

Newfound Landing

THURSDAY, NOVEMBER 15, 2018

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COMPLIMENTARY



DONNA RHODES

Kindergarten and fifth grade students at Jennie D. Blake School in Hill led their school and special guests in the Pledge of Allegiance during Veterans Day celebrations last week.



DONNA RHODES

Lilly, a second grade student at Jennie D. Blake School, had the privilege of presenting 95-year-old World War II Army veteran Wallace Judd with a card to thank him for his service and sacrifices.

Students and staff at Jennie D. Blake School pay tribute to local servicemen

BY DONNA RHODES

drhodes@salmonpress.news

HILL – Text books were set aside last Thursday, when Jennie D. Blake School invited the men and women who have helped shape the history of our nation to spend time with

the students as they presented a special tribute to veterans.

Dr. Brian Connelly, principal of JDBS, began the Veterans Day ceremony by saying that the students and staff of the school are incredible, but not

as incredible as their guests.

“Every class here has done something special in your honor today,” he said.

Kindergarten and fifth grade students started off by leading the crowd in the Pledge

of Allegiance, followed by the singing of “Grand Old Flag.”

With some background assistance from the Hill Historical Society, students in grades three and four then presented an overview on the history of Veterans Day, which began on Nov. 11, 1919 as a tribute to the end of World War I a year earlier. It was originally called Armistice Day, they said. However, in 1954 Pres. Dwight D. Eisenhower changed the name to Veterans Day to honor all who have

served in the military, both living and dead.

Casey Bush then took to the podium to read “Ducking a Creeping Barrage,” an essay written by World War II veteran Dana Rounds from Hill.

Carol Asher of the Historical Society also came forward to pay tribute to former Hill resident Col. John Chandler, who served in Viet Nam. Chandler, she said, not only helped found the Hill Historical Society, but left a fund that the society now uses to make a

donation of books to the school each year so students can relive the history of the Town of Hill.

Each of the veterans in attendance were then asked to come forward to introduce themselves and share some thoughts or information about their time in the military. In all there were 21 veterans present who served in everything from World War II, the Korean War, Viet Nam, Libya, Iraq, and Afghanistan to those who are still serving today. Among

SEE TRIBUTE, PAGE A12

Local communities see historic turnout for midterms

BY DONNA RHODES

drhodes@salmonpress.news

REGION – The Midterm General Elections on Nov. 8 created a busy day at the local polls when many towns saw historic voter turnouts along with unprecedented numbers of new voters taking advantage of the same day registration process.

In the statewide elections, Gov. Chris Sununu was re-elected for a second term, beating challenges from former State Senator Molly Kelly and Libertarian candidate Jillette Jarvis. In the race for the First Congressional District between Eddie Edwards, Chris Pappas and Dan Belforti, it was Pappas who took the win, and in the Second Congressional District Ann McLane Kuster defeated Steven Negrón and Justin O’Donnell to retain her seat in Washington.

For the Executive

Council in District 1, Michael Cryans defeated incumbent Joe Kenney and Libertarian candidate Tobin Menard to take that seat in Concord. In the New Hampshire State Senate District 2 race, it was incumbent Senator Bob Guida getting the win over challenger Bill Bolton while Jeb Bradley also defeated Christopher Meier and Tanya Butler to continue representing District 3 in Concord.

The winners in the elections for New Hampshire State Representatives for this region are as follows: District 3 Susan Ford; District 5 Jerry Stringham; District 6 Kevin Maes; District 7 Rich-

ard Osborne; District 8 Sallie Fellows, Suzanne Smith and Joyce Weston; District 9 Ned Gordon and Vincent Migliori; District 11 Timothy Josephson; District 15 Denny Ruprecht; District 16 Francesca Diggs; and in District 17 Joshua Adjutant.

Winners in the Grafton County elections were for Sheriff Jeff Stiegler; County Attorney Marcie Hornick; Treasurer Karen Liot Hill; Register of Deeds Kelley Jean Monahan; Register of Probate Rebecca Brown; and for County Commissioners it was Linda Lauer taking the seat in District 2 and Marcia Mor-

SEE ELECTION, PAGE A11

Early deadlines for Thanksgiving

MEREDITH — The offices of the Newfound Landing, located at 5 Water St. in Meredith, will be closed Thursday, Nov. 22 in observance of Thanksgiving. Due to the holiday, that week’s edition will arrive on local newsstands a day earlier than usual, on Wednesday, Nov. 21.

In order to accommodate our accelerated publication schedule for Thanksgiving week, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication on the 21st has also been moved up one business day, to Monday, Nov. 19 at noon. Submissions can be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

Please note that any submissions received after noon on the 19th will be held for publication on Nov. 29.

For information on the holiday deadlines for display advertising, please contact Lori Lynch in Sales at 788-4939 or lori@salmonpress.news.

The staff of the Newfound Landing thanks our readers and advertisers for their cooperation with our holiday schedule, and wishes the community a safe and happy Thanksgiving.



DONNA RHODES

Students at New Hampton Community School presented a poem on the five branches of the military during their Veterans Day celebration last Thursday.

New Hampton students show their gratitude to local veterans

BY DONNA RHODES

drhodes@salmonpress.news

NEW HAMPTON – Students at New Hampton Community School set aside reading, writing and arithmetic last Thursday morning to focus on something much more important — a show of gratitude for all who have served the United States in times of conflict, war or peace.

Joining the school community for an early but heartfelt celebration of Veter-

ans Day were more than a dozen men and women they know who have served in the U.S. military. Those guests included members of the Army, Navy, Air Force and Marines who served in Viet Nam, Iraq, Afghanistan, and beyond. Some were nuclear weapons specialists, some were heavy gunners. Others served as Chief Warrant Officers, combat medics, OR Specialists, or were part of

flight operations and a Navy helicopter squadron. All were proud of their service and grateful for the children who took the time to honor them that day.

“Thank you so much. This means the world to me,” said one grandfather after he introduced himself to the students.

The celebration began with the Pledge of Allegiance and the singing of “God Bless America.” There was

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18 pages in 2 sections

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PAREI spearheads development of new solar array in Plymouth

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — The Plymouth Area Renewable Energy Initiative was joined by representatives of the New Hampshire Electric Cooperative, the New Hampshire Charitable Foundation, the New Hampshire Public Utility Commission, New Hampshire Community Finance Authority and other partners and supporters as they cut the ribbon on a new solar array last Friday that will benefit low income residents of Plymouth.

The array is located behind Frosty Scoops ice cream off Route 3 in Plymouth, across the parking lot from Foster's Boiler Room. When landowner Alex Ray heard about the project, he allowed PAREI to use the property for the new electrical initiative they were undertaking.

"This property here could have been used for many things," Ray said, "but this is the perfect use."

It was NHEC President Steve Camerino who first presented PAREI with the idea of bringing solar energy to local families. Sandra Jones said her group was hesitant at first to take on such a project



Sandra Jones (center, in purple) of the Plymouth Area Renewable Energy Initiative cut the ribbon on a new solar array in Plymouth that will benefit income-eligible families in the community. Joining her for the celebration last Friday were N.H. Electric Cooperative President Steve Camerino, landowner Alex Ray, members of PAREI as well as many volunteers and community partners in the project.



This 90 panel solar array and two sturdy pavilions now grace the land behind Frosty Scoops in Plymouth. The array will benefit local families as they learn more about energy conservation from Plymouth Area Renewable Energy Initiative and their new group, N.H. Solar Shares.

time. The New Hampshire Public Utilities Commission was just beginning a program to assist in such community projects and donated \$86,000 toward the construction of the array, and the U.S. Dept. of Energy had also started a new grant program. Other local businesses made generous donations as well and soon a team of volunteers was busy clearing the land and preparing the ground for the solar panels. The workers also helped build two pavilions on the grounds near the panels where summer patrons of Frosty Scoops will be able to relax as they enjoy their ice cream.

In all, Jones said 125 hours of volunteer time were accumulated in doing the groundwork. Construction of the pavilions, both made from chestnut, was 85 hours of volunteer time alone. Among the many who volunteered were members of the NHEC during the annual Granite United Way Day of Caring and others who pitched

but eventually said yes to what they knew would be a huge undertaking.

"We're no longer an 'initiative'; we're here for the long term," Jones said.

To oversee the energy project, PAREI formed a separate legal entity known as N.H. Solar Shares, which falls under the 501c:3 nonprofit status of PAREI.

Their decision, it turns out, came at a good

SEE SOLAR, PAGE A11

Baptist Church song festival will benefit fundraising drive for new roof

BRISTOL — Bristol Baptist Church will host "Christmas in Song" on Sunday, Dec. 9 at 7 p.m.

Please join us for a musical evening with talented participation from the Newfound area and beyond. The audience will take part singing Christmas carols.

Make it a Christmas to remember sharing the spirit of the season.

Pastor Wayne will narrate the program. The Moore family will provide the sound system. Gloria Rogers on the organ and Carolyn Hanley on the piano, and Bill Hanley will lead the audience in familiar Christmas carols from the pew song books.

The program started in 1988. A free will offering taken was used to repair the church parsonage. After that

project was completed, the free will offering taken has been going to Community Services. The church roof is in dire need of having its shingles replaced. This year, the free will offering will go into the church roof reshingling fund.

We appreciate and thank all those who participate, attend, and whatever in any way makes this a memorable and special evening with the message of Jesus Christ, God's son, the Saviour of the World is born, the real reason for the season.

Bristol Baptist Church is located at 30 Summer St. in Bristol. For more information, please call 744-8804.

There will be a time of light refreshments and fellowship in the church vestry following the musical program.

Bristol police log Oct. 28 to Nov. 11

BRISTOL — The Bristol Police Department handled 191 calls for service from Oct. 28 to Nov. 11, resulting in five criminal arrests, two protective custody arrests, and 25 criminal offense investigations. Officers also performed 51 motor vehicle stops, investigated two motor vehicle accidents, conducted 172 directed enforcement patrols and foot patrols, and conducted 280 business, vacation, and property checks.

Other call reasons included, shots fired

complaint, domestic disturbances, criminal mischief, assault, theft, drug activity complaints, warrant checks, criminal investigation follow-ups, intoxicated persons, mental health emergencies, noise complaints, fireworks complaint, explosions, suspicious vehicles, suspicious persons, fire, motor vehicle complaints, DWI complaints, welfare checks, residential alarms, business alarms, VIN verifications, abandoned vehicles, 911 hang ups, harassment complaints,

animal complaints, neighbor disputes, public assists, road hazards, tree/wires down, motorist assists, assist other agencies, juvenile complaints, paperwork services, assist other police agencies, and assist the fire department.

Arrests:
Cody Lambert, 25, Pittsfield — Bench Warrant
Tabitha Johnson, 23, Bristol — Bench Warrant
Adrienne Clune, 39, Harrisville, R.I. — Driving After Suspension & Misuse/Fail to Display Plates

Kristian David Dearborn, 47, Bristol — Operating without a valid license (Subsequent offense)

Keith Sorrell, 36, New Hampton — Bench Warrant

*In addition to the above arrests, two adults were taken into protective custody for Involuntary Emergency Admissions for mental health emergencies.

Identifying information for juveniles, and persons placed into protective custody are not released.

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Sun.-Tues.: 1:15, 4:15, 7:15 PM

DR. SEUSS' THE GRINCH PG
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Newfound Area Churches Advent services begin Dec. 5

BRISTOL — The annual Newfound Area Churches (NAC) mid-week Advent services will be at the following locations for the three services. Each week, the noontime service will be followed by a light lunch.

The Advent services are at the Hebron Union Congregational Church on Dec. 5, New Hampton Community Church on Dec. 12, and Bristol United Church of Christ on Dec. 19. For more information, please call 744-3885.

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Cryans upsets Kenney in Executive Council race

BY TARA GILES
tara@salmonpress.news

REGION — In his fifth run for the seat, Hanover Democrat Mike Cryans secured a spot last week as one of the five Executive Councilors in the state. Cryans will represent District 1, which includes 109 towns and four cities. The district spans two thirds of the entire state.

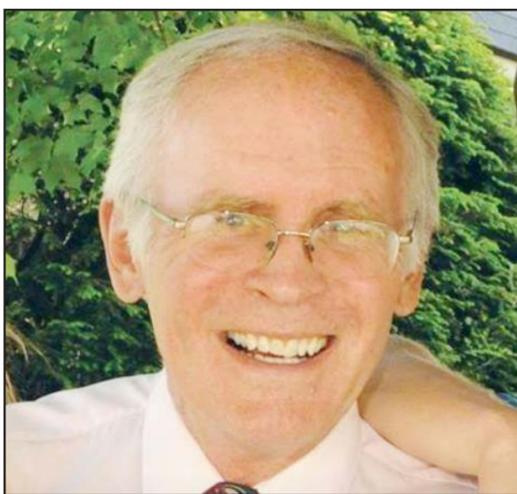
“This is proof that persistence really does pay off,” said Cryans after his win.

For the first time since 2014, the council will have a Democratic majority.

The job of the executive council is to review appointments made by the governor to include all of the judges through-

out the state. The council advises the governor on all matters and provides a check on the governor's power. While the governor has the right to veto legislation and commands the New Hampshire National Guard, the council has veto power over pardons, nominations and contracts that exceed the amount of \$10,000.

Cryans said, “I'm pleased regarding the win and am looking forward to the opportunity to serve for the next two years. There are a lot of wonderful things that can be done to help the people in district 1. This is an awesome responsibility and a tremendous opportunity.”



COURTESY
Former Grafton County Commissioner Mike Cryans won the seat for Executive Councilor District 1 last week, unseating Republican Joe Kenney.

Cryans went on to say, “District 1 is unique because of its size and

distance from Concord. There needs to be a strong constituent service. I need to be available to individuals as well as to the towns, select boards and other counsels that are asking for help. Sometimes there are issues that take up an entire area, such as Northern Pass, which is something that affects the entire district.”

On moving forward Cryans said, “I think once you're elected you represent everyone. It's not a Democrat versus Republican issue. Sometimes things tow the party lines

a bit but there are things that affect everyone such as the opioid issue. That is a concern for all of us.”

Cryans said that there should always be more wedding announcements and birth announcements in the paper over obituaries. To him, that shows that young people are willing to stay in the area. His goal is to work on ways to keep young people eager to stay in District 1.

Cryans first ran for Executive Councilor against Ray Burton in 1996. He will assume his new role in January.

Hiking trail update from the Slim Baker Foundation

BRISTOL — This past September, the Slim Baker Foundation, with the help of Boy Scout Troop 59, worked to construct a new section of trail mapped out in 2016 for hiking and snowshoeing on its conservation land near Little Round Top Mountain in Bristol. Work on the construction of the new

trail is ongoing with the goal of opening it later in the year.

The project started in 2016 with mapping work, funded in part by a Quabbin to Cardigan Initiative (Q2C) trail grant and an award from the Newfound Area Charitable Fund which has helped to further the Foundation's efforts

in constructing this nearly one mile of new trail in the undeveloped eastern half of its property and opens up another section of the property to hikers and snowshoers.

In the spring of 2018, the Foundation received an award from the Newfound Area Charitable Fund
SEE TRAIL, PAGE A11

Red Cross in need of donations to stem blood shortage

MANCHESTER — The American Red Cross is facing a severe blood shortage and urgently needs blood and platelet donors to give now to avoid delays in lifesaving medical care for patients. Volunteer blood drive hosts are also critically needed to prevent the shortage

from worsening this winter.

During September and October, the Red Cross collected more than 21,000 fewer blood and platelet donations than what hospitals needed. Blood donors of all blood types, especially type O, and platelet donors are urged to

make an appointment to donate at RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767).

Fewer blood drives in September and October coupled with hurricanes Michael and Florence, which caused thousands of blood and
SEE BLOOD, PAGE A11

Keep the Heat On! It's all about community

PLYMOUTH — Neighbors helping neighbors. That's what we're known for in New Hampshire. The Plymouth Area Community Closet (PACC) and the Keep the Heat On (KTHO) Committee are grateful to our generous friends who have responded to the urgent appeal for fuel assistance funds for our neighbors.

Unlimited owner Carol Dunn will host her Holiday Fashion Show as a KTHO fundraiser, donating a percentage of the profits from sales that evening as well as the proceeds from her fabulous raffle to our cause. Thanks to Carol, her volunteer models, and her staff for helping customers choose the perfect holiday outfit or gift, and for putting on such a

fun evening for KTHO!

Sponsors are signing on to help in a big way, new auction and raffle items are coming in every day, and the KTHO committee is gearing up for the gala event on Jan. 16, 2019, at the Common Man Inn!

The evening will include a silent auction, raffle, and buffet dinner supplied by more
SEE HEAT ON, PAGE A11

Newfound Memorial Middle School honor roll

BRISTOL — Newfound Memorial Middle School has released its honor roll for the first marking term of the 2018-2018 school year.

Eighth Grade

High Honors: Alexis Braley, Romeo Dokus, Paige Fischer, Macaelyn Hamilton, Jeffrey Huckins, Lillian Karkheck, Taylor Mooney, James Paratore, Brynn Sidelinger, Mikayla Ulwick, Danielle Walker

Honors: Malina Bohlmann, Destany Bony, Katelyn Butler, Emma Carlson, Reuben Caruth, Leah Deuso, Rebecca Dillon, Dalton Dion, Mattison Douville, Austin Fournier, Teagan Gilpatric, Emily Huckins, Adam Klapyk, Benjamin LaPlume, Rohan Magrauth, Adelaide McGowan, Molly Lu McKellar, Alexis Moore, Andrew Murray, Peter Ntourntourekas, Sydney Owen, Chloe Parker, Myles Perry, Gretchen Reynolds, Sophia Ritchie, Jillian Robie, Colby Rose, Samuel Sanborn, Lilian Schultheiss, Quinn Van Lingen, Elizabeth Wentworth, Hayden Wilkins, Sofia Wucher

Seventh Grade

High Honors: Lydia Bartlett, William Bednaz, Isabel Braley, Tobias Eckert, Mason Farmer, Evan Foster, Electra Heath, Chloe Jenness, Nicholas Mazur, Benjamin Smith, Moriah

Smith, Kaitlyn Sweeney

Honors: Emma Adams, Mika Austin, Emily Avery, Samuel Avery, Ryleana Barney, Hannah Bassett, Lucie Beauchemin, Matthew Bird, Joshua Blouin, Savannah Bradley, Katelyn Cabral, Abby Carlson, Angelique Collins, Hayden Dolloff, Jolee Dumont, Broderick Edwards, Brian Garrett, Soraya Glidden, Olivia Hanley, Diana Hart, Sophia Jean, Jacquelyn Jenna, Isabelle LaPlume, Santiago McCulloch, Izabella Monroe, Ricky Moran, Savannah Muzzey, Tara Ness, Zoe North, Chloe Paddock, Lauren Paige, Brandon Peterson, Riley Porter, Masin Robbins, Isaac Robert, Kylee Stevenson, Makenna Tullar, Samuel

Worthen

Sixth Grade

High Honors: Whistler Broome, Calvin Colby, Maia Cutting, Mia DiFilippe, Jordan Edwards, Vanessa Frasca, Nicholas Gilbert, Josie Halle, Robert Jarvis, Skyler Lacasse, Mia LeBrun, Carter Master-son, Alexandra Mooney, Isaac Parks, Isadora Robert, Tess Sumner, Amelia Tullar, Mikhaila Washburn

Honors: Charles Alan, Makayla Anair, Brayden Cullen, Adeline Doll-off, Tegan Drake, Alexander Fleming, Molly Hunewill, Brayden Jenkins, Ian MacDonald, Tucker Magrauth, Alexandra Normandin, Isabella Seefeld, Meadow Sharp, Devon Towne, Colin Van Lingen, Haley Yeaton

Christmas Eve service at Bristol Baptist Church

BRISTOL — Bristol Baptist Church, located at 30 Summer St. in Bristol, will be observing their Christmas Eve service at 7 p.m. this year. For more information, please call 744-3885.



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CADY Corner

Protecting our children from the dangers of marijuana edibles

BY DEB NARO
Contributor

You no doubt have recently read or heard the news of the four students from Timberlane Regional Middle School in Plaistow, who were sickened after eating marijuana-laced chocolate. In fact, one student was taken to the hospital.

Marijuana edibles are anything that can be eaten which a manufacturer has infused with marijuana. They come in various forms and many times are hard to distinguish from regular foods. They can be baked goods like cookies and brownies, candy like chocolate bars, lollipops, gummy bears, and chewable candies. There are also marijuana-infused drinks that look like soda or lemonade.

Only qualifying patients and designated caregivers who have a valid New Hampshire registry identification card are allowed by law to possess and use therapeutic cannabis. How much therapeutic cannabis can a qualifying patient have? The maximum amount is two ounces; having more than two ounces at any time is against the law, and criminal penalties and fines may be given for having more than the allowed amount.

The dosage amount of THC listed on packaging is a recommended adult serving. A child may not think twice about eating one or two "cookies" or a handful of "gummies." This, however, puts them at serious risk of toxicity. Some symptoms may include dizziness, anxiety, para-

noia, hallucinations, difficulty breathing, and panic attacks. Those smoking marijuana feel the effects right away, but edibles can have a delayed effect, taking one to four hours to feel the effects.

Laws require products containing marijuana to have clear medical marijuana labels with serving sizes, a list of warnings, and child-resistant packaging. If the packaging is tossed, though, the snack may look like any other snack. Children cannot tell the difference! That is why it is extremely important to treat edibles like prescription drugs that can pose dangers to children. Store all therapeutic cannabis products in the original child-resistant packaging, in a secure and locked container, in an "out-of-sight" and "out-of-reach" location, and away from other foods so they cannot be mistaken for "regular" food.

Help prevent youth from using marijuana. Young bodies and developing brains cannot handle even a small amount of marijuana. Talk often, listen carefully, and stay positive. When a teachable moment arises, take advantage of the situation and talk about it. Explain how marijuana damages a growing brain. Using marijuana makes it hard to learn and remember information, and the more marijuana is used, the more learning and memory problems increase. Talk to young children about not eating or drinking

SEE CADY, PAGE A11

PETS of the Week Butterstix and Banana Paws



Meet these beautiful five month old guinea pigs who might as well be sisters.

Butterstix is a gorgeous American Tortoise shell and her bff Banana Paws, who is a darling little American Tri-color are about as friendly as a guinea pig can get. These two little ladies love cuddles and are very active li'l beauties who have been with us since early September while they wait for their forever human caretakers to visit and take them home. They are fantastic with kids who are at least in elementary



school and are eager to reveal their outgoing curious personalities to that perfect family.

Dining mostly on fresh veggies, a vitamin C daily sup-

plement and a small amount of guinea pig pellet food, and of course fresh water will keep these two snuggle bugs as happy as can be and they will cer-

tainly reflect the love you shower them with back tenfold. They are a pair to behold and enjoy and will add that extra special positive energy to your home.

Letters to the Editor

Bristol's fund balance is the result of overtaxing and mismanagement

To the Editor:

Last year's Bristol budget was reduced by the taxpayers at the annual town meeting; that is to say, the "proposed" budget increase was reduced from an unwieldy 12 percent to a more manageable 4.4 percent over the previous year's actual expenditures.

There were those who predicted an end to town government services as we knew them. That never happened; what did happen: town employees received their merit increases; an additional \$120,000 increase in health insurance costs for employees was covered; lawsuits against the town were covered; and a number of small emergencies and non emergencies, (new Web site agreement, new entry to the police department, replacement of police SUV, etc.) were funded.

The reality is that the Town of Bristol has been over budgeting and taxing for the past 15 to 20 years. The result is that unexpended funds go into an unassigned fund balance that can be used in a number of ways. During the previous year, the unassigned fund balance accounted for 17 percent of the budget. After this year's adjusted budget was passed, the town is anticipating returning approximately \$150,000 to the unassigned fund balance. This might be credited to better management by department heads or selectmen; but one thing is clear — taxpayers have benefitted from a more realistic budget process.

Paul Simard
Bristol

You are being fooled with financial sleight of hand

To the Editor:

SAU4/Newfound Area School District (NASD) and the school board are using sleight of hand to fool the voters that they need \$3 million in the budget to operate the district. The deception is to say nothing or very little about the bloated budget to the voters, so the voters stay un-informed. Sure, they have their meetings and present their budgets, which includes public comment, but when public comments are made they in most cases never respond nor listen. Why? Well, maybe the more they say, the more they show their arrogance. As a last resort they will say it's about the students or safety to get everything they want. Don't be fooled.

I'm a numbers person; I work all day with numbers, and you can make them sing to your favor and that is what they are doing with your tax dollars. Here are some examples:

1. Added \$800,000 to the budget for a one-time expense, yet they kept it in the budget (Sure, maybe the voters won't notice)

2. They had \$1.5 million left over on last year's budget and that is after trying to find ways to spend it to reduce it to \$1.5 million (sure, maybe the voters

won't notice)

3. There are more than 20 students who are home or privately schooled which is a saving to the district of \$300,000 to \$400,000 (sure, maybe the voters won't notice)

4. Our schools accommodate about 2,200 students, there are currently about 1,100 students which means our schools are only half filled (sure, maybe the voters won't notice)

5. They also wash over the fact each year there are less students attending NASD (sure, maybe the voters won't notice)

This waste needs to stop, and all this money given back to the taxpayers. Shame on them not trying to find ways to reduce your taxes but would rather spend more of them.

Remember, they are over taxing you by at least \$3 million every year so mark your calendars for the Feb. 2 deliberative session to lower your taxes by removing this waste. Ask for an absentee ballot if you will be away when the final vote takes place in March. Take a stand and live free or die!

John Sellers
Bristol

It is an honor and a privilege serving you

To the Editor:

During the past five months, I traversed the 27 towns in our district, listening to you to shape our legislative priorities for the coming session. We've laid a solid foundation for delivering a better future for our families, businesses and institutions. Now it's time to build on that foundation.

I remain committed to ensuring that state government provides a business climate that promotes opportunities for success and prosperity as we continue attacking the problems that are affecting our loved ones and our families. Substance abuse, mental health, health care costs and education will be high profile issues in the coming session, and we'll be working hard to address them, effectively and sensibly.

I do hope you'll come to Concord to visit our beautiful State Capitol and share your thoughts and ideas with me. My door is always wide open, and you are always welcome. And you can email me at bob.giuda@leg.state.nh.us.

As Veterans Day approaches, please join me in thanking our military veterans for their service to our nation.

Thank you for the honor and privilege of serving as your State Senator.

Sincerely,

Bob Giuda
State Senator
NH District 2
Wentworth

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

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

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The cutting of a public tree can be the unkindest cut of all

People who work in wildlife management and research will tell you that their expertise on more obscure species is grudgingly accepted, yet many hunters consider themselves experts on deer. Similarly, just about anyone who cuts grass, weeds a garden, or trims a shrubbery might consider himself an expert on trees.

This trait of human nature is often accentuated when public officials find themselves in trouble for the removal of trees that people have long come to consider "theirs." These are trees seen as held in common, and thus somehow almost living forever--almost sacred. And when they are suddenly gone, sometimes seemingly overnight, it comes as a public shock.

This phenomenon, and how it can play out in the media, was illustrated two decades ago by a public outcry over the sudden removal of Stratford Hollow's cemetery trees on Route 3. And it was most recently demonstrated by the cutting of trees on Whitefield's town common.

+++++

Over a lot of years of thinking about trees, and their place in the scheme of things relat-

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



ed to ours, I've come to at least one conclusion: People tend to view trees in relation to their own lifespan--their own likely time on the top side of the sod.

This was most clearly brought home to me back in the '80s, when I launched an effort to get some fairly large trees planted in downtown Lancaster. Like so many citizens who had been around when hundreds of big elm trees shaded the town, I did not want to wait for little skinny saplings to get big. Lucy Wyman, who has been so often willing to step forward on community projects, stepped forward on this one too.

One thing I learned from this effort, which ultimately failed, was that it was relatively easy to raise money if you said something like "We are talking big trees here, not little saplings--trees at least six inches in diameter that will become big, leafy, wonderful shade trees during your very own lifetime."

And indeed we were. I'd found a place out in the Midwest that specialized in almost-mature trees,



Trees are more than just trees when seen as somehow permanent, but in most of the North Country trees have a pretty brief life.

JOHN HARRIGAN

roots all balled up and ready to go. We'd received offers of free

hauling--fuel costs to be raised by selling raffle tickets for firewood

or something--from local truckers, who also seem so ready to step up for any public cause.

+++++

Stratford Hollow's plight over the cutting of its famous cemetery white pines was certainly made all the more painful by damage to graves and headstones, and perhaps more particularly the resultant exposure of damage from the past.

Whitefield's situation was made worse, I think, by a loophole in town ordinances that negates the necessity of advertising something like the removal of trees on the town common if it can be listed as "maintenance." If ever there was a good illustration of a bad loophole used badly, this was it.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Local EMT recognized for 20 years of service

BRISTOL — Christopher Dolloff, Deputy Chief of the Bristol Fire Department was recently recognized by the Board of Directors of the National Registry of Emergency Medical Technicians (NREMT) for achieving 20 consecutive years of National EMS Certification. This distinction is an honor held by few EMS professionals.

To maintain his status as a Nationally Registered EMT, Dolloff completed, on a biennial basis, the most comprehensive recertification program for EMS professional in America.

By maintaining his National EMS Certification and completing regular continuing education courses, Dolloff has

demonstrated his commitment to providing exceptional prehospital emergency medical care.

Dolloff was Nationally Registered as an EMT-Basic in 1998, and is currently an Advanced EMT. He has been serving the town of Bristol as an EMT for the last 20 years, and also serves as a Lieutenant at the Concord Fire Department.

The National Registry of Emergency Medical Technicians serves as the National EMS Certification organization by providing a valid, uniform process to assess the knowledge and skills required for competent practice by EMS professionals throughout their careers and by maintaining a registry of certification status.

White Mountain Toastmasters hosting Winter Holiday Party

PLYMOUTH — Members of the public, club members and guests are invited to the White Mountain Toastmasters holiday party on Wednesday, Dec. 5 at the Common Man Inn and Spa. The doors will open at 5:30 p.m., when everyone will be able to order food and drinks from a dedicated server.

The club will provide light refreshments and holiday treats. Our holiday celebration will include a silent auction, 50-50 raffle, and a

new idea: you create a table center piece! Everyone will vote for the "Best Center Piece." All of the center pieces will be added to the silent auction, as well, and whoever donated the winning Best Center Piece gets to choose one to take home.

The program will begin at 6:30 p.m., and guests can get a sense of what Toastmasters is all about. The Toastmasters club mission is to provide a supportive and positive learning experience in which

members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. We have fun as we pursue our personal and professional goals of being better communicators and leaders. There is an urgent need in our world for people who are excellent listeners and communicators!

If you are ready to learn about how to take the next step toward your life goals, please

join us for this evening of fun, connection and inspiration! RSVP to Carol Hart, VP Membership: 344-7029 or carolhart@dunadd.net, or Sarah Dreshaj, VP Public Relations: 726-0127 or sarah332003@yahoo.com. We would love to meet you.

Toastmasters International is a global network of more than 357,000 members in the 16,600 clubs across 143 countries and is the world leader in communication and leadership development.



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TOWN OF HEBRON

PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on **Thursday, November 15, 2018 at 6:45 p.m.** in the Public Safety Building meeting room located at 37 Groton Road.

The purpose of the hearing is to expend funds from the following Capital Reserve Funds entitled:

- "Communications"
- "Dry Hydrant"
- "Road Emergency Repairs"

Hebron Select Board,
Patrick K. Moriarty, Chair
John W. Dunklee, Vice-Chair
Paul S. Hazelton, Selectman

John Dimichele, Sr., 90

CONCORD — John F. Dimichele, Sr., 90, formerly of Groton, where he lived for 26 years, and then Bridgewater for 11 years, died Oct. 30, 2018.

Born March 30, 1928 in Peekskill, N.Y. to Angelina and Lino Dimichele. His parents were from Italy, and had five children born in the U.S., of which John was the fourth.

His carpenter apprenticeship started in 1947 to 1951, when he became a journeyman carpenter in Peekskill, N.Y. Local 163. John was a carpenter for over 64 years. He loved his work.

John entered the Army from May 1952 to 1954. He married Dolores Orlando April 1952. They had a son, John, and a



daughter, Susan. His wife passed away in 1970. Basic training was at Camp Breckenridge, Ky. with the 101st Airborne infantry. He was stationed in Gablingen, Germany in the NCO Academy in charge of the training aide section.

John married Gloria Nelson, who had two sons, in 1979. John and Gloria lived in the old Bloodstone Manor in Groton for 26 years, and moved to Bridgewater in

2005 for 11 years before retiring to Havenwood Heritage Heights Retirement Community in 2016.

John is survived by his wife, Gloria; son John and Robin Dimichele, Naples, Fla.; daughter Susan and Robert Heady, Putnam Valley, N.Y.; stepson Roy and Grace Nelson, Millerton, N.Y.; stepson Ronald and Nancy, Carrollton, Texas; seven grandchildren; two great grandchildren; many nieces and nephews; and a sister, Dolores Dimichele, Jefferson Valley, N.Y.

Assistance was provided by the Cremation Society of New Hampshire, with burial at the New Hampshire Veterans Cemetery, Boscawen.

Towns

Alexandria

Merry Ruggiello 744-5383
sunshine_eyes51@yahoo.com

The beginning of last week wasn't the greatest, but the ending was fabulous! I have arrived home from surgery and rehab! Still have physical therapy to continue to get the hip strengthened more, but I'll get there. Thank you to those who sent cards, said prayers and visited me. I am truly humbled by the outpouring of love and encouragement on this journey.

Town

Board of Selectmen meeting Tuesday, Nov. 20 at 6 p.m. in the Municipal Building. Immediately following the Board of Selectmen will meet with the following representatives of the Transfer Station, Planning Board and Town Treasurer to discuss their respective budgets for 2019.

The Planning Board will not be meeting on Wednesday, Nov. 21 due to it being Thanksgiving Eve. They did vote at the meeting in October to meet on Nov. 14 instead.

Alexandria UMC

Thursday, Nov. 15, Office Hours and Visitation from 11 a.m. until 6 p.m. Prayer on Sunday's Scripture at 2 p.m. and Prayer Shawl Ministry at 2:30 p.m.

Sunday, Nov. 18 worship begins at 9 a.m., and will be based on Mark 13: 1-8. Sunday School will follow worship at 10:15 a.m. Please note that the breakfast that was scheduled for the children has been postponed. Snacks will be served.

Happy Birthday, Kayleigh Hall, on Nov. 12.

The Third Annual Thanksgiving Dinner has been cancelled. Thank you to those who have called to offer help, and to make reservations.

Time for me to get out into the fresh air and sunshine for a short walk around the yard. Along with the exercises, walking is essential to the healing process. Have a good week, and safe travels to those who are not staying home for Thanksgiving.

Groton

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

Thanksgiving Dinner

We will be having a special Thanksgiving meal for Groton Residents Sunday, Nov. 18 at 11:30 a.m. at the Town House. Seniors and others invited. Bring a dessert to share if you can.

Children's Gift Tree

There is a small Christmas tree in the front hallway at the Town Hall with tags for the children who are in need of gifts for Christmas. Come by and choose a tag (gender and age on each). Bring back the gifts to the Town Hall by Dec. 15. Cash donations will also be greatly appreciated as well as warm coats, hats, and mittens. We will also be assembling food baskets for needy families and non-perishable food items as well as cash donations toward the purchase of perishable items. Thank you, Elizabeth Jespersen, for organizing this again this year.

It may be old news, but the election results from Nov. 6 are posted at the Town Hall.

Scheduled Meetings and Office Closures:

Select Board Work Session - Tuesday, Nov. 20 at 5 p.m. at the Town House

Select Board Meeting (open to the public) - Nov. 20 at 7 p.m. at the Town House

Planning Board Meeting Wednesday, Nov. 28 - 7 p.m. at the Town House

The Select Board Office will be closed Nov. 21 and 22 for the Thanksgiving Holiday; The Town Clerk/Tax Collector's Office will be closed Nov. 22 and 23.

Total of all taxes due to the Town as of Nov. 12 are \$128,411.69. The 2018P02 tax bills will be released sometime this week with a due date of Dec. 14.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Area Women's Group

The Hebron Area

Women's Group will be meeting on Thursday, Nov. 15, at the Hebron Congregational Meeting Room, at noon. Our guest speaker is Barbara Carpenter, who will demonstrate making decorative paper boxes for gifts. Our Hostesses are Barbara Stevens, Debbie James, and Sue Jackson. Please bring non-perishable goods for the Bristol Food Pantry. All area residents are welcome.

Bridgewater Turkey Trot Nov. 22 9 a.m.

Thanksgiving Day!
Newfound Country Store, 408 Mayhew Turnpike, Bridgewater; Preregistration Nov. 1 through the Morning of the Trot at Newfound Country Store or register the day of the Trot @ 8 am. Trot begins at 9 a.m.! This year we will be raising money and or donations for the benefit of families from the Newfound Area. This Charity helps provide clothing, gas cards, gift certificates and dinner boxes for local families. ANY/ALL donations accepted! Cash/Check/Gift Certificates or Raffle & Silent Auction items anything that you can contribute! *Please make checks out to "Bridgewater Turkey Trot." This is an open donation event and the first 250 people to sign up get a t-shirt. There is also a 50/50 Raffle available at the cash register in the store... tickets are \$1.00 each and the winning ticket will be drawn Thanksgiving Day!

An Old Fashioned Tree Trimming

Please join the B-HVS PTCO for an old fashioned tree trimming on Friday, Nov. 30 at 3:30 p.m. At the Hebron Gazebo.

Families and community members are invited to celebrate the season.

On this special afternoon, we gather to hang unique decorations created by the B-HVS student volunteers. Enjoy holiday music, delicious hot chocolate and homemade goodies.

If you have any questions, please contact Kathleen Connor at kconnor@sau4.org or 744-6969.

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.

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:

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

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

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

Alcoholics

Anonymous Group:
Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love 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 unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays

Pastor: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service
Sunday School: 10 a.m.

Notes

Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours

Main Office - Monday through Friday - 9 a.m. to noon

Pastor's hours: Mon. thru Thurs. - 9 a.m. to noon and other times by appointment

Rev. Andrew's Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

Weekly Events:

Mondays

A.A. Step meeting - 7:30 p.m.
Bible Study - 7 p.m.

Tuesdays

Bone Builders - 9:30 a.m.
Senior Crafts: 9:30 a.m.
Senior Luncheon - Noon
AA Discussion - 8 p.m.

Wednesdays

Morning Reflections continue through the month of November with Rev. Andrew moderating.

We are presently gathering at 7:30 a.m. on Wednesday mornings in Fellowship Hall. Coffee is provided. Come join us!

Fridays

Bone Builders - 9:30 a.m.

Monthly Events

WIC (Women/Infant/Children) Clinic - 2nd Monday at 8:30 a.m.
Postponed until Nov. 19 due to Veterans Day.

T.E.A. (Time, Encourage, Accept) - for Women 3rd Tuesday at 4 p.m. They will continue to meet for the months of November and December. Meeting place varies.

Women's Fellowship - Next meeting - Thursday, Nov. 15 in Fellowship Hall at 10 a.m. (Breakfast at Gilly's at 8 a.m. prior to meeting!)

Next and final craft meeting for our Christmas Bazaar on Dec. 1 will be on Monday, Nov. 19 downstairs in the church at 11:30 a.m. Bring a sandwich and come for craft and/or fellowship!

Choir rehearsal continues at 4 p.m. every Wednesday.

Ongoing

Bristol Community Services is in need of soups, spaghetti sauce, baked beans, canned veggies, Chef-Boyardee type meals, jelly, spaghetti, tuna fish and canned fruits.

Please help if you can!

Events

Our delicious pot roast supper was held on Saturday, Nov. 10. Everyone who attended was treated to the usual excellent cuisine!

Taking a break in December, we will resume on Saturday, Jan. 12 with a chowder supper!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.
Take Out Available: 744-8132

The ukelele band is now in full swing! If you are interested in joining, please contact Debbie Doe.

The band is getting together once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice, and once they feel comfortable about playing, they will share their music with the congregation.

Rev. Andrew has indicated that several people have approached him with interest in meditation as a self-care practice. Please contact him if you are interested in having a weekday program for meditation. It's possible the group could meet and learn and practice a different meditation technique at each session. Remainder of the hour would be for quiet, individual meditation in whatever style works for you. Based on interest, we will then proceed to scheduling.

Save the date! Our annual Christmas Bazaar will be held on Saturday, Dec. 1 from 9 a.m. to 1 p.m. Come browse and do some Christmas shopping from our selection of handmade crafts, ornaments and wreaths. Homemade baked goods will also be available! YUM!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

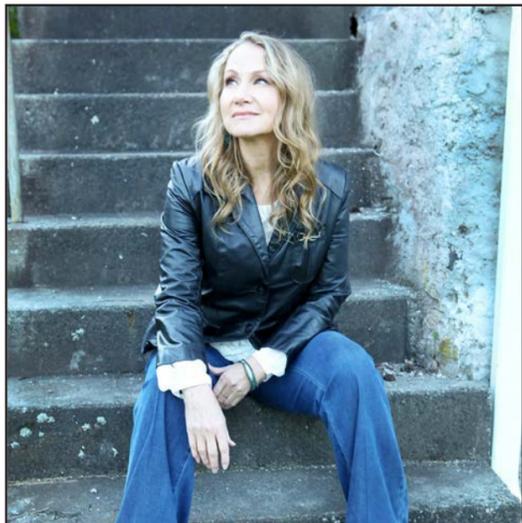
Holy Trinity (Roman Catholic)

Construction on the Holy Trinity Christian Life Center is progressing pretty much on schedule. The basement is finished, but the concrete slab has taken longer because of the rain. The old hall has been demolished. The gates to St. Matthew lot will have to stay closed for the time being because the exterior and interior walls will be stored in the lot until they are installed. The university has generously allowed us to use the lots on both sides of High St. where they intersect with Langdon. It is very important that you don't park on Langdon on the left hand side (the side across from the church) as you will get ticketed. Parking is still allowed on the right hand side of Langdon, as well as the lot right across from the church.

The Day Away program provides their caregivers a much-needed respite and relief from constant care and responsibility every Thursday from 9 a.m. to

3 p.m. For the participant, activities include games, crafts, sing along, bingo, local entertainment etc.

Volunteers are needed from 8:30 a.m.-noon or 11:30 a.m.-3 p.m. Contact Sandra Coleman RN, BSN by email sjrhett@SEE CHURCHES, PAGE A7



COURTESY

The Flying Monkey Performance Center welcomes Joan Osborne's Dylanology featuring special guests Anders Osborne & Robert Randolph on Friday, Nov. 30 at 7:30 p.m.

Joan Osborne brings all-star Bob Dylan tribute to Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center wel-

comes Joan Osborne's Dylanology featuring special guests Anders

Osborne & Robert Randolph on Friday, Nov. 30 at 7:30 p.m. Tickets

for this concert start at \$49. "I try not to do a

straight-up imitation of what someone else has done," Osborne says. "Like, if you're going to sing an Otis Redding song, you're never going to out-Otis him, so you shouldn't even try. So I always try to find some unique way into the song, and also to pick songs where the intersection between the song and my voice hits some kind of sweet spot. It is a joy being able to sing these brilliant lyrics. It's like an actor being given a great part. You are just so excited to say these lines because they're so powerful that it lifts you up above yourself."

With powerful songs, you need a powerful band, and Osborne has selected some of the best in the business. Dylanology also features New Orleans roots rocker Anders Osborne on guitar and vocals, as well as Robert Randolph on

his famously soulful pedal steel.

"Everyone knows Joan's take on Dylan is superb, adding Anders and Robert will definitely put a hip edge to it. It's just a really cool show- it's going to be over the top," said Seth McNally of The Flying Monkey.

With performances honed by the time Osborne spent polishing them during "Joan Osborne Sings The Songs Of Bob Dylan" — two critically acclaimed two-week residencies she performed at New York City's Café Carlyle in March 2016 and 2017, the seven-time Grammy-nominated, multi-platinum-selling singer and songwriter, whom The New York Times has called "a fiercely intelligent, no-nonsense singer," winds her supple, soulful voice around Dylan's poetic, evocative lyrics, etching

Churches

FROM PAGE A6

roadrunner.com or call at 536-6304 for more information.

We are in the middle of updating our database. If you have had a change of address, phone number, email, or marital status, or if you have children that are no longer living at home, please forward that information to Christine at holytrinity-bridistol@gmail.com.

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Our Mission Statement: Just One More!

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

Episcopal Churches: Holy Spirit, Plymouth St. Mark's, Ashland

All Saints Day was celebrated last Sunday, remembering loved

ones who have died, but celebrating new hope with two Holy Baptisms.

The Weld Wednesdays will continue at 5pm at Holderness School with the study of Bishop Michael Curry's book, Crazy Christians. For more information please contact Rev. Kelly at 536-1321.

The Bells at St. Marks will ring out on Sunday to mark the 100th anniversary of the end of World War I. In 1918, church bells around the world rang 11 times at the 11th hour of the 11th day of the 11th month. NH Veterans for Peace and the NH Council of Churches ask congregations to ring their church bells on Sunday, Nov. 11 to share this message: NOW WE RING BELLS AGAIN, MANY BELLS, MANY PLACES, 11 TIMES, AT THAT SACRED MOMENT. WE REMEMBER THE SOLDIERS AND CIVILIANS KILLED IN WARFARE IN EVERY COUNTRY, AND WE COMMIT TO WORK AND PRAY FOR PEACE, to proclaim our faith in the Prince of Peace who calls us not to "learn war any more" (Micah 4:3)

Angie Criscuolo thanks everyone who has brought coupons to church and she would appreciate if people would continue to do so. Angie distributes these to those in need.

IMPORTANT DATE: Christmas in Ashland Friday, Dec. 7. Claudia Willette and helpers will again feature a Chowder Supper in Sherrill Hall and this year St. Marks will hold a Craft Fair from 4-7 p.m. downstairs in Sherrill hall. Crafters are invited to reserve a table for a donation of \$10.

Our outreach program for November is to collect diapers for New American Children Living in New Hampshire. This program was a huge success last year and the parents have shared their gratitude with us over and over again; thus, we will repeat the program for 2018. Diapers or checks to purchase same can be left at the back of the church. They will be distributed by Deacon Maryan.

If you know of a group that would like to use Sherrill Hall for a gathering or a meeting, please check the calendar in Sherrill Hall to avoid conflicts, or call

the office, 536-1321, for help in scheduling.

Parkinson's Disease Support Group in Plymouth. More information about group or meeting schedule or to be added to the mailing list, call Diane Sherman at 653-6672.

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.

This week at Starr King:

Nov. 18 - Sunday Worship - Greetings and Thanks

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director and Choir

Join us as we give greetings and thanks in a way that deeply connects us and sustains us. Using the Haudenosaunee Thanksgiving Prayer, we'll reimagine Thanksgiving as a holiday on which we might experience profound gratitude and belonging.

Religious Education - Heart: Connection to UU Principles and Gratitude activity

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

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How seniors can care for their skin

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

How Does the Skin Change?

As they say, the one thing you can count on in life is change. That certainly applies to our skin as we begin to age. Years of exposure from the sun's ultraviolet (UV) light diminishes the skin's elasticity, while the natural thinning of the epidermis (surface layer) causes the skin to have a more transparent appearance. Dry, itchy skin and wrinkles are also quite common. These changes, and others, can affect the skin even more depending on environmental and lifestyle factors, as well as health conditions such as kidney disease and diabetes.

While these changes may not seem like cause for alarm, they can allow seniors to become much more susceptible to certain skin infections and diseases. A bacterial infection or parasitic infestation can lead to

serious harm and may even be life-threatening if not treated properly. Fortunately, there are a number of tips senior clients can follow to help protect and improve their skin.

Senior Skin Care Tips

Protection from the sun:

Apply a broad-spectrum, water-resistant sunscreen with SPF 30 or higher to any exposed skin. Reapply every two hours, or more often if you've been sweating heavily or if you've been exposed to water.

Avoid going outside when the sun's UV rays are most intense. During the summer, this is usually between 10 a.m. and 4 p.m.

Wear a wide-brimmed hat to protect the face, neck, and eyes.

Wear UV-blocking sunglasses.

When bathing:

Only use lukewarm water when bathing as hot water can remove the skin's natural oils,

and be sure to keep baths or showers to no longer than 10 minutes.

Replace bar soap with fragrance-free cleanser emollient.

Trade bath brushes or other scrubbing tools for a soft cotton washcloth.

Apply fragrance-free moisturizer (formulated for dry skin) after bathing and periodically during the day.

Avoid using bath oil when bathing as it can greatly increase the risk of slips and falls.

Examine your skin often for skin cancer by using the ABCDEs of melanoma (the deadliest form of skin cancer). If you identify any moles or brown spots with the following, contact a board-certified dermatologist right away.

A - Asymmetry: One side doesn't match the other.

B - Border: The border around the spot or mole is poorly defined or irregular.

C - Color: There are multiple colors (tan,

brown, and black) present.

D - Diameter: The diameter is greater than 6mm.

E - Evolving: The spot is changing in size, shape, or color.

Other tips:

Use a humidifier to keep the indoor humidity level somewhere between 44-60 percent. The dryer the air, the more likely the skin will become dried out and itchy.

When possible, avoid perfumes, colognes, or other products that contain fragrances.

Avoid using sunlamps and tanning beds.

Use gloves when doing any gardening or cleaning to help prevent the skin from being exposed to harmful chemicals or other ir-

ritants.

Comfort Keepers® Can Help

Our skin is technically considered our largest organ, and yet we don't always give it the attention and care it deserves. Doing so is crucial as we get older, and it may even help reduce our risk of serious illness and death. At Comfort Keepers®, our job is to help senior clients live as comfortably and safely as possible - and to that end, our trusted caregivers will help them follow the best practices above. We can also provide transportation to and from any scheduled dermatology appointments, or other locations.

For more information about how we can help senior clients,

contact your local Comfort Keepers location today.

About

Comfort Keepers

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

Physicians from Speare Memorial Hospital answer men's questions about health at upcoming event

PLYMOUTH — What is erectile dysfunction? How can I prevent acid reflux? Should I be worried about a strange new pain or discomfort? What should I be doing to improve my heart health? How can I reduce my stress level? If my father had glaucoma, will I?

At times, some men are reluctant to see a physician to address medical concerns. Speare Memorial Hospital hopes to make that easier at their annual It's A Guy Thing on Wednesday, Nov. 14 at Boulder Point in Plymouth. That evening a panel of physicians will address "Everything You've Always Wanted to Know About Men's Health & Aren't Afraid to Ask!"

The event kicks off at 5pm with a buffet catered by Biederman's Deli & Pub and a beer tasting from Woodstock Inn Brewery. The program begins at 6pm with a brief introduction of the new Acid Reflux & Heartburn Center and the new Weight Loss Surgery Center at Speare, and concludes at 8pm. Attendees can submit questions to the panel before or at the event. Free raffle prizes include a luxury bag equipped with Eddie Bauer, London Fog, and Sharper Image items, Wilson Tire four-wheel alignment gift certificates, \$50 Aubuchon Hardware gift certificate, and more!

It's A Guy Thing -- Wednesday, November 14th at Boulder Point

in Plymouth from 5 to 8 p.m. Get your health questions answered! Space is limited and preregistration is recommended. Only \$15, tickets include buffet meal, beer tasting, raffles and the program. Get tickets online at www.spearehospital.com/men or in the front lobby at Speare.

Speare Memorial Hospital—a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of Central New Hampshire—is nationally ranked as a Becker's Top "62 Critical Access Hospitals to Know." Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

"Beautiful Boy" showing at the Flying Monkey

Proceeds to benefit local recovery support

PLYMOUTH — The movie "Beautiful Boy" starring Steve Carell ("The Big Short") and Timothée Chalamet ("Call Be My Your Name") is showing this week and next at the Common Man's Flying Monkey Movie House and Performance Center.

"Beautiful Boy" is set in northern California and depicts the true story of a son's addiction and a father's desperation - the two on parallel, harrowing journeys of physical and emotional upheaval and devastation. The movie is based on the journeys chronicled by both father and son in their respective memoirs and is directed by Belgian Felix Van Groeningen who co-wrote the screenplay with Luke Davies ("Lion"). Source material for the film in-

cluded "Beautiful Boy: A Father's Journey Through His Son's Addiction," the best-selling memoir by father and journalist David Sheff along with son Nic Sheff's memoir of his years in the deepest throes of meth addiction, Tweak. Their autobiographical accounts are critically acclaimed and also include Nic Sheff's second memoir about his journey into recovery, "We All Fall Down: Living With Addiction." The drama also stars Amy Ryan and Maura Tierney, with an impressive sound track and cinematography. Part intimate family portrait, part stark public awareness, the film closes with an on-screen post-script for audiences of facts and statistics on the disease of addiction.

"Beautiful Boy" plays at the Flying Monkey in Plymouth on Sunday through Wednesday, Nov. 18 - 21 and Nov. 25-28 at 6:30 p.m. The Common Man is donating proceeds from ticket sales to its local recovery house and encourages audiences to get connected to community organizations and support groups in the area who work to raise awareness of the challenge of addiction and its impact on individuals and their families.

For more information about movie times and ticket pricing, please contact the Flying Monkey, 536-2551 or fmboxoffice@thecman.com. The Flying Monkey is a proud member of the Common Man Family and is located at 39 S. Main St., Plymouth.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	159 Sunset Dr.	Mobile Home	\$110,000	Richard P. and Susan M. Tallman	Frank Papa
Ashland	217 Thompson St.	Single-Family Residence	\$155,000	Matthew A. Emmons	Brandon R. Mitchell and Cydney A. Taylor
Ashland	N/A	N/A	\$135,000	CSG Properties LLC	S&A Austin Properties LLC
Bridgewater	Route 3a	N/A	\$745,000	Roderick K. Tanagelier (for ACK Trust)	Mullen Bridgewater PT
Bridgewater	N/A	N/A	\$260,000	William R. Raimondi (Fiscal Trust)	William E. Ryan and Victoria Ceruelle
Bristol	28 Grandview Dr., Unit R	Condominium	\$124,666	Douglas R. Lecaroz	Tina A. Wucher
Campton	142 Bog Rd.	Single-Family Residence	\$95,000	Kristy L. Duris (for Scott S. Vollmer Estate)	Rebecca Rodgers (RET)
Campton	75 Forest Dr.	Single-Family Residence	\$236,000	Shanker and Sheela Krishamony	Ronald and Kelly Sia
Campton	13-15 Southmayd Rd.	Single-Family Residence	\$550,000	Northern Terrain LLC	Southmayd Property Holdings
Dorchester	495 River Rd.	Mobile Home	\$24,000	USA HUD	Mark A. Nowosadko
Groton	665 Halls Brook Rd.	Multi-Family Residence	\$60,000	Stephen Bixby	Joshua Bixby and Amanda Warner
New Hampton	Stage Coach Road	N/A	\$69,000	Camille B. Viens (for Viens Fiscal Trust)	Mark Robert and Christine Brennan
New Hampton	Straits Road	N/A	\$185,000	Monica Keefe	Marta C. Boyle
Plymouth	39 Eagles Nest Rd., Unit 39	Condominium	\$169,933	Andrew M. and Linda M. Felix	Steven and Mary-Ellen Archer
Plymouth	31 Tenney Brook Rd., Unit 2	Condominium	\$129,000	James G. Gickas	Amanda R. and Mandy Hackett
Rumney	115 Old North Groton Rd.	Multi-Family Residence	\$129,933	Richard S. Wolfe	Joan H. Manley (for Jennie D. Reid Trust)
Thornton	Mill Brook Village Phase	N/A	\$125,000	Mountain River Development Association	Jonathan R. Demler and Carla M. Demler
Thornton	Tamarack Road	Residential Open Land	\$227,000	Crystal Dot Realty LLC	Keith Belcourt
Thornton	48 Watethorn Rd.	Single-Family Residence	\$180,000	Marcia A. Hill	Kory M. Thomas and Iahissa Ferreira
Warren	NH Route 118	N/A	\$32,333	Robert and Maureen Felts	Robert G. and Ericka Dauphinais
Warren	Swain Hill Road	N/A	\$20,000	Ethel Hannett and Richard Smith	William W. and Franziska M. Niedzwiedz
Waterville Valley	22 Emmerson Way, Unit 6a	Condominium	\$206,000	Jessica H. and Timothy F. Collins	Scott R. and Lisa M. Gagne-Hansford
Waterville Valley	21 Garage Way, Unit 1-1	Condo Pkg.-Res.	\$47,933	Allen R. Hendrickson (for AR & IM Hendrickson RT)	Dinesh Apte
Waterville Valley	28 Packards Rd., Unit 334	Condominium	\$165,000	Dome Realty LLC	Tenley P. Callaghan (for B. Webb Woodard 3rd Trust)
Waterville Valley	28 Packards Rd., Unit 336	Condominium	\$77,533	Tracey L. Davenport (for 2005 RT)	Tenley P. Callaghan (for B. Webb Woodward 3rd Trust)

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

MARK ON THE MARKETS



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes, but for mutual fund

Cash is a position

outflows. This cash creates "cash drag" that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often

have cash in my client's accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for mon-

ey managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client's accounts where appropriate, and this is a

tactic within a strategy that gains revenue for the account, because I'm selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF's using

SEE **MARKETS**, PAGE A12



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Candidates wanted for NHEC Nominating Committee

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) is seeking members interested in serving on the Nominating Committee, which is responsible for selecting candidates to stand for election to NHEC's Board of Directors.

NHEC is a member-owned electric distribution cooperative that is governed by a Board of Directors. The Nominating Committee is responsible for reviewing the applications of individuals interested in running for the Board of Directors and selecting those who will stand for election by the members.

Nominating Committee members are compensated for their service and are reimbursed for their travel. The committee typically meets three to four times between mid-January and mid-March. Although not

all meetings are the same length, it is likely that two or three of the meetings will be all-day meetings. In addition, committee members are expected to review candidate applications outside of the regular meeting time.

Any Co-op member interested in being part of the candidate selection process for the NHEC Board of Directors is encouraged to apply for a position on the Nominating Committee. The committee will be selected by the NHEC Board of Directors in late December. For more information about applying to be considered for the Nominating Committee, contact Sharon Yeaton at 536-8801, or yeatons@nhec.com.

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Election

FROM PAGE A1

ris in District 3.

New Hampton falls within Belknap County and winners in their separate races were: for New Hampshire State Representative in District 1, Harry Viens; County Sheriff Mike Moyer; County Attorney Andrew Livernois; County Treasurer Mike Muzzey; Register of Deeds Judy

McGrath; Register of Probate Alan Glassman; and for County Commissioner in District 1 David DeVoy.

Other results of elections for the Towns of Hill and Danbury, both located in Merrimack County, were: New Hampshire State Representatives District 1 Ken Wells, District 2 Werner Horn and Dave Testerman, and District 25 David Kerrick; Sheriff Scott Hilliard;

County Attorney Robin Davis; Treasurer Leo R. Bernier; Register of Deeds Susan Cragin; and Register of Probate Erica S. Davis. In Danbury, Peter J. Spaulding was also elected to that district's County Commission.

For full results in the outcome of any of this year's elections, please go visit the New Hampshire Secretary of State Web site at sos.nh.gov.

Trail

FROM PAGE A3

to move forward with the construction phase of this new section of trail. The "Run Your Buns Off 4.2 Miler" race generously raises funds to support the work of the Newfound Area Charitable Fund supporting meaningful opportunities in the Newfound Region. Runners and walkers leave from Basic Ingredients Bakery located on Route 3A in Bristol to "run their buns off" for a 4.2 mile professionally timed run/walk. Next year will mark their ten-year anniversary. For more information on

becoming a sponsor or for registration questions, please email runyourbuns0ff@gmail.com.

A map of the current trail system is available on the Slim Baker Web site, www.slimbaker.org. For information on Q2C, see www.q2cpartnership.org. For information on the trail work firm that created the new route, Snowhawk, LLC, see www.snowhawkllc.com.

The Slim Baker Area is 135-acre tract of conserved land on Little Round Top Mountain in Bristol, New Hampshire, set up in 1953 as a memorial to Everett "Slim"

Baker, a dedicated and much-loved local conservation officer with the New Hampshire Fish and Game Department. Slim dreamed of setting up a "school for outdoor living" in the Newfound Lake area, and the Slim Baker Area is the fulfillment of that dream. The Slim Baker Area is maintained by the Slim Baker Foundation, and open year-round for hiking, snowshoeing, and camping. For more information, to make facilities reservations, or make a donation to the foundation, please go to www.slimbaker.org.

Heat On

FROM PAGE A3

than 20 of our finest area restaurants and their chefs, and will culminate in the live auction—all to raise money for local families in need of assistance.

The Common Man provides an ideal venue, and the KTHO decorating committee is planning a fabulous setting, with background music by the talented David Lockwood. The contributions for the raffle and auctions—both silent and live—are always sensational, so be sure to bring your checkbook or credit card

to KTHO and help us reach this year's goal of \$55,000 for helping our neighbors!

If you can't join us on January 16, please consider joining as a sponsor or auction donor. In addition to fuel assistance, PACC programs include a food pantry, weekly Meals for Many at the Plymouth Congregational Church, and financial assistance to needy families from 14 towns in the Plymouth area, and a percentage of KTHO money goes to these programs. The need has never been greater, and every contribution helps! For auction donations, please call Joyce Weston at 276-

0862. If you'd like to offer financial support, call Barbara Fahey at 236-1122.

Tickets for the 14th Annual KTHO event go on sale December 1 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 fuel assistance it helps provide—are entirely non-partisan.

CADY

FROM PAGE A4

anything without permission; this is especially important when children are at other people's homes.

Stay focused on your child's goals and the future by being a good role model, guiding good decision making, teaching accountability, praising them for doing well in school, and rewarding them for staying out of trouble. Be clear about consequences for not following family, community, school, and after-school rules. Educate your children on New Hampshire marijuana laws and explain how breaking

the law may lead to criminal charges as a minor, which can lead to fines, loss of a driver's license, and a misdemeanor or felony charge. Some employers will not hire a person with a felony charge, and financial aid for college may be withheld for students with drug charges.

New Hampshire has specific laws about using and possessing therapeutic cannabis. Therapeutic cannabis is not allowed in school buildings and/or on school grounds; at public recreation centers, at youth centers, in public parks, public beaches, public fields, sidewalks, in restaurants, bars,

common areas of apartment buildings, or at a place of employment without written permission from the employer. (The law does not require employers to allow the use of therapeutic cannabis.)

Start the conversation early by talking with your children about the risks of using marijuana. For age-appropriate talking tips, visit cadyinc.org and drugfreenh.org.

For an emergency, call the Poison Control Hotline at 1-800-222-1222 as quickly as possible, or if medical help is needed immediately, call 911 or go to an Emergency Department right away.

Dylanology

FROM PAGE A7

gleaming new facets in them along the way.

In 2017, Osborne released "Songs of Bob Dylan." The album spans Dylan's beloved standards from the '60s and '70s ("Masters of War," "Highway 61 Revisited," "Rainy Day Women #12 & 35," "Buckets of Rain," "Tangled Up In Blue")

to some of Osborne's favorites from his later albums, including "Dark Eyes" (from 1985's "Empire Burlesque"), "Ring Them Bells" (from 1989's Oh Mercy), "Tryin' To Get To Heaven" (from 1997's "Time Out of Mind"), and "High Water" (from 2001's "Love and Theft").

Osborne says "I'm just trying to sing beautiful songs and let

people hear them. It's about trying to give a different shade of meaning to something that's already great."

Tickets for Dylanology are \$49, and \$59 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

Solar

FROM PAGE A2

in during the Equinox Extravaganza earlier this year.

"We wanted it to be a showcase," said Jones.

ReVision Energy was contracted to install the 90 solar panels and on Oct. 29 the 28.9kw system went online, generating 36,000 kw/hour to low income families.

Electricity generated by those panels is being essentially put into an "energy bank" that will offset the energy costs for ten local families. In turn those families will take part in an energy education program through PAREI, where they will learn ways to save on their energy costs in the future. At the end of two years, those participants will "graduate" from the community solar program and

pass their benefits on to another eligible family.

Jones said they received 16 applications for the program, which also looked at income eligibility in selecting the first 10 participants.

Barbara Spike was the first resident to be accepted and she was also at last week's ribbon cutting to thank all who have brought the solar energy program to Plymouth.

"I'm proud to be part of this program," she said. "I've been environmentally conscious for about 40 years now and this is going to help the community and the environment as well."

The array behind Frosty Scoops is just the first of a few planned installations, Jones said, with three more in mind for Plymouth, one in the Squam Lakes area, and another to be built in

Warren in the near future. To help fund that continuation of community-shared solar power and energy education, N.H. Solar Shares is now in the process of applying for a \$500,000 national award, which also offers a second prize of \$250,000.

Karen Cramton, director of the Sustainable Energy Division of the New Hampshire Public Utilities Commission was impressed by what PAREI and all the volunteers had accomplished in just under five months. As one of three projects that received money through the commission this year, Cramton said theirs was the first to go online and she congratulated them on a job well done.

"We're excited to see how this works out and hope to make it the model for others," she said.

Blood

FROM PAGE A3

platelet donations to go uncollected, were key contributing factors to the current blood shortage.

"This time of year, as many give thanks for family, friends and good health, it's important to remember that patients across the country cannot survive without your generosity," said Cliff Numark, senior vice president, Red Cross Biomedical Services. "From traumas to ongoing cancer treatments, the need for blood doesn't stop for the holidays. People can give back—and help those in need—by making a lifesaving blood or platelet donation now and hosting a blood drive in the weeks to come."

An additional 4,300 blood drives nationally—and 210 blood drives in this area—are needed in December, January and February to help stop the shortage from continuing throughout winter. Donations often decline during the winter holidays when many groups postpone blood drives while regular donors are busy with holiday activities and travel. Severe winter weather may also cause blood drive cancellations contributing to fewer donations than needed.

To encourage donations around the Thanksgiving holiday, those who come to donate blood or platelets with the Red Cross Nov. 21-24 will receive a long-sleeved Red Cross T-shirt, while supplies last.

How to help

Eligible donors can find a blood or platelet donation opportunity and schedule an appointment to donate by using the free Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). Donation appointments and completion of a RapidPass, are encouraged to help speed up the donation process. RapidPass lets donors complete the pre-donation reading and answer the health history questionnaire online, on the day of

their donation, from the convenience of a mobile device or computer, or through the Blood Donor App.

Those interested in hosting a blood drive can learn more and sign up to sponsor a drive this winter, by visiting RedCrossBlood.org/HostADrive.

Who blood donations help

Kylee Durham, 11, had a rare type of vascular tumor in her right jaw bone. When the tumor ruptured in August, the hemorrhage caused Kylee to lose so much blood that she needed two units of blood before an emergency embolization surgery to stop the bleeding. She required additional transfusions during surgery and received a total of eight units of blood, or about the total blood volume of an average adult, over a 12-hour period.

The surgery was successful, and Kylee had a partial resection of her jaw a couple of days after the embolization to remove the tumor. Now a few months post-surgery, Kylee is back at home, enjoying middle school and spending time doing the things she loves. Her mother, Brittany Durham, is grateful for the donors who helped save Kylee's life.

"If it weren't for blood donors, my daughter would not be alive. She nearly lost all of her blood. Blood donors saved her life," said Durham. "My dad has been a blood donor for years, and my whole family now are

blood donors in honor of Kylee. I encourage people on a daily basis to go out and donate blood."

Upcoming blood donation opportunities Nov. 13-Dec. 15

Bristol

Nov. 26: 8 a.m. - 1 p.m., Tapply Thompson Community Center, 30 North Main St.

Dec. 4: 9:30 a.m. - 3:30 p.m., Freudenberg-NOK, 450 Pleasant Street/Route 104, P.O. Box B

Holderness

Dec. 11: 12:30 - 6 p.m., Holderness Masonic Lodge, 1 US Route 3

Plymouth

Nov. 27: 12:30 p.m. - 6 p.m., Common Man Inn, 231 Main St.

Dec. 12: 12:30 - 6 p.m., Common Man Inn, 231 Main St.

Dec. 14: 10 a.m. - 3 p.m., Plymouth United Methodist Church, 334 Fairground Rd.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit RedCross.org or CruzRojaAmericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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Tribute

FROM PAGE A1

the many capacities in which they served were as crewmembers on a Navy guided missile cruiser, in the Army infantry, in the U.S. Coast Guard, as technical specialists, medics and members of Air Force Medical Evacuation crews. Two veterans from the Judd family were on hand that day, Michael Judd and his father, 95-year-old Wallace Judd. Wallace, his son explained, was in the Army from 1941-1946 during World War II and therefore the oldest veteran in attendance.

First and second grade students also presented cards they had made for each of their special guests. The ceremony then concluded with the fifth grade singing "This Land is Your Land," accompanied by Andrew Sullivan on the drum.



DONNA RHODES

With 21 local veterans on hand for a salute to veterans at Jennie D. Blake School last Thursday, first and second grade students took turns presenting each with special cards they made to thank them for their service.

Veterans

FROM PAGE A1

a poem about the five branches of the military and a special song from the kindergartners, "Thank you Veterans."

"Thank you, veterans, for everything you do. We are safe because of you," the young boys and girls sang loud and clear.

NHCS Principal Annmarie Holloran said that it's important for the students to learn why they have special days off from school and on occasions such as Veterans Day, even more important to meet the people that are the reason for some of those days. She thanked all those who have served the nation, including those who couldn't not attend the ceremony, saying the school community was with them in their hearts.

Noting that families also make sacrifices when someone joins the military, Holloran also asked for all with loved ones serving or who have served to stand. As most of the students and staff rose to their feet, she said, "Thank you all for being our unsung heroes."

She concluded by saying that heroes are not people like the band Imagine Dragons, nor Tom Brady



DONNA RHODES

New Hampton Community School student Logan Brady was proud to present his dad Adam with a special gift from local scouts at the school's Veterans Day celebration last week.

or Michael Jackson. These, she said, gesturing to the veterans and their families, are our true heroes.

In closing, the student body, coming together one class at a

time, stood up to sing along with a special video tribute to veterans. Members of Girl Scout Troop 13139 were then joined by local Boy Scouts in presenting special red, white

and blue flower pots they made for their guests along with refrigerator magnets to let the veterans know the boys and girls of NHCS are thinking of them every day.

Markets

FROM PAGE A10

this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I've stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Hav-

ing cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

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

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

Please visit my Web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

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

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Haley Dukette, Tiellar Mitchell named Athletes of the Fall

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — After the conclusion of the fall sports season, Newfound Regional High School celebrated with the annual fall sports awards.

Topping the list for award winners were the Female Athlete of the Fall and the Male Athlete of the Fall.

Haley Dukette was

named the Female Athlete of the Fall. She was a member of the fourth-ranked field hockey team and also competed for the girls' cross country team, leading the team at the Division III State Meet.

Tiellar Mitchell was named the Male Athlete of the Fall. A member of the Newfound football team, Mitchell was hon-

ored for his leadership and play on both sides of the ball. He finished with more than 1,000 total yards on the season and was also one of the team's leading tacklers.

This year, Newfound was involved in the NFL's Crucial Catch program, which raised awareness for many different types of cancer. The effort was led by

Newfound staff member Tanya Jollie and Student Athletic Leadership Team member Megan Stafford and through donations the fall sports programs raised more than \$1,000. Jollie and Stafford were presented the Cathy Leaver Athletic Director's Award for their efforts.

Additionally, grounds attendant Mike McClay

was honored for his four years of outstanding effort in getting the fields to playable conditions and for showing pride and concern for the safety of the student-athletes.

Individual teams also handed out awards during the ceremony.

For boys' cross country, Connor Downes was presented the Perseverance Award, Kyle Rosendahl was presented the Growth Award and Joe Sullivan was given the Respect Award. The Bears Booster Club Student Athlete Award (BBCSAA) was presented to Ashlar Dotson.

Greta Gruss won the Perseverance Award for the girls' cross country team, Sadira Dukette won the Growth Award and Sophia Pettit won the Respect Award. The BBCSAA was presented to Gretchen McGowan.

For the soccer team, Cian Connor won the Most Valuable Player Award, the Attacking Player Award was presented to Justin Shokal and the Defensive Player Award was given to Jacob Pfister. Matt Libby won the Believe in the Goal Award and the BBCSAA was given to Reid Wilkins.

Emma Desmond was named MVP for the unified soccer team, Caleb Davis received the Coaches Award and Ezekiel Shedd was given the Most Improved Player Award. The BBCSAA was given to Jillian Buchanan.

Katie Drapeau was given the Field Hockey Ball Award, Hayleigh Pabst was presented the Unsung Hero Award for the field hockey team and the Coaches Award went to Haley Dukette. Hannah Eastman was presented with the BBCSAA.

For the volleyball team, Ashlee Dukette, Bailey Fairbank and Kasey Basford were all presented the Coaches Award and the BBCSAA was presented to Stafford.

Mitchell was named Offensive Player of the Year for the football team and Mason Greene was named Defensive Player of the Year. Shawn Huckins won the Iron Man Award and Logan Rouille was presented with the BBCSAA.

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

Malm, Brickley run Bobcats on to finals

Plymouth backs combine for almost 500 yards in semifinal win

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth football team relies heavily on the ground game in every contest. That's no secret.

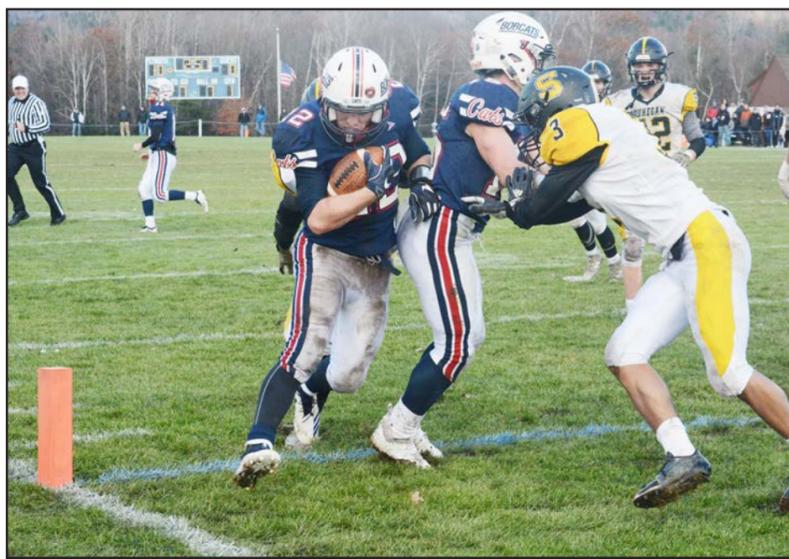
And on a day when the weather conditions varied from rain and snow to wind and sun and everything in between, the ground game made a big difference and the Bobcats punched their ticket to the Division II finals yet again.

Plymouth got almost 500 yards rushing and five touchdowns from the duo of Patrick Malm and Owen Brickley and took a 45-28 win over Souhegan in the Division II semifinals on Saturday afternoon in the final game of the season on George Zoulias Field.

"They score so fast, that's a great team," said Plymouth coach Chris Sanborn. "We didn't execute some things we were supposed to."

With defensive coordinator Tom Lamb away from the team for

SEE FOOTBALL PAGE B6



JOSHUA SPAULDING
Patrick Malm barrels his way into the end zone during Saturday's semifinal tilt.



JOSHUA SPAULDING
Jackson Palombo (88) and Steven Shute combine for a tackle in action on Saturday.

5K Jingle Mingle scheduled for Dec. 1

BRISTOL — The Tapply-Thompson Community Center (TTCC) will again be hosting the annual 5K Jingle Mingle on Saturday, Dec. 1. This event raises funds for TTCC programs and scholarships and is a fun, family-oriented run/walk. It is always held the first Saturday in December and the last local opportunity to do a 5K in 2018. All abilities

of runners and families are encouraged to participate. Upon return to the TTCC, they will be serving hot soups, hot chocolate and snacks for all participants as well as a prize raffle. Feel free to come dressed up for the holidays and get your jingle on with them. Race registrations are available at www.ttcrc.org or by stopping by the TTCC.

What's Happening at Plymouth State University



ALL NEW ENGLAND BAND FESTIVAL CONCERT

Monday, November 19, 7 p.m.
Hanaway Theater, Silver Center for the Arts

The All New England Band Festival is made up of over 200 high school musicians from all six New England states. The students will be performing in two bands conducted by James Colonna and Mark Stickney, director of bands at Messiah College (PA) and Plymouth State University, respectively. The PSU Symphonic Band will kick off the performance!

Tickets can be ordered online at plymouthstatetickets.com.
Information: (603) 535-ARTS (2787); silver-center@plymouth.edu



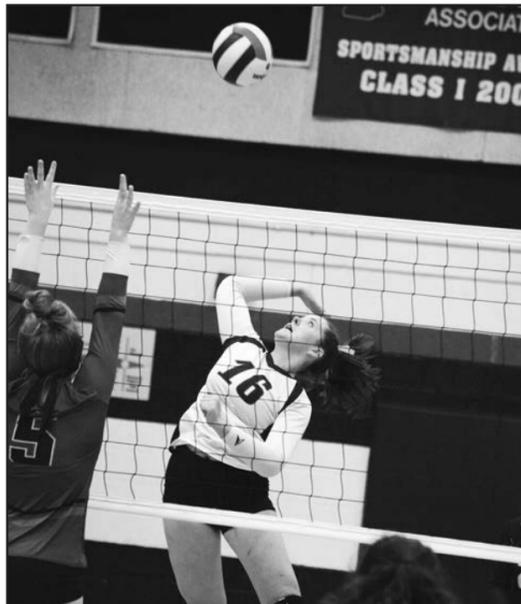
JOSHUA SPAULDING

Ashlee Dukette of Newfound earned Division III First Team All-State.



JOSHUA SPAULDING

Anja Swanson was named Division II All-State Honorable Mention.



JOSHUA SPAULDING

Ciara O'Brien earned Division II All-State Honorable Mention.

Locals tapped for volleyball All-State honors

BY JOSHUA SPAULDING
Sports Editor

REGION — With the conclusion of the fall volleyball season, coaches voted on All-State teams and a number of local players were honored with selection to their respective teams.

In Division II, Kingswood's Maddie Ward and Plymouth's Ciara O'Brien and Anja Swanson all earned Honorable Mention status.

The Division II Player of the Year is Julia Guarniere of Milford, while Laconia's Mary Ann Myers was named Coach of the Year and Sadie Moore of Oyster River was named JV Coach of the Year.

First Team honors for Division II went to Maggie McNeil, Karly Sanborn and Alexis Boisvert of Gilford, Han-

nah Dow of Laconia, Guarniere and Gabriella Monico of Milford, Cassidy Gibb of Oyster River, Katie O'Brien of Souhegan and Emma Gould of St. Thomas.

Second Team honors in Division II went to Maggie Sylvester of Coe-Brown, Riley Lord and Lillian Stogner of John Stark, Avy Bartlett of Laconia, Emily Flaherty and Isabel Philbrick of Milford, Kathryn Cohen and Corinne Quaglieri of Oyster River and Madysen Buchalski of St. Thomas.

Joining the three local girls in earning Honorable Mention were Abby Jerome of Coe-Brown, Samantha Holland of Gilford, Bella Collins of Hanover and Caitlin Beattie of Laconia.

In Division III, New-

found's Ashlee Dukette earned First Team Honors, Prospect Mountain's Jordan Ingoldsby earned Second Team honors and Prospect Mountain's Allie Stockman was named Honorable Mention.

The Division III Player of the Year was Emilee Flanagan of Nute, Mike Livernois of Winnisquam was named Coach of the Year and Kevin Archibald of Winnisquam was named JV Coach of the Year.

Joining Dukette on the First team were Olivia Garand of Campbell, Katie Martineau of Farmington, Emma Wheeler and Jessalyn Brown of Inter-Lakes, Maddie Perrotti of Moultonborough, Flanagan and Shannon Goodwin and Gabby Isabelle of Winnisquam.

Earning Second Team honors along with Ingoldsby were Oakley Lustenberger of Epping, Tatyana Long and Chloe Weeks of Farmington, Hailey Hart of Inter-Lakes, Shannon Agonis of Mascenic,

Jess Lear of Moultonborough and Aubrey St. Onge and Olivia Dill of Winnisquam.

Joining Stockman with Honorable Mention were Jordan Kana-ley of Campbell, Gabrielle Hughes of Epping,

Haley Maynard of Farmington and Alexis Miller and Tess Palin of Sunapee.

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

Compete for a chance to race in the fastest sport on skates

LINCOLN — This Feb. 8 and 9, ice cross downhill skaters from all over the world will race down the massive Red Bull Crashed Ice track at Fenway Park, packed with drops, hairpin turns and gaps, soaring at speed of 50 miles per hour to the finish line. Two of these skaters, howev-

er, will be competing in the sport of ice cross downhill for the very first time – and it could be you.

Starting now, interested athletes can sign up for the Red Bull Crashed Ice Athlete Search, where one male and female athlete will secure a wildcard spot during the qualification round on Friday, Feb. 8. The selected skaters will race down the 2,000-foot ice track under the lights of the iconic ballpark shoulder to shoulder with professional athletes competing in the Ice Cross Downhill World Championship.

Open to male and female skaters 18 years or older, the Red Bull Crashed Ice Athlete search will consist of three pre-qualifiers, two taking place in Boston, one in Buffalo, and a final at Loon Mountain Resort.

The Red Bull Crashed Ice Athlete Search pre-qualifiers are a timed competition where skaters will race around a series of flat-

ice obstacles aiming to record their fastest personal time. Each male and female competitor will race in heats and have two attempts at the course. The top eight male and female skaters per pre-qualifier will advance to the Red Bull Athlete Search Finals on Saturday, Jan. 12. Interested athletes are only required to compete in one pre-qualifier.

Competing athletes must wear shoulder pads, elbow pads, pants with plastic padding (hockey, motocross or inline), helmet, gloves and ice hockey skates.

The pre-qualifier schedule includes Sunday, Dec. 2 in Boston, Mass. at Steriti Memorial Rink;

Sunday, Dec. 9, in Boston, Mass. at Steriti Memorial Rink;

Friday, Dec. 14, in Buffalo, N.Y. at Buffalo RiverWorks.

To secure your spot and for more details on the Red Bull Crashed Ice Athlete Search, visit redbull.com/crashedice.

Doherty earns World Cup spot, Howe to race in IBU Cup

BY BILL KELLY
US Biathlon

SOLDIER HOLLOW, Utah — Following the completion of the Rollerski Team Trials last week in Soldier Hollow, Utah, U.S. Biathlon has announced the roster for the opening BMW IBU World Cup in Pokljuka, Slovenia, Nov. 30-Dec. 9. The roster includes six Olympians from the 2018 PyeongChang Games.

The women's roster, which has three start spots in Pokljuka, boasts four biathletes with Olympic experience. Susan Dunklee (Barton, Vt.), Clare Egan (Cape

Elizabeth, Maine) and Joanne Reid (Palo Alto, Calif.) were pre-qualified for the World Cup roster prior to the rollerski trials. They will be joined by fellow 2018 Olympian Emily Dreisigacker (Morrisville, Vt.). A decision regarding which three athletes will start what races in Pokljuka will be made by the coaching staff at the World Cup.

At the conclusion of the Pokljuka World Cup, one woman will be selected to also compete at the IBU Cup #2 in Ridnaun-Val Ridanna, Italy, Dec. 10-16.

The U.S. men's World

Cup team for Pokljuka will include pre-qualified athletes and two-time Olympians Sean Doherty (Center Conway) and Leif Nordgren (Marine, Minn.), along with rollerski trials winner Paul Schommer (Appleton, Wis.) and Travis Cooper (Kenai, Alaska). Because Cooper must compete at the IBU Cup #1, Nov. 26-Dec. 2 in Idre, Sweden, to earn his IBU qualification, Max Durschi (Ketchum, Idaho) will also travel to the World Cup in Pokljuka as a reserve. The men's team has four start spots at the World Cup.

Selected to race at IBU Cup #2 in Ridnaun-Val Ridanna, Italy, on the women's team were Hallie Grossman (South Burlington, Vt.), Deedra Irwin (Pulaski, Wisc.) and Kelsey Dickinson (Winthrop, Wash.). They will be joined by one member of the BMW IBU World Cup team from Pokljuka to round out the four starting spots.

The men's four starting spots at the IBU Cup #2 will be filled by Durtschi, Alex Howe (Gilford), Jake Brown (St. Paul, Minn.) and Vasek Cervenka (Grand Rapids, Minn.).

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Edward Jones: Financial Focus

The Key to Consistent Investing? Paying Yourself First

Consistency is a key ingredient of success in many activities – including investing. And one technique that can help you become a more consistent investor is **paying yourself first**.

Many people have the best of intentions when it comes to investing. They know how important it is to put money away for long-term goals, especially the goal of a comfortable retirement. Yet they may only invest sporadically. Why? Because they wait until they've taken care of all the bills –

mortgage, utilities, car payments and so on – before they feel comfortable enough to write a check for their investments. And by the time they reach that point, they might even decide there's something more fun to do with what's left of their money.

How can you avoid falling into this habit of intermittent investing? By paying yourself first. Each month, have your bank move money from your checking or savings account into the investments of your choice. By taking this

hassle-free approach, rather than counting on your ability to send a check, you can help ensure you actually do contribute to your investments, month after month.

By moving the money automatically, you probably won't miss it, and, like most people who follow this technique, you will find ways to economize, as needed, to make up for whatever you're investing.

You already may be doing something quite similar if you have a 401(k) or other

retirement plan at work. You choose a percentage of your earnings to go into your plan, and the money is taken out of your paycheck. (And if you're fortunate, your employer will match some of your contributions, too.)

But even if you do have a 401(k), you're probably also eligible to contribute to an IRA – which is a great vehicle for your pay-yourself-first strategy. You can put in up to \$5,500 per year to a traditional or Roth IRA (or \$6,500 if you're 50 or older), so, if

you are able to "max out" for the year, you could simply divide \$5,500 or \$6,500 by 12 and have either \$458 or \$541 moved from your savings or checking account each month into your IRA. Of course, you don't have to put in the full \$5,500 or \$6,500 each year, although some IRAs do require minimum amounts to at least open the account.

You might think such modest amounts won't add up to a lot, but after a few years, you could be surprised at how much you've accumulated. Plus, you

may not always be limited to contributing relatively small sums, because as your career advances, your earnings may increase significantly, allowing you to boost your IRA contributions continually.

In any case, here's the key point: When you invest, it's all right to start small – as long as you keep at it. And the best way to ensure you continue investing regularly is to pay yourself first. If you do it long enough, it will become routine – and it will be one habit you won't want to break.

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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(603) 279-3284 Meredith, NH



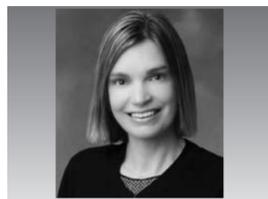
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JOSHUA SPAULDING

Newfound keeper Jacob Pfister was selected for All-State Honorable Mention.



JOSHUA SPAULDING

Devlin Costa earned First Team All-State after his senior year at Plymouth.

Local soccer players earn All-State nods

BY JOSHUA SPAULDING
Sports Editor

REGION — The boys' soccer All-State

lists were released last week and there were a number of local players earning honors for

the recently-concluded season.

In Division II, Plymouth midfielder Devlin

Costa led the charge for the locals, earning a First Team nomination.

Kingswood goaltender Kolbe Maganzini and Kennett midfielder Lukas Narducci both earned Honorable Mention for their seasons.

Joining Costa on First team were keeper Hogan Cain of Con-Val, defenders Zach Kriebel and Manny Bowman of Con-Val and Max Carpenter of Oyster River, midfielders Logan Falzarano of Lebanon and August Marshall of Con-Val and strikers Max Eisasser of Bow, Max Richard of Con-Val, Coby Mercier of Merrimack Valley and Tucker Henry of Oyster River.

Second Team honors went to goaltender Nicholas Cornejo of Oyster River, defenders Jake Mavity of Pembroke, Sean Miclette of Bow and Connor Fallon of Coe-Brown, midfielders Lucciano Minasalli of Coe-Brown, Matt Williams of Oyster River, Cameron Woodman of Merrimack Valley and Patrick Mason of Lebanon and strikers JJ Kennedy of Hollis-Brookline, Connor Manteau of Pembroke and Logan Cassin of Merrimack Valley.

Joining Narducci and Maganzini with Honorable Mention were keeper Cooper Moote of Stevens, defenders Jared Fortier of Kearsarge, Andy Basque of Hollis-Brookline, Shane

O'Connell of Oyster River, Juan Santiago of West, Noah Gove of Merrimack Valley, Alex Lin of Souhegan and Nicholas Giordano of Milford, midfielders Pedro Godio of Merrimack Valley, Cameron Rivard of Pembroke, Jared Peterson and Johnathan Rizzitano of John Stark, Caden Leader of Oyster River and Hunter Lortie of West and strikers Colby Knight of Con-Val and Tony Leary of John Stark.

Josh Smith of Con-Val was named Coach of the Year and James Thibault of Oyster River was named JV Coach of the Year.

In Division III, Prospect Mountain defender Tucker Kierstead led the way with a First Team selection, while striker Nolan Sykes earned Second Team and defender Travis Stockman earned Honorable Mention. Newfound goalie Jacob Pfister also earned Honorable Mention.

Joining Kierstead on First Team were goalie Jake Deware of Belmont, defenders Caleb Burke of Belmont and Derek West of Hopkinton, midfielders Matt Rollend of Campbell, Ben Gardiner of Gilford and Griffin Embree of Belmont and strikers Ethan Frenette of Trinity, Justin Furlong of Campbell, Nate Sottak of Belmont and Harrison Bogursky of Derryfield.

Joining Sykes on Second Team were

keeper Troy Gallagher of Gilford, defenders Sam Sawyer of Gilford, Lars Major of Belmont, Zach Kirby of Campbell and Max Horton of Derryfield, midfielders Noah Caballero of Mascenic, Domenic DiZillo of Trinity and Wyatt Linville of Sanborn and strikers Paul Molnar of Hopkinton and Issac Jasinski of Monadnock.

Joining Stockman and Pfister with Honorable Mention were defenders Christian Palmer of Raymond, Zach Barthel of Mascenic, Jack Gallines of St. Thomas and Hunter Oberst of Fall Mountain, midfielders Colby Brown of Belmont, Chris Van Natta of Derryfield, Nick Brazeau of Raymond, Jacob Ducharme of Somersworth, Kaleb Shumway of Lacoconia, Gavin Motuzas of Conant, Quinn Taylor of Inter-Lakes, Ben Schwarz of Mascoma and Hunter Hixman of Winnisquam and strikers Garrett Lachance of White Mountains, David Latsha of Campbell, Tyler Rousseau of Berlin, Tom Daley of Bishop Brady, Ben Kettere of Hillsboro-Deering and Zach Martin of Raymond.

Belmont coaches Mike Foley (varsity) and Bill Brace (JV) were named the Division III Coaches of the Year.

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

Chasing Charlie

An unbreakable bond between mother and son found through running

BY COREY MCKEAN
Corey@salmonpress.news

LITTLETON — Charlie Walker, 15, of Littleton has been fighting every day of his life to overcome the odds of a uterine stroke, which he survived at birth. As a result of the stroke, Charlie has severe epilepsy as well as cerebral palsy while being extremely weak along the left side of his body. It was unknown if Charlie would ever be able to walk, but against all odds, at 18 months, Charlie took his first steps, a sign to his family that Charlie wasn't going to allow the uterine stroke that he survived, and all that came with it, to defy him.

"Charlie has made tremendous progress over the last 15 years and he made it very obvious at a young age how much he enjoyed outdoor activities, ranging from time in his stroller to kayaking, biking, adaptive skiing and most recently, hiking Mt. Washington for the Sunrise ascent," said Charlie's mother, Kellie Walker.

The joy of the outdoors has created such an inseparable bond between Kellie and Charlie, one that most don't ever get to experience in their lifetime. They had participated in a few races over the years, doing a number of 5Ks, but in the summer of 2017, Kellie and Charlie trained for their first half marathon, the ChaD Hero for The Children's Hospital at Dartmouth, which had an extremely huge impact on their lives and jump started their love for racing together.

"The Children's Hospital at Dartmouth holds a special place in our hearts, Charlie was airlifted there at 20 hours old and we credit them for saving his life. The energy throughout the course brought many smiles to Charlie's face the entire 13.1 miles. The finish line was definitely the biggest thrill of all for Charlie, the medal was topic of conversation for weeks to follow and I knew we were both hooked," explained Kellie.



COURTESY PHOTO/THE COURIER

Kellie and Charlie finish the Franconia Notch Half Marathon on Oct. 20 their second of four half marathons in four weeks.

Spending the entire summer of 2018 training with the adaptive jogger, weighing a combined 130 pounds, and logging roughly 333 miles, Kellie and Charlie were ready to take on more, a lot more, as they signed up to do four half marathons in four weeks.

The Walkers started with the ChaD Hero on Oct. 14, then they raced the Franconia Notch Half Marathon for Adaptive Sports Partners of the North Country on Oct. 20. The racing continued on Oct. 28 as they headed to North Conway for the White Mountains Milers Half Marathon and then they ended their four half marathon journey on Nov. 3 at Moose Pond Half Marathon at Shawnee Peak in Bridgton, Maine.

"Throughout the four half marathons, we encountered a lot of hills and non-cooperative weather as two out of the four were rainy. All that Charlie fights on a daily basis is what got us through to the finish line. His fight is continuous, and drives me to keep pushing us through the course. The energy at every race, the inspira-

tional words fellow racers give us and of course our biggest cheerleaders Tommy (Charlie's dad) and Chelsea (Charlie's little sister) keep us moving," Kellie said.

"Every race brings more excitement for us. Our plans going forward in the spring will be at least one half marathon a month, with another stretch in a row, this time trying to complete six in six weeks and hopefully ending with a full marathon," she added.

Chelsea Walker, age 13, also runs every half marathon that she can with her mother and brother and says that they are inspirational to both herself and others who run the races and spectate.

"My Mom is my hero and she is amazing to do this with my brother. His favorite part is the finish line when he gets his medal and lots of other runners say inspirational things to them throughout the race. A lot of runners tell them they are the real winners here," Chelsea said.

Tommy, Kellie, Charlie, and Chelsea, race on, you are the real winners here.

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Applications can be obtained from
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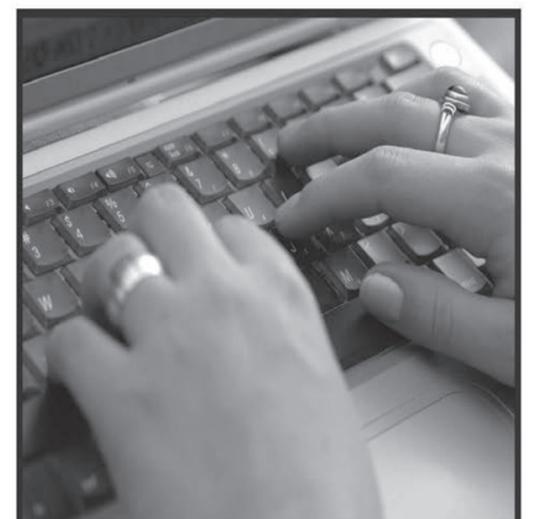


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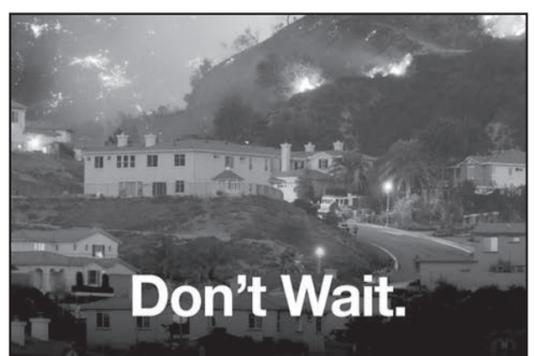


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- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack **Ready**

The rain, the wind, the snow and the cold... Welcome to fall

This time of year tends to be a slow portion of the schedule in my world. The majority of the high school teams have wrapped up their season and it's a time when I do some postseason interviews for different stories and write up All-State teams and whatever else I can dig up.

The past few weeks things have calmed down a little bit and it's kind of nice, though the rehearsal and show process for The Drunkard at the Village Players Theater in Wolfeboro took up a lot of the time that was formerly reserved for games. Now that the show has wrapped, there will be a few more weeks before basketball season starts and things get crazy again. And I'm sure that will just be joyful fun.

For now, the only team left playing is the Plymouth football team, which won its semifinal game on Saturday and will now play in the Division II finals on Saturday at the University of New Hampshire.

The semifinal game was an experience in and of itself. I left the of-

SPORTING CHANCE

By JOSHUA SPAULDING



At the time the team came out of the high school I could barely see them across the field as they ran down the hill. Luckily the snow didn't last throughout the entire show, but the wind was more than willing to stay around for the entire afternoon.

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As it turns out, I was pretty glad I didn't end up covering the game, as a "monsoon" roared through Plymouth, soaking just about everything and everyone.

This week, I got to cover the game in Plymouth and while there was no monsoon, there was plenty of snow and wind to go around. At the halftime break, I went up into the tower to escape the wind and

when the team came out of the high school I could barely see them across the field as they ran down the hill. Luckily the snow didn't last throughout the entire show, but the wind was more than willing to stay around for the entire afternoon.

By the time I left, I was a little cold, but it was an exciting game of football and that's really all I can ask for this time of year. And here's hoping that this weekend brings a little better weather for the championship game. Or if not weather, then

at least another win for the Bobcats.

Finally, have a great day John Sullivan.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steam-

er, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

New season of JETS around the corner at Waterville Valley

WATERVILLE VALLEY — Waterville Valley Junior Enrichment Through Sports (JETS) is preparing for another year of snowsports fun and learning for local school kids. This program is offered through the Plymouth Parks and Recreation Department. JETS is dedicated to encouraging area youths to participate in alpine skiing and snowboarding at an affordable price. It is open to kids in grades one through eight attending SAU 48 schools in Campton, Thornton, Holderness, Plymouth, Wentworth, Rumney, Ashland or

Waterville Valley. The goal of the program is to provide strong fundamental snowsports skills in a safe environment while having fun in winter. It provides all day supervision as well as the opportunity for improvement with coaches from the Waterville Valley Snowsports department.

This program has been very successful since 1993 with many of its participants graduating from novice to more advanced skiing, racing, snowboarding, and even ski teaching, thanks to the support of the Waterville Valley Resort.

If your child wants to be active in winter sports this is the program for you.

JETS will run on weekends from Jan. 5 through to March 23, including weekdays during New Hampshire school vacation week, with a break on the weekends of Feb. 16/17 and Feb. 23/24. Parent involvement and participation is encouraged. Adult chaperones receive a ski pass on each day they chaperone with the JETS.

The cost of the program includes a daily ski pass and daily instruction for \$249 for the season. This year,

the JETS program has some limited sponsorship money available. E-mail or call for a sponsorship application if you are interested.

Registration and payment for the program are due by Jan. 3.

Write to JETS, Waterville Valley Resort, P.O. Box 540, Waterville Valley, N.H. 03215. Or you can call 236-8311, ext. 3135 or ext. 5010. Leave your name and number and someone will get back to you with more information. You can send an e-mail with your questions to wv-jets@gmail.com.



JOSHUA SPAULDING

Owen Brickley charges through the snowflakes in action Saturday afternoon.

Football

FROM PAGE B1

the game, John Sullivan stepped up to run the defense and Sanborn noted that he made some adjustments at halftime, allowing the Bobcats to get the win.

Plymouth didn't waste much time getting on the board, as the Bobcats scored less than three minutes into the game after driving down the field. Malm and Brickley did the heavy lifting and got the ball to the 10 before a penalty set Plymouth back five yards. That didn't stop Brickley, as he carried in one play later and Pete Wingsted drilled the extra point for a 7-0 lead with 9:24 to go in the first quarter.

On the ensuing kickoff, Cole Johnston came through with a big hit on the returner, forcing a fumble and Hunter Lessard jumped on the loose ball, setting the Bobcats up on the 25-yard line. Malm and Brickley got the ball inside the 10 and then Malm got the ball to the one. A penalty and an incomplete pass put the Bobcats in a fourth

down situation and Sanborn went to Wingsted, who drilled a 32-yard field goal for a 10-0 lead for the Bobcats.

The Sabers went three and out on their first drive and Plymouth got in the end zone again on the next drive. Brickley had the first four carries of the drive, getting the ball inside the 20 and then Malm moved the ball inside the 10-yard line before carrying in from seven yards out with 2:54 to go in the first. Wingsted's extra point made it 17-0.

Souhegan ate up the rest of the quarter with a drive that got them inside the 30 and then on the third play of the second quarter, Souhegan converted on a fourth and six. The Sabers then carried in from 13 yards out 59 seconds in, cutting Plymouth's lead to 17-7.

The Bobcats answered right back, with Malm and Brickley again getting the carries as Plymouth rushed the ball down the field, taking up just less than four minutes before Brickley carried in from 11 yards out and Wingsted's extra point made it 24-7 in favor of the Bobcats.

The Sabers came right back and on the first play from scrimmage, a screen pass turned into a 75-yard gain all the way to the one and from there, the Sabers got a touchdown run with 6:52 to go. After the extra point was missed, Plymouth's lead was 24-13. Plymouth went three and out on the next drive and the Sabers came back and quickly moved down the field and a three-yard pass got them in the end zone with 3:13 to go. It appeared the Bobcats had denied the two-point conversion, but a penalty gave the Sabers another chance and they converted to cut the lead to 24-21.

As they tend to do, the Bobcats responded and quickly. Brickley took the first play from scrimmage and broke free for a 78-yard touchdown run and Wingsted's extra point put the lead back at 10 at 31-21 with 2:51 to go in the first half.

Nick Qualey then intercepted a Souhegan pass to give the Bobcats the ball back quickly and they moved the ball down the field. Quarterback Cody Bannon got the drive started with



JOSHUA SPAULDING

As Zach McGlone places the football, Pete Wingsted prepares to kick a field goal in action Saturday.

an eight-yard run and then Malm and Brickley moved the ball to the 20. Bannon then tossed a touchdown pass to Tony Velez, who made a nice grab between two defenders with 15 seconds to go. Wingsted's extra point made it 38-21. Steven Shute then came up with a sack to close out the first half.

The Sabers didn't waste any time getting on the board in the third quarter, scoring on a 51-yard touchdown run on the third play from scrimmage just 52 seconds in, cutting the lead to 38-28. Souhegan then recovered the onside kick and the Plymouth defense stood strong, forcing the Sabers to punt the ball away and Plymouth ate up the third quarter clock with a long drive that eventually got them to the 21-yard line. However, they ended up turning the ball over on downs.

The Sabers used up the rest of the third quarter clock and the Bobcats came up with a huge stop on fourth and three on the second play of the fourth quarter, with Sean Griffith coming up with a huge stop to give

the hosts the ball back. Plymouth then methodically worked the clock down inside six minutes and Malm carried the ball into the end zone with 5:43 to go. Wingsted's extra point made it 45-28.

Souhegan came back with another drive, but a sack from Joe D'Ambrozo and Jackson Palombo and another from Malm slowed down their progress. Lessard then intercepted a pass at the one-yard line and Plymouth ran out the clock for the 45-28 win.

"That fourth down stop (at the start of the fourth), that was huge," said Sanborn. "If you don't get that, they could take a big drive."

Sanborn noted that in the previous game, Malm worked at wing, blocking the entire game and this week he carried the ball a ton, showing his versatility.

"He's just a kid who will do anything you ask," Sanborn. "That's pretty special."

Sanborn noted that at halftime, he told the team if they held the Sabers to less than three scores, they'd win the

game.

"And then they came out and scored in the first minute," he said with a laugh. "But we gave them too many big plays."

The Bobcat coach also praised the first drive of the game, giving the Bobcats a good start and praised the work of Johnston and Lessard on the ensuing fumble and recovery.

Malm finished with more than 250 yards rushing and Brickley finished with more than 230 yards, sending the Bobcats into the finals.

"Whoever we get (in the finals), we have to worry about us and fix our mistakes," Sanborn said.

As it turns out, Plymouth will take on third-seeded Alvirne in the finals, as the Broncos defeated second-seeded St. Thomas in the semifinals. The finals take place at the University of New Hampshire on Saturday, Nov. 17, at 2:30 p.m.

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