

Lebanon man takes top prize at Ice Fishing Derby

BY DONNA RHODES
drhodes@salmonpress.news

ALEXANDRIA – At the 29th Annual Ice Fish-

ing Derby on Newfound Lake last weekend, an 8.01-pound, 29-inch lake trout made Robert Woodward of Lebanon a very



DONNA RHODES

Carol Barton was pleased to present Robert Woodward with a special \$200 prize for his lake trout at the 29th Annual Ice Fishing Derby on Newfound Lake last Sunday. The additional money this year was presented in memory of her brother Ernie Grout of Alexandria, who recently passed away. With that memorial prize, Woodward's overall winnings prize totaled \$1,350.

happy fisherman when he took home \$1,350 in cash for having the largest lake trout (\$150), the largest overall fish (\$1,000) and a special \$200 memorial prize that was added this year in honor of Ernie Grout of Alexandria. Sixteen other cash prizes were awarded on Sunday as well.

On hand to present the check in Grout's name was his sister and brother-in-law Cathy and Ed Barton. Grout recently passed away but was an avid fisherman who took part in the derby every year. The family had just held a Celebration of Life for him and decided that in his memory this year they would present an additional \$200 to the grand prize winner.

"I know Ernie would like this. He's smiling somewhere up there," said Cathy.

Woodward was smiling, too, honored to have

won the special prize and have the chance to thank the Barton's in person.

He said that like Grout, he too is an avid fishermen. While he and his family attend many derbies each year, including nearly all Newfound Lake ice fishing derbies, he has never won before. It was just north of Whittemore Point in Bridgewater where his luck changed though as he pulled in his first prize-winning fish.

His son, Rob Woodward, a former Boston Red Sox pitcher, was happy for his dad but said it could have turned out differently.

"My big fish is still out in the lake. I just didn't want to beat him out," he joked.

His son Jacob agreed, saying he and his dad caught all the little fish so his grandfather could

SEE DERBYPAGE A10



Decked out in her coonskin cap, three-and-a-half-year-old Evah Ashley of Gilford was thrilled with the huge trophy she won for placing second overall in last Sunday's ice fishing derby sponsored by the Alexandria Volunteer Fire Fighters Association. Evah also took home a huge cash prize of \$650 for her big catch.

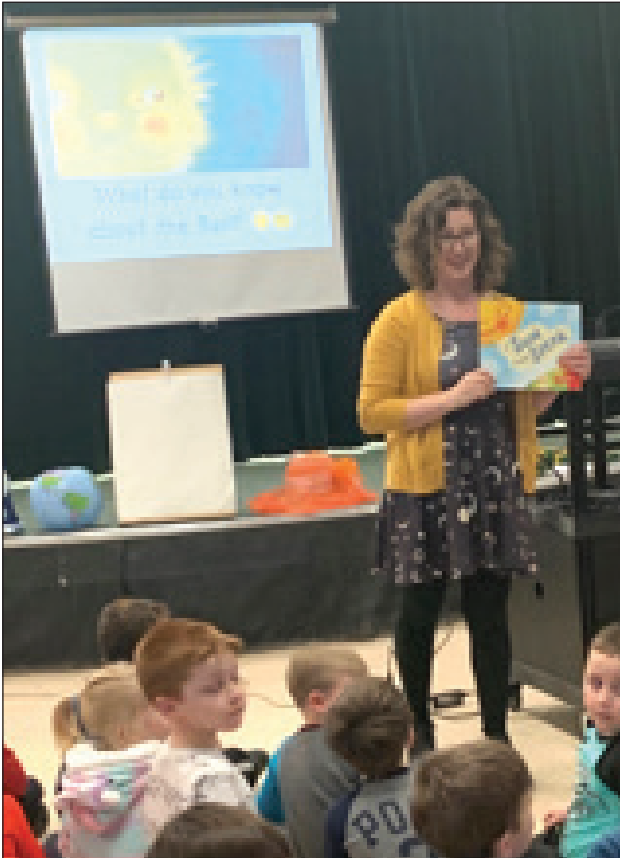
Former teacher returns to Community School

NEW HAMPTON — It was so much fun having a former New Hampton Community School teacher, Kourtney LaFavre, come back to celebrate her first published book! The kids and staff had a blast.

Her non-fiction book, "If Sun Could Speak," tells the story from the sun's point of view. After listening to the story, our students were able to share some facts Kourtney intertwined within the pages. They loved when she had a few audience members demonstrate how the earth and moon rotated around the sun. Mrs. LaFavre also talked the students through the writing process.

Towards the end of the presentation, she shared two different pictures and had the students take time to write down their thoughts and ideas of a story from looking at those pictures. Our students' smiles were huge when Kourtney worked with small groups and provided comments and suggestions about their

SEE LEFAVRE PAGE A10



COURTESY

Former New Hampton Community School teacher, Kourtney LaFavre, came back to celebrate her first published book, "If Sun Could Speak." We had a blast hearing her story and learning more about the writing process. Five students won a persuasive essay contest and were able to have lunch with the author.

Candidates' Forum to be held at Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library will hold its annual Candidates' Forum this Saturday, Feb. 29 at 2 p.m. The event invites the public to hear directly from those running for local elected office and offer the opportunity for candidates to share their interest and ideas.

The library's Candidates' Forum brings the community together for an afternoon that informs and give voters information they can use at the polls on Bristol's election day. This year's election will be held Tuesday, March 10 from 8 a.m.-7 p.m. at Bristol's Town Offices, 5 School St.

All candidates who will appear on this year's ballot have been invited to the forum and will have an opportunity to share with the public their interest in the position for which they are running. Positions include Select Board, Budget Committee, Library Trustees, School Board, and others.

INDEX

Volume 6 • Number 9

Opinion.....	A4-A5
Obituaries.....	A6
Towns.....	A7
Churches.....	60
Health.....	A9
Business.....	A11
Sports.....	B1-B3 & B6
Classifieds.....	B4-B5

18 pages in 2 sections
©2019, Salmon Press, LLC.
Call us at (603) 279-4516
email: newfound@salmonpress.news
www.salmonpress.com

The Library is a center for information, and it is pleased to host this important event. The Friends of the Minot-Sleeper Library are the sponsor of this year's forum. Refreshments will be provided beginning at 1:30 p.m. on the day of the event. Questions presented to candidates by moderator Paul Fraser will begin promptly at 2 p.m.

Local Girl Scouts kick off cookie season



DONNA RHODES

Girl Scout Troop 13139 and Daisy Troop 11161 began their annual cookie sales last weekend at the Irving/Circle K store on Route 104 in New Hampton. On hand for the opening day was their pal Cookie Monkey, scouts Koral and Serenity, and Mickey Mouse.

BY DONNA RHODES
drhodes@salmonpress.news

NEW HAMPTON — It's cookie time once again and local Girl Scouts from Troop 13139, along with their partners in Daisy Troop 11161, have begun selling their popular Girl Scout cookies at several locations in the Newfound Region.

Last Saturday kicked off their campaign on Route 104 in New Hampton where they will be setting up Cookie Booths for the next five weeks. The troop will alternate their location each week

SEE COOKIES PAGE A10

Pasquaney Garden Club looks ahead to 50th year

BRISTOL — The first event of the year for the Pasquaney Garden Club will be a series of Books in Bloom displays at Minot Sleeper Library.

What do you see in your mind when you read a book title, or gaze at its cover, or think about the story or theme set forth on its pages? Books in Bloom is a fun, creative and colorful way to express the answers to those questions. Floral arrangements are created to reflect a book theme through the eyes

of the floral arranger using fresh flowers and additional items and props to enhance the reflection of the theme.

Beginning on March 16, members of the Pasquaney Garden Club will begin providing one display per month for a chosen book. The project will be coordinated with the Minot Sleeper Library staff. Members of the public are encouraged to visit the library and take in these bright spots of color and creativity. Future dates will

be announced on the Library Web site, in PGC monthly newsletters and in local newspapers. Each display time is limited by the lifetime of the materials used so visitors should plan to attend soon when the display date is announced.

Pasquaney Garden Club will begin regular seasonal meetings and programs in April. Details of the schedule of events will be forthcoming. The annual program typically includes a variety of speakers,

hands-on workshops and field trips as well as the community gardening.

Looking ahead, if you enjoy the colorful summer plantings in the greater Bristol area, why not help? Plant care for the beautiful public gardens and planters around the Bristol and Newfound areas is one of the major projects in which Pasquaney Garden Club members and community volunteers participate. We have a great need for volunteers who can assist with the

watering of planters and maintenance of some of the planters, small gardens, library gardens and the Butterfly Garden. If you have a couple of hours a week and would like to support the beautification efforts of our community please consider helping. Summer plant care is flexible and may be done at the convenience of the volunteer. Interested parties may email Jane at jewhitenh@gmail.com. Club membership is not required to be a gardening volunteer.

Pasquaney Garden Club is a regional club with members representing many area towns currently including Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill and Rumney. Membership includes a monthly newsletter with all upcoming events and information and the clubs annual membership booklet. Annual dues for 2020 are \$15. Pasquaney Garden Club is a 501(c)3 nonprofit organization.

PSU faculty members honored with named professorships

PLYMOUTH — Plymouth State University has honored three faculty members with named professorships. Mary Ann McGarry, Ed.D. was named the Helen Abbott '39 Professor of Environmental Studies; and Jonathan Dapra, D.B.A., and George Pettinico, Ph.D., were named O. B. Rosen-

blum Professors in Business. All will serve three-year terms and will be recognized in spring ceremonies.

“Our faculty members’ dedication to preparing students to be successful after graduation sets Plymouth State University apart,” says Ann McClellan, Ph.D., Associate Provost, Plymouth State University.

“The Helen Abbott ’39 Professorship of Environmental Studies and the O. B. Rosenblum Professorship in Business recognize outstanding faculty members for doing just that. Mary Ann McGarry, Jonathan Dapra and George Pettinico demonstrate their commitment to PSU by embracing our Integrated Clusters education

approach, which enables students to develop the skills they need to have lasting, positive impacts on their communities.”

McGarry Named Abbott Professor of Environmental Studies

The Helen Abbott ’39 Professorship of Environmental Studies was created by Janice C. Griffith, Professor of Law at Suffolk University in Boston, to honor her childhood teacher, New Hampshire educator Helen Abbott, a Plymouth State graduate. Griffith established the Professorship in 2010 to honor Abbott for her commitment to youth environmental education. The endowed professorship recognizes an exemplary member of the PSU faculty who integrates elements of environmental studies into coursework or research.

Mary Ann McGarry is an environmental educator and naturalist in Helen Abbott’s vein. Nominator Sheryl Shirley, Ph.D., praised McGarry for inspiring others across the campus, New England and the world through her multi-phase, interdisciplinary Cluster projects, such as working with students to secure the first “Tree Campus USA” designation in New Hampshire for PSU from the Arbor Day Foundation. McGarry launched and currently serves as the Co-Administrator for

the Tourism, Environment and Sustainable Development Cluster, which helps students understand the impacts of change and development, to prepare for new challenges and opportunities, and to produce innovative plans for ensuring sustainability and resiliency through stewardship and entrepreneurship.

Dapra and Pettinico Named Rosenblum Professors of Business

The O. B. Rosenblum Professorship honors its namesake and promotes excellence in the field of business. As an executive with Golden Dawn Foods, Rosenblum pioneered and guided many innovations in both warehousing and transportation. He introduced and developed a variety of human resource management approaches to attract and maintain a diverse workforce. Rosenblum encouraged other businesses to recognize an ever-increasing role for corporate social responsibility to the community. An anonymous donor established the professorship in 2007.

Prior to joining academia, Jonathan Dapra served as an executive, entrepreneur and investor. He joined PSU in 2017 and has made a positive impact on his department and students. Dapra fosters Cluster projects, leads

a consulting course, in which students solve real-world client problems, and is helping to redesign the core business curriculum. He created a course to empower students who did not study business as undergraduates to prepare them for PSU’s new cohort MBA program. He is also developing a small business leadership effectiveness framework and practice, which will be piloted in the town of Plymouth.

George Pettinico joined the PSU faculty in 2017 because of his desire to work with first-generation college students and his passion for PSU’s innovative Integrated Clusters approach. Pettinico has led three Cluster projects, including customer focus groups for the Grapone Automotive Group, and designed and implemented two new digital marketing courses. He serves as the faculty advisor for COMPASS, PSU’s student digital marketing service company, which currently provides social media management services to four local businesses. He also serves as the Director of the Student Engagement Committee and recently spearheaded the creation of PSU’s new Honors Program.

For more information about Plymouth State University, visit www.plymouth.edu.

SLA hosting scavenger hunt hike for adults with disabilities

HOLDERNESS — Get back into nature by joining the Squam Lakes Association on a sensory scavenger hunt hike through Whitten Woods (Highland Street, Ashland) from 9 a.m.-noon on Saturday, Feb. 29. This program is specifically aimed to reach adults with disabilities able to navigate a trail in snowy/icy conditions. Service animals are always welcome; however, please be sure they are fitted with an orange blaze of some sort, whether it is a bandana, collar, vest, or colored tape on the harness.

This scavenger hunt will encourage participants to get back into na-

ture by using their senses to interact with what’s around them. Participants will receive fun scavenger hunt cards that they can check off as we go. Since this program will be accessible to various abilities, the cards will have a variety of items on them that involve different senses so everyone will have the chance to check off some items regardless of which of their senses may be impaired. We will hike at a pace that allows each of us to soak in all the beauty around us. Lakes Region Conservation Corps members Maggy and Nick will lead the hike and will be available to help with the scavenger hunt if re-

quested.

This program takes place at the end of hunting season, so we want everyone to have something bright orange to wear. The SLA will provide mesh polyester vests to layer over a coat or backpack. These vests have a large tag in the back that would likely not directly touch skin over a jacket, but may make a crinkling noise. If a participant is sensitive to Velcro, reflective material, the sound of the mesh or tag, or would be opposed to this article of clothing in any way, please come with another form of orange to wear such as a hat or gloves. If a participant requires an assistance animal, please make sure they also have something orange to wear and booties, if necessary. Participants should also bring warm clothes, extra layers, water-resistant shoes, snowshoes/microspikes, snacks, and water.

Registration is required. Register online at www.squam lakes.org or call us at 968-7336.

Jan. 30 deadline set for NHEC board candidates


PLYMOUTH — Members of the New Hampshire Electric Cooperative, Inc. (NHEC) interested in being considered for nomination to the organization’s board of directors should submit their materials to the Nominating Committee by 4:30 p.m. on Jan. 30. More information is available on NHEC’s web site at www.nhec.com.

“We are seeking qualified members with diverse personal, professional, and geographical backgrounds,” said Steve Camerino, NHEC’s president and CEO. “NHEC is a member-owned, non-profit organization, and serving on the board of directors is one of the ways our members can have a direct impact on how this democratically controlled organization is run. It is an important and rewarding job.”

Board members are elected to three-year terms. Three of the eleven seats are up for election this year. Election ballots will be sent to all members in May. Those elected will be seated at the Annual Meeting of Members, to be held on Monday, June 22.

The Nominating Committee meets numerous times to review the applications and interview candidates for the Board of Directors. After completing the process, they nominate a slate of candidates to be included on the ballot. Only current members of NHEC may serve on the board of directors. The candidates selected will be identified on the ballot as having been nominated by the Nominating Committee.

NHEC members interested in serving on the board of directors may contact Sharon Yeaton at 536-8801, or yeatons@nhec.com, for a candidate packet.



MEREDITH CINEMAS
Meredith Shopping Ctr. • 279-7836
844-4BARNZS

Week of 2/28 - 3/5

CALL OF THE WILD PG 1917 R
Fri-Sat.: 10:30 AM, 1:00, 4:00, 7:00, 9:30 PM
Sun.: 10:30 AM, 1:00, 4:00, 7:00 PM
Mon. - Thur.: 1:00, 4:00, 7:00 PM

SONIC THE HEDGEHOG PG
Fri-Sat.: 10:00, 12:20, 2:40, 5:00, 7:15, 9:30 PM
Sun.: 10:00, 12:20, 2:40, 5:00, 7:15, 9:30 PM
Sat. - Thur.: 12:20, 2:40, 5:00, 7:15 PM

Join us for the advance Screening of
ONWARD
On Thursday 3/5 at 7:00pm

Find us online at: BarnZs.com

Newfound Landing

ADVERTISE WITH US
ADVERTISING EXECUTIVE
TracyLewis
(603) 575-9127
tracy@salmonpress.news

SEND US YOUR NEWS AND PICS
news@SalmonPress.news

TO FAX THE GRANITE STATE NEWS:
CALL (603) 279-3331

TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516
A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news



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

salmonpress.com

February at Artistic Roots



PLYMOUTH — February will be a busy month at Artistic Roots with new classes and a new crew of Visiting

Artists. It is also the perfect place to pick up a unique and special present for your valentine. We will hold a

These are samples of the jewelry that you will be making in Pam Miller's Metal Smithing Jewelry Series. It is scheduled for Feb. 18, 23, March 3 and March 10 for either 2 to 4:30 p.m. or 5 to 7:30 p.m. The cost of the class is \$150 for members and \$175 for non-members. There is an additional \$35 cost for materials. You can sign up for this and other classes by visiting the Artistic Roots Web site, www.artisticroots.com or by stopping by the gallery or calling, 536-2570. Check out the other classes offered this month!

COURTESY

Visiting Artists' Reception on Feb. 20 from 5-7 p.m. We will welcome student artist, Dorothy Crowell; mosaic artist Martha Jane Stevermer; fiber artist, Sarah Silveira; sculpture William Janelle; and woodworker, Jeffrey LeBlanc. All are welcome and refreshments will be served.

Here are the classes being offered this month.

Jeweler, Pamela Miller will offer a series class

called: Jewelry Metal Smithing on Feb. 18, 25, March 3 and March 10. She will offer an afternoon session from 2-4:30 p.m. or an evening class from 5-7:30 p.m. This class is an introduction to metalsmithing techniques for making jewelry. You will learn the basic of sawing, forming, wirework, soldering and cabochon stone setting. You will make four pieces of jewelry as

you learn to use metal sheet and wire to fabricate bracelets, pendants, rings and jewelry components. All tools will be provided. The cost of the class is \$150 for members and \$175 for non-members. There is a materials cost of \$35 which is additional.

Saoirse Rain will offer a Needle Felted Owl Class On Feb. 22 from 10 a.m. until noon. Use needle felting techniques to create a felted barn owl. No prior skills are needed. Cost of the class is \$25 for members and \$30 for non members.

Lynn Haust will offer her Sun Catcher Class on Feb. 27 from 5-7 p.m. Come and discover the amazing medium

of melted glass! You will cut sheet, confetti, noodles and stringers to make your own sun catcher design. Bring a friend! Glass is fired off site and delivered to Artistic Roots. Cost of the class is \$25 for members and \$35 for non-members.

Our very popular free children's class is on Feb. 15 this month from 10:30 to 11:30 a.m., and will feature making paper bag Owl Puppets with a valentine's theme. Please reserve a seat so that we know how many children to plan for.

You can sign up for all classes online at www.artisticroots.com or by visiting or calling the store 536-2750.

Learn about winter backyard birds at Science Center

HOLDERNESS — A flash of dull yellow; a flit of black and white; a glimpse of bright blue. Backyard birds in the wintertime can be as mesmerizing as other times of the year and even more so when they are visiting bird feeders.

Squam Lakes Natural Science Center invites adults and families with children age 5 and older to learn about birds in their backyard on Saturday, Jan. 25 from 10

a.m. to noon. A Science Center naturalist and participants will gather around the bird feeding stations at the Science Center to see what birds overwinter in New Hampshire and learn how they survive. Participants can even try letting wild birds eat out of their hands!

Participants will learn about bird feeding basics and make a bird feeder from natural or recycled materials to

take home. They will also go on a walk to identify birds in the field and forest using binoculars, so dress appropriately with snow boots and warm layers. Binoculars and snowshoes are provided by the Science Center or participants may bring their own. The program will end by meeting a live bird some may consider an uninvited guest at bird feeders.

Binos and Bird Feeders: Winter Backyard

Birds is \$9 per member and \$11 per non-member. Register online using the calendar at nhnature.org or call 968-7194, ext. 7.

This program will also take place on Sunday, Feb. 16; Thursday, Feb. 27; and Sunday, March 8 from 10 a.m. to noon. Observations from Feb. 16 will be submitted to National Audubon Society's Great Backyard Bird Count.



IAIN MACLEOD — COURTESY

Purple finch at bird feeder.

Bristol Bookworms puts community on display



DONNA RHODES

Librarian Paula McKinley of Minot-Sleeper Library displays this month's collection of books available through their new community program, Bristol Bookworms, which will feature recommended selections each month from various town partners.

BRISTOL — Bristol Bookworms are bringing the Newfound community together one book at a time. Minot-Sleeper Library and Bristol community groups are partnering to recommend books, DVD's and audiobooks. Various departments and groups throughout Bristol will be featured throughout 2020. A number of Bristol community group or department is invited to put their favorites on display for select months throughout the year.

"We wanted a way to invite other amazing

organizations into the library and share their favorite books," said Paula McKinley, a librarian at the Minot-Sleeper library. "You can make meaningful connections over talking about your favorite books and movies."

The community is encouraged to visit the library to see books and movies on display at the Minot-Sleeper Library. Bristol Bookworms book

and movie selections of the month can be found on the library's Web site at minotsleeperlibrary.org.

Upcoming groups that will have their selections on display include the Friends of the Minot-Sleeper Library in February, the Tapley-Thompson Community Center in March, and Stand up Newfound in April.

LRPC's Transportation Advisory Committee to meet in Plymouth

PLYMOUTH — The Transportation Advisory Committee (TAC) of Lakes Region Planning Commission will hold its March meeting on Wednesday, March 4 at Pease Public Library in Plymouth, taking up various highway and other transportation related topics.

On the agenda is the impact of the state's Ten Year Transportation Plan, an update of transportation bills presently before the legislature, winter maintenance updates and a look at the intersection of Smith Bridge Road and Tenney Mountain Highway among other topics. The session starts at 2 p.m.

The TAC is a standing committee of the thirty-town commission of which Plymouth is the newest member. All sessions are open to the public with time limited comments allowed.

Local student named to Dean's List at Northern Vermont University

LYNDONVILLE, Vt. — Catherine Roman of Alexandria was named to the Dean's List for the fall 2019 semester at Northern Vermont University. Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean's List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses' nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at NorthernVermont.edu.

Buckle Up!

Seatbelts save lives.

PLYMOUTH OPTICAL SHOPPE

Martin D. Kass, Registered Optician

- Repairs Done on Premises •

607 Tenney Mtn. Hwy., Suite 101
Plymouth, NH 03264 • 603 / 536-3569

**FOR ADVERTISING INFORMATION
CALL 603-279-4516**

18th Annual
Summer Camp 2020

11 Publications for 4 Weeks!

March 11th & 12th, 18th & 19th
March 25th & 26th, April 1st & 2nd

The Meredith News, The Record Enterprise, Granite State News, The Baysider, Carroll County Independent, Coos County Democrat, The Littleton Courier, Gilford Steamer, Winnisquam Echo, Berlin Reporter, and Newfound Landing.

Looking for Summer Help? Counselors, Life Guards or Ice Cream Window Help?

Advertise Your Summer Registration: SPACE IS LIMITED!

Advertise your Day Camp, Sleepaway, Summer Daycare Program, Tennis and More!

Deadline: March 4th

* Price Per Week: 2x2-\$80 | 2x3-\$120 | 2x4-\$160 | 2x6-\$250 | 2x8-\$300 | 3x5-\$250 | 3x10.5-\$400

* Four Week Buy Required

Contact Tracy or Lori at 444-3927 | tracy@salmonpress.news or lori@salmonpress.news

CADY Corner

Rite Aid KidCents helping our kids!

BY DEB NARO
Contributor

CADY is excited to announce that we have partnered once again with The Rite Aid Foundation and are now a participating organization in KidCents. KidCents is a program created by The Rite Aid Foundation that allows Rite Aid wellness+ rewards customers to round up their purchases to the nearest dollar and donate their change to organizations that help support youth in the community. CADY is listed as an official KidCents charity on kidcents.com.

A contribution to CADY is an investment in our children and in creating a safer, drug-free community. Our mission is to educate, engage and empower our youth, families, schools and communities to prevent and reduce youth alcohol, tobacco and other drug use and to promote healthy environments and promising futures. According to the National Center on Addiction and Substance Abuse, 75 percent of all high school students have used addictive substances including tobacco, alcohol, marijuana and cocaine. Youth substance use, including alcohol, greatly affects the developing teen brain and can rewire it for addiction. We work to build both community and parent awareness by offering education, skill-building and mentoring for our youth. By working to prevent substance misuse, we are helping to build new possibilities for their future.

Preventing addiction changes everything. The National Institute on Drug Abuse reports that 90 percent of all people with substance use disorders started smoking or drinking before the age of 18. Through our unified efforts, we can replace the ever-present headlines broadcasting the number of deaths stemming from addition and work to stop the problem before it ever starts. Ten million young people in America are in current need of treatment for substance abuse and addiction. We can replace these sad stories with stories of successful, resilient youth who have learned to live drug-free, deal effectively with stressful challenges, overcome life's obstacles, and enjoy happy, meaningful lives.

Each year our funding needs grow because our kids are confronted with ever-increasing challenges. To appropriately respond to their needs, we need your help. By rounding up your Rite Aid purchase through the KidCents program, you are helping us to extend our reach within the community to build resiliency and brighter futures for our children and youth. We are very honored to continue our partnership with The Rite Aid Foundation and are excited by the opportunities that KidCents brings to our organization and those we help.

For more information on how to enroll in the KidCents program or to support CADY, visit: <https://kidcents.riteaid.com/howitworks> or visit the CADY website: cadyinc.org/support-us/. We remain grateful for our communities ongoing support and encouragement—thank you! If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

Letters to the Editor

Vote for Anita Avery, and you won't be disappointed

To the Editor:
Bristol residents, please consider a vote for Anita Avery for Selectman.
I have known Anita and her family for 25 years. She is thoughtful, caring, and hardworking person. She will employ a common sense approach to balance the needs of the town vs. the taxpayers wallets.
You will not be disappointed in your vote for Anita.
Thank you.

JERRY WESTCOTT
SANBORTON

Pemigewasset DAR to host police K9 demonstration



COURTESY

Area residents are in for a special treat on March 7! Pemigewasset Valley Chapter, Daughters of the American Revolution invite the public to attend a free presentation on the training and utilization of police K-9 teams. Sgt. Joseph Guerriero and his K-9 partner Falco of the Franklin Police Department will discuss their training, daily work, and give a demonstration of skills at Pease Public Library on Saturday, March 7 at 10 a.m. This team has been working together just a short time. Last June, K-9 Falco and his handler, Sgt. Joseph Guerriero, graduated an intensive 14 week Police Canine Handler Course that was conducted by the staff at the Boston Police K-9 Academy. Upon the completion of the 500 hour course, Guerriero and K-9 Falco successfully received certifications in the following areas: obedience, building searches, article searches, area searches, agility, criminal apprehension, handler protection, and tracking. Two weeks ago, K-9 Falco received his narcotic detection certification after attending the Boston Police K-9 Narcotics Detection Academy. Call Paula Woodward for information about this program at 536-4778.

Letters to the Editor

A fresh outlook for Bristol's Select Board

To the Editor:
On Tuesday, March 10, Bristol voters will have the opportunity to vote for town elected officials of their choice. I am supporting the election of John Sellers for the office of Town Selectman this year for the following reasons.
John has resided here in Bristol for 10 years, and I have personally known John for five years now. John has earned my respect through his knowledge of town management issues affecting Bristol and his upstanding character.

John's background includes being an US Air Force veteran, owning and operating his own business, and his current position with a Fortune 500 company as a computer business analyst. John has been an active contributor to the responsible management of Bristol's financial affairs as a member of the Town's Budget Committee for the last four years, and possesses a thorough knowledge of the town's finances.

Through John's selfless contributions during the last four years, John has earned the right to run for a position on Bristol's Select Board. John has demonstrated his common sense approach to responsible fiscal management and I urge you to come out and vote for John Sellers on Tuesday March 10.

ERIK R. NELSON
BRISTOL

Supporting John Sellers for Bristol Select Board

To the Editor:
I am supporting John Sellers for Bristol Select Board because Bristol needs to have a new, fresh set of ideas on how Bristol should be moving forward. Bristol has not moved forward in areas that would improve our tax situation. The only direction we are moving in is making Bristol a more expensive place to live, especially for folks on a fixed budget (a.k.a.

the elderly.) Grandiose ideas on town halls, expanding Sewer to the Lake, a new fire station and an upgraded police station are some of the projects that were on the table that either need to be rolled back or eliminated. There is a need for improvements to these facilities but we need a new vision with a different approach to bring forth realistic sized projects to fit Bristol's need

not somebody's wants. We shouldn't be hiring Architects to come up with pipe dream projects wasting our tax dollars.
John Sellers' background as a number cruncher helps him make sense of Bristol's ever expanding budget. As an example, he has worked on Bristol's EMT service costs and saw how the adjacent towns have been taking

advantage of Bristol tax payers. John Sellers has advocated for the tax payers in many ways and has been proactive with blunting our excessive spending. John Sellers would be a great addition and a change to our present Select Board, Vote Sellers.

Thank you,
ERNE RICHARDS
BRISTOL

Capsalis has my vote

To the Editor:
Michael Capsalis is running for re-election as Moderator, Town of Bridgewater, and I'm happy to endorse his candidacy.
Michael has held the position of Moderator

for the Town of Bridgewater for over a dozen years, and has done an excellent job in fulfilling his responsibilities.
In addition to the Moderator's position, Michael's resume includes the Chair of the

Bridgewater Planning Board, Adjunct Professor at Plymouth University, Local Realtor and State of New Hampshire building inspector. Michael is intelligent and is a man of integrity and one worthy of reelection

as Moderator, Town of Bridgewater.
Please consider voting for Michael on March 10.
Thanks for your consideration.
KEN WEIDMAN
BRIDGEWATER

JUMBO
will take your message to over 200,000
readers in ELEVEN weekly newspapers!

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Headline

Photo
John Harrigan
South Hill Road under a shining sun was a slippery slope in some spots Sunday. That shadow beside the mailbox is, of course, me.

A cave in the headwall of a kettle-hole's snow

Funny how the angle of sunlight in late afternoon can trigger a boyhood memory or two.

On Sunday, the sun poured onto the southwest side of South Hill and turned sections of the road to mush. There is a term for the slipperiness of it, having to do with geese. It is very much a case of Drivers Beware.

Longtime all-around public works guy Kevin McKinnon once succinctly explained this, to a group of non-experts who loved dirt roads but didn't know much, as "the fines coming to the top." Fines are the smaller particles of earth, in this case the little bit of clay that is often found in even the better grades of gravel.

Think of a warm afternoon in late February as spring-training for Mud Season, the Grapefruit League of life on a dirt road. As Daughter Number One put it so



well in a recent editorial about a harrowing experience on a suddenly slippery road, "Turn into the skid."

Good advice, that. Another one is "Never approach a runaway tractor except from the rear," but that's another story, and one I'll probably never tell (again).

+++++

With the sun's rays slanting just so on Sunday, sixty years melted away.

This was the time of year when, finally, you could make a snowball. January's snow was too cold to be sticky, and making a snowball at 35-below was impossible unless it involved road-salt slush. Even then, a

snowball would hardly stay together long enough to throw it.

But ah, late February. On the way home from school, you walked on the north side of the street so you could scoop handfuls of melting snow from the banks, to throw them at kids on the other side. This was a merciless thing, but there is little mercy in childhood play no matter how rosy they paint it, the savagery limited only by the lack of worse weapons.

+++++

Surplus military equipment from World War II was just becoming easily available (meaning cheap) to towns when I was growing up. Every now and then, the

town would despatch a payload; these days referred to as a front-end loader, to clear the snowbanks out along streets and sidewalks.

These huge bucketloads of snow had to be dumped somewhere, and it was a long trip to the Mohawk River, so anywhere in the neighborhood that offered an out-of-the-way spot was fine. For us, this meant mountains of snow ideal for tunneling into or through, and for making forts.

Our mother would throw us out of the house on a sunny afternoon after school, and doubly so on weekends. All over the place, all up and down the street, everywhere in the neighborhood, all over town,

kids were out--making forts, destroying forts, stocking up on snowballs, starting wars.

+++++

As we got older we ranged farther from home, suffering neither parental restraint nor boundary-obsessed neighbors. Safety was never a concern, but simply assumed. It was a town and time without limit.

On the upper course at the Colebrook Country Club, which in reality is a public golf course, there are three connected glacial kettle-holes, one of them quite deep, formed 15,000 years ago when blocks of ice pushed into the earth melted, leaving giant pock-marks on the land.

The biggest of these depressions was so deep that from its middle you could see nothing but the sky (things have changed now; the kettle-hole is still there, but you can see a tree). In winter, the prevailing northwest-lies blew snow into a giant visor-like overhang, far out over the western lip.

Under this overhang one afternoon, while the other kids frolicked in the snow, I tunneled in and then hollowed out a cave, the interior of which I enlarged



into a comfortable little chamber. Tuckered out, I turned onto my side and was soon fast asleep.

The other kids left, each group, I later found out, assuming that I was with the other. How many times was I destined to write stories about groups of hikers in the high country, usually overtaken by darkness or foul weather, who had done the very same kind of thing, too often with tragic results.

But that was far in the future. In this time and place, in a glacial bowl in a little town up back of New Hampshire, I woke up to growing darkness and a hole in my stomach, and capered home as fast as legs could carry.

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

Letters to the Editor

Vote no on SB2; it is not good for Bristol!

To the Editor:
The Town of Bristol will soon hold its local elections (Tuesday, March 10) and its annual Town Meeting (Saturday, March 14). It is our opportunity as citizens of the Town for our voices to be heard and our public officials elected. One of the warrant articles we will consider at Town Meeting is whether or not Bristol should change to an SB2 form of voting on issues before the citizens. I am a concerned citizen who has recently done some research on the controversial issue of SB2 and what it might mean for Bristol.
Here's what I learned: SB2, named for the senate bill that outlines the process, is a mechanism that would eliminate Town Meeting and instead the process includes a budget hearing open to the public (which we currently have) and a deliberative session where voters can learn about the warrant articles and can debate and amend them. However, they do not take a final vote on any of the articles. All of the issues are decided at the polls.
This may sound like a good idea, and there are definitely some positive

aspects, but the reality is that in the towns that have adopted SB2 turnout at the deliberative sessions is very low. In an article in the Monadnock Ledger-Transcript from February, 2019, in Bennington, New Ipswich, and Rindge, less than 3 percent of eligible voters actually attended the deliberative session in the prior year. In 2017 in Rindge, only about 1 percent of voters attended the deliberative session.
In a piece from CitizensCount.com, a non-profit organization whose mission is to provide objective information about issues of concern to New Hampshire citizens, the following is a list of arguments against SB2 written by Sally Humer:
Loss of resident interest and poor attendance at the deliberative session:
Because the voting power at the deliberative session, the first meeting, is not final, the meeting is considered lacking in importance. Data from towns that have SB2 show a marked reduction in meeting attendance. In many cases the small number of attendees means the quality of the debate is poor

and they tend to go along with the recommendations of the governing body.
Loss of control over town budget: People who are interested in controlling their town budget - the most important matter facing voters - and who failed to attend the deliberative session find that they have become disenfranchised. When they go to vote, they must either vote for the proposed budget that in their view may be too high or a "default budget" that may be even higher. Alternatively, the difference between the two may be insignificant, which is not a true vote.
Long, drawn out process and uninformed voters: Final voting ac-

tion is so far removed from whatever debate or discussion that took place at the deliberative session, people can lose track of what was discussed at the first meeting. And most voters do not attend the deliberative session at all. The result can be legions of confused and uninformed voters.
Additional costs when SB2 is added: The conversion to SB2 requires an investment by the participating town. Many residents in SB2 towns say that electronic voting machines are very important. The size of the ballot increases and becomes difficult to manage.
Special interest groups can overwhelm town budgets to get their

way: Towns need to budget for websites, newsletters and other media in order to get information out to the public prior to the voting session. On some issues, special interest groups will spend the most money to get resident votes.
Not necessary to change to SB2 to garner its advantages: A town does not need to have SB2 to put warrant articles on the official ballot. This objective is sometimes given as to why SB2 should be adopted. All voters have to do is adopt a town charter which puts in place whatever voting rules or procedures they find desirable for their town. Many towns have such a charter.

I have personally benefited from attendance at Town Meetings where there is an opportunity to hear from the public and our local officials and learn about the pros and cons of issues and then have an opportunity to vote and have a real time experience of democracy at work.
Don't forget to vote on March 10 and come to the Town Meeting on March 14. There is free child care, refreshments available, and it is a great opportunity to catch up with our fellow townspeople. Vote no on SB2 for Bristol!
ROSEMARY D'ARCY
BRISTOL



Paid Advertisement

Edward Jones: Financial Focus

Avoid These Estate Planning Mistakes

You save and invest to meet a variety of goals during your lifetime: college for your children, long vacations, a comfortable retirement, and so on. But you probably also want to leave something behind – to your loved ones and, possibly, to the charitable organizations you support. To do so, you'll need to develop a comprehensive estate plan, but to make that plan work, you must avoid some common mistakes.

Here are a few of these pitfalls you'll want to avoid:

- Not writing a will – If you were to die "intestate" – without a last will and testament – the state in which you live would determine how your property was distributed. And the state's decisions may not match what you had in mind at all. Furthermore, a will is where you would name guardians for your minor children.
- Not going beyond a will – While a will is an essential component of estate planning, it's often not enough. You may need to create other documents, such as a living trust, which, among other benefits, enables your estate to avoid probate, a time-consuming and public process that can lead to disputes among your heirs and others. And a living trust lets you place highly specific conditions on how and when you want your assets distributed. You might also consider other legal documents, including a power of attorney, which allows you to appoint a person or organization to handle your affairs if you can't do so yourself, and a health care directive, which lets you name someone to make health care decisions on your behalf, should you become physically or mentally incapacitated.
- Choosing the wrong executor – An executor is responsible for distributing property to your beneficiaries and paying off any debts and taxes your estate may owe, among other tasks. Because the role of executor is so important, you need to choose someone who is reliable, competent and trustworthy. It's certainly possible to find such an individual in your own family, but many people choose someone who is either conflicted, too busy or simply not up to the task. If you have doubts about picking a good executor, you may want to turn to a trust company. The costs likely will be higher than if you chose a family member, but the results may be much better.
- Not naming proper beneficiaries – Many of your assets – 401(k), IRA, life insurance and so on – require you to name a beneficiary. These beneficiary designations are powerful, often superseding the instructions in your will. If circumstances change in your life, such as new children, or divorce or remarriage, you may well want to change beneficiaries. It's easy to do – but it's also easy to overlook.
- Not updating ownership of assets – A change in your family situation or changes in the laws governing income and estate taxes could require you to update ownership designations of financial assets.

And here's perhaps the biggest mistake of all: not understanding what's in your estate plan. You need to work closely with your tax, legal and financial professionals to create a plan you fully comprehend and can communicate effectively to your loved ones. Surprises are often pleasant in many areas of life – but estate planning is not one of them.

Paid Advertisement

Devon Sullivan
Financial Advisor
164 NH RTE 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 866-632-8685
devon.sullivan@edwardjones.com

Paid Advertisement

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

Member SIPC

Paid Advertisement

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-632-8685
jacqueline.taylor@edwardjones.com

Sheryl “Sherry” Eastman, 52

BRISTOL — Sheryl Ann Eastman, 52, fondly known to family and friends as “Sherry,” passed away peacefully at home on Feb. 20, 2020 after a lengthy illness.

Sherry was born Sept. 1, 1967 in Franklin to Frank Philip Eastman, Jr. and Carol J. Gilbert Eastman. She attended school in the Newfound Area School District and lived in the Newfound area her entire life. She worked for Remco Painting on and off for many years.

Sherry is survived by her daughters, Lori Marden of Concord and Samantha Jenness of Alexandria, and her son Jason Marden of Concord. She also leaves behind two granddaughters, Lilianna and Brooklyn; sister Sonia



Sherry Eastman

Eastman of Laconia; brother Garvin Eastman of Bridgewater; her longtime friend and significant other, Matt Greenwood of Bristol; extended family members and many friends.

She was preceded in death by her brother, Randall Eastman, and both of her parents.

Sherry was well known for her gregar-

ious attitude about life and she loved to spend time with her friends and family. She loved rock and roll music and would often declare with her big smile, “the louder it’s played the better it sounds!” She took great pride in keeping a clean house and preparing a nice home cooked meal for everyone to enjoy. Sherry was also an excellent baker and loved to bake apple pies. She will be deeply missed by all those who knew and loved her.

Emmons Funeral Home at 115 S Main St., Bristol, will host a calling hour with a celebration of life Sunday, March 1 from 1-2 p.m., and a brief service starting at 2 p.m.

Churches

Ashland Community Church

Real Church. Real People. Real Simple.

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

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

Sundays:

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

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

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

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

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

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

You don’t have to

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

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

We look forward to seeing you soon!

Restoration Church, Plymouth (Assemblies of God)

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

Sunday:
10:30 a.m. Morning Service
Monday: First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry
Friday: Second Friday of the month
6 p.m. Food, Fun, Fellowship
On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plym-

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

Our Mission Statement:
Just One More!

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

Starr King Unitarian Universalist Fellowship

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

This week at Starr King:

March 1
Sophia and the Divine Feminine

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director

Sophia is Greek for wisdom. The gifts of Sophia, through intuition and imagination, make art, music, poetry, innovative science and creative solutions possible. Join us as we explore the wisdom of the divine feminine.

For more details, visit our Web site
www.starrkingfellowship.org
536-8908

NHEC announces 26 percent reduction in electricity supply rate

PLYMOUTH — Yesterday New Hampshire Electric Cooperative’s (NHEC) Board of Directors approved a 26 percent reduction to its members’ electricity supply rate.

The rate reduction applies to the Co-op Power portion of members’ bills, and will result in an overall bill decrease of more than \$11, for the average residential member using 500 kilowatt-hours (kWh) per month.

NHEC typically adjusts its Co-op Power rate in November and May every year. This rate reflects the cost NHEC pays to purchase electricity from the market on behalf of its members. The price NHEC pays for this power is directly passed along to its members who do not buy their electricity from a competitive supplier.

Since the winter period Co-op Power rate was set in November, the market cost of electricity has plummeted. This precipitous drop in market prices, below what

was forecast, has allowed NHEC to procure electricity for its members at a lower cost. Recognizing the difference between the current rate and market prices, NHEC has adjusted the Co-op Power rate outside of the normal cycle, which will provide the benefit of these low market prices back to members as soon as possible.

The lower than expected market prices are due to many factors that have impacted electricity costs over the past few months. Most notably, New England has experienced a very mild winter, which kept the cost of electricity low. Temperature is closely linked to the price of electricity, as it drives the demand for more energy during the cold, dark months of winter, and hot, humid summer months.

As a result of the Board of Directors’ vote, NHEC’s Co-op Power rate will drop from 8.8 cents per kWh to 6.6 cents per kWh. NHEC’s members will see the benefits from this rate

reduction starting in their March bills.

“I am pleased that we were able to move quickly to reduce our rates and pass along the benefit of the low market prices to our members,” said Steve Camerino, president and CEO of NHEC. “NHEC is a non-profit cooperative and we operate at cost, so our rates reflect the expenses we incur to serve our members. We are a member-driven organization so passing along these savings to our members as quickly as possible is a priority for us.”

About New Hampshire Electric Cooperative

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

Letters to the Editor

Hoping my service has earned your support

To the Editor:
My fellow residents of Bristol, allow me to share my reasons for running for reelection to your select board.

There are two significant projects facing Bristol in the coming years. Sewer extension to the lake and police space needs. My experience and knowledge will be very valuable to decisions regarding these projects. In casting your votes for the two positions open in this election, please consider a vote to retain the experience I bring.

At last year’s vote on the Sewer project, I, along with the board, made the promise that not only does the project need a minimum of 50 percent grant financing; it also needs to be correctly funded and affordable before the project

would move forward. To me, correctly funded means that current users will not be paying for the new service area and that the cost to new users will be comparable to other options they will incur to correct failing systems. Additionally, my profession and experience as a mechanical engineer enables me to better understand the technical and cost aspects of this project.

Regarding the space needs of Bristol. In my 16 years of living here, I have been on several police space needs committees. The committees have produced several proposals over the years. I was not in favor of the proposals nor was the town as they did not pass. The underlying problems, however, have not gone away so we still need a path to solving

the issues. Here again, I offer my knowledge and experience to make sure the project is done to the best advantage of cost and performance with the least tax impact.

The elephant in the room is always taxes so allow me to give you my perspective. My experience includes three years on the Budget committee, nine total years on select board and 13 years on the CIP Committee. I also own a property that is assessed above the average value for Bristol, so the tax rate has a high impact on me. Too many people focus only on cutting spending. This is a short-sighted approach because spending is only one part of the equation. Keeping taxes stable and limiting increases involves proper spending but it also includes good utilization of other rev-

enues to the town, and good planning (CIP).

I believe my record shows that I am thoughtful and research the facts rather than making opinionated statements or presenting sensationalized numbers. In making decisions on the board, I always consider my own research and knowledge of the topic, the opinions given to me by my fellow citizens and points made during discussion by the other board members. I am proud of being a moderating voice on the board with the good of the town as my only priority. I hope you find value in my continued contribution to Bristol, and will support me with your vote on March 10.

Thank You,
DON MILBRAND
BRISTOL

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

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

So far, an awesome week for school vacation! Everyone is certainly liking the warmer days and getting outside to enjoy it. Sleepovers with besties, a barbeque, and loads of giggles and laughter are being enjoyed with my sidekick. Later today, after I finish the grown up “stuff,” we will be making soft pretzels for snack. What fun that will be!

Town Board of Selectmen Meeting Tuesday, March 3 at 6 p.m.

Town Voting Day will be Tuesday, March 10. Polls will be open from 11 a.m. until 7 p.m. If you are unable to make it to the polls, you may obtain an Absentee Ballot from the Town Clerk, either by mail or stopping by the TC/TC Office during regular business hours. The Town Clerk's Office will be closed on March 10, for Voting Day.

Alexandria UMC

Sunday, March 1, services will begin at 9 a.m. Communion will be served at an open table. Sunday School will be held at 10:15 AM, with an Administrative Council Meeting at 11:30 a.m.

Wednesday, March 4, the NAC Lenten Service will be held at Alexandria UMC at noon, followed by a light luncheon.

Community Dinner will be held on Saturday, March 7 at 5 p.m. in the Vestry. On the menu is corned beef and all the fixings, beverages and dessert! So put on your Irish, and join us for an evening of fun and a tasty St. Patrick's Day meal!

That's it for news and notices this week folks! I'm off on an adventure with my sidekick! Enjoy your week ahead and as always, may you have safe travels, and be kind in word and deed.

Bristol

Al Blakeley
adblakeley0@gmail.com

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

A Candidates Forum will be held at the MSL on Saturday, Feb. 29 at 2 p.m. A moderated event during which candidates running for local office, including Select Board, Budget Committee, Library Trustees, Town Moderator, Town Clerk, School Board and others will share their interest in the position and speak to current town topics. Attendees will have the opportunity to pose questions to the candidates. All are encouraged to attend this informational event.



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989

WWW.NCCNH.COM
TUES • FRI 10 • 5 • SAT 10 • 3

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

2020 TTCC Youth Baseball, Softball and T-Ball Program Registration is now open! These programs are for ages four to 16. The season is from April through mid-June. Skill assessments will be held on March 21 at NRHS. This program runs primarily through volunteer efforts. Help is always needed for : board members, coaches, fundraising, concession help and more. If you are interested, please contact the TTCC at 744-2713.

Baseball and Softball “Spring Training” sessions will be held at the Bridgewater/Hebron Village School. These sessions are free. Space is limited. Pre-registration is required. Contact TTCC for questions at 744-2713. Softball, ages 7-12 on Mondays, 5:45-7 p.m. starting March 2.

Baseball, ages nine to 12 on Tuesdays, 5:45-7 p.m. beginning March 3. Rookie Spring Training, ages 7 & 8 on Wednesdays, 5:45-7pm beginning March 4. Babe Ruth, ages 13-16 on Wednesdays, 7 – 8 p.m. starting March 4. Softball pitchers and catchers ages 7 - 12 on Thursdays, 5:45 - 6:45 p.m., beginning March 5. Baseball pitchers and catchers ages 9 - 12 on Thursdays, 7 – 8 p.m. beginning on March 5. Players can also get free training at the Concord Sports Center starting March 7. Email TTCCBaseball. Softball@Gmail.com

Special Olympics for Young Athletes: This program is for ages 2-7 with and without disabilities. It is led by Gina Richford and the TTCC Teen Council and is high energy and full of fun activities for the kids. Saturdays from 11:15 a.m. - noon, at the Bridgewater Hebron Village School March 7 to April 11.

Youth Soccer for ages 4 - 7 will be held at the BVHS gymnasium from 3/7 until 4/11. Cost -\$15.

The TTCC received a \$12,000 grant from the Greater Lakes Region Children's Auction. The Auction has awarded funds to the TLCC for many years to help their mission of making sure that every child has access to programs regardless of ability to pay. Director, Leslie Dion, reports that the TTCC, with the help of the Auction, was able to provide over \$29,000 in scholarships in 2019 and the funds from the GLRCA continue to make such a difference to our community youth. In addition, this is the first year that additional funds for Operation Warm were requested and \$2000 were received for that purpose. Over 100 local youth received winter items with those funds! A team from Bristol Community Services, Bristol Fire Department and TTCC oversee this program now.

The Greater Lakes Region Children's Auction is an annual event held every December in central New Hampshire. Over \$6.6 million has been raised for local charities in the 38 years it has been in operation. For more information, please visit: www.ChildrensAuction.com.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Rev. Gail Kinney will lead Sunday worship at the South Danbury Church on Sunday, March 1, with refreshments and conversation afterward. All are welcome! The church's 2020 Annual Meeting will follow, at 12:00 noon. The meeting is open to all, but only members and associate members can vote.

March Winter Farmers Market

Remember to keep March 7 from 9 a.m. to 1 p.m. open. It's sharpening day at the farmers market. Watch Mike Braley navigate the old time grindstone. Bring items for sharpening. It's free but donations gratefully accepted. Meanwhile, check out the local food and artisan offerings at the market. Breakfast and lunch available.

Leap Into Wellness Day

What do you do with an extra day in 2020? You spend it on the most important person in the world—YOU! The voyage begins at the grange hall from 9 to noon on Feb. 29. The event is free and informative, intending to give attendees options for destressing, self care, resources, healthy eating, mood elevating and more items to increase your wellness quotient. There will be a snack and beverage corner for socializing. Door prizes include gift certificates to the Hope Center, garden, art, Colorstreet Nail items and more.

There will be two presentations downstairs. First up at 9:30 a.m. will be Deb from The Hope Center in Bristol. This Danbury Native will present “relaxation techniques for real life.” Life is stressful—managing it is the key. Following Deb, at 10:30 will be a presentation “the lowdown on local food.” Most people

want to support local farms but the working the way through the terms can be a nightmare. Danbury Native Donna Sprague aims to help with the journey and get you the answers you seek

In the main hall, there will be information on

The event stemmed from community service project conversations. A wise member brought up that in order to take care of others, it's really important to take care of yourself. Thus, this grange service project is to aid our community care for themselves. Also at the event will be a neighbor helping neighbor donation jar with all proceeds going to help a local family in need. For information, call Donna at 768-5579 or Lisa at 252-4440.

Groton

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

Today is beautiful (Monday). I'm sitting in my office with the window open and every once in a while a little breeze blows in. It is a one day glimpse of spring days ahead after all the snow is done dumping on us. We have a few snow days ahead most likely, but looking forward to getting my hands in the dirt again. I have the seeds all ready to plant.

There are a few things that you all should know. First is the institution again of Transfer Station stickers. These stickers are \$1 and are available at the Town Clerk's Office only. They will not be sent out in the next tax bill as some have suggested. The reason we are starting this up again is that too many people are coming in from neighboring towns and dumping their trash at our facility. These stickers are not numbered but you must present a valid vehicle registration. The charge of \$1 is to offset the cost of the

stickers themselves.

The 2020 Town Elections will be held at the Town House, Tuesday, March 10. The polls open at 11 a.m. and close at 7 p.m. The Town Meeting will be at the Town House on Saturday, March 14th beginning at 9 a.m. You may bring some snacks to share for lunch. There are important things to discuss at this meeting so it would be great to take part and share your opinion.

Chief Bagan is glad that the new police cruiser is here and operational. It looks sharp, come by and have a look sometime. It'll be here when Chief Bagan is not out patrolling.

Come out and meet the candidates on Candidates Night just before the Select Board Meeting on March 3 at the Town House at 7 p.m.

There are free books, tapes and DVD's at the Town House in what used to be our library. Please come in, read the signs and take what you want. Our Library Trustees want you to know that we have free library services through the Hebron Library. Hebron Library hours are Monday 4 – 7 p.m., Wednesday 1-5 p.m., and Saturday 9 a.m.-1 p.m. Drop in and get your own library card and make use of this valuable asset.

Scheduled Meetings and Closures for the Town of Groton:

Select Board Work Sessions – Tuesdays, March 3 and 17- 5 p.m. at the Town House.

Select Board Meetings – Tuesdays, March 3 and 17- 5 p.m. at the Town House.

Meet the Candidates night – Tuesday, March 3 just before the Select Board Meeting

Town Elections – Tuesday, March 10 at the Town House, from 11 a.m. – 7 p.m.

Town Meeting – Saturday, March 14 beginning at 9 a.m. at the Town House.

Planning Board Meeting – Wednesday, Feb. 26 at 7 p.m. at the Town House

Supervisor's of the Checklist will be meeting on Saturday, Feb. 29 at 9 – 9:30 a.m. at the Town House.

Conservation Commission Meeting – Thursday, March 12 at 7 p.m. at the Town House

The Select Board Office will be closed Feb. 27 and March 10, and will be closing early at 2:15 p.m. on March 18.

The Town Clerk's Office will be closed Wednesday, March 18 and Thursday, March 26 for Tax Training in Concord.

Outstanding Tax Bills as of Feb. 24: 2017 Lien amounts - \$25,971.43; 2018 Lien amounts – \$38,385.50; and 2019 P01 and P02 combined - \$137,165.35.

CASS INSURANCE INC.

'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855

PERSONAL AUTOS, WORKMAN'S COMP. GENERAL LIABILITY AND EQUIPMENT HOMEOWNERS, SNOWMOBILES, ATVS

802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net




At Your ServiceNH
Waste & Recycling

15 Yard ~ \$450.00 Includes up to 2 tons 2 Week Rental

Clean out the...
Garage • Shed • Attic • Man Cave

Common Uses...
Construction • Renovations • Roofing Debris • Demolition

Curbside Trash Services

WEEKLY • BIWEEKLY • MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com






PLYMOUTH
GENERAL DENTISTRY, PLLC

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

We give our patients something to smile about!

Call for an Appointment Today

Now Accepting:

GEHA MetLife   Cigna 

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



Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities



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

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

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

**PUBLISHED
EVERY
THURSDAY!**

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

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



www.NewfoundLanding.com

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

Protecting your hands when you have arthritis or joint pain

Tips from Pam Hixon, OT, Pemi-Baker Community Health

BY ANNA SWANSON

Pemi-Baker Community Health

The saying goes “work smarter, not harder.” These are words to live by when protecting the fragile joints of your wrists and hands, especially if you have arthritis. There are many techniques you can learn to get through your day without injuring yourself further.

Remember to be proactive. Balance work and rest, making sure you rest before you’re tired and before pain starts. Prioritize what’s important for the day, setting realistic goals and completing the activities

when you feel strongest. For some the morning is best, for others the afternoon is better when they’ve loosened up.

When you’re in the middle of your task, try to maintain proper posture, use both hands when possible and avoid a tight grip, using the palms of your hands for lifting and pushing instead.

When working in the kitchen there are many cooking tips and gadgets to make it easier on your hands. Setting a bowl on a sponge or washcloth can prevent bowls from turning, so you don’t

have to hold them. Large culinary scissors can be used to open plastic bags and cut up vegetables. Use tongs instead of forks to turn or lift foods and if you have a spiked cutting board, your steak will stay put. Electric can openers and jar openers do most of the work for you and if you keep knives sharp you can use your other hand to provide pressure on top of the knife to cut items. Carry your groceries in your arms, close to your body. By doing this, bag handles won’t cut into your hands and fingers and your back will thank

you, too.

There are many things we do every day not realizing how much strain we are putting on our fingers. When you’re done with the dishes press water out of sponges with your palm, not by squeezing. Drip dry your hands or pat them, instead of wringing them in a towel. Slip foam over a pencil or use the eraser end to dial the phone, holding the pencil like an ice pick. When inserting tacks don’t put all that pressure on your thumb, use a small hammer. Place extensions or grippers on door knobs

or water faucets. Many of these items can be found at your local hardware or dollar store.

Hopefully, these aforementioned tricks will help. Just remember, that if your hands are already fragile or injured, these are good guidelines to follow. If preserving hand strength is your goal, talk to your Pemi-Baker Physical or Occupational therapist for strengthening exercises.

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire,

Pemi-Baker community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.



BY ANNA SWANSON

Pemi-Baker Community Health

Pemi-Baker Community Health wants to say thank you to the New Hampshire Electric Co-op Foundation for a very generous grant for a new commercial washer and dryer! This is a huge upgrade for our facility and was sorely needed. If NH Electric Co-op is your utility company you can help. Funding for grants such as these

come from NH Electric Co-op members who participate in the Round-Up Program and have their monthly electric bills rounded up to the nearest dollar.

Founded in 2006, the purpose of the New Hampshire Electric Co-op Foundation is to improve the quality of life for their members and the communities they serve. As a nonprofit, tax-exempt 501(c)(3), the NHEC Foundation

COURTESY

Cassidy Marsich and Crystal Gonzalez test out the new commercial washer.

Pemi-Baker Community Health receives grant from NHEC Foundation

provides grants to charitable organizations, throughout NHEC’s service territory that are designed to promote health and social well-being programs, enrichment programs and/or educational programs, hunger programs, cultural art programs and academic achievement programs.

We are so lucky to have such a great business in our community!

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community

Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us, please call: 536-2232 or email: info@pbhha.org Visit our Web site, www.pbhha.org and like our Facebook Page: @PBCH4.

Comfort Keepers

Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior’s regular schedules. And, it’s not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to con-

sider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn’t just for fun – it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness – There are a variety of ways that seniors can be physically affected by the winter season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more com-

mon in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson’s disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and pre-

venting hypothermia.

Comfort Keepers® Can Help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, contact your local Comfort Keepers loca-

tion today.

About Comfort Keepers

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

Local resident named to Northeastern Dean’s List

BOSTON, Mass. — Northeastern University is pleased to recognize those students who distinguish themselves academically during the course of the school year. The following students were recently named to the university’s Dean’s List for the Fall semester, which ended in December 2019.

* Bristol resident Megan Karen, majoring in mechanical engineering

To achieve the dean’s list distinction, students must carry a full program of at least four courses, have a quality point average of 3.5 or greater out of a possible 4.0 and carry no single grade lower than a C- during the course of their college career. Each student receives a letter of commendation and congratulation from their college dean.

About Northeastern

Founded in 1898, Northeastern is a global research university and the recognized leader in experience-powered lifelong learning. Our world-renowned experiential approach empowers our students, faculty, alumni, and partners to create impact far beyond the confines of discipline, degree, and campus.

Our locations—in Boston; the Massachusetts communities of Burlington and Nahant; Charlotte, North Carolina; London; the San Francisco Bay Area; Seattle; Toronto; and Vancouver—are nodes in our growing global university system. Through this network, we expand opportunities for flexible, student-centered learning and collaborative, solutions-focused research.

Northeastern’s comprehensive array of undergraduate and graduate programs—in on-campus, online, and hybrid formats—lead to degrees through the doctorate in nine colleges and schools. Among these, we offer more than 140 multidisciplinary majors and degrees designed to prepare students for purposeful lives and careers.

LIVE EVENTS

Sat, Mar 7 - MIKE GIRARD'S BIG SWINGING THING

Sun, Mar 8 - THE HIGH KINGS

Thurs, Mar 12 - BLOOD SWEAT & TEARS

Fri, Mar 13 - PINK TALKING FISH

Sat, Mar 14 - GLEN PHILLIPS (Toad the Wet Sprocket) & CHRIS BARRON (Spin Doctors)

Bring in this ad to receive TWO tickets for the price of one to see "WBCN and the American Revolution" on Feb 27

FlyingMonkeyNH.com - 39 Main Street, Plymouth NH 03264 (603) 536-2551

Derby

FROM PAGE A1

catch the big one this time.


When everyone gathered around the catch board for awards Sunday afternoon, it wasn't just the adults who pulled in trophy and cash-winning fish. Derby organizer James Shokal said that of the 540 participants this year, there were more children than usual and a few of them were lucky enough to take home one of the annual Simula Family Youth Angler trophies for their catch. Three-and-a-half-year-old Evah Ashley of Gilford was the luckiest of them all this year though. Not only did she win first place for the youth with her 23-inch, 2.53-lb. cusk, she also took first place in the overall cusk category and second place overall for the derby with a fish just a bit smaller than Woodward's trout. That meant that on Sunday afternoon Evah walked away with not just another trophy almost as big as she was, but a check for \$650, too. To catch that prize-winning fish, she and her dad spent the night in their bob house on Friday then fished all day Saturday.

"I love to fish," Evah said as she held tight to her trophy.


This year's derby, which benefitted the Alexandria Volunteer Firefighters Association, was blessed with not just a bigger turnout than last year but the best weather they've had in nearly a decade. As Woodward got ready to take his fish, trophy and check back to Lebanon, he was happy for the sunshine and unseasonable temperatures for a change.

"It's hard not to have a good weekend with weather like this. It sure made it a lot more fun," he said.

When asked what he would do with his prize money, he laughed and said, "I don't know what I'll do with it. Probably spend it on something I've wanted to get for fishing. Just don't tell my wife I won!"



THE ONLY
FIRE INSURANCE
THIS HOME HAS
IS YOU.



ONLY YOU CAN PREVENT FOREST FIRES.
www.smokeybear.com

NOTE TO PUB: DO NOT PRINT INFO BELOW, FOR ID ONLY. NO ALTERING OF AD COUNCIL
Forest Fire Prev. - Newspaper- 6-7/16 x 10-1/2" B&W - FFP A99-N-12902-B "Birds Nest" 65s
Film at Horan Imaging (212) 689-8585 Ref# 117543

LaFavre

FROM PAGE A1

writing and ideas with this "quick write". Mrs. LaFavre wanted to eat lunch with some of our inspiring writers. So

the week prior to her visit, students entered a writing contest and wrote persuasive essays as to why they should be selected to eat lunch with her. Five winners

Cookies

FROM PAGE A1

between the New Hampton Circle K/Irving gas station and the New Hampton Mobile Station across the street, while a second Cookie Booth can be found at the Route 104 Diner as well.

At the Circle K last weekend, Mickey Mouse and their pal Cookie Monkey were on hand to kick off the sales as customers lined up to grab a box or more of their favorite varieties.

Among this year's selections are S'Mores, shortbread Trefoils and Do-Si-Dos. For the discriminating cookie fan, their Toffee-tastic cook-

ies are gluten free, the peanut butter-filled Tag-alongs are low carb and the always-popular Thin Mints are vegan.

"There's no milk in the Thin Mints at all, which is perfect for anyone with a milk allergy," said Troop Leader Peggy Leclerc.

Most exciting are this year's new cookie, LemonUps, filled with a tangy taste of lemon in each bite.

Each box is \$5, and money raised through the cookie sales benefit Girl Scouting in many ways. Leclerc said a portion of the sales first goes to the Little Brownie Baker, which makes

were chosen and enjoyed a pizza lunch with the author and during this time they talked in depth about writing and each student brought individual questions to the table

the millions of cookies each year, but the girls benefit as well. Each purchase helps not only local troops with their programs, it assists the girls with purchasing vests, camp fees, trips and more.

"Each girl earns 'Cooke Dough' through their sales. They can then use that to buy tee shirts and other merchandise from the Girl Scout Store or use it toward their cost for camp," Leclerc explained.

From now until March 29, the girls will be at the Route 104 convenience stores and at the Route 104 Diner from

to get answered.

Mrs. LaFavre's book is available for purchased through Amazon.

9 a.m. until 5 p.m. each weekend. Other "pop-up" locations, like the Bristol transfer station will be available when staffing allows and people can also look for a drive-thru cookie booth at Bristol's Freudenberg NOK in the coming weeks. Marked by balloons and smiling Girl Scouts, people who spot them at the Pleasant Street location will be able to pull into the front drive, grab their favorite cookies then head back out on the road without even leaving their vehicles.

Travel back to the "Roaring '20s" at Voices Against Violence Ball



BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH – Voices Against Violence has a surefire cure for cabin fever: Executive Director Meg Kennedy Dugan and her staff hope they'll

see many of their local supporters join them for a swingin' night on the town when they present their Roaring '20s Ball on Saturday, March 21 at the Common Man Inn.

Education and Outreach Coordinator Tina E. said Voices always likes to have a fun theme for their annual fundraiser, and this year they thought they would step back in time and celebrate the changes society has seen over the past century.

"We wanted to look back on what's changed and what hasn't changed in 100 years. We've done so much, like giving women the right to vote, but we still have so far to go when it comes to addressing equality for all," she said.

Voices Against Violence is a nonprofit organization that assists victims of domestic and sexual violence and even bullying. Tina E. pointed out that society's misconceptions about females being the only victims of such crimes is one change that is still needed.

"As we're supporting victims, we've seen that it isn't just women, it's men, too. It's all about gaining power and control over someone and that can be male or female. Victims don't fit a mold," she said.

The Roaring '20's theme gives people many options, should they choose to dress up in costume for the ball. They can come as flappers, silent film stars, gangsters (no fake guns though please, Dugan requested), or perhaps a famous person from that decade.

"It doesn't matter how they want to dress. They

don't even have to dress up at all. We just want people to come and have a great time while supporting an important cause," Dugan said.

Dinner that evening will be a three-course buffet with both a meat and a vegetarian option, along with several side dishes, salads, rolls and dessert. Throughout the night there will be a silent auction with numerous great items up for bid and capping off the event will be dancing to the music of the Uncle Steve Band.

Speaker for the evening will be Alexandria Police Chief Donald Sullivan who has been deeply involved, both locally and statewide, in the issues of domestic and sexual violence.

"Over the years, we've worked very closely with Chief Sullivan. This year we thought it would be interesting to have him explain how law enforcement collaborates with Voices Against Violence when dealing with those types of crimes," Dugan said.

The organization will also be presenting their annual Beverly Seavey Community Service Award, recognizing an area citizen who has demonstrated a commitment to victim safety.

Voices Against Violence recently moved their offices to 28 Main St. in downtown Plymouth. The organization operates a 24-hour hotline for victims of domestic and sexual violence, human trafficking, and bullying, and works with not only victims, but their families and friends. Volunteers and staff also connect people with local law enforcement when

DONNA RHODES

Meg Kennedy Dugan, executive director of Voices Against Violence, displays one of the posters for their upcoming Roaring '20's Ball. Behind her is the artwork of Michelle Dunn, former board vice president and one of many local artists and businesses whose donated items will also be part of a silent auction that night.

necessary, as well as DCYF and other agencies that can provide whatever assistance they need. Dugan said their representatives will even accompany a victim to court or the hospital if requested. In addition to all of that they also run a confidential shelter for people who find themselves in a dangerous living situation.

Voices also conducts educational programs in the schools that explain how to recognize signs that a friend or family member is possibly being victimized then teaches bystander intervention skills for those situations. The discussions are age-appropriate and designed for children in elementary school through college.

"For instance, in the elementary schools we have a program on School Safety and Helping a Friend, while for older students we discuss healthy relationships," Tina E. said.

In the last year, Voices Against Violence not only worked with 777 individuals who sought help, but presented 150 such educational programs in hopes of one day stemming the tide of victims of violent behaviors.

But on March 21, the staff looks forward to dancing the night away with their community friends and supporters. Tickets for the Roaring '20's Ball are \$65 each and on sale now at www.brownpapertickets.com. The event typically sells out each year so interested parties are encouraged to purchase theirs early so they won't miss out on all the fun.

NEW HAMPSHIRE

2020 SEASON

SUMMER GUIDE

Lakes Region • Concord Area • Mt. Washington Valley • White Mountains • Great North Woods

The ONLY tourist publication promoting New Hampshire from the Lakes Region, Mount Washington Valley and White Mountains all the way up to the Great North Woods.

DISTRIBUTED WEEKLY STARTING THE END OF MAY TO MORE THAN 400 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING... MASSACHUSETTS, RHODE ISLAND, CONNECTICUT & NEW HAMPSHIRE

SIZE & PRICING INFO.

FULL PAGE WITH BLEED.....	\$790
FULL PAGE WITHOUT BLEED.....	\$790
2/3 PAGE	\$576
1/2 PAGE VERTICAL	\$433
1/2 PAGE HORIZONTAL.....	\$433
1/3 PAGE SQUARE	\$311
1/6 PAGE VERTICAL	\$163
1/6 PAGE HORIZONTAL.....	\$163
1/12 PAGE SQUARE	\$92

GLOSSY PAGE PRICING

(sizing same as above)

INSIDE FRONT	\$1,800
INSIDE BACK	\$1,650
FULL INSIDE	\$1,550
HALF INSIDE	\$865

Glossy advertising is limited so reserve your space early!

ALL ADS INCLUDE:

- FREE Layout & Design
- FREE Listing in our Advertiser's Index

ADVERTISING DEADLINE WEDNESDAY, APRIL 29TH

To place an ad please contact:

Tracy Lewis
(603) 616-7103
or tracy@salmonpress.news

Lori Lynch
(603) 444-3927
or lori@salmonpress.news





THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Campton	34 Balsam Lane	Single-Family Residence	\$447,533	Greene Fiscal Trust and K.A. Jackson-Snyder	Richard D. and Theresa B. Veno
Campton	N/A (Lot 4)	N/A	\$35,000	Roland S. Gerard	Robert and Christine Manino
Campton	N/A	N/A	\$63,933	Yuko Kawakuri-McLeod	Virginia Emerson
Groton	1443 N. Groton Rd.	Mobile Home	\$159,000	Louis and Marisa Buonomo	Marla C. Fredette
Hebron	Pike Hill Road	N/A	\$547,000	New Cape Equity Partners	Bjorn and Elaine Kapstad
Hebron	N/A	N/A	\$295,000	Highway 101 Ca Property	Hcenh LLC
New Hampton	238 Pinnacle Hill Rd.	Single-Family Residence	\$254,733	Christopher W. Hoover	Connor J. Kelley and Tayla L. Conti
Rumney	470 Rumney Route 25	Single-Family Residence	\$72,133	Christine Lewis Morse RET	Kristina M. Kelly RET
Thornton	125 Covered Bridge Rd.	Single-Family Residence	\$189,533	Carman I. Montmarquest RET	Fawn E. and Geoffrey S. Ouellette
Thornton	Falls Mill Brook Condo Unit 7	Condominium	\$215,000	Mountain River Development Association	Charles F. and Ronda L. Reilly
Thornton	23 Falls Rd., Unit 6	Condominium	\$212,000	Mountain River Development Association	John C. Stassis
Thornton	166 Mad River Rd.	Single-Family Residence	\$212,000	Greene Acres RET and Frances M. GreeneDPCT 2018 Trust and David A. Castelot	
Thornton	1925 NH Route 175	Mobile Home	\$42,000	Carol McCall	Altaira F. Hoon and Wayne L. Shirkey
Warren	Breezy Point Road	N/A	\$174,933	Brown & Delaney RET and Ellen W. Delaney	Jeffrey R. and Lori A. Graveline

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Putting it together



BY MARK PATTERSON

I recently had client who is bringing more money into his account and ask me how he can get this money to work. This money is really earmarked for equities(stocks) in his portfolio because his fixed income portion, in other words "bonds," that are providing income are already allocated and working fine. He is aware that the equity market is pricey, and I tend to not want to buy stocks when they are expensive. But that doesn't mean we can't go fishing for stocks that he would

want in his portfolio at a better price and even if we don't get to buy them at that better price, we will make money for his account.

When I explained to him that we could sell "out of the money" cash covered puts, I knew I would get a blank stare and a proclamation from him that he has no idea what I'm talking about. My explanation went something like this; first we want to identify some companies whose stock he would want to own. For exemplary purposes of this strategy, we will use Apple.

What I'm about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Apple is a technology company that has a beta of 128, which means it is more volatile than the benchmark S&P 500. This higher beta or volatility means that the option premium, when collecting will be high in relation to a less volatile stock. Pres-

ently Apple is trading at \$315. If we look out one month in the future, we could sell a "put" with a strike price of \$315 for \$850, so this is an "at the money" put. For this "put" which represents 100 shares Apple, we will receive \$850 in premium that goes directly into the clients account. By the time this option contract expires in about one month, one of three things will happen. The

first thing is that Apple does not move under \$315 and the \$850 remains in the clients account. The second thing is that before expiration the time element or intrinsic value of an option contract could make it worth next to nothing, which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing that could happen is that Apple moves below \$315

and the stock gets "put" to the client at our strike price of \$315 less the \$850 of premium which we collected to give the client a purchase price equivalent to \$306.50.

The client needs to keep \$31,500 of cash in the account in case the stock is put to them. \$850 is collected for the one-month period, that is 2.7 percent return on the money for the 30 days, even if the client never

has the stock "put" to them!

This option strategy allows my client not to "chase the market" and bid on stocks at lower prices while keeping the premium dollars if the stocks are not "put" to them.

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

“It Ain’t Easy Being Green”

Pests, problems, and personalities of trees

HOLDERNESS — Want to know more about the trees that make up our beautiful New England forests? Join the Squam Lakes Association on Sunday, March 1, to explore West Rattlesnake while learning about the wild world of trees—who their enemies are, how they make friends, why beech bark is smooth while an oak's is ridged, how they handle the stresses of winter in New Hampshire, and more!

We'll be touring the grand Rattlesnake loop, starting on the Old Bridle Path, visiting both peaks, and heading down the Col trail to visit the beaver pond. From there, the hike will proceed at the whim of the participants. Depending on how everyone is feeling we'll head back up Col and down Old Bridle, or continue to the road and hike back to the Old Bridle parking lot. This hike is scheduled to start at 8 a.m., and should wrap up around noon.

Participants should bring hiking gear appropriate for winter weather: warm, dry layers, micro-spikes/snowshoes, water-resistant hiking shoes, lunch, and plenty of water. Registration is required. To register, visit our Web site at www.squam lakes.org or call us at 968-7336.

Reece Sharps named To President’s List at UNE

BIDDEFORD, Maine — Reece L. Sharps of Bridgewater and Ashland has been named to the President's List for the 2019 Fall semester at the University of New England (with campuses in Biddeford and Portland, Maine and Morocco).

President's list students have attained a grade point average of 3.8 to 4.0.

Sharps' announcement states "Your excellent academic performance this semester has qualified you to be placed on the President's List for the Westbrook College of Health Professionals at the University of New England. UNE prides itself on the quality of its academic programs and students and you have certainly added to that pride."

UNE is home to Maine's only medical college and a variety of other inter-professionally aligned health care programs and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.

The President's list is the highest step of achievement after attaining the Dean's list which she also accomplished all semesters in 2018 and 2019.

Sharps spent her Fall 2018 semester year in Tangier, Morocco earning five straight As. She is studying to become a nurse practitioner.

Sharps is the granddaughter of Leigh and Steve Sharps of Ashland and daughter and step-daughter of Kelly and Tate Conkey of Bridgewater.

2020 SALMON PRESS

Plymouth
Community Guide

Published end of April 2020

This community guide is a reference to communities in the **PEMI-BAKER VALLEY, NEWFOUND & WATERTVILLE REGIONS**

More than 10,000 copies will be distributed through the **Record Enterprise**, Local Real Estate Office, Information Area, Chamber of Commerce, Area Businesses & Trade Shows!

Sales Deadline:
March 25th at noon

RATES:
Glossy Stock

Full Page.....\$700
Half Page.....\$475
Quarter Page.....\$325

Newsprint

Full Page (7"x9.22")..... \$495
Half Page (7"x4.47" or 3.417"x9.22") \$345
Quarter Page (3.417"x4.47" or 7"x2.14") . \$260
Business Card (3.417"x2.14").....\$70

COMMUNITY
GUIDE

The insider's source to
our local neighborhood!

2019

Alexandria • Ashland • Bridgewater • Bristol • Campton • Danbury • Dorchester
Ellsworth • Groton • Hebron • Holderness • Meredith • New Hampton • Plymouth
Rumney • Thornton • Warren • Waterville Valley • Wentworth

50% off
to place your ad in
the North Country
Community Guides
as well!

To place an ad please contact:

Tracy Lewis

Email: tracy@salmonpress.news | Phone: 616-7103

NOW OFFERING FULL COLOR THROUGHOUT!

SLA's Winterfest a success

HOLDERNESS — A fun-filled afternoon of snow, s'mores, and sledging: the Squam Lakes Association's 23rd Annual Winterfest on Saturday, Feb. 15 was yet again a success! Despite a wind-chill of 7 degrees Fahrenheit, hundreds of visitors from the Lakes Region and beyond came to skate, sled, and mini-golf on the SLA's cove. This year's activities also included an ice fishing demo given by SLA Director of Conservation, Tyson Morrill. Winterfest is a free community event that celebrates the beauty and wonders of Squam Lake in the winter and promotes the protection of the lakes and surrounding watershed.

For those looking to escape the cold weather, the SLA's Great Room was filled to the brim with good company, delicious cookies, and nine pots of hearty chili donated from local area restaurants. Winterfest visitors sampled and voted on their favorite chili for the cook-off. Congratulations to this year's winner: Rubbin' Butts BBQ in Center Harbor! Also participating in the competition was Six Burner Bistro, Walter's Basin, Golden Pond Country Store, Common Man in Ashland, the Manor on Golden Pond, Hart's Turkey Farm, the Inn on Golden Pond, and Lucky Dog Tavern and Grill. After a cold day on the slopes, or a wintry afternoon hiking up West Rattlesnake, be



sure to stop by any of these local restaurants and order their delicious chili to warm you up! This year's efforts to make Winterfest more sustainable were well-received by guests who ei-

ther brought their own mugs and bowls for chili tasting or used some of the reusable bowls provided by the SLA. Thanks to this small step, we greatly reduced the amount of waste

generated by the event. Thank you to everyone who helped us with this effort and we're excited to continue to try new ways to further reduce our environmental footprint in the future.

The SLA would also like to thank the many generous volunteers and sponsors who graciously supported the event, which include: the Tilton Home Depot, Tilton Lowes, and Tilton Walmart. The annual Winterfest celebration is free and open to everyone. Throughout the year, SLA provides access to the lake, camping on Squam Lake, boat rentals, and hosts community education programs. Membership to the Association also supports the SLA's water quality monitoring program, invasive plant management, youth programs, trail maintenance, and other efforts to protect the beauty of the Squam Lakes watershed.

Tapply-Thompson Community Center happenings

Baseball, Softball & T-Ball Registration Now Open: The TTCC offers programs for ages 4-16. We emphasize providing a safe, fun & learning environment for children of all abilities in our youth sports program. The season runs from April (once snow is clear) to mid-June. A skills assessment is held for children 7-12. This will be held at Newfound Regional High School on Saturday, March 21st. Check website at www.ttccrec.org for specific times. Volunteers are always needed so please consider helping out!!

Special Olympics Young Athletes: This program is for youth ages 2-7 with and without disabilities. It is led by Gina Richford and the TTCC Teen Council and is high energy and full of fun activities for the kids. This will be held on Saturdays from 11:15 am – noon at the Bridgewater Hebron Village School. The program runs from 3/7-4/11 and is free. Youth Indoor Soccer: This program is offered for the younger kids that are interested in learning the game of soccer and having fun! For ages

4 – 7 it will be held on Saturdays at the Bridgewater Hebron Village School. The 4 & 5 year old group will meet from 9-9:45am and the 6 & 7 year old group will meet from 10-11 am. MOTHER & SON MINUTE TO WIN IT GAME NIGHT!: A special night for Mothers & Sons to join in some fun, silly competitions and games. All ages are welcome. Join us on Friday, March 13th from 6:30-8:30 pm. The cost is \$15/ couple and includes refreshments & prizes. Call 744-2713 to reserve your spot by 3/10.

Easter Egg Hunt Eggstravaganza!: Come to the TTCC on Saturday, April 11th @ 1pm and see what YOU can find... Visit with the Easter Bunny, Get your Face Painted, Enter a picture in the Coloring Contest & Win prizes! No registration required, donations accepted at door. Just come by for a great day packed with tons of candy, tons of prizes, tons of fun! April Vacation Camp: The format will be similar to our popular summer camp programs. Vacation camp will incorporate Arts & Crafts, Indoor & Outdoor Games and Activities into this week-long program. Campers will use the Tapply-Thomp-

son Community Center for indoor activities and Kelley Park for outdoor adventures. Campers must bring snacks, water bottle, lunch, outdoor gear and indoor gear. Camp runs from 9 am – 4 pm and the cost is \$80 for the week. Before & After Camp hours are available for an additional cost. Summer Camp Registration Opens 3/1: The TTCC offers summer day camp programs for youth in grades 1 – 8. We have amazing staff, theme days, swimming at Wellington and weekly field trips. Don't miss out – the camps fill up fast. Camps run from June 29th – August 21st from 9 am – 4pm. The weekly camp fee is \$85

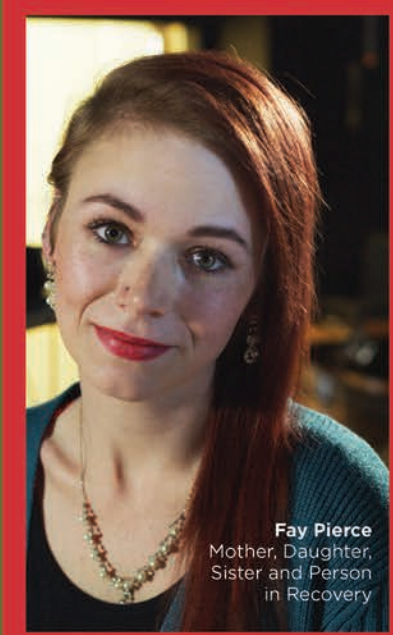
– does not include field trips. Scholarships are available – inquire at TTCC Office. Early (7 – 9 am) and late (4-5:30 pm) care is also available at an additional cost. Breathe NH Fun Pass Booklets available at TTCC: The Fun Pass is your ticket to the best values in New England. Save up to \$2,000 at more than 100 of your favorite New England family attractions including amusement parks, zoos, museums, ski areas and more. The cost is \$35 per booklet. For more info on any of these activities contact the TTCC office at 744-2713 or www.ttccrec.org.

Tapply-Thompson Community Center receives grant from Children's Auction


BRISTOL — The Tapply-Thompson Community Center received a \$12,000 grant from the Greater Lakes Region Children's Auction. The Auction has awarded funds to the TTCC for many years to help our mission of making sure that every child has access to programs regardless of ability to pay. Director, Leslie Dion, reports that the TTCC, with the help of the Auction, was able to provide over \$29,000 in scholarships in 2019 and the funds from the GLRCA continue to make such a difference to our community youth. This is the first year that we additionally requested funds for 'Operation Warm – Newfound' and received \$2,000 for that purpose. In 2018 the Lakes Region

Santa Fund applied for funding through the auction to allow Newfound to host their own Operation Warm program. A team from Bristol Community Services, Bristol Fire Department and TTCC oversee this program now. Over 100 local youth received winter items with those funds. We are always looking for hats, mittens, scarfs, and gloves for next winter so if you are interested in donating items let us know. It never ceases to amaze me how the Auction team and volunteers manage to raise the amount of funds that they do each year!! We are so fortunate to be benefitted by the great work that they do! For more information on the TTCC, check out our Web site at www.ttccrec.org.

The Greater Lakes Region Children's Auction is an annual event held every December in central New Hampshire. Countless volunteers and donors have helped turn it into a major campaign on an annual basis. Over the 38 years that the community has come together, over \$6.6 million has been raised for local charities, all through volunteer efforts, community donations, and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information, please visit www.ChildrensAuction.com or call 527-0999.



Fay Pierce
Mother, Daughter,
Sister and Person
in Recovery




Alexander Annunziata
Recovery Coach, Peer Support,
Person in Recovery

YOU ARE NOT ALONE.

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

Find a Doorway near you.



THE DOORWAY
*at Dartmouth-Hitchcock
at LRGHealthcare
at Concord*

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

Smoke alarms credited for safe evacuation at PSU

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – An electrical fire in a residence hall at Plymouth State University has Plymouth Fire & Rescue personnel stressing the importance of working home smoke detectors and smoke alarm systems in large buildings. The department was toned to Grafton Hall, a seven-story building on High Street, at 4:16 a.m. on Tuesday morning. Those first on the scene found a smoke condition on the first floor with multiple smoke alarms activated and an evacuation in progress. An investigation showed the source of the smoke was an electrical fire in a mechanical room, but fortunately, the fire was already out when it was discovered. Firefighters determined the origin to be an electrical pump controller in that room, but the exact cause remains under investigation. “This was a good example of working smoke alarms alerting the occupants and allowing them to escape the building unharmed,” said Plymouth Fire Chief Tom Morrison. PSU police, the university's Facilities personnel and members of the Camp-ton-Thornton Fire Department assisted Plymouth Fire & Rescue at the scene.

Strong second half leads Bears over Mascoma

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The final week of the season got off to a good start for the Newfound hoop girls, as they took control in the second half and knocked off Mascoma by a 60-38 score on Monday, Feb. 17.

“Team had been beating us in one spot and I was hoping by making a small switch, they wouldn’t beat us there,” said coach Kammi Williams of her defensive scheme in the first half. “It didn’t pan out, so we switched back (at half-time) to what we’d been doing all year.”

The switch back to the familiar defense did the trick, as Newfound held the Royals to just two points in the third quarter to turn a three-point game into a blow-out.

Paulina Huckins got the game started with a hoop for the Bears but Mascoma answered. Malina Bohlmann followed with a free throw but the Royals drained a three-pointer to take



JOSHUA SPAULDING
Paulina Huckins drives toward the basket in action last Monday.

the 5-3 lead. A Mackenzie Bohlmann basket tied the game at five but again the Royals drained a three-pointer to take the lead again.

Tiffany Doan drained back-to-back three-pointers to propel the Bears into the lead and after a Mascoma basket, Huckins hit two from the free throw line. The Royals added another free throw before Huckins hit a hoop for a 15-11 lead.

The visitors got a three-point play to cut the lead to one before MollyLu McKellar drained a basket to give the Bears a 17-14 lead after one quarter.

Huckins hit two free throws and a field goal out of the gate in the second quarter to up the lead to seven points but the Royals got a pair of baskets to cut the lead to three.

A steal and hoop from Malina Bohlmann, a hoop from Huckins and a free throw from Malina Bohlmann stretched Newfound’s lead to 26-18.

Mascoma came up with two hoops and a three-pointer to cut the lead to 26-25 but Huckins hit two free throws to give the Bears the 28-25 lead heading to the half-time break.

The Bears scored the first nine points of the second half to open things up. Huckins started things with a hoop and then two free throws, a steal and hoop from Malina Bohlmann and a free throw from McKellar continued the run. Malina Bohlmann ended the run with a hoop and Newfound was up 37-25.

The Royals got their first basket of the quarter with just 1:40 to go in the third but the Bears closed the frame with



JOSHUA SPAULDING
Bailey Fairbank races the ball up the court in action last week against Mascoma.

eight-straight points. Malina Bohlmann and Doan had threes and McKellar put back a rebound and Newfound’s lead was 45-27 heading to the final frame.

Huckins got the first basket of the final quarter but Newfound came back with three hoops in a row to make it 47-33.

Huckins then hit two more hoops in a row to open the lead again and after another Mascoma basket, Mackenzie Bohlmann finished off a steal with a hoop and Malina Bohlmann put back a rebound for the 55-35 lead.

After a Mascoma hoop, Huckins hit a hoop and Malina Bohlmann hit three free throws in a row to finish off the scoring for the Bears while the Royals added a free throw to close out the 60-38 final score.

Huckins finished with 24 points to lead the Bears

while Malina Bohlmann added 18.

“Mascoma came out hitting their shots and gave us a good first half,” said Williams. “But a good team usually pulls away in the third after making adjustments at the half.

“MollyLu came off the bench and contributed in good ways,” the Bear coach added. “We just need a few more contributions.”

The Bears had a battle with Gilford scheduled two nights after their win over Mascoma, a battle that was likely to determine who was going to get home court in the first two rounds of the tournament.

“If we win that, we have home court the first and second round,” Williams said. “That’s huge for us, we play so much better here than away.”

The Division III tour-

namment started after deadline Wednesday and continues with quarter-final action on Saturday, Feb. 29, at the home of the higher seed at 7 p.m. The semifinals are Wednesday, March 4, at Keene State at 5:30 and 7:30 p.m.

NRHS 17-11-17-15-60
MVRHS 14-11-2-11-38

Newfound 60
Mal. Bohlmann 5-7-18,
Doan 3-0-9, Mac. Bohlmann 2-0-4, Huckins 9-6-24, McKellar 2-1-5, Totals 21-14-60

Mascoma 38
Bennett 0-1-1, Withington 0-1-1, Henry 2-1-5, Lacasse 4-0-8, Dowd 6-0-12, Moulton 3-0-9, Hammond 1-0-2, Totals 16-3-38

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

What’s On Tap

A new month brings the end of the regular season and more post-season action.

The Division III girls’ hoop tournament will continue with quarter-finals on Saturday, Feb. 29, at the home of the higher seed at 7 p.m. and the semifinals are set for Keene State College on Wednesday, March 4, at 5:30 and 7:30 p.m.

The Division II girls’ hoop tournament will kick off on Tuesday, March 3, at the home of the higher seed at 7 p.m.

The Division III boys’ basketball tournament will begin on Tuesday, March 3, at 7 p.m. at the home of the higher seed.

The unified basketball tournament kicks off on Thursday, March 5, at the home of the higher seed at 5 p.m.

The wrestling Meet of Champions will take place on Saturday, Feb. 29, at 9:30 a.m. at Nashua South High School.

The Division II Nordic ski championships will take place at Great Glen Trails in Pinkham Notch at 10 a.m. on Wednesday, March 4.

The Newfound hoop boys will wrap up the regular season on Friday, Feb. 28, at Monadnock at 6:30 p.m.

The Plymouth girls’ basketball team will finish the regular season at Kearsarge at 5 p.m. on Friday, Feb. 28.

The Bobcat hoop boys will be at Kearsarge at 6:30 p.m. on Friday, Feb. 28, will be hosting Bow at 6 p.m. on Tuesday, March 3, and will be hosting Laconia at 6 p.m. on Thursday, March 5.



RC GREENWOOD



Celebrating 25 years

Newfound Regional High School recognized the 25th anniversary of the 1994-1995 boys’ basketball state championship team by welcoming back team members for a game against current Newfound staff members. Pictured (l to r) in game action, John Daly, Matt Bose, Nate Pelletier, Wally Laws and Jesse Mitchell. The group picture is both teams. The former players held on for a 37-35 win over the current Newfound staff.

Royals pull away from Bears in second half

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — After winning a pair of games the previous week, the Newfound hoop boys entered their game on Monday, Feb. 17, with a little momentum.

And the Bears carried that momentum through the first half of their game with Mascoma.

However, the second half belonged to the Royals and the visitors pulled away for an 81-51 win.

“Great first half, tough third quarter,” said Newfound coach Jesse Mitchell. “The fourth quarter didn’t help but once we were down like that in the third it was hard to get the guys back in it.”

The visitors scored the first five points of the game on three free throws and a field goal but a Malaki Ingram three-pointer put the Bears to within two and a Jack Gosson hoop tied the game at five.

Mascoma answered with a pair of baskets to open up a four-point lead before George Belville hit a free throw and Gosson tipped home a missed free throw to pull the Bears within one at 9-8. Mascoma answered with



JOSHUA SPAULDING
Malaki Ingram drives toward the basket in action last Monday.



JOSHUA SPAULDING
George Belville puts up a shot in action against Mascoma last week.

start in the third quarter, cutting the lead to one but the Royals answered with a three-pointer and two free throws for a 40-34 lead.

Boulanger drained a basket for Newfound but the Royals followed with 14 points in a row to open the lead up to 54-36.

A Belville three-pointer stopped the Royal run but they came back with seven more points in a row to stretch the lead to 61-39.

Ingram hit two from the line and after another Mascoma three, Ingram hit five free throws after three technical fouls were called on the Royals.

SEE **HOOPS** PAGE B3

two free throws.

Belville finished off a great feed from Ingram to get the lead back to one again but Mascoma answered with a three-pointer. Ingram got the final basket of the quarter and Newfound trailed by just two, 14-12, after one quarter of play.

Gosson hit one from the line and Ingram connected on two free throws to give Newfound their first lead of the game at 15-14. Mascoma quickly responded with a three-pointer and a hoop to go up by four.

Jack Lavin then hit back-to-back baskets for the Bears to tie the score at 19 but then Mascoma got their own basket. Two free throws from Ingram tied the game again and after a Royal hoop, Gosson again tied the game at 23.

The Royals got back-to-back three-pointers to up the lead to 29-23 before Tyler Boulanger hit a hoop

for the Bears. Mascoma got another three-pointer to open the lead to seven but Ingram hit four free throws in a row and then a field goal to cut the lead to 32-31.

The Royals were able to hit another three-pointer to close out the first half and took the 35-31 lead to the second half.

An Ingram three-pointer got the Bears off to a good



RC GREENWOOD
Griffin Charland led the way for the Plymouth hoop boys against Merrimack Valley last week.



Bears honored

The New Hampshire Football Officials Association presented the Newfound football team with the Division IV Sportsmanship Award for the 2019 season. The team was honored with a banner presented at the school on Monday, Feb. 17.

Team effort gets Bobcats first win

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — Coach Mike Sullivan and the Plymouth boys’ hoop team has been measuring its success by small victories.

So, when the Bobcats claimed their first win of the season on Thursday, Feb. 27, it was a moment the season had been building toward.

“We’ve been gauging our success in small victories, so it was nice to go get a win,” Sullivan said. “It was great, we partied like we won the state championship.”

“The kids were just so happy,” the Bobcat coach added. “And I’m happy for the kids, they wanted it so badly.”

The Bobcats traveled to Penacook coming off a tough game against Kennett and Sullivan wasn’t sure exactly what to expect from his team after the loss to the Eagles.

“The kids felt like we had given one away against Stevens and we had a good game against Laconia,” Sullivan said. “For us to keep moving forward, you have to have some success.”

It took a complete team effort for the Bobcats to get the 47-45 win. The Bobcats were up 10 with three minutes to go before the Pride rallied, but they couldn’t close things out and Plymouth held on for the victory.

“We didn’t close out the way we wanted but we still held on for the

win,” Sullivan said.

Griffin Charland led the way for the Bobcats with 13 points on the night, 10 of those coming in the first quarter. Kyle Joyce, who played four quarters in the JV game, came off the bench for a solid two quarters for the varsity team and had eight points, all in the second quarter. Brycen Richardson finished with eight points, all in the third quarter and Quinn Twomey finished with six points, all in the fourth quarter.

Samson DeRuvo finished with eight points and Sullivan noted he had a monster day on the boards, pulling down between 15 and 20 rebounds.

Sophomores Zach Puga, Will Fogarty and Parker Keeney, all of whom played in the JV game, gave the varsity team good minutes off the bench.

“They’re getting the chance and they’re stepping up,” Sullivan said. “We’re young and it’s a learning process.”

The Bobcats will be finishing the regular season with three games in the coming week. The Bobcats are at Kearsarge at 6:30 p.m. on Friday, Feb. 28, will be hosting Bow on Tuesday, March 3, at 6 p.m. and Laconia on Thursday, March 5, at 6 p.m.

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

Hiring?

Reach

More

Local Applicants

Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

- The Baysider
- Gilford Steamer
- Record Enterprise
- Coös County Democrat

- Meredith News
- Granite State News
- Winnisquam Echo
- Carrol County Independent

- Berlin Reporter
- Littleton Courier
- Newfound Landing

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

Back on top

Plymouth wrestling team returns to top of Division III

BY JOSHUA SPAULDING
Sports Editor

PELHAM — The Plymouth wrestling team used an impressive team effort to once again hoist the Division III championship trophy, defeating Bow for the title.

Individually, three different Bobcats won division titles, two others finished as runner-up and two more won their consolation finals, meaning seven Plymouth wrestlers earned the right to compete in the Meet of Champions this weekend.

“We needed the entire team,” said coach Randy Cleary. “And we got some good help from the rest of the state today.”

The Bobcat coach pointed out that consolation semifinal wins for Gianni Ciotti, Joe Peters, James Philbin, Joe D’Ambruoso and Matt Cleary were huge for his team, with each win securing at least a fourth place finish for the team score.

Senior Joe Cleary won his fourth-consecutive Division III championship, taking the victory at 152 pounds. He won all four of his matches by pin, getting wins over Winnisquam, ConVal, Mascoma and Lebanon.

At 170 pounds, Cole Johnston was able to secure a championship, also winning all of his matches by pin. He started with a win over Kearsarge and followed with wins over ConVal and Mascoma to finish out the championship.

Charlie Comeau just needed to win two matches in order to secure the Division III championship at 120 pounds. He started with a win over White Mountains and then got a pin of Campbell in the championship round.

Andrew Comeau wrestled at 113 pounds and started with pins of ConVal and Pelham to earn his way to the finals, where he lost to a wrestler from Bow to finish in second place.

Senior JC Gaumer started with a pin against Mascoma and then a pin of Newport to advance to the finals at 145 pounds before falling by a 7-3 score to ConVal in the finals to finish as the Division III runner-up.

At 106 pounds, Ciotti dropped his first match by a 4-0 score to a wrestler from Bow but came back with a pin of ConVal in the consolation semifinals and then got a pin of Winnisquam in the third-place match to take third overall.

Peters started his action at 126 pounds with a pin of Lebanon before dropping by pin to ConVal. He came back to pin Pelham in the consolation semifinals and then got a 14-4 win over White Mountains in the third-place match, finishing in third place overall.

Philbin wrestled at 132 pounds and fell by a 7-3 score to a Mascoma wrestler to start his day



JOSHUA SPAULDING

The Plymouth wrestling team celebrates the Division III championship on Saturday in Pelham.



JOSHUA SPAULDING

Charlie Comeau wrestled to the championship at 120 pounds on Saturday.



JOSHUA SPAULDING

Cole Johnston picked up the Division III championship at 170 pounds.

but then fought his way back with pins of Campbell and Kearsarge to earn his way into the third-place match, where he lost 5-3 to the same Mascoma wrestler he lost to in the opening match, giving him a fourth place finish overall.

D’Ambruoso started his day at 160 pounds with a pin of a Littleton wrestler before falling 9-8 to a wrestler from Newport. He came back with a win over Kearsarge to advance to the consolation finals, getting pinned by a Pelham wrestler to finish in fourth place overall.

Matt Cleary opened the day at 182 pounds with a pin over Mascoma and got an 11-6 win over ConVal before getting pinned by a Pelham wrestler. He came back with a pin over White Mountains in the consolation semifinals before falling to a Campbell wrestler in the consolation finals to take fourth place overall.

Mason Lessard wrestled at 138 pounds and started with a pin over Kearsarge and then a 16-1 win over Lebanon. He was then pinned by ConVal and then was pinned by a Bow wrestler to finish out his day in sixth place.

Jaivon Cadore wrestled at 195 pounds and was pinned by wrestlers from Kearsarge and Lebanon in his only two matches of the day.

“That White Mountains win at 132 pounds (Noah Dutkewych) really helped us,” said coach Cleary. “We needed some help, that’s always how it is.”

“There is a lot of parity amongst the top teams,” he continued.

JOSHUA SPAULDING
(Right) Joe Cleary won his fourth-consecutive Division III championship on Saturday.

Joe Cleary’s win at 152 pounds was the victory that put the team over the top and clinched the championship. Cleary, Gaumer and Philbin are the only three seniors graduating from the wrestlers who competed at the Division III State Meet.

“There’s a lot of points in those three guys,” the Bobcat coach said.

At the end of the day, coach Cleary was also presented with a plaque as the Division III Coach of the Year.

Cleary, Charlie Comeau, Andrew Comeau, Peters, Gaumer, Ciotti and Johnston all earned the chance to compete at the Meet of Champions on Saturday, Feb. 29, at Nashua South High School at 9:30 a.m.

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



JOSHUA SPAULDING

JC Gaumer finished as the Division III runner-up at 145 pounds.

Hoops

FROM PAGE B2

Masoma responded by hitting three free throws to close out the quarter and the Royals had the 67-46 lead heading to the final eight minutes.

The visitors hit the first nine points of the fourth quarter before Gosson hit two free throws for the Bears. After another Mascoma bucket, Belville drained another hoop. The Royal got a three-pointer before Kyle Sullivan rounded out the scoring with a free throw for the 81-51 final score.

Ingram led the Bears with 25 points on the night.

“It shows the difference in where we’re building from and where other programs are at,” said Mitchell. “Good programs can push through.”

“It showed us we still need to work hard,” the Bear coach continued. “It was a promising first half, which is promising for the future.”

The game got a bit chippy in the second half and Mitchell was happy his team was able to keep cooler heads rather than getting caught up.

“We can play to a level of Mascoma, but a quarter or two we’re just a step slow,” Mitchell said.

The Bears finish the season with games against some of the top teams in Division III, including Gilford, Somersworth, Monadnock and White Mountains.

“It’s a great test the rest of the way,” Mitchell said. “It shows them where we need to be and how we can play.”

The Bears wrap up their season on Friday, Feb. 28, at Monadnock at 6:30 p.m.

NRHS 12-19-15-5-51
MVRHS 14-21-32-14-81

Newfound 51

Ingram 4-12-25, Belville 3-1-8, Boulanger 2-0-4, Lavin 2-0-4, Sullivan 0-1-1, Gosson 3-3-9, Totals 14-17-51

Mascoma 81

Rock 3-3-9, Schwarz 2-0-4, Thompson 7-9-29, Seiler 8-0-21, Hammerling 3-0-6, Cadwell 1-0-3, Moulton 1-0-2, Totals 25-12-81

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



CLASSIFIEDS

For Advertising Call (603) 444-3927



Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/ May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

Lost & Found

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

Lost Ads
Are Charged at our regular classified rates.

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

Still Lost!

Shane - Shetland Sheepdog
White/Tan/Black
10 Years old
We are hoping someone may have him or have seen him?
-Lost in Laconia NH-
August 27, 2016
Do not chase. Old and New Leads appreciated.
For more info see
www.facebook.com/shaneshetlandsheepdog
Call Owner 603-365-1778
or Granite State Dog Recovery
1-855-639-5678

Thank-You

Our line ad classifieds are on our website!

www.salmonpress.com

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

Salmon Press
Town To Town
Classifieds!

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

Thank you

for browsing
The Town To Town
Classifieds in the

West
Meredith News
Record Enterprise
Winnisquam Echo
Newfound Landing

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

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

or place online 24/7 at
www.salmonpress.com

Deadline:
Monday 10:30 am

Pets/Breeders

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

General Help Wanted

GSIL is seeking a dependable Personal Care Attendant for our consumer in Laconia for Mondays and Wednesdays from 8AM-1PM, and every other weekend from 8AM-12PM. Duties include personal care and light housekeeping. If interested, please contact Ashley at 603-568-4930 for more information. Background checks are required. GSIL is an EOE.

GSIL is seeking compassionate individuals to assist consumers in their homes with personal care, light housekeeping, errands, meal prep, etc. Training is provided. Pay Rate: \$10.25-\$10.75/hour. If interested, please contact Ashley at 603-228-9680 or atruong@gsil.org for more information. GSIL is an EOE.


Home Improve-

Experienced Interior/Exterior Painter and Light Carpentry
Filling up my painting schedule so please call and get an estimate.
603-534-4617

Home Improve-

LAND FOR SALE
48 Northside Rd. Stark, NH
Dug well and septic system, may be salvageable on property. Includes a small piece of land with frontage on the Ammonoosuc River across from the lot. Asking \$20,000 OBO
Please Call 785-869-3068


Looking for New Customers?




FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

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

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



Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertng which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reservesthe right to refuse any advertising.

THANK YOU

for browsing
The Town-to-Town
Classifieds!

HEBRON

Supervisors of the Checklist MEETING NOTICE

Saturday, February 29, 2020

The Supervisors of the Hebron Checklist will be in session upstairs in the Town Office Building, 7 School St. on Saturday, February 29, 2020 from 10:00 to 10:30 a.m. This is the last day to accept voter registration application. No additions or corrections shall be made to the checklist after this season, until school election day, March 10, 2020.

TOWN OF ALEXANDRIA

TOWN ELECTIONS AND VOTING ON THE WARRANT

Tuesday, March 10, 2020
11 am to 7 pm

Voting held at the
Alexandria Town Hall
47 Washburn Road, Alexandria, NH


NOTICE

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall, **Saturday, February 29, 2020, from 11:00 to 11:30 a.m.** for additions and corrections to the checklist, in preparation for the Town/School District Election on March 10, 2020. Change in party registration will be accepted.

George Whittaker
Suzanne Cheney
Loretta Brouillard





Plymouth State University has the following positions available:

Billing Manager
Assistant Director, Campus Recreation
Assistant Director, First-Year Student Programming & Orientation
Database Administrator

FACILITIES:
Recycling Coordinator
Building Service Worker (Custodian) – All Shifts

FACULTY:
Tenure-Track Assistant Professor or Teaching Faculty – Special Education Program

To view full descriptions of the positions and to apply, please visit
https://jobs.usnh.edu

Plymouth State University is an Equal Opportunity/ Equal Access/Affirmative Action institution.

Homebuyer's Seminar

FIND THE HOUSE YOU CAN LIVE IN WITH FINANCING YOU CAN LIVE WITH

SATURDAY, MARCH 14th 10:00 – 11:30 AM
WEDNESDAY, APRIL 22nd 6:00 – 7:30 PM
at Newfound Properties, 802 Lake St., Bristol NH 03222
Register with Julie at 603-724-0490

We will discuss:

- The purchase and financing procoesses.
- How your credit impacts your interest rate.
- Preparing a wish list for you new home.
- How to make your home affordable.
- Beginning a housing diet.
- Understanding your local housing market.
- Partners you will work with for your purchase.



Julie Converse
Associate Broker
603-724-0490
JConverse.NFP@gmail.com



Senior Mortgage Loan Originator
NMLS#454807 603-809-1641
We arrange but do not make loans.
maureenc@traditionalmtg.com

Traditional Mortgage Inc., NMLS 2495, Licensed by the New Hampshire Banking department..

CLASSIFIEDS GET RESULTS



This Newspaper is Recyclable

TOWN-TO-TOWN CLASSIFIEDS

White Mountains School Administrative Unit # 35
BETHLEHEM ♦ LAFAYETTE ♦ LANDAFF ♦ LISBON ♦ PROFILE
...where excellence links living and learning...

BUSINESS MANAGER

SAU #35 is located in the heart of the White Mountains in northern New Hampshire and consists of 5 school districts serving the communities of Bethlehem, Easton, Franconia, Landaff, Lisbon, Lyman and Sugar Hill. The successful candidate will have a strong understanding of the principles and practices of financial accounting and reporting procedures consistent with requirements for NH public schools. Start date is July 1, 2020.

For more information or to apply go to
SchoolSpring.com and reference job ID# 3232827
SAU35
262 Cottage St. Suite 301
Littleton, NH 03561
603-444-3925
Deadline to apply: March 20, 2020
eoe

GILFORD SCHOOL DISTRICT
Custodian – 2nd shift

Please call the Gilford School District Office @ 527-9215
for an application or pick one up at 2 Belknap Mountain Road, Gilford



Considering a Career Change?
FREE LNA Course
at Glenclyff Home with a one year employment commitment*


Why join the Glenclyff Home team?

- Generous LNA salaries starting at \$13.86, up to \$14.98 with shift differential.
- The State of New Hampshire’s outstanding benefits package which includes health and dental insurance, a retirement plan, and much more.
- Career advancement opportunities in the field of nursing.

Both a day class and an evening class are scheduled to start the week of March 30.
* Optional tuition of \$650 with no employment commitment

CALL or EMAIL NOW FOR MORE INFORMATION!

If you interested in joining our team please contact Sarah Fabian for more information.
Telephone (603) 989-5210
Email Sarah.Fabian@dhhs.nh.gov



NGH Upper Connecticut Valley Hospital


JOB OPPORTUNITIES

FULL-TIME SIGN ON BONUS!
RNs
Coder – Certified
Physical Therapist
Radiologic Technologist


PER DIEM (as needed)
RNs – LNAs - ED Technician

APPLY ONLINE WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
EOE


If your kids are a size...



small



medium




large

then they need flu vaccines.

Flu protection is recommended in sizes 6 months through 18 years.
The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Nervousness, apprehension and excitement, all at the same time

As I write this on Thursday, Feb. 20, it's been almost six years to the day since my first Olympic experience drew to a close.

That was in Sochi in February of 2014 and it was an experience that I will always remember. It was my first time covering such a huge event and in many ways, it was overwhelming.

However, I learned a lot in that first time out and when it came time to head to PyeongChang four years later, I had a much better idea of what to expect and it made the great experience I had the first time even better.

Now, as I prepare for my first Summer Olympics experience, I am concerned a bit about the sheer massiveness of the summer games compared to the winter games.



SPORTING CHANCE

By JOSHUA SPAULDING

However, that's a story for another day.

What has been on my mind lately has been the whole threat of the coronavirus and how it might impact my Olympic trip.

Going back to 2014 before I traveled to Russia, there was a lot of talk about security concerns and what Russia was doing to prepare. There were reports that some venues and some housing units weren't complete. I can't tell you the number of links people sent me about incomplete rooms and more.

However, I said to myself back then that this was a once in a



JOSHUA SPAULDING

FROM MY FIRST OLYMPIC experience, the Main Press Center in Sochi in 2014.

lifetime opportunity and there was no way I was not going, despite the many issues that seemed to be popping up as they got closer.

This has been on my mind as the Tokyo Summer Olympics inch closer and the threat of the coronavirus continues to hang over eastern Asia. I keep reading stories that the Olympic officials have stated over and over that they are not cancelling or not delaying the Summer Games. Then I will read a story or two that quotes Japanese "medical professionals" saying that they think this could be more of an issue than Olympic officials are letting on.

Out of the gate, the

first thing I thought of was the money that has gone into this. Thanks to many awesome people, I have sent the deposit for my housing (half of the overall \$1,600 cost) and I have bought my airline tickets there and back (\$1,700). I am sure that if the Olympics get changed, my rooming would likely be intact, just for different dates.

When I purchased my airline tickets, I did get the insurance, so if I had to change my flight, I could likely do so without much of a fee.

However, in addition to the money, there's also the whole coronavirus thing. The quarantined cruise ship that's been on the news is docked in Yokohama, which is near Tokyo and is hosting a number of Olympic events. So, this is legitimate.

However, like in Sochi with the security concerns, this is a great opportunity and letting something outside of my control ruin what could be quite an experience is the wrong thing to do.


I'm moving forward

with the trip and I'm excited about it. My hope that is in the five months until I leave things get more cleared up on the coronavirus front.


Additionally, I should note a special thanks to my friends at the Village Players Theater who are organizing a fundraiser to help with the final expenses for the trip. It is set for Saturday, May 2, at 6 p.m. at the theater in Wolfeboro. I am sure more information will be released soon and I'll get it out there for readers.

Finally, have a great day, Peter Waugh.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.




SCHWARTZBERG LAW
Welcomes Attorney Steven C. Gahan



Attorney
Steven C. Gahan



Attorney
Ora Schwarzberg



Attorney
John T. Katsirebas, Jr.

572 Tenney Mountain Hwy • Plymouth, NH 03264
603.536.2700 • www.nhlawyer.net

NOW WE ARE THREE!



THE DUMPSTER DEPOT®
Waste Recycling Services

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

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

DUMPSTER RENTALS STARTING AT \$395

SAVE WITH OUR DUMPSTER DEPOT BUCKS



Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roll-off, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 2/29/20

SAUL O SIDORE LECTURE SERIES



RUTH GOMBERG-MUÑOZ

TUESDAY, MARCH 3, 7 P.M.

SMITH RECITAL HALL
SILVER CENTER FOR THE ARTS

ARRESTED MOBILITY: MIGRATION AND MILITARIZATION IN A POST-TRUTH UNITED STATES



Plymouth State UNIVERSITY

Visit campus.plymouth.edu/sidore for information.