk is higher, but it does not have to happen.

If you are worried that your family's history of alcohol problems or your troubled family life puts you at risk for alcoholism, here is some common-sense advice to help you.

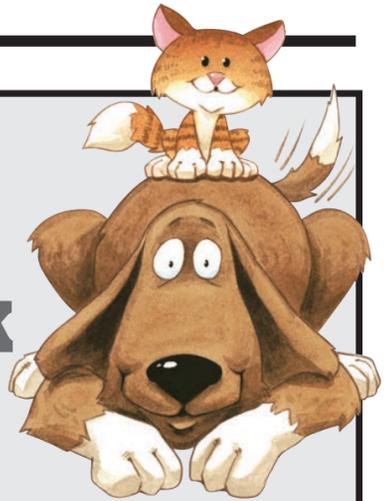
Avoid underage drinking: First, underage drinking is illegal. Second, research shows that the risk for alcoholism is higher among people who begin to drink at an early age, as the teen brain is more vulnerable to addiction, not fully developed until about age 25.

Drink moderately as an adult: Even if you do not have a family history of alcoholism, adults who choose to drink should do so in moderation. Some people should not drink at all (women who are pregnant or who are trying to become pregnant, recovering alcoholics, people who plan to drive or engage in activities that require attention or skill, people taking certain medications, and people with certain medical conditions).

Discuss any concerns with a doctor, nurse, or other health care provider. They can recommend groups or organizations that can help you avoid alcohol problems. If you have already begun to drink, a health care professional can assess your

SEE CADY, PAGE A5

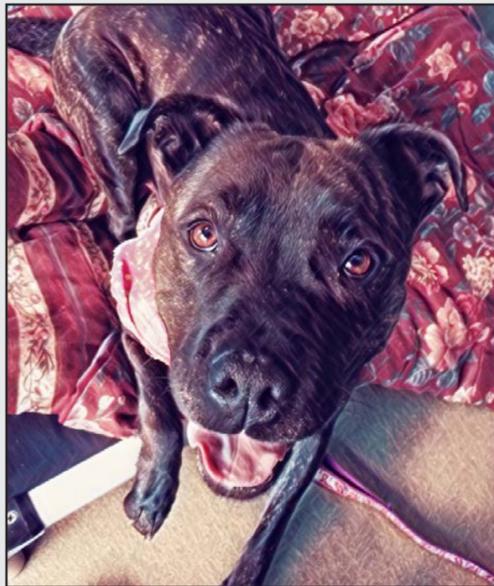
## PET of the Week Rhonda



Tall, stately, brindle coated Terrier mix, Rhonda is a dog who has endured may twists and turns on the road to a secure, loving forever home, including a very quick return after being adopted before Thanksgiving!

Dogs need time to blend into a new family setting, rarely is this effected in a few short days. Our adoption counsellors know what dogs need and we take the leap of faith this will be followed.

In Rhonda's case, while she does seem to feel companionable around dogs of similar size, smaller creatures trigger her interest in a less convivial way.



Rhonda arrived via our SAFE HARBOUR program. She's been calling our shelter home since the Sum-

mer.

Well now the weather is cold, snow is in the air, Winter has arrived, and she is still

reeling from the return to us wondering what happened.

Once more into the breach... large dogs yes, no cats and other small creatures (although to truly flourish being the only pet would be the best possible placement). A home where she can finally unpack her suitcase of sorrow and rejection is Rhonda's wish at Christmas-time.

She is a lovely dog, a big girl, still waiting for that committed adoptive home, and one that will manage her foibles appropriately.

We have not given up hope and neither should she!

## Strategies for Living

### The evolution of American Values, Part 1

BY LARRY SCOTT

Joe Klein, writing on "The Secrets of Reagan's Success" in the June 14, 2004 issue of Time magazine, made this significant observation. "Reagan will mostly be remembered for his unyielding opposition to the Soviet Union, for his willingness to call a regime that murdered at least 40 million of its citizens 'evil.'" Commenting on this article in her book, "The Criminalization of Christianity," Janet Folger writes, "Really? Murdering at least forty million of its citizens is 'evil'?" Let's think about that for a minute. Forty million, forty-five million ... what other country has killed that many of its own citizens? Oh yes, we did" (page 183). Since Roe v Wade became law in 1973, the National Right to Life estimates that, through 2004, 48,589,993 babies have had their lives terminated through

abortion in the United States.

How did we get to where we are as a nation of generally respectable, intelligent people? What has happened to a society of basically good and honorable men and women whereby things have degenerated to a point that many of us find beyond belief. There are, I think, four emerging trends that have had a profound influence on our actions and attitudes, two of which I would like to highlight this week.

From the social revolution of the 1960's there has come a drive on the part of many to be free of all restraint. The opportunity to develop one's own potential (so long as "no one else is hurt"), the challenge to "dare to be different," the freedom to "do as I please," all had a profound influence on our society. "I did it my way" became the national mantra. But

freedom as envisioned has never been possible. Without a Biblical concept of morality, without an objective standard of right and wrong, chaos is soon to follow. The consequences are tragically obvious.

With this we saw the rise of the civil rights and women's liberation movements and the emergence of a second trend often characterized as the "victim mentality." Cruel parents, an abusive spouse, an uncaring Church, brutal police, and the "rich" became the "evil forces" charged with culpability. "Victims" were soon demanding their "rights" and, as a result, individual rights became the impetus behind an enormous amount of new legislation. Legitimate needs were addressed and we can only laud the effort to help those who deserved the protection and help pro-

vided by an affluent society. Eventually, however, individual rights gave way to the "right to choose," and this led ultimately to profound changes in American standards of morality and our concept of right and wrong. One glaring example came with what was termed "partial birth abortion." Babies, viable and living, were murdered during the birth process as they emerged from the womb. Unbelievable!

So devastating have been the consequences that many of us have been tempted to "throw in the towel." As we worry to the point of depression about the world we are leaving to our grandchildren, we must, however, never, but never, but never, give up.

I trust you will stay with me as I wrap up all of this next week. In the meantime, if you wish, hit me up at rlarryscott@gmail.com.

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## Fire

FROM PAGE A1

the incident showed that the fire appears to have originated around a vent for a pellet stove used in a storage area of the rambling wooden structure.

There was no damage to the actual business portion of the building, and the restaurant's

owner and staff extended a huge thank you to the fire department for their swift and effective response.

On their Facebook page, they posted the following comment: "All is well thanks to the alertness of a Bristol fire company member who spotted sparks at the back of our barn. He dashed to the firehouse

and in no time they extinguished the fire. There is minimal damage to a small section of the back barn. We are so very, very grateful and thankful to have such a wonderful group on such an awful cold day."

Business continued as usual once the scene was cleared and cleanup was complete.

## KTHO

FROM PAGE A1

go over the \$450,000 this year. Our restaurants return to support this year's effort with promises of the same high culinary standards that KTHO supporters have come to expect over the years—or better!

The Common Man Family of restaurants leads the list of long-term supporters, with the Common Man Inn offering the venue for the event for the first time this year! The Common with Man Ashland, Fosters, and the Italian Farmhouse plan to donate appetizers, family style salads, rolls, butter, and a yummy Tiramisu dessert.

Fugaky will return to show their community spirit, with generous owner Alan Wang donating not only sushi appetizers and an entrée, but also Fugaky gift certificates! Plymouth's Main Street will once again be represented by

an impressive lineup that includes Baked, Biederman's Deli & Chase Street Market, Burrito Me, Cafe Monte Alto, the Last Chair, the Lucky Dog (with their famous steak tips!), Downtown Pizza, Six Burner Bistro, and Thai Smile. Additional area restaurants joining the effort again this year include Annie's Overflow, the Common Café, the Covered Bridge Farm Table, George's Seafood, Mad River Tavern, Phat Fish, Rumney Rocks Bistro, the Sunset Grill, and Walter's Basin.

The event will begin with appetizers served during the 5 p.m. social hour. David Lockwood will be on the piano during the silent auction, where an amazing variety of contributed items and services will tempt every bidder! Look for the folks selling raffle tickets for some very special items—and remember to bring a donation of food or household supplies to receive a free raffle ticket! This will be

followed by the bountiful dinner buffet and a spirited live auction. A cash bar will be open throughout the evening.

If you can't join us on Jan. 17, please consider joining as a sponsor or auction donor. The need has never been greater, and every contribution helps! For auction donations, please call Joyce Weston at 536-2856. If you'd like to offer financial support, call Barbara Fahey at 236-1122.

Tickets for KTHO are selling briskly at Chase Street Market, once again for just \$40—with a limited number available! To reserve a table for 8 or more, call Joan Turley at 236-2795. KTHO is organized and sponsored by the Plymouth Area Democrats, partnered with the Plymouth Area Community Closet in their continued mission of providing assistance to our neighbors. KTHO—and the help it provides—is entirely non-partisan.

## CADY

FROM PAGE A4

drinking habits to see if you need to cut back, and can advise you on how to do so. Always keep the lines of communication open in your family.

Discuss addiction and experimentation openly and honestly and support one another.

There are many organizations and resources available to help; visit the CADY Web site at [www.cadyinc.org](http://www.cadyinc.org) to find

more information. If you or someone you know struggles with addiction or substance use, call the NH Statewide Addiction Crisis Line at 1-844-711-4357. Get help now; it is never too late.

## Winter

FROM PAGE A1

clear, it can minimize the distraction of blowing snow or dangerous sheets of ice that can crash onto other vehicles and possibly cause an accident.

Around the home there are other concerns people should consider this time of year. All entrances should be kept clear of snow and ice so that not only residents but safety personnel have ready access both in and out of any residence.

"If you can't get out, we can't get in," said one emergency responder.

All heat exhaust and dryer vents should be shoveled regularly to prevent back up of toxic fumes into a home. Roofs also need to be shoveled when snow and ice begin to build up to prevent damage or collapse to any structure.

Plymouth Fire-Rescue, as well as other area departments, would also like encourage people to be certain their smoke and carbon monoxide detectors are in good working condition, have fresh batteries and are stationed on all levels of

their home, including outside bedroom doors.

As an added note, Plymouth's Deputy Fire Chief, Tom Morrison, cautioned, "Portable generators must not be operated within ten feet of the home."

That distance will help prevent the generator's carbon monoxide exhaust from making its way into any inhabited areas where sickness and even death can result.

Power cords should also be used only as recommended by the manufacturer and not overloaded with heating appliances or other electrical units.

Fire department officials in all towns are happy to schedule a safety check on a home should anyone have concerns. Residents are encouraged to contact their local department for such a review.

Candles are another frequent form of accidental fires. Safety officials remind everyone that no candle should ever be left unattended or placed on or near any potentially flammable object or surfaces.

Finally, when arctic temperatures hit the region, all skin surfaces should be kept covered as people step outdoors. Layers of clothing help ward off hypothermia

and frostbite, and drivers should also keep blankets and even snacks available in their vehicle in the event of any breakdowns that may occur in the winter months.

## Conference

FROM PAGE A1

that beneficial approach.

Two faculty members, James LeBaron (World Languages Chairperson) and Amy Yeakel (Extended Learning Coordinator), along with Principal Paul Hoiriis will travel with four students to San Diego. The students attending are Junior Mackenzie Davis, Sophomore Hayleigh Pabst, Sophomore Aaron Nguyen and Junior Matt Libby. The team will co-present a 90 minute workshop as well as facilitate follow-up

round tables. The team will also visit Preuss School, a model school on the campus of the University of California San Diego. Additionally, team members will attend conference sessions throughout.

"This represents a tremendous opportunity for our students and our school. Our students use their voice to effect change and personalize their education, but now will have the chance to share this with others as best practice in education," says Principal Paul Hoiriis.

## Bruce Crane, 70



PARK CITY, Utah — New Hampshire native Bruce Crane, a devoted husband and father, passed away peacefully on Dec. 9 at his home in Park City. Bruce passed after a long battle with cancer, his loving wife of 38 years, Anita, and other family members at his side at their home in Park City, Utah.

The son of Emily Townsend and Henry D. Crane, Jr., he was born Nov. 18, 1947 in Cambridge, Mass. His parents, both doctors, moved the family to Plymouth, where Bruce grew up with a passion for skiing. His mother Emily played a key role in the sport as a long-time race secretary and administrator. He graduated cum laude from Holderness School in Plymouth before earning his bachelor's degree from Williams College in Williamstown, Mass.

A noted national and international ski racing official, he spent much of his life serving his passion both professionally and personally in the sport of ski racing.

He served as an educator and a coach at Tilton School in New Hampshire after college, where he began his work as both a coach and competition official in alpine ski racing. He was certified as a national ski competition official by the then U.S. Ski Association in 1972. In 1976, he achieved his FIS Technical Delegate license - the highest level of competition officiating. Two years later, he was recognized with the Burckett-Dodge Award for his service

to officiation in New England. He also served for many years as head of the New Hampshire Alpine Racing Association.

Early in his career, he worked as a race manager and coach at Waterville Valley, Great Gorge Resort, Pat's Peak and Squaw Valley.

Bruce went on to serve as national alpine competition director for the U.S. Ski Association for 16 years in both Colorado Springs and Park City where he played a key role in establishing and maintaining management protocols for the sport, including race scoring and athlete ranking systems.

He put his vast sport skills to work serving in a high level capacity at two Olympic Winter Games, including a role as the head referee for alpine skiing at the 1988 Calgary Games. During the 2002 Olympics in Salt Lake City, he served as assistant manager for ski jumping and nordic combined.

He was world acclaimed for his work in race timing and scoring, athlete ranking systems and race course homologation. Much of the infrastructure he pioneered during that time is still in place today.

While maintaining his role in alpine ski racing, he also worked in various management roles in Park City for the Park City Mountain Resort.

After retiring from

the ski racing industry, Bruce joined Mountainlands Community Housing Trust and Destination VIP where he worked tirelessly. He was awarded the Robert W. "Bob" Wells award, in recognition of exemplary service to Mountainlands in support of affordable housing in the Park City community, 2016.

Beyond skiing and his professional work Bruce was an avid outdoors enthusiast. He spent much of his time in the wilderness hiking, fishing, and camping in the Rocky Mountains and across New England.

He is survived by his wife, Anita Crane, along with his son Jeremy of Boston, Mass.; four stepchildren (Ellen Marie Ramsey of Pinedale, Wyo., Donald Dean McPherson of Rosedale, Calif., Ronald Lee McPherson of Pontotoc, Miss., and Robert Donald McPherson of Rosedale, Calif.); and his two grandchildren, Sydney Crane and Marley Crane, who live with Jeremy and his wife Leslie in Boston, Mass. Additionally, he is survived by his five sisters (Suzanne Gilman of Bridgewater, Charlotte Crane of Chicago, Ill., Cynthia Fisher of Bridgewater, Dr. Margaret Mumford of Plymouth, and Dr. Joan Barthold of Lyme); and many admiring nieces and nephews.

A memorial service is being planned for Jan. 13 at 10 a.m. in Park City at St. Mary's Catholic Church in Park City, Utah, with a special remembrance at Park City Mountain Resort at 2 p.m. A celebration of life will be held next spring in New Hampshire with family and friends. For those interested in making a donation on Bruce's behalf, charity information will be provided at the service.

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## What's On Tap

The new calendar year is in full swing with a full slate of games for the local high school teams.

The Plymouth and Newfound alpine ski teams will be at Gunstock for a 10 a.m. meet on Friday, Jan. 5.

The Newfound hoop boys will be at Laconia for a 6 p.m. game on Friday, Jan. 5, and will be hosting Berlin for a 6:30 p.m. game on Tuesday, Jan. 9.

The Bear girls' basketball team will be at Inter-Lakes for a 6 p.m. game on Friday, Jan. 5, and will be at Berlin for a 6:30 p.m. game on Tuesday, Jan. 9.

The Plymouth Nordic ski team will be at Great Glen for a 2:30 p.m. meet on Thursday, Jan. 4, and will be at Souhegan for a 2 p.m. meet on Tuesday, Jan. 9.

The Bobcat hoop boys are at Goffstown on Friday, Jan. 5, at 6:30 p.m. and will be hosting Laconia at 6 p.m. on Tuesday, Jan. 9.

The Plymouth girls' basketball team will be hosting Goffstown on Friday, Jan. 5, at 6 p.m.

On the ice, the Kearsarge-Plymouth hockey team will be at Pembroke-Campbell on Friday, Jan. 5, at 8 p.m., will be at Con-Val-Conant on Monday, Jan. 8, at 7 p.m. and will be at Hollis-Brookline at 8:10 p.m. on Wednesday, Jan. 10.

The Plymouth wrestling team will be at Windham on Saturday, Jan. 6, at 9 a.m. and will be at Mascoma for a 6 p.m. match on Wednesday, Jan. 10.

The Plymouth ski jumpers will be at Gunstock for a 6 p.m. meet on Wednesday, Jan. 10.

The Plymouth unified hoop team will be opening the season by hosting Inter-Lakes-Moultonborough on Friday, Jan. 5, at 3 p.m. and will be at Laconia at 3:30 p.m. on Wednesday, Jan. 10.

## Newfound searching for spring coaches

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

# Undefeated Bears too much for Knight girls

BY JOSHUA SPAULDING

Sports Editor

GILFORD — It wasn't the prettiest game on either side, but the opening round of the Lakes Region Holiday Hoop Tournament went to Newfound as the undefeated Bears knocked off Kingswood by a 65-28 score on Wednesday, Dec. 27.

"Sometimes I feel like it's always a learning curve," said Newfound coach Karri Peterson. "Some of them are still learning how to play the game."

"When everything they were doing was through the high post, we have to take away the high post," she added. "That learning curve where they understand what we're trying to do without us saying it 80 times."

"We stunk the place up," said Kingswood coach Dan Chick. "It should've been 60 (point difference) the way we played."

"When you stand



JOSHUA SPAULDING  
Newfound's Ashlee Dukette pulls down a rebound between Kingswood's Amanda (left) and Meghan Lapar in tournament action in Gilford Dec. 27.

around and watch the game when you're supposed to be playing, this is the kind of results you get," the Knight coach continued. "You can watch the game from the stands or the bench, but not from the floor."

The first quarter was fairly even and the Knights had an early lead, but a strong second quarter from the Bears opened up a decent halftime lead and they cruised from there.

Amanda Lapar got



JOSHUA SPAULDING  
Savanna Bony races the ball up the court in tournament action Dec. 27 in Gilford.

Kingswood on the board first with a basket but Ashlee Dukette answered for the Bears. Kingswood got two free throws from Eliza Brault and one from Meghan Lapar to open up the 5-2 lead but a Madison Dalphonse three-pointer tied the game at five.

Dukette put back a rebound and Bailey Fairbank added a hoop in the final minute as the Bears took the 9-5 lead after one quarter.

Jasmine Peterson opened the second quarter with a hoop for Newfound but Grace Saunders responded by putting back a rebound for Kingswood. Savanna Bony drilled a three-pointer and Dukette hit another hoop and Newfound stretched the lead to 16-7 before Kingswood came back with hoops from Saunders and Amanda Lapar to cut the lead to five.

Dalphonse responded by hitting her second three-pointer of the game and after a Saunders free throw at the other end, hit a field goal to make it 21-12. Brault got a

hoop for the Knights but Dukette and Dalphonse each added baskets to push the Newfound lead to 25-14.

Meghan Lapar got Kingswood back on the board but the Bears got the final two baskets of the first half, with Peterson and Dukette getting the points and Newfound led 29-16 at the halftime break.

A Peterson steal and hoop started the third quarter before Abby Coulter hit a free throw for the Knights. Ashtyn Cameron added a hoop for Kingswood to make it 31-19 but Bony started an 8-0 Newfound run with a three-pointer. After a Dalphonse basket, Bony hit another three-pointer to make it a 20-point lead for the Bears.

Brault got a free throw for the Knights but Bony and Dukette had back-to-back hoops for the Bears to continue to build a lead. Brault and Meghan Lapar hit hoops for the Knights and Bony finished off the third quarter scoring, as she drilled a hoop and a three-point-

SEE HOOPS, PAGE A12

## Alpine Bears open the season at Bretton Woods

BY JOSHUA SPAULDING

Sports Editor

CARROLL — The Newfound alpine ski team kicked off the new season with a trip to Bretton Woods on Thursday, Dec. 21.

In the morning giant slalom, the Bears were led by Hannah Owen, who skied to a time of 1:28.98 for 35th place overall.

Shanley Camara was next for the Bears, finishing in 1:33.86 for 39th place and Stephanie Norton finished in 1:35.49 for 42nd place overall.

Dakota Goguen was the final scorer for the Bears, finishing in 2:11.87 for 56th place overall.

The teams ran only one run of slalom in the afternoon and only two Bears completed the run, with Camara leading the way in 54.01 seconds for 34th place and Norton finishing in 1:00.12 for 43rd place overall.

The Newfound boys were led by Matt Karcheck in the morning giant slalom, as he finished in 1:27.97 for 37th place overall.

Reid Wilkins was next, placing 38th in 1:28.26 and Trevor Robie finished as the third scorer with a time of 1:28.44 for 39th place.

Cian Connor rounded out the scoring for Newfound with a time of 1:28.47 for 40th place overall.

Jacob Blouin finished

in 1:31.07 for 44th place, Tuan Nguyen was 48th in 1:33.9 and Ronnie MacKillop was 54th in 1:40.73. Ethan Pruet finished in 1:43.79 for 55th place, followed by Owen Henry in 1:44.26 for 57th place and Jacob Pfister in 64th place in 1:58.38.

Wilkins paced the Newfound field in the single run of slalom, finishing in 48.59 seconds for 29th place overall.

Karcheck was second for Newfound and 37th overall in 52.08 seconds and Robie was 39th in 53.55 seconds.

Blouin rounded out

the Newfound scoring with a time of 54.94 seconds for 42nd place.

Nguyen finished in 58.48 for 44th place, Connor was 49th in 1:01.1, Pfister finished in 1:02.26 for 52nd, MacKillop was 55th in 1:03.91, Pruet crossed in 1:07.43 for 58th and Henry finished in 1:21.02 for 63rd place.

The Bears will be back in action on Friday, Jan. 5, at Gunstock for a 10 a.m. meet.

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



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# Big third quarter leads Knights past Bears

BY JOSHUA SPAULDING

Sports Editor

GILFORD — In a game of runs, it's best to have one or two more than the other team and that's just what happened for the Kingswood boys' hoop team on Wednesday, Dec. 27, as the Knights opened the Lakes Region Holiday Hoop Tournament against Newfound.

The Knights started the game with a 10-1 lead and withstood runs from the Bears that saw them take the lead early in the second and cut the gap to just seven at halftime.

However, Kingswood outscored Newfound 24-2 in the third quarter to pull away and took the 63-36 win.

"We wanted the first run of the game and the first of the second half and we had both of them," said Kingswood coach Dan Place. "Now we have to work on closing out quarters."

"I don't have the depth they have," said Newfound coach Tom Bourdeau. "In the second half we just came out and passed it to the wrong-colored shirt."

Mason Dalphonse got Newfound on the board with a free throw to start the game but



Newfound's Tyler Boulanger leaps between Kingswood's Sam Cochrane (left) and Russ Lucia to battle for a rebound in action Dec. 27.

Kingswood scored the next 10 points. Richard Curran got the first basket for Kingswood then Josh Duntley followed by finishing off his own steal. After a pair of Russ Lucia free throws, Duntley finished off another steal and Erik Madden added a basket to stake Kingswood to a

10-1 lead.

James Shokal got Newfound on the board with a three-pointer, starting a 9-0 run to end the quarter, with Colby Miles following with a free throw and Dalphonse hitting a three-pointer and a field goal to make it 10-10 after one quarter of play.

Dalphonse hit another hoop to open the second quarter scoring, giving Newfound a 12-10 lead but Matt Place hit a pair of three-pointers to put the Knights back in front. After a Duntley hoop, Place drilled another three-pointer for a 21-12 lead for the Knights.

Duntley finished off another steal and Liam Morrissey added a basket as Kingswood upped the lead to 25-12.

However Justin Shokal hit two free throws with three minutes to go to start an 8-2 Newfound run to close out the second quarter. Miles hit a hoop and two free throws to cut



Spencer Lacasse drives to the basket during holiday tournament action in Gilford on Dec. 27.

the lead to 25-18 and after Sam Cochrane put back a rebound for the Knights, Spencer Lacasse finished out the first half scoring for Newfound with a hoop to cut the lead to 27-20 at the break.

It was all Kingswood in the third quarter, as the Knights scored the first 21 points of the second half to take control of the game.

Curran hit a free throw and a hoop to start the half and then Madden finished off his own steal. Madden then hit a three-pointer and another field goal to stretch the lead to 37-20.

Morrissey hit a hoop and Duntley finished off a Lucia steal for another hoop. A Dante DeSousa free throw continued Kingswood's run and Brogan Shannon and Davis Ekstrom hit back-to-back threes to make it 48-20.

Dalphonse got Newfound's first points of the second half with 1:15 to go in the third quarter but Shannon ended the quarter with

his second three-pointer to make it 51-22 for the Knights after three quarters of play.

Shannon finished off a nice feed from Ekstrom to start the fourth quarter before Stine Williams converted a three-point play for Newfound. Lucia had a pair of hoops for the Knights, sandwiched around a hoop from Lacasse at the other end.

Williams finished off his own steal before Cochrane put back a rebound for the Knights. Justin Shokal hit a free throw and Williams finished another steal with a basket.

A steal and hoop for Justin Shokal made it 59-34 but Billy Peterson hit two hoops for the Knights, sandwiched around a basket from Cam Anderson at the other end to close out the scoring at 63-36.

Dunley had 10 points to lead the Knights, while Dalphonse had 10 points to lead the Bears.

"At the half, we talked

about the need to take better shots and look for uncontested shots," said Place. "They (Newfound) did a good job in the first half, they made us take shots we didn't want to take.

"We just had to survive their runs and try to have more runs than they do," Place added.

Bourdeau noted that he kept a constant rotation in and out in the second half in an attempt to make a point.

"Every turnover, they got yanked, trying to send a message," Bourdeau said. "You have to think about it.

"We had a good film session but I guess we have to do better," the Bear coach added. "Moultonborough should be interesting to see."

The Bears moved on to play Moultonborough in the consolation round and Kingswood faced Gilford in the semifinals, both after early deadlines on Thursday.

Newfound returns to action at Laconia on Friday, Jan. 5, at 6 p.m. and will be hosting Berlin at 6:30 p.m. on Tuesday, Jan. 9.

The Knights will be taking on Timberlane at home on Friday, Jan. 5, at 6 p.m.

KRHS 10-17-24-12-63  
NRHS 10-10-2-14-36

## Kingswood 63

Curran 2-1-5, Shannon 3-0-8, Ekstrom 1-0-3, Duntley 5-0-10, Madden 4-0-9, Lucia 2-1-5, Morrissey 2-0-4, DeSousa 0-1-1, Place 3-0-9, Peterson 2-0-4, Cochrane 2-0-4, Totals 26-3-63

## Newfound 36

Justin Shokal 1-3-5, Anderson 1-0-2, Miles 1-3-5, Dalphonse 4-1-10, Williams 3-1-7, Lacasse 2-0-4, James Shokal 1-0-3, Totals 13-8-36

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Dukette nets 38 in Newfound romp

BY JOSHUA SPAULDING

Sports Editor

TILTON — It was all Newfound on Thursday, Dec. 21, as the Bear girls rolled to an 82-27 win over Winnisquam in a makeup game in Tilton.

In many ways, it was all Ashlee Dukette as well, as the Bear junior poured in 38 points, pulled down 15 rebounds, had three steals, four assists and two blocks.

Newfound led 26-7 after one and 46-12 at halftime. It was 62-25 after three quarters of play and the Bears allowed just two points in the fourth quarter, all while playing subs throughout the final stanza.

Jasmine Peterson finished with 18 points,

11 rebounds, six assists, four steals and Savanna Bony chipped in with 12 points on the night. Tiffany Doan contributed 10 rebounds in a strong defensive game for the Bears.

The Bears were in action in the Gilford holiday tournament (see separate story) and returned to regular season action after deadline Tuesday.

On Friday, Jan. 5, the Bears will be at Inter-Lakes at 6 p.m. and on Tuesday, Jan. 9, they will be at Berlin at 6:30 p.m.

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Chris Martin to address Trout Unlimited on Jan. 16

PLYMOUTH — Seeing a Bald Eagle on local lakes or rivers still comes as a pleasant surprise to many. Some of the thanks go to Chris Martin, who has worked for New Hampshire Audubon for more than 26 years as a Conservation Biologist, specializing in birds of prey. Martin

has climbed to bald eagle nests in Alaska's Katmai National Park, counted seabirds near the Aleutian Islands and will be the guest speaker at the Pemigewasset Chapter of Trout Unlimited's monthly meeting. He will speak about the remarkable recovery of the Bald Eagle in NH.

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

Trout Unlimited is a

non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Membership is open to all; meetings are free and open to the public. Visit [www.pemigewasset.tu.org](http://www.pemigewasset.tu.org) and like the group on Facebook.

## Free workshop on snowshoe hare hunting Jan. 20

HOLDERNESS — Learn about the exciting sport of snowshoe hare hunting at a free workshop being offered at the New Hampshire Fish and Game Department's Owl Brook Hunter Education Center in Holderness. The workshop will take place from 9 a.m. to 1 p.m. on Saturday, Jan. 20. Space is limited and pre-registration is required.

This year, registration for the workshop will be completed online. To register, visit [www.huntnh.com/hunting/owl-brook.html](http://www.huntnh.com/hunting/owl-brook.html). Under "View Classes at Owl Brook,"

select "Learn to Hunt" and select "Snowshoe Hare Hunting Workshop."

This workshop will introduce participants to one of New Hampshire's finest small-game hunting experiences — hare hunting with beagles. Presenters include Edward Vien, Vice President of the NH Beagle Club and Volunteer Hunter Education instructor, and John Fletcher, President of the NH Beagle Club. Also presenting are Volunteer Hunter Education instructors Adam Gauthier, Larry Williams, and Thomas

Williams.

The workshop will cover topics such as snowshoe hares and where to find them, equipment needs, dog care and training, safety considerations, resources about hare and rabbit hunting, and clubs in New Hampshire that focus on dogs and hare hunting. The instructors have many years of experience, a true passion for their sport, and are happy to answer participant questions.

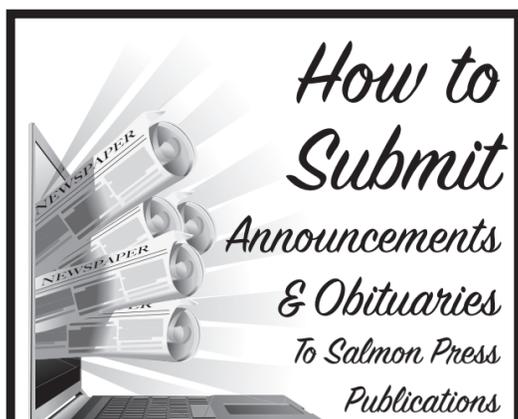
Attendees should bring warm outdoor clothing and be prepared for some outdoor class time. The first

portion of the workshop takes place inside the classroom, and then the class moves outside, where the dogs will show their stuff.

Please note that this workshop does not include lunch.

For more information on Fish and Game's Owl Brook Hunter Education Center, visit [www.huntnh.com/hunting/owl-brook.html](http://www.huntnh.com/hunting/owl-brook.html).

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit [www.huntnh.com](http://www.huntnh.com).



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# Bears can't dig out of early hole

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound boys' basketball team finished up the 2017 portion of the regular season with a game against Raymond on Thursday, Dec. 21, and the Bears were unable to come back from an early deficit, dropping a 54-44 decision to the Rams.

"Forty-four is about what we should get," said Newfound coach Tom Bourdeau. "Defensively, if we give up more than the 40s, we're in trouble."

"We always get ourselves in a hole in the first quarter," he continued. "I think all we



Stine Williams looks to the hoop in action against Raymond on Dec. 21.

JOSHUA SPAULDING



Colby Miles drives to the basket during his team's game with Raymond before the holiday break.

JOSHUA SPAULDING



JOSHUA SPAULDING

Lucas Johnstone will be a key component of the Plymouth ski team this winter.

## Numbers strong for Plymouth ski team

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH—Coach Dan LeBlanc is excited about the possibilities for this year's Plymouth ski team.

The Bobcats return a number of athletes on both the girls' and boys' teams, but also welcome a whole crop of newcomers, leaving the Bobcat coach intrigued about what is ahead for the team.

"There's definitely some pretty promising kids for the future," LeBlanc stated. "We usually get athletic kids who are new to racing. Our last two championships have really been built around that."

While many of the newcomers are new to racing, LeBlanc also knows that most of them have done a lot of skiing.

"I know almost all these kids have a lot of skiing background," he stated. "It will be pretty cool to help these kids develop into good ski racers."

LeBlanc is lucky in that he also has a number of returning athletes who should be able to provide him solid results at the top of the standings week in and week out, giving the newer kids a chance to work their way into the lineup.

The boys' team will be led by the returning quartet of Connor Magowan, Mike Ouellette, Lucas Johnstone and Matt Clark, all of whom were key cogs in last year's team, which won the Division II title for the second year in a row.

"We have some good depth on the boys' team," LeBlanc noted, while also pointing out that there were a few losses to graduation.

On the girls' side, the

Bobcats took a hit with the loss of senior Jess Ouellette and Rebecca Caron, who is now attending Waterville Valley Academy. Both skiers were at the top of the standings for the Bobcats last year, leaving a few holes for others to step into.

LeBlanc notes that captains Mariah Lucher and Nikki Stout will both be expected to help carry the load, along with fellow seniors Kaitlin Gabbett and Rebecca Peterson.

"We've got a huge team, almost 40 kids," LeBlanc stated. "There's a lot of freshmen and even some sophomores and juniors who are out for the first time."

As of the week before Christmas, the Bobcats had yet to be on the snow as a team, though LeBlanc knew that most of the team members had been out skiing on their own. The team was expected to get into training mode at the Kanc ski hill after the start of the new year.

"I've seen some good promise in the dryland season," LeBlanc stated. "Hopefully they pick it (racing) up quick and I think they will."

The Bobcat coach noted that the coaches have pushed a little harder this year in the dryland part but the kids have responded well and he is happy to see they are a motivated

bunch.

"It's not always easy when you're doing workouts downstairs in the school," LeBlanc pointed out. "But the attitude has been great, they've been working hard and hopefully that translates to the hill."

He was also quick to note that many on the alpine team are also part of the ski jumping team, which had its first meet prior to the Christmas holiday, a meet that is often postponed but this year was able to go on as planned.

"Not too many kids are doing just one event," LeBlanc said. "It's kind of the old-school approach."

The Plymouth ski jump had enough snow so that the kids were able to jump on the Monday before Christmas, after volunteers packed the jump the previous weekend.

The alpine season will kick off at Gunstock on Friday, Jan. 5, at 10 a.m. The team's home meet at Waterville Valley will be held on Friday, Feb. 2.

The ski jumping season will continue with a meet on Wednesday, Jan. 10, at Gunstock at 6 p.m. The jumping home meet is scheduled for Wednesday, Jan. 24, at 6 p.m.

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

needed was just one throw to halt the Raymond run and then Colby Miles hit a hoop to go make it 37-18. A three-point play from the Rams followed but Newfound closed out the first half on a 7-0 run, with Cam Anderson starting the run with a basket, then Miles drained a three-pointer and Williams hit a bucket to make it 40-25 at the halftime break.

Dalphonse hit a free throw to get the Bears on the board first in the second half and after a Ram hoop, Newfound came back with seven points in a row, starting with a Miles basket. Dalphonse hit two from the free throw line and Williams hit a three-pointer, cutting the lead to 42-33. Raymond hit another basket Anderson hit a free throw to make it 44-34 after three, with the Bears holding Raymond to just four points in the quarter.

Raymond hit a free throw to start the fourth quarter but Anderson put back a rebound to cut the lead to nine and then a Miles free throw made it an eight-point game

Mike Doan hit a free

throw to halt the Raymond run and then Colby Miles hit a hoop to go make it 37-18. A three-point play from the Rams followed but Newfound closed out the first half on a 7-0 run, with Cam Anderson starting the run with a basket, then Miles drained a three-pointer and Williams hit a bucket to make it 40-25 at the halftime break.

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Raymond hit a free throw to start the fourth quarter but Anderson put back a rebound to cut the lead to nine and then a Miles free throw made it an eight-point game

at 45-37. The Rams responded with a hoop, a three-pointer and another hoop to up the lead to 52-37.

Miles hit two free throws, Shokal hit a three-pointer and Miles hit two more free throws to cut the lead to eight again at 52-44, but the visitors got two free throws to close out the scoring for the 54-44 final.

"It was a good game," Bourdeau noted. "I've got no complaints with their effort."

"But I might have played a few kids a little too long," the Newfound coach continued.

Bourdeau noted that with the Raymond and Winnisquam games both considered winnable games, the team could easily be 2-2 instead of 0-4 heading into the holiday tournament in Gilford.

"The kids need a win," Bourdeau said. "We'll use the Christmas tourney as a training ground."

Miles led the Bears with 12 points on the night.

The Bears were in the holiday tournament in Gilford (see separate story) and return to regular season action this week with a trip to Laconia on Friday, Jan. 5, for a 6 p.m. game and a home game with Berlin on Tuesday, Jan. 9, at 6:30 p.m.

**NRHS 11-14-9-10-44**  
**RHS 24-16-4-10-54**

### Newfound 44

Anderson 2-1-5,  
Miles 3-5-12, Dalphonse 2-4-9, Williams 4-0-9,  
Shokal 3-0-8, Doan 0-1-1, Totals 14-11-44

### Raymond 54

Huynh 1-0-3, Taber 4-0-9, Dupuis 8-3-22,  
Brown 5-2-13, Criss 1-0-2,  
Loader 2-1-5, Totals 21-6-54

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

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# A big year now in the rearview mirror

A new year is here and with it brings the end to what was a pretty decent year, at least in my part of the world.

I deemed 2017 as the year when I stepped out of my comfort zone. I did a number of things this past year that I had never really tackled before, or at least that I hadn't done in a long time and I must say, this left 2017 as a year to remember.

One of those things that I did that was out of my comfort zone this past year was the new diet and exercise regimen. After a visit to the

## SPORTING CHANCE

By JOSHUA SPAULDING



doctor early in the year, I realized that the exercise I was doing was not going to be effective if I didn't change my eating habits. I was putting in an hour at the gym every morning and I was not losing weight. In fact, the visit to the doctor's office that provoked the major change saw a weight gain on my part.

I spoke with Erica

Bickford of Wolfeboro, who works with Beachbody On Demand and she recommended the 21-Day Fix, which I started on May 1. The first big change was the grocery shopping. I spent a lot more time in the store, going from my one or two trips a month to at least once a week. My grocery bill went up a bit, with the addition of fresh chicken, turkey and lots of fruits and vegetables. While I was eating many of those things before, I wasn't buying them and preparing them myself.

The program got off to a good start on my end, as the weight started to come off and I even had to spend less time in the gym each day, going to a half hour each day instead of an hour. All told, so far, I have dropped about 40 pounds and I've been running the program since the start of May (though there have been weeks where I took a break). I've hit a bit of a plateau in the weight loss, but I will also admit that I have strayed from the diet a bit at times, which could lead to that.

That being said, that was a huge change for me and one that I feel is certainly for the better.

The other big thing that took me out of my comfort zone was auditioning for the summer musical at the Village Players Theater in Wolfeboro. I'd done some walk-on small roles here and there but mostly worked backstage for productions since 2009, but I determined in late 2016 that I would audition for the summer show the next year. Of course, the summer show usually isn't a musical, but I decided to take the chance anyway and much to my surprise, I got a significant part in 25th Annual Putnam County Spelling Bee.

After auditions, the singing and dancing was certainly a challenge, with the dancing really

proving to be a major test. Doing both at the same time was even more complicated, but walking off the stage after opening night was a feeling like I hadn't had in a long time. I will truly chalk that show up as one of my favorite experiences of my life. It was so much fun that I even auditioned for The Music Man this past fall (and rightfully got a much smaller role).

And truth be told, there was one more thing that took me out of my comfort zone this year, but that will be left for another time.

Here's hoping 2018 brings more great adventures.

Finally, have a great day Adam Chick.

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COURTESY PHOTO

## Learn to curl

The Stone Chuckers became the first team to repeat as league champions following completion of the Lakes Region Curling Association's Fall 2017 season. From left are curlers Bill Connors, Mike Turner, Susan Weeks and Rick Weeks; absent was team member Bud Booth. The LRCA is currently registering curlers for the coming Winter 2018 season, which begins Jan. 14 and will coincide with curling events at the 2018 Winter Olympics in South Korea. Also planned is a learn-to-curl event for the public on Sunday, Jan. 7, at 5 p.m. at Pop Whalen Ice Arena in Wolfeboro. The two-hour event is free. For more information about the LRCA, as well as registration forms, visit [lakescurlingnh.org](http://lakescurlingnh.org).

## Hoops

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er to make it 48-24 after three quarters of play.

Peterson hit two free throws and a basket to start the fourth quarter before Meghan Lapar got the Knights on the board. Bony hit another hoop and Saunders responded with a basket for the Knights. Dukette and Bony hit back-to-back three-pointers and the onslaught continued for the Bears, as Dukette hit a noop and a three-pointer to close out the scoring at 65-28.

Bony led all scorers with 21 points, with Dukette adding 20 points and 21 rebounds and Peterson putting in 10 points and eight assists. Meghan Lapar, Saunders and Brault led the Knights with seven points each.

Peterson noted her team has not been getting to the free throw line as much as she would like, making their job harder.

"We've had five free throws in the last few games combined," she said. "Nobody is going to the basket, they're settling for outside shots.

"We don't have the inside presence, so we don't draw a lot of fouls," Peterson continued. "We're one person short against the 2-3."

Chick noted that he thought the Lapar sisters worked hard at both

ends, but other than that saw a lot he didn't like.

"They're (Lapars) in basketball shape and it shows," Chick said. "Everybody else should be in basketball shape but it's not showing.

"The frustration is mounting," he added. "We're 1-3 in the regular season and we easily could be 3-1."

Kingswood moved on to play Moultonborough in the consolation round while Newfound moved on to play Gilford in the semifinals, both taking place after early deadline on Thursday.

Kingswood will be back in action on Friday, Jan. 5, at Timberlane at 6:30 p.m.

Newfound will visit Inter-Lakes on Friday, Jan. 5, at 6 p.m. and Berlin on Tuesday, Jan. 9, at 6:30 p.m.

NRHS 9-20-19-17-65  
KRHS 5-11-8-4-28

### Newfound 65

Peterson 4-2-10, Dalphonse 5-0-12, Fairbank 1-0-2, Bony 8-0-21, Dukette 9-0-20, Totals 27-2-65

### Kingswood 28

M. Lapar 3-1-7, Brault 2-3-7, Saunders 3-1-7, Coulter 0-1-1, Cameron 1-0-2, A. Lapar 2-0-4, Totals 11-6-28

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## What's Happening at Plymouth State University JANUARY

### 2018 Children's Arts Festival!

The Children's Arts Festival, "Nicest Kids In Town" on Saturday, January 13, 2018 at the Silver Center for the Arts, welcomes children in grades K-6 to participate in this exciting event, which offers opportunities for children to learn different aspects of the arts—dance, theatre, fine arts—within the themes of the current production.

#### A "Hairspray" Day of Arts and Fun in the 1960s!

The day includes five fun-filled workshops, a behind-the-scenes look at the "Hairspray" set, and a special performance to end the day!

Register online at [tinyurl.com/ETC2018](http://tinyurl.com/ETC2018) or at the door. Registration fee is \$40 per child; please submit a separate registration for each child. Contact Pam Irish at [pmirish@plymouth.edu](mailto:pmirish@plymouth.edu) or (603) 535-2647 with registration related questions.

*Please bring a bag lunch. Snacks are provided. Some scholarships are available.*



For more information please visit [campus.plymouth.edu/etc/childrens-art-festival](http://campus.plymouth.edu/etc/childrens-art-festival).