



Newfound Landing

THURSDAY, FEBRUARY 2, 2017 FREE IN PRINT, FREE ON-LINE • WWW.NEWFOUNDLANDING.COM COMPLIMENTARY

Alexandria teens crowned Jack Frost and Miss Snowflake

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — The annual Jack Frost and Miss Snowflake Dance and Competition at Tapply Thompson Community Center in Bristol was held last Friday evening when middle school students from the district showed up to enjoy a special night out, as generations of students have done over many years.

Taking home the titles for 2017 were Cassandra Zick and Connor Downes, both seventh grade students from Alexandria.

The competition for the titles of Jack Frost and Miss Snowflake was open to students in grades seven and eight at Newfound Memorial Middle School. Each year, students in those

grades are asked to nominate five girls and five boys from each class to compete for the title of Jack Frost and Miss Snowflake. Nominees are asked to provide information on their grades, volunteerism, extra curricular activities, community center participation and citizenship. An adult committee then decides the annual winners based on a points system assigned to the application process.

Downes, an honors student at NMMS, was pleased to take home this year's title of Jack Frost, saying it made him feel "really good" about all he has done and how others perceive him. He is involved in many school and community activities.



The 2017 winners of the Jack Frost and Miss Snowflake titles, Cassandra Zick and Conner Downes, were presented their trophies by last year's honorees Autumn Braley and Matthew Karkheck.



Ice rescue training

Just a week after the rescue of a dog that had fallen through the ice on Newfound Lake in Bridgewater, members of the Bristol and Alexandria fire departments gathered on the south end of the lake last weekend to practice their cold water/ice rescue skills and the use of their rescue equipment. Safety officials advise that should anyone, or any animal, go through the ice citizens should not attempt to do a rescue on their own but call 911 to get trained professionals on the scene as quickly as possible.

Allied Arts Night showcases work of NMMS students

BY DONNA RHODES
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BRISTOL — Students of the Allied Arts programs at Newfound Memorial Middle School had a chance to shine last Wednesday evening through health, art, lan-



Family Consumer Science teacher Betsy Vogler and eighth grade student Matthew Perkins proudly presented some of the baked goods made in her class for the Newfound Memorial Middle School's Allied Arts night last week.

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24 pages in 2 sections
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guage, engineering, culinary skills, music and more.

The annual open house began with displays of all the students

at several grade levels have accomplished since the start of the 2016-17 school year.

World Languages teacher Darlene Smith

said her students created their own linguistic calendars, laid out displays of dream vacations in foreign lands, and even built some three-dimen-

Budget Committee ponders response to unauthorized distribution of notes

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — What began with a member of the budget committee stopping by the Bristol Municipal Building to make copies of documents he wanted to share at the first budget discussion has become an ongoing matter of contention after a town employee circulated copies of the notes among the department heads and selectmen prior to the budget meeting.

According to the minutes of a nonpublic session at the beginning of that meeting, David Carr told other budget committee members

that, although he never told the staffer that his notes were private, he also never said they were for public distribution. Yet the employee prepared a spreadsheet from the notes and circulated it, saying the budget committee was intending to cut \$350,000 from the proposed 2017 town budget.

The nonpublic minutes, originally sealed but later released under a Right-To-Know request, stated, "A discussion was made about the severity of the described action and ... [a] resolution was proposed to write a letter to the BOS [board of selectmen] expressing the Budget Committee's concerns."

That letter became the subject of a heated discussion at the budget committee's Jan. 23 meeting. Although Chair William Cote would not make the letter public, saying the committee had determined in nonpublic session that it should not be read in public, much of its contents were revealed during the ensuing discussion.

"With the [employee's] letter and the Facebook post, it was intended to intimidate this body," said Scott Sanschagrin. "The takeaway is that it's an excellent opportunity for learning how to handle this in the future. ... We're not asking them to be publicly flawed or disciplined in any way, it's just so we don't have this replicated in the future. And for David Carr

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sional displays of cultural traditions they studied.

"The students learned about the customs of other countries in one class so a group of seventh grade students got together to create a Mexican Nativity Scene for Noche Bueno," Smith said.

The scene was made using a number of artistic mediums, including clay-molded characters of animals and people.

"Le Calendrier de 2017" was Zoe Davol of New Hampton's language arts project; a French calendar, personalized with her own photographs of nature and the outdoors.

Davol said her mother is a professional photographer and she herself has also been taking photos.

SEE ARTS NIGHT, PAGE A13

Elections to return to Bristol's Old Town Hall

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Town elections will return to the Old Town Hall on Summer Street this March.

Bristol has used Marion Hall on West Shore Road as a polling place in recent years, with some residents preferring the location for its easy access and abundant parking. Others, who grew up with town meetings and other community activities taking place at the Old Town Hall, have called for a return to Bristol's traditional polling place, despite the limited parking and sloping sidewalks.

Although the town recently completed an upgrade of the building, the decision to bring polling back to the Old Town Hall was due to a lack of other options. Holy Trinity Catholic Parish, which owns Marion Hall, withdrew its permission for use of that building, and Town Clerk Raymah Simpson was unable to find another suitable location.

Simpson explored the use of Cardigan Lodge, the local Masonic hall, as well as looking at the Bristol Fire Station as a potential polling place. She told selectmen on Jan. 26 that space at the Masonic hall was inadequate and that, in order to hold elections at the fire station, the department would have to move its equipment elsewhere and potentially leave the engines run-

ning if the temperatures were too low. Normally, the town sets up for elections the night before, so the fire engines would have to remain outside for more than a day, or officials would have to set up early on March 14 — a day that already runs long for those overseeing the voting and ballot-counting.

Use of one of the schools for voting — an option that many communities utilize — would have the potential of disrupting classes.

That left selectmen with no alternative but to agree to hold elections at the Old Town Hall.

In other business on Jan. 26, selectmen appointed Jennifer Correia to serve as interim finance officer until they find a replacement for Cassandra Pearce, the recently hired finance officer who subsequently resigned. Selectmen also hired Wayne Anderson as part-time attendant at the solid waste transfer station, and Peter Slaton as an on-call paramedic for the fire department. Gail Sarto will work up to 10 hours a week, preparing meeting minutes.

Simpson announced that her office will be unable to process motor vehicle registrations between Feb. 17 and

Feb. 22, due to the New Hampshire Department of Safety switching to a new computer system, known as VISION. The Town Clerk/Tax Collector's Office will be able to handle other transactions during that implementation period.

The meeting on the 26th was scheduled specifically to work on warrant articles for Town Meeting, with the selectmen questioning Water and Sewer Superintendent Jeff Chartier and Highway Superintendent Mark Bucklin on their projects.

Chair Shaun LaGueux asked Chartier how urgent he considered the water and sewer line upgrades on Central Street, commenting that, with the planning for a new town hall and expansion of the police department being top priorities, perhaps the Central Street project could be put off.

Chartier, who previously said Central Street had not even been "on his radar" until Selectman Rick Alpers had suggested the project to maintain the town's momentum after completing the upgrade of Central Square, told the board that the water pipes are in good shape and should last another 20 years. However, the

department is looking to increase the size of the pipes to accommodate new building projects, and he said, if road work is being done, "I'd hate to build nice roads and sidewalks and have to tear it up afterward."

While renovations to the former Bristol Enterprise building will require upgrading the connection to the water system, Chartier said he could just as easily connect the building to the Spring Street line. However, Newfound Hydro also may want to tie into the municipal water and sewer system on Central Street, and the proposed project also could connect to another Central Street building.

Alpers said he still thinks it is a worthwhile project, and combining the engineering with the development of a Pemigewasset River trail offers cost-savings.

"It's hard to quantify from an economic development standpoint," he said, "but there's a potential for runners, hikers, bikers, and even snowmobilers there."

As proposed, 10 percent of the funding for the \$765,000 project, which includes road work as well as the water and sewer improvements, would be funded by general taxation,

with 90 percent of the debt service being paid through water and sewer user fees.

Selectmen discussed reducing the amount borrowed by utilizing some of the money in the water and sewer capital improvement funds.

A separate article seeks \$153,000 to prepare a final design and build the Pemi Pathway and Bristol Falls Park, with the project being contingent upon the receipt of an offsetting grant from the Land and Water Conservation Fund. The town would be obligated to provide matching funds, but Town Administrator Nik Coates said Bristol could do that by committing man-hours and equipment to the project.

Michael McNally, an engineering consultant, said development of the trail will involve bridge improvements which he said would be bid separately.

In discussing a proposed article to appropriate \$45,000 for a new police cruiser, selectmen took up a recommendation from the Capital Improvements Project committee that would have the town create a special capital reserve fund for cruiser replacement. Although the town still would be

purchasing a new cruiser each year, it would first place money into a special account where it would be held until the police department was ready to buy the car. Selectman Paul Manganello said it would enable the town to purchase a used vehicle coming onto the market later in the year. Alpers said any money not spent would then roll over to the next year where it would be available for the next cruiser purchase.

Other articles on the warrant include one that would adopt the provisions of RSA 72:28-b, allowing any veteran who has served at least 90 days on active duty to the \$500 credit currently limited to those who served during specified periods of time.

Another article would establish a solid waste ordinance that places limits and fees on what is dropped off at the town's transfer station, and giving selectmen the ability to adjust those rates from time to time.

Yet another would appropriate \$5,000 for a study to determine the best locations for a cellular telephone tower or mini-towers capable of boosting cell signals. Many downtown busi-

SEE ELECTIONS, PAGE A13

Hebron Fire Department to host first ever Snowmobile Poker Run

HEBRON — Gas up your sled, hope for a sunny day and lots of snow, and head to the Hebron Fire Department on Sunday, Feb. 19 for the HFD first ever Snowmobile Poker Run.

The day begins at HFD with breakfast from 8-10 a.m., and registration beginning at 10 a.m. Registration deadline is noon. There is a \$5 charge for breakfast and a registration fee of \$20.

According to Chairperson Lynn Comeau, the course will have stops in Rumney, Wentworth, Dorchester and back to Hebron, covering nearly 50 miles of trails. All trails will be clearly marked, and all stops can also be reached by vehicle for those who might also like to participate. The Poker Run will begin and end at the Hebron Fire Department. Park-

ing is available at HFD, with overflow parking at Wellington State Park.

There will be cash prizes for the top three

poker hands, and one must be 18 years of age or older to participate and play poker. An additional poker card may be purchased

for \$5 after the Poker Run. All prizes will be awarded at the Bridgewater Inn at 6 p.m. Winners do not need to be present to receive

their prizes.

For additional information, contact the Hebron Fire Department at 744-9468 and leave a message.

Evan Foster wins New Hampton Community School spelling bee

NEW HAMPTON — Evan Foster, son of Eric and Nora Foster, a student at New Hampton Community School (NHCS), was crowned top speller on Friday, Jan. 20. The fifth-grader won the school bee in round 24, with fourth-grader Nicholas Gilbert coming in second. Evan will go on to compete in the New Hampshire Spelling Bee next month.

The spelling bee was held at NHCS and was judged by community members, Theo Denoncour, Christine Hunewell and Mike Dowal. The event was sponsored by the NHCS Parent Teacher Organization and organized and facilitated by NHCS faculty.

Evan will compete on Feb. 25 in New Hampshire Union Leader sponsored state preliminary round of the Scripps's National Spelling Bee, held at the Capital Center for the Arts in Concord. Nearly 200 of the



Evan Foster (spelling bee winner, Grade 5) and Nicholas Gilbert (first runner-up, Grade 4).

state's top spellers are expected to compete. The state winner will be eligible to compete at the Scripps's National Spelling Bee in

Washington, D.C. in May.

Local spelling bees are open to all public schools, private schools and home-school

groups in New Hampshire. Information about the New Hampshire Spelling Bee can be found at www.unionleader.com.

My wife said that I don't pay attention. At least that's what I think she said.

Cheap Date!.
No, no! you!
We're talking about a night at the Flying Monkey.

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but we can be immature forever!
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HIDDEN FIGURES **R**
Fri-Sat: 12:45, 3:45, 6:45 & 9:45 PM
Sun-Mon: 12:45, 3:45 & 6:45 PM
Tues-Thurs: 3:45 & 6:45 PM

LA LA LAND **PG-13**
Fri-Sat: 12:30, 3:30, 6:30 & 9:15 PM
Sun-Mon: 12:30, 3:30 & 6:30 PM
Tues-Thurs: 3:30 & 6:30 PM

PATRIOTS DAY **R**
Fri-Sat: 4:00, 7:00 & 10:00 PM
Sun-Mon: 4:00 & 7:00 PM
Tues-Thurs: 7:00 PM

MONSTER TRUCKS **PG**
Fri-Sun: 1:00 PM; Mon-Thurs: 4:00PM

JOIN US FOR THE ADVANCE SCREENINGS ON THURSDAY 2/9 OF: LEGO BATMAN AT 5PM & FIFTY SHADES DARKER AT 7PM

Find us online at BarnZs.com

BHVS students celebrate Douglas “Amoo” Riddle’s 90th birthday

BRIDGEWATER — Each and every Friday the staff and students at Bridgewater-Hebron Village School in Bridgewater welcome a special visitor to our school. Doug Riddle, known to the children as “Amoo,” has been coming to schools in Bridgewater and Hebron for the past 28 years! Amoo has rarely missed a visit over the years and says that Fridays are his favorite day of the week. In fact, he enjoys Friday visits to our small elementary school so much that he even wrote a song about them. The



Doug Riddle, known to the children as “Amoo,” has been coming to schools in Bridgewater and Hebron for the past 28 years. On Jan. 27, Amoo turned 90 years old and the staff and students put on a wonderful celebration for this very special man.

Newfound Regional High School honor roll

BRISTOL — Newfound Regional High School has released its honor roll for the second marking term of the 2016-2017 academic year.

Class of 2017
High Honors: Tylor Austin, Cierra Greene, Brooke LaBraney, Christina Manita, Molly Schilling
Honors: Samantha Akerman, Anthony Charles, Nicholas Crosby, Gretchen Dancewicz Helmers, Maddisyn DeCormier, Richard DeLuca, Paige Dostie, Megan Gebhardt, Charles Gould, Ivy Guyotte, Amanda Johnston, Emily Judkins, Devon Kraemer-Roberts, Paige Lane, Phalen Leclerc, Joshua MacLean, Toni Memmolo, Rebekah Norton, Leo Ntountourekas, Grace Page, Riley Provencher, Christopher Rearick Ahne, Reece Sharps, Alyssa Shaw, Breana Shepard, Rebecca Simison, Alexis Vantil, Joshua Whitney,

Emily Wolters

Class of 2018
High Honors: Devon Anderson, Shanley Camara, Quentin Dancewicz Helmers, Emma Lagueux, Victoria Roman, Madison Timmins
Honors: Matthew Acosta, Montana Bassett, Taylor Bourbeau, Mackenzie Brunt, Taylor Butler, Elizabeth Croxon, Danessa Duclos, Jessica Gosson, Kylee Hanser, Bradley MacDonald, Abigail Patten, Zachary Patten, Makayla Pixley, Ethan Pruett, Mikayla Royea, Mackenzie Ryan, James Shokal, Emma Woodbury

Class of 2019
High Honors: Jillian Buchanan, Kathryn Drepeau, Hannah Eastman, Madison Gould, Matthew Libby, Faith Smith, Trinity Taylor
Honors: Lilyana Cloutier, Makayla Coffin, Cian Connor, Mason Dalphonse, Mackenzie Davis, Cole Frye, Nich-

olas Green, Spencer Lacasse, Alexis Lane, Rachel Manita, Deanna Martin, Madison Martin, Colby Miles, Madison Paige, Dylan Perkins, Jacob Pfister, Aryn Prescott, Julia Rose, Logan Rouille, Leslie Shattuck, Cameron Smith, Naomi Wade, Cheyenne Weisberg, Reid Wilkins

Class of 2020
High Honors: Evelyn Cutting, Isaiah Dokus, Maura Geldermann, Ashlynn Hatch, Michael Hislop, Ezekial Richardson, Anna Watson
Honors: Aidon Anderson, Madison Avery, Lillian Colby, Nicholas Comeau, Wyatt Day, Ashlar Dotson, Caleb Eckert, Duncan Farmer, Jack Gosson, Madison Hanley, Jacob Judkins, Brandyn Ly, Caroline Marchand, Kasandra McClay, Stephanie Norton, Alexis Raimodi, Valentina Raptis, Kyle Rosendahl, Madison Royea, Keegan Sanborn, Wil Taylor

“Friday Song” was adapted by Amoo many years ago and is sung each Friday just after the Pledge of Allegiance and just prior to starting the school day. Amoo is a very special man who has been adored by countless children in the Newfound Area School District since he first

walked into our schools. On Jan. 27, Amoo turned 90 years old and the staff and students put on a wonderful celebration for this very special man. At 1:45 p.m., our entire school joined Amoo in our gymnasium to wish him a happy birthday and attempt to show him how much he

means to our school and our community. During the celebration, Amoo was presented with gifts from our staff and students and we all joined him in singing his “Friday Song.” Amoo’s dedication to helping others is something that we all should aspire to in our busy lives.

Newfound Memorial Middle School honor roll

BRISTOL — Newfound Memorial Middle School has released its honor roll for the second quarter of the 2016-2017 academic year.

8th Grade
High Honors: Autumn Braley, Sadira Dukette, Cassidy Dumont, Owen Henry, Jennifer MacDonald, Tyler MacLean, Gretchen McGowan, Adele Meyer, Hunter Pease, Shyann Seymour, Simon Shedd, Oceanne Skoog
Honors: Andrew Bird, Jacob Blouin, Haley Dukette, Bailey Fairbank, Erik Hanser, Matthew Karkheck, Mi-

alora Mahmoud, Alysia McDonough, Alexia McGlew, Thomas McMahon, Thomas Moore, Meghan Murray, Madison Perry, Jasmine Peterson, Hayden Reynolds, Marisa Stafford, Jaymon Taylor, Olivea Taylor, Skyler Torsey, Hailey Towne, Emma Tucker, Gabriel Tyson

7th Grade
High Honors: Sabrina Alan, Alexia Bassett, Margaret Bednaz, Ryan Berg, Hayse Broome, Zoe Davol, Connor Downes, Ryder Downes, Noah Eckert, Alana Frame, Julia Huckins, Mackenzie Jenkins, Evan Labonte, Lindsey Lacasse, Emma Sawyer, Bodhi Smith, Natalie Susi, Cassandra-Marie Zick
Honors: Maryjane Abbott, Tynan Beauchemin, Paige Blad, Riley Boynton, Emma Caldwell, Timothy Cantwell, Cassie Coffin, Katelynn Cornell, Alexis Daughen, Gabriella Frasca, Logan Glidden, Nathaniel Hatch, Mason Kesselring, Kaileigh LeBlanc, Emily Lower, Elsa McConologue, Leah Mitchell, Caleb

Moores, Jamie Norton, Shannen O'Donnell, Nathan Paige, Aria Peringer, Madeline Sargent, Abbey Springer, Hannah Tobine, Caoilainn Voelbel, Brian Watson

6th Grade
High Honors: Rebecca Dillon, Romeo Dokus, Paige Fischer, Ela Goucher, Emily Huckins, Lillian Karkheck, Taylor Mooney, Alexis Moore, Samuel Sanborn, Brynn Sidelinger, Mikayla Ulwick
Honors: Malina Bohlmann, Alexis Braley, Leah Deuso, Dalton Dion, Mattison Douville, Kevin Dyer, Austin Fournier, Emily Harmon, Jeffrey Huckins, Adam Klapyk, Brady MacLean, Rohan Magrauth, Adelaide McGowan, Cassandra McGuirk, Molly Lu McKellar, Andrew Murray, William Murray, Sydney Owen, James Paratore, Myles Perry, Gretchen Reynolds, Samuel H. Sanborn, Danielle Walker, Natalie Walker, Elizabeth Wentworth, McGowan Willey, Emily Wingate

Danbury Winter Market celebrates National Eat Ice Cream for Breakfast day.

DANBURY — Is it odd to have ice cream on the breakfast menu at the Danbury Winter Farmers' Market on Feb. 4? The answer is “no”; not when market day also happens to be held on National Eat Ice Cream for Break-

fast Day. Get a scoop in a cone, or a cup or on a homemade waffle. Even better, add some local toppings like bacon, maple syrup or strawberry jam. If you aren't feeling up to a celebratory breakfast ice cream,

standard offerings will also be available. Check out the various ways of making ice cream at the Danbury Grows table and decide which method you might like to try at home or just take home some locally grown items to adorn your favorite flavor. And while ice cream is the theme of the day, the reason for the gath-

ering is to be able to purchase locally made and grown products while supporting area farms and businesses. The market is held 9 a.m. – 1 p.m. on the first Saturday of the month November thru April, at the Blazing Star Grange Hall on 15 North Road in Danbury. For information, check out blazingstargrangerg.org.

Rebecca Turmel performs in “Heathers the Musical”

NEW LONDON — Rebecca Turmel of Alexandria will perform in the CSC Players' production of “Heathers the Musical,” the “darkly delicious” off-Broadway comedy based on the 1989 film “Heathers.” Performances will be held at Colby-Sawyer College on Friday, Feb. 17 at 7 p.m. and Saturday, Feb. 18 at 2 p.m. in the Sawyer Center Theater. Both shows are free and open to the public. Turmel majors in media and communication at Colby-Sawyer and is a member of the class of 2019.

The CSC Players were founded to promote theater appreciation across campus and provide students with opportunities to be involved in the performing arts on a non-exclusive level.

About Colby-Sawyer College
Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community.

SEE TURMEL, PAGE A13

Spiral to the Heart:
ReConnecting to Our Caring for the Earth

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See InterhelpNH.org for details

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2:00 - 5:00 p.m.

Plymouth Senior Center
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Tickets \$25 per person for a handcrafted bowl or mug & “eat all you can” soup, bread, beverage & dessert.
Dinner-only option \$20/person (bring your own bowl or mug).
Children under 6 eat free.

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National Monitoring the Future survey shows decrease in illicit substance use

BY DEB NARO
Contributor

The 2016 Monitoring the Future (MTF) annual survey results recently released from the National Institutes of Health (NIH) reflect changing teen behaviors and choices in a social media-infused world. The results show a continued long-term decline in the use of many illicit substances, including marijuana, as well as alcohol, tobacco, and misuse of some prescription medications, among the nation's teens. The MTF survey measures drug use and attitudes among 8th, 10th, and 12th graders, and is funded by the National Institute on Drug Abuse (NIDA), part of the NIH. Findings from the survey indicate that past year use of any illicit drug was the lowest in the survey's history for eighth graders, while past year use of illicit drugs, other than marijuana, is down from recent peaks in all three grades.

Marijuana use in the past month among eighth graders dropped from 6.5 percent in 2015 to 5.4 percent in 2016. Daily use among eighth graders dropped from 1.1 percent in 2015 to 0.7 percent in 2016. However, among high school seniors, 22.5 percent report past month marijuana use and 6 percent report daily use; both measures remained relatively stable from last year. Similarly, rates of marijuana use in the past year among 10th graders also remained stable compared to 2015, but are at their lowest levels in over two decades. The survey also shows that there continues to be a higher rate of marijuana use among 12th graders in states with medical marijuana laws, compared to states without them. For example, in 2016, 38.3 percent of high school seniors in states with medical marijuana laws reported

past year marijuana use, compared to 33.3 percent in non-medical marijuana states, reflecting previous research that has suggested that these differences precede enactment of medical marijuana laws.

The survey indicates that marijuana and e-cigarettes are more popular than regular tobacco cigarettes. The past month rates among 12th graders are 12.4 percent for e-cigarettes and 10.5 percent for cigarettes. A large drop in the use of tobacco cigarettes was seen in all three grades, with a long-term decline from their peak use more than two decades ago. For example, in 1991, when MTF first measured cigarette smoking, 10.7 percent of high school seniors smoked a half pack or more a day. Twenty-five years later, that rate has dropped to 1.8 percent, reflecting the success of widespread public health anti-smoking campaigns and policy changes.

There has been a similar decline in the use of alcohol, with the rate of teens reporting they have "been drunk" in the past year at the survey's lowest rates ever. For example, 37.3 percent of 12th graders reported they have been drunk at least once, down from a peak of 53.2 percent in 2001.

Although non-medical use of prescription opioids remains a serious issue in the adult population, teen use of prescription opioid pain relievers is trending downwards among 12th graders with a 45 percent drop in past year use compared to five years ago. For example, 2.9 percent of high school seniors reported past year misuse of the pain reliever Vicodin in 2016, compared to nearly 10 percent a decade ago.

"Clearly our public health prevention efforts, as well as policy

SEE CADY, PAGE A13

PET of the Week

Storm is a cherry, outgoing Labrador type who has not yet reached her first birthday and already finds herself without a permanent home. Humans have been working tirelessly to get her to the place where she will find a loving forever home – your local shelter; New Hampshire Humane Society.

In conversation, it's been mentioned that we are Shangri La for dogs – a warm, compassionate place for dogs to heal – and a place where people will fall in love with them.



Storm has a rowdy name, but she is a sweet, affectionate, busy dog, smart as a whip and ready to be the constant companion anyone

would joyously share hearth and home with such a beautiful creature.

Cats have proven to be irresistible for this

young, spirited canine, we've told her they aren't toys, but she persists in testing that theory!

This latest Mississippi transplant has acclimated well to our spicy New England air, revels in outdoor fun and frolic and is game for exercise and hiking. Come and visit Storm, we are quite sure you will be bowled over by her sparkling personality.

Check www.nhhumane.org for more details.



North Country Notebook

Who in his right mind (not me) regrets seeing January slip by?



By JOHN HARRIGAN
COLUMNIST

"I love January" is not exactly a phrase you expect to hear roll off someone's tongue, but it happened with me the other day when I telephoned a favorite friend in Littleton.

"It's such a nice time of year for reflection," she said, sort of wistfully, even dreamily, and I agreed, mentally noting that I had in fact held one of my periodic meetings with myself just the other day. From that meeting, I emerged with a set of two or three goals before the end of winter, which always feels sort of good, like therapy on the cheap.

With the holidays just puffs of dust in the rear-view mirror, the sun climbing higher and staying longer every day, and the back of winter practically broken, January offers a breather. In my case, the only constants, in order of priority, involve snow, firewood, and the keyboard.

Constant Chore No. 1 is pushing snow around. This begins the minute I get through the Fish and Game Room and then the shop and then the shed and to the barn, all connected in the old-fashioned way, and begin using a small but stout push-broom to clear the small doorway and the barn's big bay doorways of snow, pushing it out far enough away from the buildings so the plow can catch it. Not the town road plow, mind you—



JOHN HARRIGAN

On one of January's last days, a gray day indeed, snow and sleet coated just about everything in this view of the main pasture downhill from the house.

my neighbor's driveway plow. There is a tribal taboo on pushing snow into a town road.

Having cleared thresholds I slog through the snow to the outdoor furnace and woodshed, push-broom in hand, and immediately begin pushing snow out of the entire work area, clearing ahead as I go to avoid bumping into my own footprints.

Only then does Chore No. 2 begin, when I open the huge firebox door and use a long Devil-like tool to rake the heap of coals forward, to create a sliding surface for the largest pieces of three-foot wood. And when I say "large," it's no joke.

This is pretty big stuff—three feet long, as a matter of fact. These outrageously sized pieces of wood are destined for the huge mouth of the outdoor furnace, which has a cavernous firebox surrounded by 385 gallons of water. This water, heated to between 170 and 185 degrees, is destined for the baseboard heating system (forced hot water) in the house.

Currently I'm performing this chore only once every 24 hours, because we have not yet had any protracted below-zero weather. When several days of sub-Arctic weather do come along, and they inevitably will, I'll have to go out there every 12 hours. "Not bad," is what many people are thinking, I'll bet, at least anyone who's ever heated entirely with wood.

Because there is very little hardwood on my land, I buy loads of tree-length hardwood on the spot market, just the way oil companies buy the occasional good deals on tanker-loads of crude. I wait until Mud Season is nigh, of just over, when I can get the best deals from friends who are loggers, loaders and drivers.

However, try as I might, and try as my logging friends might, it's hard to avoid getting a few logs in the load that are more than a foot wide on the butt. Why this preference for smaller logs? Because (and I'm here to tell you) a three-foot piece of yellow birch

that's fourteen or sixteen inches on the butt can weigh upwards of a hundred pounds. And I'm also here to tell you that even for a guy in modestly good shape at the age of almost 70, which I am, it's quite a thing to snag such a piece with a pulphook, get it to the furnace, give it the heave-ho, and land it where it's supposed to go.

So when I've raked the coals, first to go in are the three biggest pieces I can find, because I can just land them on the heap, and push them the rest of the way in. And then the normal logs that are eight to 11 inches or so on the butt can go in, until I calculate that there's just enough in there to burn down over the next 24 hours into another nice bed of rosy coals.

As for Chore Number 3, the keyboard, I can think of it as no real chore at all, because it's a combined task and joy. This is partly because I'm no longer really in the news business—I'm no longer a newspaper owner or a publisher, just John Q.

SEE NOTEBOOK, PAGE A14

Newfound Landing

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Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Spring?

Tulips are blooming in the plant room. All the geranium cuttings are beginning to show buds. Fortunately they are inside, warmed by the ever stronger January sun. They will continue to grow. Making a statement, that the right environment and a little care can make a difference.

From the town

Selectmen's Meeting
Jan. 17

Items Reviewed and Signed

Gravel Tax Warrant: Joseph & Gina Morrison
Notice of Intent to Excavate: Joseph & Gina Morrison

Household Hazardous Product Collection Program: 2017 Letter of Commitment

Department Heads/Commissions: Jeff Cantara, Road Agent

After expressing concerns that non-residents have been taking winter sand from the storage behind the old highway garage, Mr. Cantara requested approval to move the winter sand storage to a location that is video-recorded behind the municipal building; the Selectmen approved the request. Sand will still be available at the Transfer Station as well.

Chief Donald Sullivan, Police Department

Chief Sullivan was present to provide an overview of services provide by the Alexandria Police Department. Chief Sullivan provided case examples of the type of activity that they cover. They will begin publishing monthly statistics in local papers, the town newsletter and online.

Business: The Selectmen deferred discussing the letter received from the New Hampshire Department of Revenue Administration regarding the equalization ratio until their next meeting.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Feb. 5. Gail Kinney will lead the worship and Holy Communion service, and there will be refreshments and conversation afterward. All are welcome and encouraged to attend.

On Thursday, Feb. 9, there will be a meeting (anyone who would like to help is invited) to plan the next steps of the LCHIP fundraising effort. We will meet at the Danbury Community Center "Friends of the Food Pantry Dinner" at 6 p.m. (\$5 for a home-cooked meal, and \$1 extra for dessert); then have our meeting there afterward. A great two-fer!

The Speaker Series returns on Friday, Feb. 10, at 7 p.m. when Master Builder Jim Heavey will present a program about the South

Danbury Church Preservation Project. He has thoroughly studied the church site and examined the church from top to bottom. Jim will share the discoveries he made while learning what our church building needs and wants from its human caretakers. Jim has the gift of reading buildings like a book, and an engaging way of helping others to see and understand what historic buildings need and want.

Farmers' Market

The Danbury Winter Farmers Market is this Saturday, Feb 4 from 9 a.m.-1 p.m. There will be two floors of vendors selling honey, syrup, original artwork, jams, eggs, meats, wool socks, soaps, and needlecrafts. Valentine's Day is almost here so play Cupid and drop by for some luscious chocolates or find a special gift from one of our three jewelry makers. And in case you didn't know it's also National Eat Ice Cream for Breakfast Day and the grange is serving ice cream fro breakfast. If you think you need an excuse to eat ice cream you have been handed a pretty good one. There will be vanilla ice cream with waffles for a sundae or several local toppings to make your breakfast even better. Some toppings are expected are bacon, maple syrup and strawberry jam. And yes, other meal choices will be breakfast sandwiches, hot dogs, soup and some variety of a warm casserole . The weather sounds cold but not bad for travel. Visit the market this Saturday and take in the warmth of the Danbury Winter Market. For a list of vendors, check out www.blazingstargrange.org.

Groton

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

Town Elections will be held on March 14. Polls will be open from 11 a.m. to 7 p.m. The Polling Place will be the Town Hall. Town Meeting will be March 18, beginning at 9 a.m.

We have a few vacant positions to be filled this year. If you'd be interested in serving the Town in one of the following areas, please come into the office and fill out your Declaration of Candidacy papers. Friday is the last day and we're open till 5 p.m. that night.

~~~

Any resident of the Town of Groton who

wishes to file a declaration of candidacy for the following Town offices, may do so between Jan. 25 - Feb. 3 at the Town Clerk's office during normal business hours: Monday, Wednesday, Friday 9 a.m. -4 p.m., Tuesday 4 -6 p.m., ending Feb. 3 at 5 p.m.

The following positions are available:

Selectman - 3 year term

Town Treasurer - 3 year term

Planning Board - 3 year term

Planning Board - 3 year term

Town Auditor - 1 year term

Supervisor of the Checklist - 3 year term

Moderator - 2 year term

Trustee of the Trust Fund - 1 year term

Trustee of the Trust Fund - 3 year term

Library Trustee - 3 year term

Zoning Board - 3 year term

Zoning Board - 2 year term

Cemetery Trustee - 3 year term

Press Release from the New Hampshire Department of Safety

Division of Motor Vehicles is pleased to announce that a new computer system (VISION) will be implemented in the month of February. As a result, there will be an interruption of motor vehicle registration processing statewide. Town Clerk's offices, along with the DMV offices, will be unable to process new or renewal registrations over the President's Day holiday weekend, beginning Friday, Feb. 17, and will be resuming transactions on Wednesday, Feb. 22. Throughout this process, the Town Clerk's office will be open for other transactions not related to vehicle registrations during normal hours of operation.

If you have a new registration, a temporary plate or your registration renewal is due during the month of February, please make sure you are aware of the processing interruption. Please feel free to visit the DMV Web site at www.nh.gov/dmv for updates concerning this implementation.

Budget hearing

The Groton Select Board will hold a Public Hearing on the proposed 2017 budget and warrant articles on Tuesday, Feb. 7 at 6 p.m. at the Groton

Town House located at 754 North Groton Rd. Snow date is Wednesday, February 8 at the same time and location. The weekly Select Board meeting will commence immediately following the hearing on Feb. 7.

Upcoming meetings

Select Board Meetings meets every other week. The next couple of meeting will be held Feb. 7 and Feb. 21 at 7 p.m. at the Town House

The Select Board Office will be closed Feb. 3 through Feb. 7

All Town Offices will be closed on Feb. 20 in honor of President's Day.

The Conservation Commission has a scheduled meeting on Feb. 9, 7 p.m. at the Town House.

Looking ahead:

The Planning Board has a scheduled meeting on Feb. 22, 7 p.m. at the Town House.

Just a reminder that dog licenses for 2017 are now available in the Town Clerks office. All dogs in the Town should be licensed before April 31.

Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

Community Breakfast

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

Zypher M. Thompson, 2

BRISTOL — Zypher M. Thompson, 2, died Tuesday, Jan. 24, 2017 following a brief illness.

He was born in Plymouth, the son of Karen Black and Christian Thompson. Zypher was an active child who loved to play with cars and trucks, always keeping his sippy cup of milk in one hand. He was always happy and loved to dance when there was music playing. He was a bright star whose laughter and loved will be missed by many. The family is sure that



he was received in heaven by late grandfather Christopher A. Black.

In addition to his parents, he leaves a brother, Loki Ulric Normandin; grandparents Nancy & George

Roehl of Bridgewater, JJ Thompson of Plymouth, and Shannon Burnell of Daytona Beach, Fla.; great grandparents Shirley Nason, Georgia Black, Debbie Burnell, Beth Christianson, and Chuck Herra; and many aunts, uncles, cousins and extended family.

Calling hours were held Monday, Jan. 30 from 10 a.m.-noon at the Emmons Funeral Home, 115 South Main St., Bristol. Funeral Services and burial will be private.

Carolyn Gallup Gailey, 76

BELMONT — Carolyn Gallup Gailey, 76 died on Jan. 23, 2017 at her home following a period of declining health.

Born in Putnam, Conn. on July 25, 1940, she was the daughter of Carl S. and Ellen [Thornley] Gallup.

Carolyn was raised in Plainfield, Conn., where she attended private schools. She was employed by Gallup Lumber Co. as a bookkeeper. She relo-

cated to New Hampton from Plainfield with her family in 1984. Carolyn enjoyed reading, her family and the New England Patriots.

She was predeceased by her husband of 40 years, George "Skip" Gailey, Jr., on Jan. 24, 2015.

Carolyn is survived by her sons, R.D. Gailey of Holderness, Brian L. Gailey of Ashland, and George "Chip" Gailey III of Belmont; her grand-

children, Caitlyn and Elizabeth Gailey of Holderness; and her great-grandchild, Riley Gemma Gailey of Holderness.

Burial will be in the New Hampshire State Veterans Cemetery in Boscawen in the spring. Dupuis Funeral Home in Ashland is assisting the family with the arrangements; for more information, go to dupuisfuneralhome.com.

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# Churches

## Christian Science Center, Plymouth

Our weekly service is on Sunday at 10 a.m. Our Wednesday testimony meeting at 6 p.m. includes time to pray together and share examples of, among other things, gratitude that brings healing. You are always welcome. We are at 7 Emerson St., just off Highland Street.

*I walk with Love along the way, and O, it is a holy day. No more I suffer cruel fear, I feel God's presence with me here. The joy that none can take away is mine, I walk with Love today.*

*Who walks with Love along the way, shall talk with Love and Love obey. God's healing truth is free to all. Our Father answers every call. 'Tis He dispels the clouds of gray that all may walk with Love today.*

*Come, walk with Love along the way. Let child-like trust be yours today. Uplift your thought, with courage go, give of your heart's rich overflow, and peace shall crown your joy-filled day. Come, walk with Love along the way.* – words to a hymn written by Henry Carey

## Family Worship Center Ply. Assembly of God

If you do not have a church home, we want you to know that you will be welcomed to join our warm and friendly family at The Family Worship Center. You can always contact our Pastor Glen Yunghans at 726-0254 or 536-1966.

**Thursday, Feb. 2**  
Thursday, February 2, 6:30-7:30 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys, elementary through high school; Mpact Club for girls, preschool through high school; Youth 4 Truth High School Bible Study. Adult Bible Study in the Fellowship Hall. Do come for this great

time of fellowship and learning.

**Sunday, Feb. 5**  
Sunday, Feb. 5, please join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups preschool through Adult Bible Studies. 10 a.m.: Sunday morning service. Children's church during the morning service for ages 3-K, and grades 1-4. 5 p.m: Prayer meeting in the Fellowship Hall. "You do not need any experience in order to pray, only faith and trust in Jesus our Lord." You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

**Monday, Feb. 6**  
Monday, Feb. 6, noon–2 p.m. – the Church's Helping Hands Food Pantry will be held and free clothing will be available.

**Looking Ahead Sunday, Feb. 12**  
Sunday, Feb. 12, Gospel Musician Scott Brunt will give a Gospel concert in the 10 a.m. service. This will be followed by the monthly fellowship luncheon (please bring food to share) and this will be followed by the Church annual meeting. Any one may attend but only members may vote. All groups and departments please get your reports to Pastor Glen by Feb. 5.

**Saturday, Feb. 18**  
Saturday, Feb. 18, Ladies' Bible Study in the Fellowship Hall led by Mrs. Sharon Yunghans. All ladies are invited.

**Saturday, Feb. 25**  
Saturday, Feb. 25, 10 a.m. Men's brunch at the Church. Please contact Pastor Glen at 726-0254, or Willy Gusha for information or for reservations.

**Other announcements**  
Pastor Glen has asked that during this winter, that everyone please use the East door/handicap entrance.  
Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith. Keep her ministry in prayer.

**Our mission statement**  
Our Mission Statement is "Transform-

ing lives through God's Word."

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgod-plymouthnh.org.

## Holy Trinity (Roman Catholic)

**From the Pastor's Desktop**  
Special thanks to Linda Folsom and Elena Worrall and their dedicated crew for a fine evening at the recent Feast of St. Agnes Mass and dinner. Next weekend, we will honor the Feast of St. Blaise with the blessing of throats after each Mass. At the 7:30 a.m. Mass, on Feb. 5, we will celebrate Scout Sunday. The Boy Scouts of America designate the Sunday that falls before Feb. 8 (Scouting Anniversary Day) as Scout Sunday, which is the primary date to recognize the contributions of young people and adults to Scouting. The Scouts of our community will be attending, and afterward, everyone is invited to come over to the Knights of Columbus breakfast. This meal is free for all Scouts. Later on that day, I have a feeling some of you are interested in watching a certain football game. — Fr. Leo

**Knights Breakfast**  
Next Sunday, Feb. 5, The Knights will be serving up their incredible breakfast next Sunday to coincide with Scout Sunday. There is no better breakfast in town. Scouts eat free! All proceeds go to local charities.

**All are welcome!**  
No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church...no matter what your current family or marital situation...no matter what your own self image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

**Steubenville East**  
It's time to register for Steubenville East, a most incredible experience of finding Jesus for teens. Come and be amongst thousands of your peers at the Tsongas Arena in Lowell on July 14-16. This year, the theme is "Elevate!" This confer-

ence is open to teens entering high school in the fall through to seniors in high school. For more information, contact Maureen Ebner in Plymouth at 536-4964 or Christine Hemeon in Bristol at 671-8063. This is an experience you will never forget!

**Day Away Program**  
Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. We are also looking for volunteers. Volunteers need only work a morning or afternoon shift and will be fully trained by our staff. Please contact Fran Olson for more information at 744-6828, or come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel.

Central New Hampshire VNA & Hospice Bereavement Support Groups Winter 2017  
Central New Hampshire VNA and Hospice is offering seven week bereavement groups in two locations during February and March. One group will meet in Laconia on Thursdays in the late afternoon, and one group will meet in Wolfeboro on Tuesdays in the early afternoon. There is no charge for these groups but pre-registration is required. For more information, please call or email: Dan Kusch, Hospice Bereavement Coordinator Phone: 603-524-8444 x 2390 (Laconia), or 569-2729, ext. 3256 (Wolfeboro) email: DKusch@centralvna.org

Are you interested in becoming part of a life changing ministry? Haven Pregnancy Center needs an ultrasound nurse and volunteers  
Haven Pregnancy Center is in need of a part-time, paid RN or RDMS that we can train to perform limited OB ultrasounds in the pregnancy center environment. We are willing to work within a qualified applicant's time constraints. Volunteers: positions for client mentors & board members. An interview and application is required. Client mentors must attend a three day training on Mondays, Feb. 20, 27 & March 6, 10:30 a.m. - 3:30 p.m. Call Beth now to schedule your interview! If you are ready to serve the Lord in a new way by helping women in unexpected pregnancies, and helping families learn and grow, we would love to have you join us! Call or email Beth for more information at 536-2111 or havens@myfairpoint.net.

**Scout Sunday**  
On Sunday, Feb. 5, we will celebrate Scout Sunday at the 7:30 Mass, followed by a wonderful breakfast at St. Matthew Hall.

**Weekly Meetings**  
**Thursday, Feb. 2**  
Day Away, Simard Hall, 9 a.m.  
Cub Scout Meeting, St. Matthew Hall, 6–7 p.m.  
Bear Meeting, St. Matthew Meeting Room, 5–6 p.m.  
**Saturday, Feb. 4**  
CDA Meeting, St. Matthew Hall, 5 p.m.  
Sunday, Feb. 5  
Knights of Columbus Breakfast, St. Matthew Hall,  
7 a.m. Rosary, St. Matthew Church,  
11:15 a.m. Faith Formation: Ashland/Plymouth: 9:15 - 10:45 a.m., St. Agnes Hall Bristol: 10:30 a.m. -noon. Simard Hall  
Confirmation: Bristol: 9:30 a.m. - 12:15 p.m. - Marian Center Plymouth:10:15 a.m. - 12:30 p.m. - (including Mass) – SMMR Rosary:  
11:15 a.m., St. Matthew Church Boy Scout Meeting, St. Matthew Hall, 5 - 7:30 p.m.  
~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

## Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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.

"I need to listen well so that I hear what is not said." ~ Thuli Madonsela

**Sunday, Feb. 5, 9:30 a.m. I am.**  
What happens when we strip away our names, our titles, and our identities? What happens when we simply say, I am? Imagine the world if we allowed others to do the same.  
Worship Leader: Rev. Dr. Linda Barnes, Worship Associate: Bob Clay, Music Director: Sarah Dan Jones

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

**Children and Youth Religious Education, Meredith Flynn, DRE**  
Room 1: Preschool-Kindergarten: Chalice Children- Core Message- Our faith is a faith where we learn about love.  
Room 2: First-Third grade: In Our Hands- Core Message- There are many ways to promote peace and justice in the world.  
Room 3: Fourth-Fifth grade: Windows and Mirrors- Core Message- All people deserve to feel dignity in their work, and deserve fair compensation for their work.  
Middle school: Neighboring Faiths- The middle school youth will reflect on their visit to the Plymouth Church of Jesus Christ of Latter day Saints. They will work on filling out their wall

chart.  
High school: Youth Group- The high school youth meet the second and fourth Sundays of the month from 6-7:30 pm in the upstairs Youth Room.

Social Justice Community Outreach Canned or dry packaged food items may be placed in the box in the foyer for our local Community Closet collection. Also, items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the box for the "GOT LUNCH! PLYMOUTH" program.  
Margaret Salt is collecting funds for books to go to the little library in the barrio of Primavera in Managua, Nicaragua.

**Ongoing activities**  
Choir meets on most Thursday evenings, 7-8:30 p.m. in the sanctuary.  
Lay Pastoral Care Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda.  
See Activities committee on the Web site at www.starrkingfellowship.org, where you can access the up to date calendar of events.

1st Friday morning Breakfast Group will meet at the PSU dining hall at 8:30 a.m. for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Parking has been arranged through PSU security in Commuter Lot #301. Contact Deedie at cdkriebel@gmail.com for more info and, if needed, a parking permit to place in the front window of your car during these mornings only.  
Second Sunday Hike Depart SKUUF rear lot at 11:30 a.m. Refreshments and dinner following the hike if interested. Contact Mitch at mitch@newfoundfarm.org to register and receive updates. Rain cancels.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Check the SKUUF activity calendar for topics of an upcoming session or email Betty Ann to be placed on mailing list. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday at 10:30 a.m.

Starr King Men's Group will meet 6-8 p.m., on the first and third Sundays in classroom #3 downstairs. This is not a closed group so any interested male can attend. Feel free to drop in.  
Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5–6 p.m., and Saturdays from 8:30-9:30 a.m. For information contact Darlene Nadeau at 493-1478.  
Bridge players meet on Thursdays in the Fellowship Room from 12:30-3:30 pm, except between the holidays.  
SEE CHURCHES, PAGE A7

### CELEBRATE Valentine's Specials

Friday, Saturday & Sunday 5 - 9 pm

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# Tickets now available for Plant Extra for Hunger benefit concert

NEW HAMPTON — Support efforts to get food to seniors and families through an upcoming Benefit Concert. Tickets are now available for the Plant Extra for Hunger Concert on Saturday, March 11, at 7 p.m. Peter O'Halloran and the Hired Men will perform at the New Hampton School's McEnvoy Theater for this cause. The New Hampton School address is 70 Main St. in New Hampton (Theater and parking GPS address: 34 Dr. Childs Rd.).

The concert supports NH Gleans-Belknap County, a program

run by the Belknap County Conservation District (BCCD). NH Gleans-Belknap County is part of a larger network operated by The Sustainability Institute at the University of New Hampshire. The program coordinates harvest of surplus vegetables and fruit from farms and home gardeners and distributes it to senior centers, food pantries and soup kitchens.

In 2016, Belknap County farmers and gardeners donated over 5,800 pounds of fresh vegetables and fruit worth \$23,200 which were collected and dis-



**Support efforts to get food to seniors and families through an upcoming Benefit Concert. Tickets are now available for the Plant Extra for Hunger Concert on Saturday, March 11, at 7 p.m. at New Hampton School's McEnvoy Theater.**

tributed by New Hampshire Gleans-Belknap County volunteers. The income from this concert will help NH Gleans-Belknap County continue and expand these efforts in 2017. More information about the gleaning program will be available at the concert.

The Hired Men are a ragtag band of musicians brought together by Peter O'Halloran (from Boston music staple the Dogmatics) and usually includes O'Halloran brothers Jimmy and Dan, as well as friends Johnny Coe, Marie Kettenring and J. Young. They like to

say they play an incongruous mishmash of musical styles including Irish, Folk, Cowboy Jug Band, '50's, Rockabilly, 3 Chord Rock and original material. They love to jam and mix it up and are clearly having a good time as they play. Expect to be treated to lots of great vocals, dancing, good energy and fun.

Band member and fiddler, Marie Kettenring grew up in New Hampton and invited the band north to support this cause. She collaborated with her father, Ken Kettenring, a BCCD Board member to organize this benefit concert. Marie has been playing the violin/fiddle since she was 4 and has been performing since she was eight.

Concert tickets are \$15 before March 6 and \$20 at the door. For ticket information contact Lisa Morin at 603-527-5880 or email: [lisa.morin@nh.nacdnet.net](mailto:lisa.morin@nh.nacdnet.net). You can download a ticket order form from the BCCD Web site: [www.belknapccd.org](http://www.belknapccd.org).

For more information on NH Gleans-Belknap County, contact Russ Bailey at [belknapgleans11@gmail.com](mailto:belknapgleans11@gmail.com). To sign-up to be a volunteer gleaner or to list your farm or garden as a donor please visit [www.nhgleans.org](http://www.nhgleans.org).

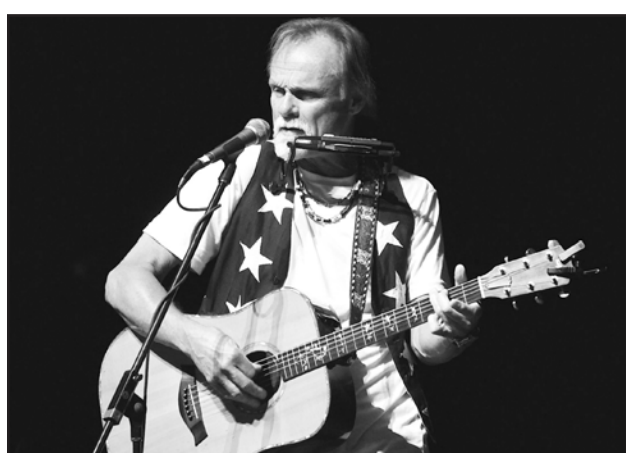
"Our thanks to the farmers, gardeners and volunteers that contributed their produce and time last year to help feed people in need. We are proud of Russ Bailey's efforts to build our program and are pleased that efforts like this concert will help us sustain and expand gleaning efforts in Belknap County in 2017," said Donna Hepp, BCCD Board Chair.

## Jonathan Edwards & Little Feat members bring a Classic '70's Retrospective to Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents A Classic '70s Retrospective featuring Jonathan Edwards, along with Paul Barrere and Fred Tackett of Little Feat, on Saturday, Feb. 25 at 7:30 p.m. Tickets for this concert start at \$35.

A '70's folk rock summit arrives in Plymouth as singer-songwriter Jonathan Edwards joins forces with Paul Barrere and Fred Tackett, multi instrumentalists and vocalists of the legendary rock band Little Feat for a night of jangly acoustic guitars and beloved FM classics.

Veteran folk-rock-er Jonathan Edwards burst on the music scene 40 years ago with the mega-hit "Sunshine," and has since forged a healthy troubadour career based around his undeniable melodic gifts and a generously vibrant performance style. Four decades into a stellar



**The Flying Monkey Performance Center presents A Classic '70s Retrospective featuring Jonathan Edwards, along with Paul Barrere and Fred Tackett of Little Feat, on Saturday, Feb. 25 at 7:30 p.m.**

career of uncompromising musical integrity, the man simply delivers night after night – songs of passion, songs of insight, songs of humor, all rendered in that pure and powerful tenor which, like fine wine, has grown sweeter with age. Jonathan remains a vital and relevant artist in today's folk and Americana scenes.

As longtime fixtures of the beloved Southern rock band Little Feat, guitarists Paul Barrere

and Fred Tackett left a permanent imprint on '70s music. Ever since the first time they played together on the iconic 70's record Dixie Chicken over 35 years ago, Barrere and Tackett have forged an uncanny musical kinship and chemistry. With Little Feat (currently on hiatus), Barrere plays slide guitar and sings lead and background vocals, while Tackett plays guitar, mandolin and trumpet. Of late, these two



COURTESY

guitar virtuosos have been playing together in a stripped down, more intimate acoustic duo format, providing an opportunity for audiences to savor songs from the Little Feat catalogue and much more, all with a distinctly different artistic stamp.

These artists left an indelible mark on the soundtrack and culture of that era. Expect an evening of familiar song that will have the audience singing along, pep-

pered with stories from there storied careers that will have the audience laughing and cheering. Who knows, perhaps some onstage magic will happen and these three will sing "Dixie Chicken" or "Shanty" together.

Tickets for A Classic '70s Retrospective are \$35, and \$45 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](http://www.flyingmonkeyNH.com).

## Arts Council offers workshop for Arts Education grant applicants

PLYMOUTH — Educators interested in applying for New Hampshire State Council on the Arts' arts education grants are invited to attend a grant writing workshop at the Plymouth State University Graduate Center in Concord on Feb. 10 from 9 a.m.–noon.

Two specific grant programs will be the focus of the workshop: Artist Residencies in Schools (AIR) grants, which fund artist residencies that bring juried teaching artists into

classrooms and public schools to support creative learning and skills development in the arts; and Youth Arts Projects for Creative Youth Development grants, which fund high-quality arts and cultural programs that encourage creativ-

ity, develop new arts skills and foster success for young people beyond the normal school day. Each has an April deadline to apply for programs taking place during the 2017-2018 academic year.

At the workshop,

NHSCA staff will present an overview of the State Arts Council's programs and the latest information on grants, including changes to the State Arts Council's grant guidelines. Roles of partners, thematic curriculum

SEE GRANT, PAGE A9

## Churches

FROM PAGE A6

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is [www.starrking-fellowship.org](http://www.starrking-fellowship.org), where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

### LANCASTER GRAND PRIX

The oldest vintage snowmobile race in the USA!

## Got Sled? Bring It!

**Lancaster Grand Prix Feb 4-5, 2017**

You can be part of the action! Register to enter your snowmobile on the morning of the race or come watch and cheer on the racers. See race rules at: [www.lancastergrandprix.com](http://www.lancastergrandprix.com). Gates open 7 am – Events start 9 am.

**\$12,500 in cash prizes will be awarded**

Thank you to our event sponsors:

[www.lancastergrandprix.com](http://www.lancastergrandprix.com) Find us on Facebook for details and the latest event updates!

Plymouth Area COMMUNITY CLOSET

# KEEP THE HEAT ON

## A Fuel Assistance Fundraiser

# THANK YOU

## We raised over \$50,000!

Thanks to the generosity of over 300 businesses and individuals, we had a fabulous event.

Thanks to everyone who participated, and we'll see you in January, 2018!

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 Cargill Construction  
 Circle Program, Paula Ferenc  
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 Conneston Construction  
 Dead River Company  
 Dresser's Unlimited  
 The Italian Farmhouse  
 Jewish Communal Fund, Linda Roberts  
 King Forest Industries  
 MegaPrint  
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Northeast Mill Services  
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Organized by **PLYMOUTH AREA DEMOCRATS**



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Hebron Town Hall

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Hill General Store

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# It's time for the Souper Bowl!

PLYMOUTH — Artistic Roots Souper Bowl time is here, Feb. 4 from 2-5 p.m. at the Senior Center!

It's time to use those beautifully created artisan bowls to eat the fantastic soups created by our local restaurants and to vote for your favorite. Join the members of Artistic Roots in our Annual Souper Bowl held this Saturday, Feb. 4 from 2-5 p.m. at the Senior Center on Depot Street in Plymouth. Bowls and tickets at currently on sale at the gallery, and will also be on sale at the event. Tickets with a bowl are \$25 and with your own bowl, for \$20. Children six and under eat for free. In addition to soups, desserts and breads will be served.

Artistic Roots would like to thank the following restaurants for

their generous donations: Annie's Overflow, Baked, Beiderman's Deli, Burrito Me, Covered Bridge Farm to Table, Foster's Steak House, George's Seafood, Golden Pond Country Store, Lucky Dog Tavern, Mad River Coffee House, Mad River Tavern, Main Street Station, M and M Scoops, Phat Fish, Rumney Rocks Bistro, Six Burner Bistro, Six Burner Bistro, Thai Smiles, The Common Café, Walter's Basin, and Woodpecker's Pub.

During the evening, participants will have the opportunity to buy tickets for a wide variety of items from the gallery's artisans. Raffle items include; photographs, cards, knitted hats, mittens, jewelry, paintings, wooden bowls, pottery, glass works and many other pieces.



These some of the items that will be included in Artistic Roots Souper Bowl Raffle. The raffle will be held during the Souper Bowl and you can buy tickets to win your favorite item. The Souper Bowl is at the Senior Center in Plymouth on Feb. 4 from 2-5 p.m. Tickets and bowls can be purchased at the Gallery on Main Street in Plymouth or at the door during the event. Cost of tickets with a bowl are \$25. Tickets for just the food are \$20. Children under 6 eat free. We hope to see you there!

## Circle Program welcomes Casey McCabe

REGION — Circle Program Executive Director, Kathleen Kearns, is delighted to announce the addition of new Associate Program Director, Casey McCabe. McCabe will be coordinating the Circle Teen program, and she will also be the Assistant Camp Director at Circle Camp.

Kearns said, "We are thrilled to welcome Casey McCabe to the Circle staff as our new Associate Program Director. Casey brings a wealth of professional skills to our organization and she has (in her words) "a [real] passion for empowerment, building self-confidence, and providing opportunities for young girls." With her degrees in women's studies, Casey is a perfect fit for our team and we look forward to seeing her play a key role in the Circle Program's future."

Of joining the Circle



COURTESY PHOTO

**Casey McCabe**

Program, McCabe said, "I am thrilled to be joining the team at the Circle Program as the new Associate Program Director. Circle's mission to provide new opportunities for New Hampshire girls is something I believe so deeply in. The program's unique blend of a summer camp and year-round one on one mentoring program is unlike no other and I am honored to be a part

of its 25-year history and its exciting future."

The Circle Program is a unique combination of adult and peer support that is delivered through a summer camp and year-round mentoring program. As a non-profit organization, the Circle Program provides girls from low-income families with new opportunities to learn the skills, courage, and confidence they need to handle the challenges in their lives. Within the rural New Hampshire communities, Circle Girls and Teens thrive because of the individual connections made, and the long lasting friendships they keep. Circle Program makes a difference in the lives of New Hampshire girls.

To learn more about the Circle Program and to read Casey McCabe's full bio, visit [www.CircleProgram.org](http://www.CircleProgram.org).

### Grant

FROM PAGE A7

connections, working with and supporting academic disciplines, choice of artists, writing goals and outcomes, evaluation for improvement, and planning residency schedules will also be addressed.

Both new and former NHSCA grant applicants are invited to participate. There no cost to attend the workshop, but space is limited and pre-registration is required.

For more information, visit [nh.gov/nharts](http://nh.gov/nharts).

Part of the New Hampshire Department

of Cultural Resources, the Division of the Arts – also known as the New Hampshire State Council on the Arts – is a publicly funded agency. It began in 1965 with legislation designed "to insure that the role of the arts in the life of our communities will continue to grow and play an ever more significant part in the welfare and educational experience of our citizens." Funding comes from state appropriations, the National Endowment for the Arts and the Conservation License Plate fund. Learn more at [nh.gov/nharts](http://nh.gov/nharts).

### TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the March 14, 2017 election must file a Declaration of Candidacy with the Town Clerk between Wednesday, January 25 and Friday, February 3, 2017 during town clerk office hours and from 3:00 to 5:00p.m. on Friday, February 3.

#### Positions to be filed for are:

|                         |                 |
|-------------------------|-----------------|
| Selectman:              | three-year term |
| Treasurer:              | three-year term |
| Library Trustee:        | three-year term |
| Trustee of Trust Funds: | three-year term |
| Auditor:                | two-year term   |

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

*Tracey Steenbergen, Town Clerk*

### Town of Alexandria First Deliberative Session

This notice is given to the voters of Alexandria, NH that there will be a deliberative session on Saturday, February 11, 2017 at 10:00 am at the Town Hall located at 45 Washburn Road, Alexandria, NH.

### Town of Alexandria PUBLIC HEARING NOTICE

The Alexandria Board of Selectman will hold a public hearing on **Tuesday, February 7, 2017 at 6:30 PM** at the Alexandria Municipal Building, 47 Washburn Rd., Alexandria, NH to discuss and receive public input on the lease that will be voted on in March. This will be for a long term lease/purchase agreement in the amount of \$107,000 payable over a term of 48 months for twelve new self-contained breathing apparatus for the Fire Department.

### Power Outage Tips

- BEFORE**
- Follow directions from local officials
  - Check flashlight and radio batteries
  - Charge mobile devices
  - Add warm clothes and blankets to emergency kit
  - Keep gas tank full
  - Take cash out (ATM's may not work)
- DURING**
- Conserve energy
  - Go to community warming shelters & check on neighbors, family, seniors and homeless
  - Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning
- AFTER**
- Throw out unsafe food
- www.Ready.gov/blackouts
- Who to Call → Where to Meet → What to Pack
- Ready

### \*\*NOTICE\*\*

## TOWN OF NEW HAMPTON RESIDENTS

|                          |             |
|--------------------------|-------------|
| 1 Selectman              | 3 year term |
| 1 Treasurer              | 3 year term |
| 1 Trustee of Trust Funds | 3 year term |

**\*\*Anyone wishing to run for any of the following openings must file with the Town Clerk starting January 25, 2017 to February 3, 2017.\*\***

**\*\*Office will be open 2/3/17 until 5:00pm\*\***

The Town Clerk's office is located at  
6 Pinnacle Hill Road

Office hours are:

M-T-W-F 7:30am-4:30pm  
TH 10am-7pm

Office Closes Daily 12pm to 1:00pm

603-744-8454





# What routine eye exams can reveal about your health

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Regular eye exams are even more important as you reach your senior years. After turning 60, several eye diseases may develop that can permanently affect your vision. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases early, when treatment to prevent vision loss proves most effective.

There are warning signs for age-related eye health problems that could cause vision loss, but many eye diseases have no early symptoms. They may

develop painlessly, and you may not notice changes to your vision until the condition has already progressed. Of course, see your eye specialist immediately if you notice changes in your vision. Here are some vision disorders all seniors should know about:

Age-related macular degeneration (AMD) is an eye disease that affects the macula (the center of the light-sensitive retina at the back of the eye) and causes central vision loss, while peripheral (side) vision remains unaffected. The macula allows us to see fine detail and colors. Activities like reading, driving, watching TV,

and recognizing faces all require good central vision.

Cataracts are cloudy or opaque areas in the normally clear lens of the eye. Depending upon their size and location, they can interfere with normal vision. Usually cataracts develop in both eyes, but one may be worse than the other. Cataracts can cause blurry vision, decreased contrast sensitivity, dulling of colors, and increased sensitivity to glare.

Diabetic retinopathy is a condition that occurs in people with diabetes. It is the result of progressive damage to the tiny blood vessels that nourish the retina.

These damaged blood vessels leak blood and other fluids that cause retinal tissue to swell and cloud vision. The condition usually affects both eyes. The longer a person has diabetes, the greater the risk for developing diabetic retinopathy. At its most severe, diabetic retinopathy can cause blindness.

Dry eye is a condition in which a person produces too few or poor-quality tears. Tears maintain the health of the front surface of the eye and provide clear vision. Dry eye is a common and often chronic problem, particularly in seniors.

Glaucoma is a group of eye diseases char-

acterized by damage to the optic nerve, resulting in vision loss. People with a family history of glaucoma and older adults have a higher risk. Glaucoma can be painless, with no symptoms. It can take away peripheral (side) vision.

Retinal detachment is a tearing or separation of the retina from the underlying tissue, and most often occurs spontaneously due to changes to the gel-like vitreous fluid that fills the back of the eye. Other causes include trauma to the eye or head, health problems like advanced diabetes, and inflammatory eye disorders. If not treated promptly, it can cause permanent vision loss.

## Other Conditions Eye Exams Can Reveal About Your Health

During your eye exam, visual acuity (sharpness), depth perception, eye alignment, and eye movement are tested. Eye drops are used to make your pupils larger so your eye specialist can see inside your eyes. In addition to eye health, he or she may spot other health conditions, too.

1. Diabetes: Diabetes affects the small capillaries in the eye's retina. These blood vessels may leak blood

or a yellowish fluid, which may be discovered in an eye exam. If your eye specialist notices this, you may have a condition called diabetic retinopathy.

2. Hypertension: Blood vessels in the eye may exhibit bends, kinks, or tears, which may indicate high

blood pressure, a known risk factor for heart disease, diabetes, metabolic syndrome, and other illnesses, including blindness.

3. Autoimmune disorders: If the eye is inflamed, this may be a sign of Lupus or another disorder.

4. High cholesterol: The cornea may have a yellowish appearance or a yellow ring around it which can

be a sign of high cholesterol. There also may be plaques in the blood vessels of the retina, which could indicate elevated cholesterol.

5. Thyroid disease: One of the signs of thyroid disease are bulging eyes or protruding eyeballs. This

condition is also known as Graves Disease.

6. Cancer: Just like you can get freckles and melanoma on your skin, you can also get skin cancer of the

eye. If you see a speck in your eye, ask your eye specialist to examine it. He or she will also check your eye color and pattern to make sure everything looks normal.

7. Tumors: You will be checked for blurry vision, improper pupil

dilation (one eye dilating more than the other or remaining fixed), and optic nerve color. If something seems irregular, you may be referred to a neurologist.

8. Mental Health: People with mental illnesses like schizophrenia and bipolar disorder usually have different eye tracking patterns. Eye specialists can now map those movements through technology.

9. Aneurysm: Tell your eye specialist if you're experiencing blurry vision, eye pain, headaches, or loss of vision. You will also be checked for drooping eyelids (a sign that a blood vessel may have ruptured or is leaking), increased pressure in your eye, bleeding in the retina, and swelling of your optic nerve. Crossed eyes can be a sign of bleeding in the brain, possibly from an aneurysm, or even a stroke.

10. Multiple Sclerosis: Most eye tics are benign, but can also be an early indicator of neurological diseases like multiple sclerosis and Parkinson's. Your eye specialist can help with early diagnoses by checking for anomalies in your retina and optic nerve.

11. Vitamin A Deficiency: If you're not getting enough fruits and veggies (from foods like sweet potatoes, greens, cantaloupe, and carrots), you may develop night blindness and vision loss. Your eye specialist

will check the surface of your eye for damage. Mention if you're having trouble seeing at night.

Comfort Keepers® can help. Our caregivers, or Comfort Keepers®, can help establish a daily routine with your loved one that promotes good health and independent living. This includes helping to ensure that your loved one eats well and takes his or her medications in the correct dosage at the right times. Call your local office today to discover all of the services we offer.

## About

### Comfort Keepers

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

# Free tax preparation available at Whole Village Family Resource Center

PLYMOUTH — Doors to Granite United Way's Volunteer Income Tax Assistance (VITA) Program opened for free tax preparation sites across the state this week, including at Whole Village Family Resource Center in Plymouth.

In Plymouth, free tax preparation is being provided in partnership with Plymouth State University. It is being held at Whole Village Family Resource Center, 258 Highland Street, Plymouth, from Feb. 1 to April 12.

Scheduling an appointment is simple. Those interested can go to [NHTaxHelp.org](http://NHTaxHelp.org) or call 2-1-1 and schedule their appointment.

Individuals and families with household incomes up to \$64,000 are eligible for free tax preparation through the VITA program. Taxes are prepared by IRS-certified volunteers who can assist low-to-moderate income residents of the state to access the

greatest amount of refunds.

"The Volunteer Income Tax Assistance Program has served as a catalyst for bringing families above that poverty line. We're fortunate to have the support of partners like Plymouth State University who encourage volunteers to become IRS-certified and provide free tax preparation," said Patrick Tufts, President and CEO of Granite United Way. "Our volunteers are trained to help residents claim thousands in tax refunds, including more than \$2 million in Earned Income Tax Credits last year. That one credit, combined with the Child Tax Credit, the EITC lifted, on average, 16,000 NH residents out of poverty each of the past four years."

"We are glad to offer this service to families and individuals in the Plymouth area," said Susan Amburg, Director of Whole Village Family Resource Center. "This

program saves each filer hundreds of dollars in fees and gives them the opportunity to access all of the tax credits they are eligible for."

Granite United Way also encourages self-filers with internet access and a household income up to \$64,000 to take advantage of [www.MyFreeTaxes.com](http://www.MyFreeTaxes.com). This provides access to filing software at no cost and a toll-free number to call for tax questions. It is sponsored by United Way Worldwide.

Citizens Bank recently donated \$50,000 to the VITA program in partnership with Granite United Way.

For more information, contact Whole Village Family Resource Center at 536-3720.

The VITA program is a partnership with United Way, Citizens Bank, the IRS and AARP Foundation Tax Aide.

**Granite United Way**  
Granite United Way is an experienced and

trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. Granite United Way is committed to improving the lives of individuals and families by supporting programs in the areas of education, income and health. Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to make our communities a better place. Granite United Way is highly rated by both GuideStar and Charity Navigator.

Granite United Way serves the Southern (Manchester/Derry/Salem), Merrimack County, North Country, Central New Hampshire, Northern and Upper Valley Regions of New Hampshire and Vermont, as well as Windsor County, Vt. For more information, visit [www.graniteuw.org](http://www.graniteuw.org).



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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town        | Address                     | Type                       | Price       | Seller                                        | Buyer                                     |
|-------------|-----------------------------|----------------------------|-------------|-----------------------------------------------|-------------------------------------------|
| Alexandria  | 162 Bailey Rd.              | Single-Family Residential  | \$130,000   | Christine A. Todd                             | Peter D. Todd                             |
| Alexandria  | 517 Fowler River Rd.        | Single-Family Residential  | \$65,000    | Citizens Bank NA                              | Kirsten Lygren                            |
| Bridgewater | 33 Alpine Rd.               | Single-Family Residential  | \$329,000   | Richard J. and Janet M. Foster                | Gerard and Marie Fichtner                 |
| Bristol     | 215 Lake St.                | Commercial Building        | \$2,233,066 | Bristol NH BTS Retail LLC                     | Astoria 15 LLC                            |
| Bristol     | 30 Timber Lane              | Single-Family Residential  | \$136,933   | JPG Builders LLC                              | Philip T. Hinkson and Shannon R. Oberther |
| Campton     | 166 Hodgeman Hill Rd.       | Single-Family Residential  | \$270,000   | Jason and Christine Lastomirsky               | Catalina J. and Richard J. Celentano      |
| Campton     | 175 Pulsifer Rd.            | Single-Family Residential  | \$160,000   | Julie C. Moreau-Regan                         | Anthony G. Mure                           |
| Dorchester  | N. Dorchester Road (Lot)    | Residential Open Land      | \$16,533    | Wayne H. Hemstead                             | Martin Chudik                             |
| Ellsworth   | 3163 Stinson Lake Rd.       | Multi-family Residential   | \$110,000   | James W. Gruenfeider and Raymond M. Leedberg  | Jacob C. Tracey A. Sawyer                 |
| Groton      | 18 Orchard Hill Lane        | Single-Family Residential  | \$105,062   | Thomas J. Gillis and Wells Fargo Bank NA      | USA VA                                    |
| Hebron      | N. Shore Road               | Residential Open Land      | \$239,000   | Suzanne L. Thistle FT and Suzanne L. Thistle  | Anthony and Coleen F. French              |
| Holderness  | Coxboro Road                | Residential Developed Land | \$51,000    | William and Diane Sjostedt                    | Advanced Mech Devices                     |
| Holderness  | 246 Coxboro Rd., Unit 23    | Condominium                | \$499,000   | Bertram W. Pulsifer RET and Scott B. Pulsifer | Rae L. Andrews and Cindy A. Foster        |
| New Hampton | 658 Blake Hill Rd.          | Single-Family Residential  | \$89,000    | Sand Pond RT and Rod E. Tirrell               | Jonathan P. Saunders and Janice Magnani   |
| New Hampton | 705 Coolidge Woods Rd.      | Single-Family Residential  | \$50,000    | Melissa B. Traber                             | Christopher G. and Lauren A. Woolsey      |
| Plymouth    | 92 Highland St.             | Other Exempt               | \$115,000   | Pemi Baker Community Health                   | CADY Inc.                                 |
| Plymouth    | 572 Tenney Mountain Highway | Gen. Office                | \$220,000   | Faith E. Olarsch                              | Redbarn Holdings LLC                      |
| Rumney      | 50 Main St.                 | Single-Family Residential  | \$135,000   | William M. Croft                              | Kierstin D. Houle and Joshua F. Doubleday |
| Thornton    | 36 Brookside Rd., Unit 5    | Condominim                 | \$171,533   | John H. Skoglund and Patricia E. Sheppard     | Cheong-Hwan and Doreen M. Kim             |
| Warren      | Beech Hill Road             | Residential Open Land      | \$28,000    | Tracy J. and Ryan J. Currier                  | Michael J. and Beth A. Kepple             |

## 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](http://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.

# THE WINNIPESAUKEE TALKIE

## January home sales dip, sustained growth predicted



BY RANDY HILMAN

January regional home sales dropped 5.5 percent, year-over-year, and slumped nearly 40% from December amid optimistic forecasts of sustained growth through 2017.

Despite declines in both yearly and monthly unit sales, the housing market brought more good news to home sellers in Belknap, Grafton and Carroll counties as the January monthly median home price grew nearly 5 percent, from \$181,000 a year ago to \$189,900 last month, according to data supplied by the New England Real Estate Network Multiple Listing Service.

Local market watchers attributed the sharp month-to-month sales decline, from 342

to 207 units last month, to the seasonal push for calendar-year closings and the full onset of winter. As a result, transacted dollar volume slid 43% from December to \$55.8 million last month, a modest 3 percent drop from January 2016, figures show.

As for the larger market picture, experts are forecasting another positive sales growth year, following four years that saw regional home prices rise a collective 35.5% and transacted dollar volume increase 49.4 percent to \$1.17 billion, according to the NEREN MLS.

"The overwhelming feeling about prospects in residential real estate for the immediate future is optimism," the New Hampshire REALTORS® wrote in its year-end market report. "There are certainly challenges in this market, like continued low inventory and high competition for those fewer properties, but opportunities about for hardworking agents and diligent consumers."

While the number

of homes for sale was drastically down in year-over-year comparisons, along with days on market and months of supply, sales volume and prices rose in most markets, NHR reported, even in the midst of a contentious and uncertain presidential election and rising mortgage interest rates, "neither of which are expected to have a negative impact on real estate in 2017."

Statewide, closed residential sales rose 8.2 percent last year to 22,000 units. In the same 12-month period,

however, newly listed single-family homes and condominiums fell 7.5 percent, according to NHR's 2016 housing report. Meanwhile, homes sold 2 percent faster on average last year compared to the previous year, with sales averaging 83 days on market.

The median price of a New Hampshire single-family home rose 3.3 percent to \$249,500, while the median price for condominiums rose 6.7 percent to \$185,000, according to NHR.

In the three counties surveyed for this

report, single-family and condominium sales rose 9.7 percent in 2016 to 4,263 units while new listings fell 14.3 percent. In the same period the median home price rose 4.2 percent to \$198,000 with homes selling on average in 125 days, or about 4 percent faster than in the previous year, according to NEREN MLS data.

In Belknap County, January sales declined 41 percent from December to 69 closed transactions, unchanged from January last year. Average days on mar-

ket rose 18%, month-to-month to 119 days, but dropped nearly 5 percent from the same month a year ago, according to NEREN. The January median home price also declined slightly from December, but rose 11 percent to \$200,000, month-over-month.

Carroll County home sales fell sharply in January to 60 transactions, down 52 percent from December and 24 percent from January last year. Average days on market fell 2 percent from December. SEE TALKIE, PAGE A12

# MARK ON THE MARKETS

## Risky investments



BY MARK PATTERSON

When you hear the phrase "risky investments," things like penny stocks, futures contracts, option contracts or junk bonds likely come to mind. But those investments or whatever you want to call them are typically used for speculation or as it used to be called "taking a flier" or chance, knowing your odds of success are not great. Futures and options are not risky

per say, just leveraged so that they move faster in or away from profit. They can be used for risk mitigation in some circumstances.

The risk that I wanted to address though was the risk in owning things in your investment portfolio that you may believe are safe income producing vehicles like dividend paying stocks, preferred stocks, MLP's or bond funds. When a stock or bond is purchased for income or the dividend it becomes that much more sensitive to interest rate fluctuations. As an example; because yields on CD's, bonds and fixed income in general are so low, investment money has sought out any vehicle that pays a good dividend or yield. That in turn drives the price up and yield down, so when

you have a lot of money chasing this yield you get inflated prices of the stock or bond.

Now, I am not convinced that rates will go up significantly all that soon; in fact, I believe that we have a lot of issues to get through before we worry about real inflation. Just realize that abrupt currency value change or a host of external global factors can change the interest rate picture very quickly creating a real jolt to those interest rate sensitive vehicles.

Know that I am not against bonds, just bond funds. Bond funds are typically perpetual in nature, in other words, the bonds are bought and sold by the fund manager with no maturity date as far as you are concerned. Inflows and outflows make holding a bond till maturity a challenge for funds. Typically, if rates go up you lose value, if they go down you gain value. If you want exposure to bonds you might consider individual treasuries, corporate or municipal bonds with varied maturity dates, referred to as laddering. Laddering is just a method of staggering maturity

dates from short term to long, with a strategy that the near term maturities may be reinvested into a potential rising rate market. This is referred to as "immunizing" the portfolio. If you buy individual bonds you will at least know what you paid, what your yield, maturity date will be and have more control over the investment. If you do not feel that you have enough assets to justify individual bonds I would just take a pass on the bond fund at this stage of the game and find something else for income. Low cost bond ETF's can be a good non correlated asset to an equity portfolio, however I do not believe it is the best means for current income.

Of course all these strategies can be debated, I just want you to be active and aware of what is going on with your money whether you manage it yourself or have someone managing for you.

Mark Patterson is an Investment Advisor with MHP Asset Management LLC and can be reached at 447-1979 or Mark@MHP-Asset.com.

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# Holderness couple in training for cross country fundraising bicycle ride

BY DONNA RHODES  
drhodes@salmonpress.news

HOLDERNESS — A couple from Holderness is in the midst of training for the ultra-cycling Race Across America this summer and they are looking for support for their endeavor to ride from Oceanside, Calif. to Annapolis, Md. over the course of 11-12 days.

John Jurczynski and Ann Rasmussen will be pedaling their way on a tandem bicycle across 12 states beginning June 13 to raise funds for First Descent, a nonprofit organization whose mission is to empower young women who have endured or are going through cancer treatment.

“First Descent is for women from 18-39 years old who have been affected by cancer in some way,” said Rasmussen. “They offer the women a one week experience in things like kayaking, biking, or mountain climbing that connects them with others who have shared some of the same experiences with cancer.”

This will be Rasmussen’s inaugural cross-country trek and she is excited about the challenge. For her partner Jurczynski however, it will be his fourth time riding across the country and his second adventure with Race Across America, one of the most respected and longest running ultra-endurance events in the world.

RAAM got its beginning in 1982, when four people raced on bicycles from the Santa Monica Pier in Los Angeles to New York’s Empire State Building. The event received national television coverage and captured the attention of other cycling enthusiasts. In 1992 relay teams were also introduced to the race and the event



DONNA RHODES

After a breakfast stop in Bristol’s Central Square last Saturday morning, John Jurczynski and Ann Rasmussen of Holderness were all smiles as they prepared to head back out on the road aboard their tandem bicycle. The couple is currently training for this June’s Race Across America when they will be raising money for a cancer survivor program for young women.

has grown ever since.

RAAM is a grueling ride that takes participants through all types of weather and overall includes more than 175,000 feet of uphill pedaling. The ascents are capped off with a most challenging 10,550-ft. climb over Wolf Creek Pass along the Continental Divide in Colorado.

In addition to all that, sleep is at a minimum as participants vie to be the first to reach the East Coast in a two-wheeled ultimate survival challenge.

“You average about 300 miles a day and basically just don’t sleep the whole time,” Jurczynski said. “The last time I did this race I slept a total of 17 hours over 11 days, which worked out to be about an hour and a half a night.”

While there are individual entrants, teams and relay racers who regularly participate in RAAM, tandem bicyclists are less common. That doesn’t concern Jurczynski and Rasmussen though. They are hopeful that they can have a competitive ride from coast to coast this summer.

“The last time RAAM was attempted on a tandem was in 2002,” Jurczynski said. “Over the past 35 years or so, the fastest time for a mixed tandem team (male and female) was 22 hours and 40 minutes over 10 days of riding. If things go well for us and we have the right winds at our back, we hope to break that time this year.”

It isn’t as easy as just jumping on a bike and riding however.

To prepare themselves for the cross-country race, the couple has been taking part in other Ultra-Bike events, including competitions in Italy and France, and 24-hour races in California, North Carolina and Florida.

When not competing they train daily and can be seen riding from their home in Holderness both on weekends and before and after work to destinations not only across the state but from New York to Maine.

“We get up at 4 a.m. and get a brief ride in before work, then head out again at night,” Rasmussen said. “On the weekends, we ride all day. Last weekend we rode 270 miles down to Concord and back twice.”

Weather has not been a factor for the pair this winter either. They are proud to say they have not missed one day of cycling, thanks to an array of tandem bikes they own that are suited for all conditions, including one with thick, heavy tires that can power through snow and ice.

“Our goal is to never let weather stop us,” they said.

Besides their bicycles, they are also equipped with all the right gear for long distance cycling. Lightweight clothing, worn in layers for colder temperatures, heavy-duty helmets, head sets for not only communication but some musical entertainment, and a tracking system that guides them are only a part of their gear. Rasmussen, who supplies the power pedaling on the back of the bike, also has a rear view mirror on her helmet so she can advise Jurczynski of oncoming traffic as he steers them on their way.

Traveling on their own for now, the couple will enter RAAM this

summer as “Better Together,” with a 10-person support crew behind them. The crew will follow their progress along the route in two vehicles and an RV, carrying supplies and prepared to help in any manner necessary. Heading up that effort will be Chris Hodges, Director of Public Safety for Waterville Valley, and assistant crew chief Jane Kellogg of Campton.

“Chris has crewed for ultra cyclist Brett Walker in the past. He has medical skills that could come in handy and Jane is an avid bicyclist her-

self so she understands what we’re doing. We’re really lucky to have the support we do,” said Jurczynski.

Also helping them by keeping their equipment in top shape has been Rhino Bike Works of Plymouth.

The couple hopes to raise \$60,000 for First Descents but also needs to raise funds for their support crew. Those who wish to contribute to their endeavors may do so through their Web site, tandemRAAM.com or via a link on their “TandemRAAM” Facebook page.

## Talkie

FROM PAGE A11

December to 144 days, or 4 percent faster than in January 2016. The median price of a Carroll County home rose to \$204,000, a month-to-month gain of 10.3 percent and a month-over-month increase of 8 percent.


Grafton County sales declined 22% from December to 78 closed transactions, up nearly 10 percent from January 2016. Homes sold in January were on the market an average 163 days, up 4.5 percent from December but 10 percent faster than in January 2016, according to NEREN. The median price of a Grafton home in January was \$172,000, down 8.5 percent from the previous month and 4.5% below the January 2016 medi-

an of \$180,000.

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*The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 610-8963 or by email at rhilman@randyhilmanhomes.com.*

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Frost Snowflake  
FROM PAGE A1

ties, including Summer Camp at TTCC, skiing, basketball, and baseball where he is the catcher for his team. Downes also plays trumpet in the school's jazz band and enjoys his classes in Spanish.

Miss Snowflake, Cassandra Zick, is also an honors student who stays busy with a number of activities. Zick plays clarinet and electric guitar with the band and jazz band, lifts weights, and is a member of the ski and field hockey teams. In addition to that, she also coaches younger girls involved in the TTCC field hockey program. She is a part of the aerial yoga programs and performances at Newfoundland Fitness, Yoga and Wellness and has helped raise funds for breast cancer patients through CrossFit Corps.

The night also featured the opportunity for all of the students

from NMMS to dress in their finest, dance, play foosball and other tabletop games, and be with their friends to celebrate a special night out. For many it was their first big social event.

"This is our only formal dance so my friends and I spent a lot of time getting ready. It's a lot of fun," said Abbey, a seventh grader from Bristol.

For eighth grade student Mackenzie, it was nothing new but she was still having a great time enjoying the music and time with her friends.

Matt Seaver is a paraprofessional at NMMS and employee of TTCC. More than that, he is also the dad of a former Miss Snowflake honoree, his daughter Maggie who is now 27-years-old. Chaperoning the event last Friday evening he said he liked seeing students he has known over the years grow up and he was excited to see the tradition of the Jack Frost & Miss Snowflake Dance continue over the

years.

"I went to this when I was in school. It really is a great night for all these kids and something they will always remember," Seaver said.

Besides Zick and Downes, other honored contestants this year were seventh graders Sabrina Ala, Hayse Broome, Mariana Esposito, Abbey Springer, Garrett Brabant, Timothy Cantwell, Ryder Downes and Malakai Ingram. Eighth grade Miss Snowflake nominees were MacKenzie Bohlmann, Haley Dukette, Gretchen McGowen, Jasime Peterson, Haily Towne. For Jack Frost the class nominated Matthew Costigan, Owen Henry, Jacob Huckins, Garrett King and Gabe Tyson.

Providing music and support for the event were members of the TTC Teen Council, seventh and eighth grade teachers from NMMS and Norma Barney, NMMS school secretary.

Budget

FROM PAGE A1

to come into the meeting and apologize to this committee that this happened, that's incorrect. He didn't owe this body an apology."

Carr, who had not yet seen the letter the budget committee was intending to send to the selectmen, said, "I wouldn't have carried this any further. My regret was that it was out and about before I had a chance to present it to the budget committee. I was not involved in putting this letter together."

Tom Keegan took a harder line against sending the letter to the selectmen. "What RSA are you using to write this letter? What's the legal basis?" He warned against the potential of it being an illegal action, saying, "In the second paragraph, you're implying something wrong has been done, but I'll go back to the RSA: Where is the RSA that says

this town employee did something wrong?"

J.P. Morrison, the selectmen's representative on the budget committee, took the opposite view. "It's not like you're pointing fingers," he said. "It's not up to the budget committee to tell the selectmen to do anything, but it's letting our thoughts be known. They don't have to do anything."

Town Administrator Nik Coates said the employee's actions fell into a gray area of the law, since the documents were copied in the town office by an elected member of the budget committee, for distribution to that committee.

"You could ask a bunch of different attorneys, and get different answers," he said. "I was not in the building, and had no idea it happened, but when it was put in the hands of an employee, one could argue that it became a public record at that time."

Vice-Chair Don Milbrand said the alternative would have been for Carr to take the notes to a copy center and present the bill to the town.

"He was doing work for the committee," he

said. "It would be nice for it to be addressed."

Ashley Dolloff said she did not want to sign the letter.

"This committee was to view it and approve it," she said. "Now that's not happening."

The committee deadlocked, 6-6 with one abstention, on a motion to not send the letter. A subsequent motion, to send the letter, also deadlocked, 6-6 with one abstention, killing the matter.

Morrison summed up the issue, saying, "Once this thing hit us, it's public. What happened was, the person copying it chose to rally the troops ahead of time. That's the problem. They got a 12-hour jump on it. That's the issue here. You tried to put the reins on the people in the building, and I don't think it's wrong to ask that, but it's our opinion. It's all public now."

He said he would be taking to the next selectmen's meeting. That Thursday, Jan. 26, the selectmen held a non-public session at the start of their meeting, then voted to seal those minutes after coming back into public session.

Arts Night

FROM PAGE A1

tos since she was a young child.

"For my project, I just took pictures of whatever caught my eye for each season," she said.

Tech Ed teacher Craig Cakouros had his students' projects on display for parents to see as well.

Sixth graders in his classes were asked to use problem-solving skills to create simple technology exhibits such as windmills, using math and science principles.

Seventh graders delved into the world of manufacturing and robotics while it was a heavily based engineering challenge for the eighth graders.

"They had to build structures to support weight, like bridges, while others worked on ways to protect things from impact, such as seatbelts," Cakouros said. "They're all going to be driving soon so this project related to their immediate futures."

Bonnie Beadle's sixth through eighth grade classes worked in computer science, with an emphasis on programming. Her students learned through the "Honor of Code" ways on which to cre-



DONNA RHODES

Faculty members of Newfoundland Memorial Middle School's Allied Arts programs were all smiles as they welcomed parents and community members to the Allied Arts presentation at the school last week.

ate their own computer programs, and through a special Pixar program they began to develop their own computerized animation, backgrounds and characters.

Best of all, students from Betsy Vogler's Family Consumer Science class gave everyone a true taste of their talents with baked goods that they prepared for the evening.

Capping off the event was an opportunity for musical talents to take center stage during the school's annual Winter Concert, which was led by Choral Director Daniel Ciccarello and Band



DONNA RHODES

Newfoundland Memorial Middle School student Zoe Davol and World Language teacher Darlene Smith were pleased to display work surrounding foreign cultures and traditions, such as Davol's French calendar that included her own photographs.

Director Jenn Steven.

Performances by the sixth grade band and chorus, seventh and eighth grade combined band and chorus, as well as the Select Chorus and Jazz Band, entertained a standing room only crowd of parents and community members.

Among the selections featured were "Dance, Love, Sing, Live!" "Celestial Fanfare," "Home," "Polar Vortex," "Winter Lullaby," "Into the Arctic" and "Great Movie Adventures."

Principal Jay Lewis was proud to oversee his first Allied Arts event at NMMS and said he was pleased the school could showcase the talents of so many of the students in one evening.

"I think it's great that the kids get to show off all they have been working on so far this year," Lewis said. "It's also a great opportunity for parents to make a connection to the school and see all that goes on here with their children."

Turmel

FROM PAGE A3

ty that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive

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CADY

FROM PAGE A4

changes to reduce availability, are working to reduce teen drug use, especially among eighth graders," said Nora D. Volkow, M.D., director of NIDA. "However, when 6 percent of high school seniors are using marijuana daily, and new synthetics are continually flooding the illegal marketplace, we cannot be complacent. We also need to learn more about how teens interact with each other in this so-

cial media era, and how those behaviors affect substance use rates."

"It is encouraging to see more young people making healthy choices not to use illicit substances," said National Drug Control Policy Director Michael Botticelli. "We must continue to do all we can to support young people through evidence-based prevention efforts as well as treatment for those who may develop substance use disorders. And now that Congress has acted on

SEE CADY, PAGE A14

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Notebook

FROM PAGE A4

Citizen. This means that I don't have to write about tragedies and other bad stuff--what's called "hard news" in

the trade. Instead, I get to do columns, essays and the occasional guest commentary. On the flip side, I don't have to worry about making payroll, coping with the next drastic increase in health care costs, or

coming up with \$14,000 for the next truckload of newsprint. So here we are, running out of January already, and perhaps my Littleton friend and I are among the very few who regret seeing it go.

So we slip into February, on winter's downhill slide, with the first seriously cold weather still to come, for sure, but longer days and ever more sun coming right along with it.

And quite soon, the south sides of the snow banks will begin to melt and freeze and crystallize overnight, and you can make a snowball if you want to during

the height of the day, and not long from now, during February's last gasp and the onset of March, my road will begin turning into mud as the frost works its way out.

And then we'll truly be in that seldom-mentioned fifth season called Mud, and into sugaring, and thinking about making that great seasonal switch of tools

by the doorways--away with the snow shovels, and out with the rakes.

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

CADY

FROM PAGE A13

the President's request to provide \$1 billion in new

funding for prevention and treatment, we will have significant new resources to do this." To learn more on

how to prevent youth substance use, visit the CADY Web site at [www.cadyinc.org](http://www.cadyinc.org).

What's Happening at  
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For information about programming, directions, and parking information please contact Nina Domina at [nldomina@plymouth.edu](mailto:nldomina@plymouth.edu) or 535-3271.



See further up here

Plymouth General Surgery Welcomes Dr. E. James Hanowell



Dr. E. James Hanowell is board certified by the American Board of Surgery. He is a graduate of Bucknell University and the University of New England College of Medicine. He completed his surgical residency training at Creighton University Medical Center in Omaha where he also served as chief resident. Dr. Hanowell was previously Chief of Surgery at Valley Regional Hospital in Claremont, NH.

Plymouth General Surgery is pleased to welcome Dr. E. James Hanowell to the practice. Specializing in advanced laparoscopic surgery, Dr. Hanowell has significant experience in:

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## What's On Tap

The first full week of February has a full slate of games on the schedule for the local high school teams.

The Newfound alpine ski team will be at Gunstock for the Winnepesaukee Alpine Race on Friday, Feb. 3, at 9 a.m.

The Newfound hoop boys will be hosting Hopkinton for a 6:30 p.m. game on Friday, Feb. 3, and will be hosting Berlin for a 6:30 p.m. game on Tuesday, Feb. 7.

The girls' basketball Bears will be at Hopkinton for a 7 p.m. game on Friday, Feb. 3, and will be heading to Berlin for a 6:30 p.m. game on Tuesday, Feb. 7.

At Plymouth, the alpine ski team will be hosting a meet at Waterville Valley on Friday, Feb. 3, at 10 a.m.

The Bobcat boys' basketball team will be hosting Merrimack Valley on Friday, Feb. 3, and will be hosting Kingswood on Tuesday, Feb. 7, both at 6:30 p.m.

The Plymouth hoop girls will be at Merrimack Valley on Friday, Feb. 3, at 6:30 p.m. and will be at Kingswood for a 6:30 p.m. game on Tuesday, Feb. 7.

The Bobcat Nordic ski team will be skiing at Gunstock on Saturday, Feb. 4, at 10 a.m.

The Plymouth wrestling team will be hosting Campbell at 6 p.m. on Wednesday, Feb. 8.

The unified basketball Bobcats will be hosting Laconia at 3:30 p.m. on Tuesday, Feb. 7.

The Kearsarge-Plymouth hockey team will be at Pembroke-Campbell for a 7:30 p.m. game on Saturday, Feb. 4.

The Plymouth ski jumping team will be hosting a meet on Wednesday, Feb. 8, at 6 p.m.

## Newfound searching for three coaches

BRISTOL — Newfound Regional High School has an opening for a JV baseball coach, an assistant track coach and a JV softball coach. Please send letter of intent, resume and names and phone numbers of three references to Superintendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.

# Bears prevail in battle of Division III powers

## Newfound hoop girls edge Prospect Mountain, 48-43

BY JOSHUA SPAULDING

Sports Editor

ALTON — Prospect Mountain does not charge admission to its basketball games.

However, its safe to say that even with an admission price, those in attendance on Wednesday, Jan. 25, certainly would've gotten their money's worth.

With the last two undefeated teams in Division III going head-to-head, it was sure to be a battle. And given that both teams tend to play an aggressive, physical style, there was sure to be plenty of action.

In the end, the Newfound girls came away with their undefeated record still intact, holding on for a 48-43 win over Prospect Mountain.

"I thought Prospect did a nice job moving the ball well against our 1-3-1," said Newfound coach Karri Peterson of the first quarter. "They found positions for Ali Brown to get her shots."

"We went to the 2-3 in the second, which takes away the corner," Peterson continued. "So if you see them again, you learn from that, you have to mix up defenses a lot."

"I think we were prepared for them," said Prospect coach Rick Burley. "Bri (Burley) going down sort of deflated us a little."

The Timber Wolf point guard and Newfound forward Alexis Vantil both went down on a collision at the end of the first half. Both had to leave the game, though Vantil did return in the second half, Burley remained on the bench with ice on her wrist.

"The other girls stepped up and kept the game close," Burley said. "But it's a game changer when you lose a key player."

The first quarter was about as even as could possibly be, as the two teams exchanged bas-



JOSHUA SPAULDING

Prospect's Alyssa Spiewak (left) and Newfound's Alexis Vantil leap for a rebound in action on Jan. 25 in Alton.

kets and the lead never got to more than two points on either side.

Brown hit the first hoop for Prospect and Amanda Johnston answered with a free throw and Ashlee Dukette finished a steal with a hoop to put Newfound up 3-2.

Emma Hardie hit a hoop for Prospect to put them back in the lead, but Dukette answered again to put the Bears back up by one. Delia Everhart hit a hoop to put the Timber Wolves back on top but a Johnston basket gave the lead back to the Bears at 7-6.

A Brown three-pointer gave the Timber Wolves a 9-7 lead before back-to-back baskets from Dukette and Johnston put the Bears up by an 11-9 score. Hardie and Leah Dunne answered with hoops for Prospect to put the hosts back up by two but Johnston hit a basket to tie the game at 13 after one quarter.

Alyssa Spiewak put back a rebound to give Prospect the lead com-

ing out in the second quarter before Vantil hit three free throws, sandwiched around a Johnston hoop and Nwefound took an 18-15 lead.

However, a pair of Brown baskets propelled Prospect Mountain back to the lead and an Everhart three-pointer pushed Prospect's lead to 22-18, the first time in the game the lead was more than two points.

Johnston answered with a three-pointer for the Bears but Hardie came back with a nice move down low to put the Timber Wolves up by three. A Vantil free throw, moments after her collision with Burley as she drove to the hoop and the score stood at 24-22 for Prospect Mountain heading to halftime.

The Bears came out in the second half and scored the first four points on hoops from Johnston and Vantil to take a two-point lead before Brown hit a free throw and Hardie hit back-to-back baskets to give Prospect a 29-26



JOSHUA SPAULDING

Amanda Johnston soars through the lane in action at Prospect Mountain last week.

lead.

Molly Schilling drained a three-pointer for the Bears to tie the game at 29 and then Johnston hit a free throw, Dukette put back a rebound and Savannah Bony hit a basket for a 34-29 lead, pushing the lead to five for the first time in the game.

Prospect came back with hoops from Hardie and Dunne to cut the lead to one at 34-33 but Johnston hit a free throw and Dukette finished off a steal for a 37-33 Newfound lead through three quarters.

Newfound was able to up the lead to eight points to kick off the fourth quarter, as Johnston and Vantil both hit hoops. After Everhart hit a basket to get the Timber Wolves on the board, Vantil and Dukette put in shots for the Bears to stretch the lead to 10 points at 45-35.

The Timber Wolves didn't go away, as Dunne sank a three-pointer and Spiewak put back a rebound to bring the Prospect crowd to its feet, cutting the lead to

45-40 with 2:45 to go.

Bony hit two free throws with 1:01 to go but the Timber Wolves also got to shoot technical foul shots at the same time and Brown hit one from the line. Prospect got the ball following the technical as well, but Dukette came up with a big block on the defensive end.

Dukette added a free throw with 17 seconds to go and Brown came back down the court and hit a hoop for Prospect but that was all the scoring as Newfound got the 48-43 win.

"It hurt a little when Alexis came out," Peterson said. "Alexis got to the basket well against their man-to-man."

"I thought Amanda (Johnston) carried us in the first half and Alexis did so at points in the second."

"When she wasn't in there, we had some turnovers and some fouls," Peterson continued. "You start switching up the defense a little to make it a little stronger."

Peterson praised the defense of Schilling

SEE GIRLS PAGE B6

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# Timber Wolves edge Newfound in overtime

## Former coaching colleagues Joy and Bourdeau do battle in Bristol

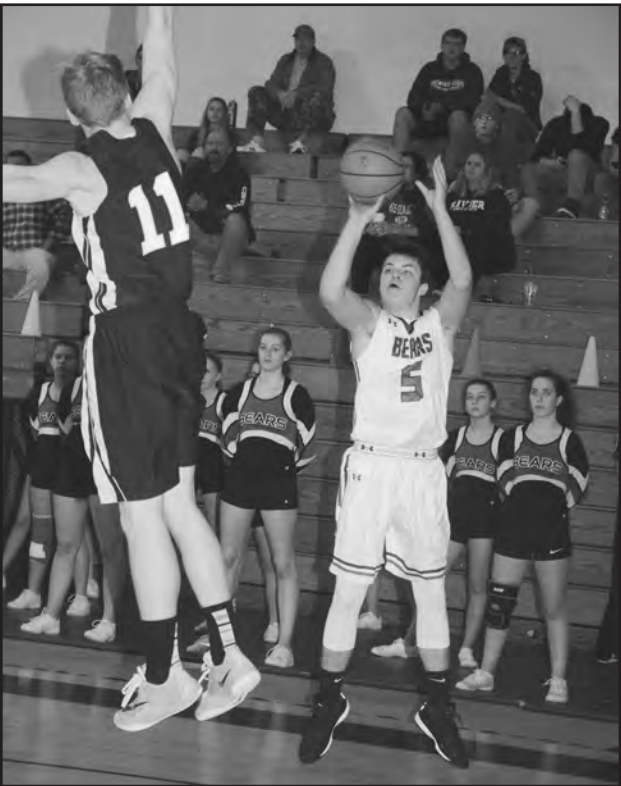
BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — In a back and forth battle of teams looking for a win, the Prospect Mountain hoop boys pulled out a 54-51 overtime win over Newfound.

The game was a matchup between teams coached by Tom Bourdeau and Michael Joy. Joy was Bourdeau's JV coach at Prospect Mountain during his time there and is now the head coach at Prospect, while Bourdeau is in his first season at the helm of the Newfound squad.

Dan St. Laurent got Prospect on the board first, but Mason Dalphonse drilled a three off a Jarrod Fairbank steal for a 3-2 lead for the Bears. Hudson Ingoldsby put Prospect back on top with a hoop before Fairbank came back with a hoop to put the Bears up 5-4. Newfound's lead jumped to 7-4 on another hoop from Fairbank but Ingoldsby finished off his own steal to cut the lead to one.

AJ Muse hit a hoop for the Bears to make it 9-6 in favor of the hosts and a three from Fairbank off an offensive rebound from Ben Morrill pushed Newfound's lead to 12-6. Ingoldsby made a free throw for Prospect but Devon Kraemer-Roberts came back with a hoop for Newfound to make it 14-7. Prospect got the final two points of the quarter, as Ingoldsby and Anthony Cusson each hit a free throw to make it 14-9 after one



JOSHUA SPAULDING  
Mason Dalphonse hit three three-pointers in his team's game with Prospect Mountain last week.

quarter of play.

Hoops from Ingoldsby and Cusson and a free throw from Cutlas Greeley tied the game at 14 before Colby Miles hit a free throw for the Bears and Fairbank hit a hoop for a 17-14 lead for the Bears.

St. Laurent hit a hoop and then Matt Sepulveda drained a three-point hoop to send the Timber Wolves to a 19-17 lead. However, Fairbank answered with a three-pointer and Tim Bony hit a hoop to put Newfound on top by a 22-19 score. Greeley made a pair of free throws for Prospect to cut the lead to one before Kraemer-Roberts hit from the charity stripe at the other end.

A St. Lauren hoop tied the game at 23 but a hoop from Bony gave Newfound a 25-23 lead at the halftime break.

A bucket from Muse got Newfound out of the gate in the second half but Cusson drained a three-pointer to pull Prospect to within one at 27-26. Fairbank and Sepulveda exchanged baskets and then James Shokal drained a three-pointer for the Bears for a 32-28 lead. Dalphonse sank two free throws to push the lead to 34-28.

St. Lauren hit a free throw and then hit a basket to cut the lead to 34-31 but Dalphonse hit a hoop and a free throw to push Newfound's lead to 37-31. Randolph Dyer drained a three-pointer for the Timber Wolves to cut the lead to three and he then hit a field

goal to cut the lead to 37-36. However, Kraemer-Roberts hit two free throws to close out the scoring in the third quarter and Newfound led 39-36 heading to the fourth quarter.

Dyer hit a hoop out of the gate to start the scoring in the fourth quarter and then Cusson hit a hoop to put Prospect in the lead by a 40-39 score. Muse hit a pair of hoops for the Bears to make it 43-40 in their favor. A three from Brandon Stellan tied the game at 43 but a three from Dalphonse put the Bears back in front again. Cusson hit a pair of baskets to put the Timber Wolves back on top and then hit a free throw to

make it 48-46 for the visitors.

Mike Doan hit a hoop for the Bears to tie the game at 48 and the teams headed to overtime.

Ingoldsby made the first hoop of the extra frame and then St. Laurent hit a basket for a 52-48 lead. Dalphonse came back with a three-pointer to cut the lead to one, but Dyer made a pair of free throws for a 54-51 lead for Prospect. Muse came down with a defensive rebound and Newfound had a chance to tie, but Fairbank's three-pointer missed and Prospect escaped with the 54-51 win.

SEE BOYS PAGE B6



JOSHUA SPAULDING  
Colby Moore drives toward the basket during his team's double-overtime game with Pembroke last week.



JOSHUA SPAULDING  
Owen Brickley drives by a Pembroke defender in action on Jan. 27.

# Bobcat boys drop epic battle to Pembroke

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — Plymouth boys' basketball coach Mike Sullivan had a feeling his team's game with Pembroke on Friday, Jan. 27, would be a competitive one.

He couldn't have been more right, as the two teams battled back and forth through two overtime periods before the Spartans emerged with 85-78 win over the Bobcats.

"That was a great high school basketball game," Sullivan said. "It was a great game all

the way around.

"Our game plan coming in was to shut down one (Noah Cummings), four (Jake Sherman) and 11 (Sean Menard)," Sullivan said. "They're great players who can create their own shot"

Sullivan noted that the plan wasn't exactly successful, as the trio combined for 73 of the team's 85 points on the night.

The Spartans got a three to get the scoring started in the first quarter but Wes Lambert answered with a

three-point play for the Bobcats. After a Spartan basket, Nick Qualey sank a three-pointer to give Plymouth the lead and a three-pointer from Owen Brickley and a hoop from Danny Carey pushed the Bobcat lead to 11-5. The Spartans responded with the next three baskets to tie the game at 11 before Brickley hit another three-pointer to put his team up 14-11. The Spartans got the final basket of the first quarter and Plymouth's lead was 14-13 after one.

The visitors came out of the gate in the second period and hit a hoop and a three-pointer to go up by an 18-14 score. After Colby Moore hit a free throw for Plymouth, the visitors drained another three-pointer and took a 21-15 lead

Moore hit a field goal for the Cats and after two free throws from the Spartans put them back up by six, Plymouth reeled off six points in a row to tie the game. Lambert put back a rebound to start the run and then Jordan Docen hit back-to-back buckets to tie the contest at 23. The Spartans got a hoop to go back up by a 25-23 score.

A Lambert free throw and a Carey three-pointer set Plymouth up with a 27-25 lead as the half ticked away but the Spartans were able to get the final basket of the half

SEE HOOPS PAGE B6

### Try to Overcome "Roadblocks" to a Comfortable Retirement

In your life, you will want to take many journeys. Some are physical – perhaps you'll finally visit the French Riviera or the Caribbean. Others involve personal growth – one day, you'll finally become fluent in that foreign language you've been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that's why it's so important to consider the "roadblocks" you might encounter on your road to the retirement lifestyle you've envisioned.

Here are five of the most common obstacles:

- Insufficient investments – Very few of us have ever reported investing "too much" for their retirement. But a great many people regret that they saved and invested too little. Don't make that mistake. Contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan, and increase your contributions whenever your salary goes up. Even if you do participate in your retirement plan at work, you may also still be eligible to fund an IRA, so take advantage of that opportunity, too. And

always look for other ways to cut expenses and direct this "found" money toward your retirement.

- Underestimating your longevity – You can't predict how long you'll live, but you can make some reasonable guesses – and you might be surprised at your prospects. According to the Social Security Administration, men reaching age 65 today can expect to live, on average, until age 84.3, while women turning age 65 today can anticipate living, on average, until age 86.6. That's a lot of years – and you'll need to plan for them when you create long-term saving, investing and spending strategies.
- Not establishing a suitable withdrawal rate – Once you are retired, you will likely need to start withdrawing money from your 401(k), IRA and other retirement accounts. It's essential that you don't withdraw too much each year – obviously, you don't want to run the risk of outliving your resources. That's why you need to establish an annual withdrawal rate that's appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts, your estimated

lifestyle expenses, and so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.

- Taking Social Security at the wrong time – You can start taking Social Security as early as age 62, but your checks will be bigger if you wait until your full retirement age, which will probably be 66 or 67, or when your payments "max out" at 70. You might not be able to afford to wait until then, but by postponing the date you begin taking withdrawals, you could help yourself considerably. I
- Ignoring inflation – It's been low in recent years, but inflation hasn't disappeared, and it could rise at exactly the wrong time – when you're retired. That's why you'll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

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

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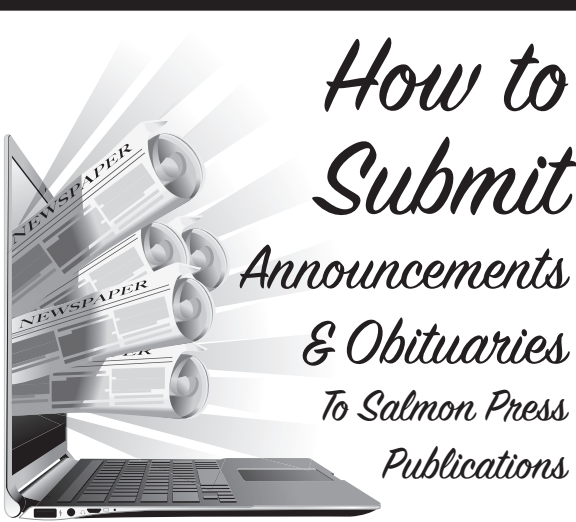
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JOSHUA SPAULDING

JOSHUA SPAULDING

BY JOSHUA SPAULDING

Sports Editor

JOSHUA SPAULDING

The Plymouth wrestlers pose for a photo after finishing fourth at the Capital City Invitational on Saturday.

COURTESY PHOTO

## BY JOSHUA SPAULDING

Sports Editor

SEE **WRESTLING** PAGE B6

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**SPECIAL EDUCATION TEACHER K-4**  
Plymouth Elementary School is looking for a Special Education Teacher to provide positive behavior intervention plans, direct instruction and case management of students in K-4 with challenging behaviors.  
Must be NH General Special Education certified and preferred advanced endorsement of EBD.  
**BEHAVIOR INTERVENTION SPECIALIST/SPECIAL EDUCATION TEACHER 5-8**  
Plymouth Elementary School is looking for a highly qualified Behavior Intervention Specialist/ Special Education Teacher with the knowledge and skills necessary to assist individuals, groups and systems through the application of positive behavior supports. Case management and direct services provided to students in grades 5-8. Must be certified in General Special Education and an advanced endorsement in EBD preferred.

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Looking for a Maintenance Person Working outside on grounds and working in shop. Must be dependable and have valid drivers license. Forklift operating experience a plus.

Apply in person at:



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**Waterville Estates**

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

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

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*Newfound Area School District*

**Employment Opportunities**

**District Wide**

- **Long Term Substitute Speech Language Assistant** - The position will start Feb. 13, 2017 until the end of the school year. Ideal candidate will be certified as an SLA.

**Danbury Elementary School**

- **Long Term Substitute K/1 Combination Classroom Teacher** - Approximate start date Feb. 1, 2017 to the end of the school year.
- **Long Term Substitute Title 1 Teacher** - Approximate start date March 6, 2017 to the end of the school year.

**Newfound Regional High School**

- **Coaches** - Head JV baseball, Head JV softball, assistant baseball, assistant track

**Newfound Memorial Middle School**

- **Paraprofessional** - Full Time
- **Coach** - Softball

Interested qualified candidates should send a letter of interest, resume, transcripts, job application, and letters of recommendation to:  
Stacy Buckley - Superintendent  
Newfound Area School District  
20 North Main Street, Bristol, NH 03222

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

The Town of Ashland is accepting applications/resumes for our full-time position as Office Manager/Assistant Town Clerk - Tax Collector. The Office Manager serves as the assistant to the Town Administrator performing a full range of executive secretarial duties and on a needed basis assists the welfare director, human resources, land use and other departments. As the Assistant Town Clerk/Tax Collector provides support to the Town Clerk/Tax Collector in carrying out motor vehicle registrations, collection and recording of tax payments, maintaining official public records, and other general office duties as needed or required. The ideal candidate for this position should have a bookkeeping background, strong customer service, can multi-task and coordinate between various departments, public officials and the public in general. Position requires a High School Diploma or equivalent, Associates or Bachelor's degree preferred, plus two years' relevant administrative experience, preferable in a municipal setting.

To apply for position, applications are available on the town website [www.ashlandnh.org](http://www.ashlandnh.org)

**Submit an application/resume to:**  
Town of Ashland  
Attn: Town Administrator  
P.O. Box 517  
Ashland, NH 03217  
Or Email: [townadmin@ashland.nh.gov](mailto:townadmin@ashland.nh.gov)  
Initial review of applications to begin immediately.  
Closing date February 10th 2017.

*Now Hiring-Sign-On Bonus!!!*  
*Yeaton Oil & Pemi River Fuels is*  
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*Propane Technician*

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

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

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

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

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

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




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**Job Requirements:** BSW / MSW - or other human service related field; or NH LPN/RN Licensure, BSN Preferred


Background in social services or care management.

If interested please apply online:  
[www.ucvh.org](http://www.ucvh.org)  
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181 Corliss Lane  
Colebrook, NH 03576  
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