

# Candidates for office make their case to Bristol voters

BY DONNA RHODES  
dhrhodes@salmonpress.news

BRISTOL – Last Saturday afternoon, Bristol voters were invited to attend the Candidates Forum at Minot-Sleeper Library to familiarize themselves with several of the people whose names will be listed on the March ballot for a number of openings.

The only contested town office this year is for the Board of Selectmen, where five candidates are seeking one of two seats open this year; each of the candidates offering individual skills, goals and ideas for voters to consider.

Don Milbrand is the only incumbent candidate this year, having served nine years so far on the board, seeking



Candidates for two openings on the Bristol Board of Selectmen participated in a informative public forum at Minot-Sleeper Library last Saturday. From left to right are Don Sellers, Anita Avery, Don Milbrand and Paul Barnett. (Missing from photo is Doug Voebel.)

another three-year term. He said he hopes to keep continuity and experience on the board so he can help address two major projects that are before the town.

The first is a \$20 million sewer project along the Bristol shoreline of Newfound Lake. Milbrand said that it is a project he wants to be affordable for all and would not want to move forward without state and federal grant money to keep the price affordable for all who would be hooked up to the system. The second is the need for a Public Safety building that would allow both police and fire departments to be better housed to serve the community. Having served on the most recent Police

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## Bristol Historical Society news

BRISTOL — The Bristol Historical Society will hold its 2020 annual meeting on Tuesday, March 31 at 7 p.m. at the Minot Sleeper Library. Following a short business meeting there will be a presentation of “Old Stories of Bristol.” The society will have a few stories to share and we invite others to share stories they may have. Newfound Regional High School senior, Evelyn Cutting, will talk about her senior project which has involved collecting stories and creating a Web site.

The second event scheduled for 2020 is a fashion show at the Historic Town Hall on Sunday, April 19, at 2 p.m. Nancy Spears of Imagine will showcase some of her latest spring attire. This is a free event and all are welcome.

Copies of the 2020 brochure are available at the library and the Town Office building.

The Society welcomes new members and is looking forward to a busy season. The museum will open in June (hours will be announced later) and is always available upon request. For more information call Lucille at 744-2751.

## Newfound citizens learn about the “State of the Lake”

BRISTOL — More than 30 people gathered at the Minot-Sleeper Library on Feb. 13 as the Newfound Lake Region Association presented findings on the health of the Newfound watershed.

While overall Newfound Lake is healthy, there has been a steady decline in health over the past ten years. Executive Director Rebecca Hanson and Program Manager Andrew Veilleux discussed the threats of storm water runoff, erosion, and road salt pollution.

“Stormwater run-

SEE LAKE, PAGE A15



More than 30 people gathered at the Minot-Sleeper Library on Feb. 13 as the Newfound Lake Region Association presented findings on the health of the Newfound watershed.

## BES students interview local business owners

BY DONNA RHODES  
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BRISTOL – Students in Jennifer Laroche and Elisa Guerriero’s fifth grade classes had the unique opportunity

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18 pages in 2 sections

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this past week to interview owners and representatives of local businesses for a special book they are putting together on the many services, shops and talents found in the Newfound area.

Dr. Sarah Rollins, Principal at BES, said that thanks to the district’s Curriculum Coordinator Kim Sarfde the project has been made possible through a CLiF Momentum Grant she received last year. The goal of this year’s extension of the grant is to help students focus on writing, listening and speaking skills while becoming better connected with their community at the same time.

“I think this has been a great opportunity for the kids,” Rollins said.

“They’ll each interview a business owner and write about them, then get together as a class to work on a group piece.”

Prior to the interview

dates, each class was given a list of who would be participating so stu-

dents could sign up for a business or organization to interview. While some students were familiar with some of them, like Twin Designs, home of Diane the Turtle, many were not. Once the boys and girls sat down with their community partners for the interviews this week however, they knew them quite well.

Each fifth grader was supplied with a list of basic questions to ask and scurried to write down the responses they received. Among the questions were “How did you get the idea or concept for your business or organization?” and “What was your mission or goal when you first began?” They also inquired about the education or

SEE BES, PAGE A15



Fifth grade students from Bristol Elementary School sat down with local business owners to interview them for a catalog-style book they will be creating as a resource for residents and visitors to the Newfound Region this summer. On the left, Deb Glidden of Four Corners Painting was interviewed by Amaya and Kaleigh while to the right, Ryder and Jayden B. were busy writing down answers to questions they asked of Jack Doucette from Newfound Lawn Care.



# Blood, Sweat & Tears brings 50 years of history to Plymouth

PLYMOUTH — The Flying Monkey presents Blood, Sweat & Tears on Thursday, March 12 at 7:30 p.m. B,S&T bring their rock, pop and jazz stylings along with their catalog full of hits for a night of horn driven soul. Tickets for this show start at \$64.

It's been more than five decades since drummer/producer Bobby Colomby and friends assembled the first group to successfully blend rock and jazz into a genre-crossing sound and style. So successfully in fact, that the band's second album, "Blood, Sweat & Tears," topped the Billboard charts for many weeks and beat out the Beatles' "Abbey

Road" for the prestigious Album of the Year Grammy award. That album produced three major hit singles: "You Made me so Very Happy," "Spinning Wheel," and "And When I Die." BS&T has won three Grammy's and has been nominated more than 10 times.

One of the band's most iconic performances was in August 1969 at Woodstock, the same day as Jimi Hendrix. The guys hit the stage just after 1:30 a.m. and launched into «More and More,» a song from their smash self-titled second album. They followed that up with a cover of Randy Newman's "Just One Smile," from their

first LP, Child Is Father To The Man. As was the common story for most bands at Woodstock, B,S&T had their share of on stage issues with sound and the humidity making it nearly impossible for the horns to stay in key.

It has been more than 50 years since the release of the ground breaking "Child is Father to the Man" album and the band has never looked back. More than 200 talented musicians and singers have passed through the doors of the musical institution that is BS&T. Many have gone on to careers of their own Randy Brecker, Jaco Pastorius, Joe Henderson, Lew Soloff, Lou Ma-



COURTESY

The Flying Monkey presents Blood, Sweat & Tears on Thursday, March 12 at 7:30 p.m.

rini Jr., Mike Stern, Tom Malone, Dave Bargeron and many more. Blood Sweat & Tears was the first All Star Band and the current lineup is sure to prove the critics

right that BS&T is one of the greatest touring bands out there today.

Tickets for Blood, Sweat & Tears range from \$64 - \$74. For more

information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Irish music royalty to take the stage in Plymouth



COURTESY

The Flying Monkey presents The High Kings on Sunday, March 8 at 6:30 p.m.

PLYMOUTH — The Flying Monkey presents The High Kings on Sunday, March 8 at 6:30 p.m. One of Ireland's most popular contemporary folk quartets, The High Kings will bring the spirit of St. Patrick's Day to Plymouth for one special

show. Tickets for this show start at \$39.

True heirs of Irish folk heritage, To say that The High Kings are charting a new course for Irish ballad music – equal parts rousing and reflective, energetic and insightful – is an un-

derstatement. They are leading a new and bright era for Irish folk music, and aiming to bring us along for the journey.

The High Kings were formed by four Irish singers, performers and songwriters — Finbarr Clancy (Formerly of The Clancy Brothers), Brian Dunphy (formerly Riverdance and The Three Irish tenors), Darren Holden (formerly Riverdance and Broadway), and past member Martin Furey, who left the group in 2017. That same year, Irish singer George Murphy joined the group.

The constituent parts of The High Kings – Finbarr Clancy, Brian Dunphy, Martin Furey and Darren Holden – each clearly had a wealth of history in the music business behind them, but knew that in order to maintain any level of creative interest they

would have to boldly go where no other Irish ballad group had gone before.

"We could sing well, play our instruments well and harmonize well," says former Riverdance and Broadway star Darren Holden, humbly underselling somewhat the numerous skill sets of the individual members. "People were looking for guys with character, presence – not just cardboard cut-outs – so the respective experience we all had wasn't just helpful but essential. The four members immediately knew that something special was taking place ("we knew within the space of a few songs that there was magic"), and within

months had clicked as a creative unit as well as friends."

Today, the band is considered one of Ireland's most prominent Celtic groups, playing a mixture of up-tempo songs and contemplative ballads that include original songs and fresh interpretations of standards. The Kings' performances combine lush vocal harmonies with guitars, banjo, accordion and traditional Irish folk instruments such as the bodhran drum.

Tickets for The High Kings range from \$39 - \$49. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## SLA to host Walk N' Talk through Belknap Woods

HOLDERNESS — Join the Squam Lakes Association on Saturday, March 7 from 10 a.m.-2 p.m. for a Walk 'n Talk through Belknap Woods—a plot of land that features plenty of prime wetland and many other beautiful

natural ecosystems to explore. As we hike/snowshoe the outer trail loop, we will discuss the history of the property, how it was acquired, and the natural features of the land. This will be a loosely-guided discussion as we explore the

natural beauty of Belknap Woods, from beaver ponds to prime wetlands to hard- and soft-wood forests. There will be an opportunity for lunch/snacks during the program.

Participants will meet at the Belknap Woods trailhead. From there we will hike the area's outer trails in a loop and, given enough time, we can also explore the crossing trails. This program is open to all who are comfortable hiking at least 2 miles. Children must be accompanied by an adult. Participants should come prepared with weather appropriate shoes and clothing, snacks/lunch, and plen-

ty of water. The SLA is able to provide snowshoes for up to six participants.

Registration is required. To register, visit our website ([www.SquamLakes.org](http://www.SquamLakes.org)) or call us at 968-7336. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.



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**WBCN and the AMERICAN REVOLUTION**  
March 5

**PARASITE**  
March 6, 9, 10, 15 - 19 & 22 - 25

**Silent Film: WILD HORSE MESA**  
March 11

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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 "PARASITE" on March 9 or 10

[FlyingMonkeyNH.com](http://FlyingMonkeyNH.com) - 39 Main Street, Plymouth NH 03264 (603) 536-2551



# NLRA announces Grey Rocks boat storage lottery

BRISTOL — Current members of the Newfound Lake Region Association are now eligible for a new member benefit: the chance to keep their canoe or kayak at Grey Rocks Conservation Area! The kayak rack, built by AmeriCorps members in 2019, includes seven storage spaces available to the public. Participants will be chosen at random, and a \$200 rental fee will be submitted for the storage season of May 1-Oct. 31. Interested members should contact [andrew@newfoundlake.org](mailto:andrew@newfoundlake.org) by April 1. Not a member yet? Visit [www.new-](http://www.newfoundlake.org)

[foundlake.org](http://www.newfoundlake.org) and become a member now.

Grey Rocks, formerly a marina, was placed in permanent conservation in 2011 and has since been restored by the NLRA to more natural conditions. Home to abundant wildlife, Grey Rocks visitors may spot everything from beaver, bullfrogs, and turtles, to diverse species of waterfowl and Newfound's resident pair of nesting bald eagles! From the non-motorized boat launch, paddlers and rowers can make their way to the Cockermouth River; the Hebron marsh,



or into the open waters of Newfound Lake. In 2016, with a grant from

the Newfound Lake Charitable Fund, NLRA published the Northern

Newfound Water Trail, a helpful map for boaters detailing the numerous points of interest along the north shore of Newfound Lake. On land, Grey Rocks visitors can enjoy 1.5 miles of trails, viewing platforms, and picnic tables. Well-behaved dogs are allowed on-leash. Grey Rocks is a carry-in carry-out property, so remember to bring a bag for any trash or waste.

There's no need to wait until summer to see everything Grey Rocks has to offer—the property is open year round! Head to 178 N Shore Rd., Hebron,

to enjoy a walk or snowshoe and the beautiful sights of the frozen lake.

To learn more about the Newfound Lake Region Association, Grey Rocks Conservation area, and the Grey Rocks boat storage lottery, visit [www.newfoundlake.org](http://www.newfoundlake.org) or call 744-8689. Membership with the Newfound Lake Region Association supports education, programs, and collaboration that promotes the conservation and preservation of the Newfound watershed.

## Flying Monkey to screen film about legendary radio station WBCN

PLYMOUTH — Film festival sensation “WBCN and The American Revolution” is coming to Plymouth! The award-winning rock doc will screen at the Flying Monkey Movie House and Performance Center at 39 S. Main St., Plymouth, from Friday, Feb. 21 through Thursday, March 5.

Tickets for the crowd-pleasing documentary, which vividly profiles the Boston rock station that became a legendary force throughout the Northeast in the late '60s and early '70s, are available at [flyingmonkeynh.com](http://flyingmonkeynh.com).

“From its sneak preview screening at Cinequest in California to the DC Independent Film Festival, where it was named ‘Best Documentary,’ to IFF Boston, where it sold out a 900-seat screening, audiences across the country have been engaged, inspired, and invigorated by this film,” says filmmaker Bill Lichtenstein,

who began working at WBCN at the age of 14 in 1970. “I’m thrilled to bring the WBCN experience to Plymouth, New Hampshire.”

A high-energy feature-length documentary, “WBCN and The American Revolution” follows a compelling cast of characters as their lives connect and intersect during the rise of the legendary radio station that became both a player in and a platform for the explosive rock ‘n roll counterculture, passionate anti-war movement, and burgeoning civil rights, women’s rights, and gay rights movements.

The dramatic and compelling stories in “WBCN and The American Revolution” are interwoven with the original sights and sounds of the critical events of the late 1960s and early 1970s, thanks to more than 100,000 audio and visual items, many of which were donated to the

project by members of the WBCN community and the station’s many listeners and fans, including never before exhibited film shot by Andy Warhol and cinema vérité pioneer Ricky Leacock, images from notable photographers including the late Peter Simon, brother of singer Carly Simon, and Jeff Albertson, as well as air-check audio from memorable on-air, in-studio moments.

The film includes fresh first-person accounts from the station’s staff, as well as both newly filmed and archival material featuring leading political, social, cultural and musical figures of the day, including Noam Chomsky, Jane Fonda, Jerry Garcia, Abbie Hoffman, Lou Reed, Bruce Springsteen, in his first radio interview, and Patti Smith, performing with her band in her first live radio broadcast.

As an off-shoot of the



COURTESY

An interview on Boston-based radio station WBCN gave a young Bruce Springsteen his first exposure to a mass audience. The legendary station’s history is chronicled in a new documentary, “WBCN and The American Revolution,” currently screening at the Flying Monkey.

film’s massive research efforts, a permanent archive of materials related to WBCN and the political and cultural events of the era has been established at the University of Massachusetts Amherst, including the life’s work of photographers Peter Simon and Jeff Albertson (Bit. Ly/WBCNarchives) and a 24/7 streaming audio feed of broadcast material and music from the era can be heard at: <http://amrev.airtime.pro>.

Lichtenstein is himself a WBCN veteran. He began working at the station as a volunteer on the WBCN Listener Line and later as a newscaster and announcer with his own program. His last film, “West 47th Street,” won the Special Jury Award for Documentary Film at the 2001 Atlanta Film Festival; Audience Award for Best Long Form Documentary at the 2002 DC Independent Film Festival; and Honorable Mention at the 2002 Woodstock Film Festival. It aired

on PBS’s P.O.V. and was called “must see” by Newsweek and “remarkable” by the Washington Post.

A portion of all proceeds from this non-profit production will benefit a scholarship in the name of Fred Taylor at the Berklee College of Music and a scholarship for documentary film students in the name of Danny Schechter at the Columbia University Graduate School of Journalism.

## Create nature-inspired fashion at the SLA

HOLDERNESS — Join us on Sunday, March 8 from 10 a.m. to noon to liven up your old clothes with unique, nature-inspired designs! To accomplish this, we will use a technique that involves painting Soft Scrub bleach onto leaves, ferns, pine needles, etc. and pressing them onto dark articles of clothing. When the press is removed, you will be left with the design of whatever was pressed into the fabric.

Participants should bring their own articles of clothing to print onto. Old shirts, skirts, sweatshirts, hoodies, and socks are great for printing. Avoid light colors like pastels, but anything darker than mustard yellow will work. If you don’t own anything you’re willing to print on, thrift stores are great for basics. You will be able to take your printed clothing home the same day.

This free Nature Inspired Art program will take place at the Squam Lakes Association’s headquarters located at 534 US Route-3 in Holderness. Registration is required. Register by visiting our Web site ([www.SquamLakes.org](http://www.SquamLakes.org)) or calling us at 968-7336.



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**Contact Tracy or Lori at 444-3927 | [tracy@salmonpress.news](mailto:tracy@salmonpress.news) or [lori@salmonpress.news](mailto:lori@salmonpress.news)**



CADY  
Corner

Alcohol and  
your body

BY DEB NARO  
Contributor

Virtually every organ system is affected by alcohol. Drinking in moderation may cause problems to one’s body and drinking heavily over the years can cause irreversible damage to the heart, liver, stomach, kidneys and pancreas.

The heart: Long-term heavy drinking weakens the heart muscle, causing a condition called alcoholic cardiomyopathy. As a result, it cannot pump enough blood to sufficiently nourish the organs, and in some cases, this shortage causes severe damage to organs and tissues and it can even lead to heart failure. Both binge drinking and long-term drinking can affect how quickly a heart beats, controlled by an internal pacemaker. Alcohol disturbs this pacemaker system and causes the heart to beat too rapidly, or irregularly. Especially for a non-drinker, drinking to excess on occasion, can trigger these irregularities. Over the long-term, chronic drinking changes the course of electrical impulses that drive the heart’s beating, which creates arrhythmia.

The liver: There probably isn’t more of a vital organ in the human body than the liver. With over 500 different functions, the liver is essential to our health. Its primary role is to filter all the blood in our bodies by breaking down and eliminating toxins and storing excess blood sugar. To the human body, alcohol is a toxin the liver is responsible for breaking down, however, chronic heavy drinking can cause the liver to become fatty. A fatty liver is more vulnerable to dangerous inflammation, such as alcoholic hepatitis and with continued drinking, persistent inflammation causes scar tissue creating cirrhosis. In some cases, lifestyle changes can help treat alcohol-liver problems including abstinence from alcohol, better nutrition and quitting smoking. In extreme cases, however, a liver transplant may be the primary treatment option.

The stomach: After ingestion, alcohol travels down the esophagus into the stomach, where some of it is absorbed into the bloodstream but the unabsorbed alcohol continues to move through the gastrointestinal tract. The majority will enter the small intestine and get absorbed into the bloodstream through the walls of the small intestine, or it can stay in the stomach and cause irritation. Intoxicating amounts of alcohol can halt the digestive process, robbing the body of needed vitamins and minerals. Chronic irritation may also lead to damage to the lining of the stomach.

The kidneys: Binge drinking or chronic alcohol consumption can interfere with kidney function. One of the main functions of the kidneys is to regulate both the volume and the composition of body fluid, including electrolytes, such as sodium, potassium, and chloride ions. However, alcohol can have the diuretic effect of increasing urine volume and can change the body’s fluid level and disturb the electrolyte balance. As a result of urinary fluid losses, the concentration of electrolytes in blood serum increases, leading to clinical dehydration in profound cases.

The pancreas: The pancreas is responsible for sending enzymes out to the small intestine to metabolize food however, alcohol interferes with this process. It causes the pancreas to secrete its digestive juices internally, rather than sending the enzymes to the small intestine. If you consume alcohol excessively over a long time, this continued process can cause inflammation, as well as swelling of tissues and blood vessels called pancreatitis which is also a risk factor for the development of pancreatic cancer. Chronic pancreatitis can slowly destroy the pancreas and lead to diabetes or even death.

Drinking excessively, which includes binge drinking and heavy alcohol use, increases your risk of harmful consequences as outlined above. The good news is that most diseases caused by alcohol misuse can be prevented. If you, or someone you know, struggles with alcohol, substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



DONNA RHODES

Maple Weekend set for March 21 & 22

Traditional buckets and modern tube lines are poised as commercial and domestic syrup producers await the flow of sap from the maple trees that fill so much of New Hampshire’s landscape. March is Maple Month in the state and on the weekend of March 21-22, sugarhouses throughout the state will be providing tours, samples and sales of their products. Among them will be Benton’s Sugar Shack in Thornton and Walker Farm in Bristol. For information on other locations and special activities that weekend, visit [www.nhmapleproducers.com](http://www.nhmapleproducers.com).

Alexandria Department Annual Report

BY DONALD SULLIVAN  
Chief of Police

Long time officer and sergeant Robert “Bob” Bacon retired after 30-plus years of police service. Bob also served as a selectman for Alexandria for a time. We will miss his presence and expansive knowledge of the Town of Alexandria and wish him well in retirement.

Due to his dedication to the town and exemplary service, Officer Suckling has been promoted to Sergeant. Congratulations and we look forward to many years of your service to Alexandria.

This year again showed us that even as a small town, we are not immune to serious crime. In April there was an armed home invasion in town that led to a very large response including the Alexandria Police, N.H. State Police patrol troopers, N.H. State Police Swat Team, N.H State Police

K-9 unit, Bristol Police and New Hampton Police. The suspects were located hiding in an abandoned barn down the road. They refused to surrender but were eventually taken into custody after being bit by the K-9. One suspect pled guilty to the charges and the other was found guilty following a trial.

We also continue to deal with the same drug issues that are present throughout the entire state. There has been a significant swing from opioids to methamphetamine. We believe this is due to the heavy enforcement throughout the state on opioid distribution and the fear of overdosing.

In one investigation, led by Sgt. Suckling, following an overdose, we executed 19 search warrants and made 22 arrests for drug offenses. We also seized several firearms to include six handguns, one

of which was stolen. Three subjects have been referred to the U.S. Attorney’s Office for federal prosecution. During that investigation we worked with the Danbury Police, N.H. State Police Narcotics Investigation Unit, the Attorney General’s Drug Task Force, the Sunapee Police, New London Police, Grafton Police, Andover Police, Wilmot Police, the DEA, U.S. Marshal, U.S. Attorney’s Office, Merrimack County Attorney’s Office and the Grafton County Attorney’s Office. The yearlong case culminated with the seizure of two pounds of methamphetamine as it came into Alexandria. That’s an estimated \$80,000 to \$150,000 street value.

As always, I would like to thank the Board of Selectmen and the people of Alexandria for their continued support of the police department.

Letters to the Editor

Voting yes to SB 2 is a good vote for Bristol

To the Editor:

Voting on issues that face a town is a civic duty in New Hampshire that for hundreds of years has been done in a traditional town meeting format. There have been changes to who can legally vote on these issues in the hundreds of years but not to the format in New Hampshire until NH Senate Bill 2 was adopted in 1995. Pursuant to NH RSA 40:13 any town, school district or cooperative school district that raises and appropriates funds at an annual meeting can adopt a process whereby all warrant articles are given their final vote by official ballot. Should the Town of Bristol voters vote to adopt this approach it will make the annual decision making on budget and warrant a

two session format:

Session 1 - a public meeting to discuss and amend the proposed warrant and then about a month later

Session 2 - to vote on the warrant at the polls.

There are many people touting pros and cons to this change, but I believe that SB 2 is the answer for Bristol for the following reasons.

SB 2 offers a way for MORE Bristol voters to take part in matters that affect the Town

On average only 100 or so Bristol voters who include officials, employees and committee members are attending town meeting

Voters have time between 1st Session Deliberative Meeting and 2nd Session Voting Day to review warrant, research

issues and prepare to vote

With traditional town meeting most people have intimated that they have little information regarding the warrant articles and information until the meeting and feeling pressured to vote one way or another by those proponents or opponents to an issue or article

Allows voters who are away to vote by absentee ballot

Many Bristol voters are away in winter and cannot participate in decisions because they cannot physically attend traditional town meeting

Polls being open typically 8 a.m. – 7 p.m. allows for more flexibility to voters to participate

Many Bristol voters are working, own busi-

nesses, have childcare issues or have other family obligations that keep them from attending a sometimes day long Saturday town meeting

Allows voters the privacy of the voting booth to exercise their vote

Many Bristol voters have expressed feeling intimidated by voice or hand vote process at Town Meeting and some have actually been accosted for positions taken at town meeting causing them to forgo participation

It is time for more voices to be heard for the choices that need to be made in Bristol. Please attend and vote yes to SB 2 at Town Meeting Saturday, March 14 at Newfound Regional High School.

JANET COTE  
BRISTOL

John Sellers has my support

To the Editor:

Over the past several years, I have had the opportunity to work with John Sellers on the Town of Bristol Budget Committee and various other projects. I am supporting John in his campaign for Bristol Select Board.

John Sellers is a conservative but also a realist who understands that it costs money to run a municipal government. It is refreshing to watch the way he examines all the facts when formulating a position on spending issues facing the Town

of Bristol. When he comes to a conclusion it is grounded in fact and not just what is politically expedient or popular. There are times when he is the lone voice standing on reason and fact promoting a viewpoint that might not be popu-

lar but the right course for the Town of Bristol. I will be voting for John Sellers on March 10, and hope you will join me in voting for him.

PAUL SIMARD  
BRISTOL

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Sellers will bring a balanced perspective to Bristol's Select Board

To the Editor:

John Sellers is again running for Select Board in Bristol. His dedication to the bottom line and structured growth has become well known by many who support him. I would like to speak to the importance of having a balance of views on the Select Board to allow for thoughtful process and checks and balances when it comes to the major budgetary and prudential business of running a town the size of Bristol.

John has served on the town's Budget Committee, and has been active in Town Meeting process so he has experience that he can bring to the position. For those who are concerned about balanced growth and fiscal responsibility, I offer these attributes for your consideration of John as a choice for Select Board in 2020.

He strives to balance

Allow me to continue representing you on school board

To the Editor:

My fellow residents of Bristol, allow me to introduce myself and share with you what I have done and what I want to accomplish when I am re-elected for Bristol's school board seat.

I own and operate Pleasant View B&B in Bristol, and am entering my 17th year as the inn wench. I am president of the New Hampshire Bed & Breakfast Association and the Lakes Region Bed & Breakfast Association.

My background includes earning my undergrad in Outdoor Recreation from Lock Haven University and my master's in Parks & Recreation Admin from Penn State. I also have my Restaurant Management degree from Lakes Region Community College (LRCC). After graduating from LRCC, I was asked to return as an instructor and I taught two classes.

I am a huge proponent of education and furthering yourself.

Before becoming the inn wench, I was an area manager for the PA Fish & Boat commission for over 11 years. I spent almost every day on, in, or near the water. I taught people of all ages boating education, fishing, and stream studies. I was a water rescue instructor and trainer. I developed lesson plans for the courses we offered to the public, as well as assisted in writing the boating handbook.

Sellers will bring a voice of reason to Town Hall

To the Editor:

Bristol voters, please join me on March 10 to vote John Sellers for Select Board. He will be a voice of reason on this spend, spend, spend board. John will do a better job of watching our hard-earned tax dollars at work.

Then join me on March 14 at the high school to vote yes on two warrants. 1. Vote yes on SB2 so that you won't have to spend six or more hours on a Saturday. Also, vote yes on the warrant to rescind sewer to the lake. There is no problem with sewer in our lake, but run-off from around the lake. This will cost hundreds per household for 30 years. We only have three miles of shore; what are the other towns around the lake doing?

Respectfully submitted,

CAROL HUBER  
BRISTOL

Let's make sure clear minds prevail on SB2

To the Editor:

Once again, Bristol will be voting on changing to the infamous SB2 form of voting. I hope that clear minds prevail, and this is voted down as it has been the last three times in 13 years. Maybe this will be the time that No means No!

I work with a few hundred people from towns throughout New Hampshire. The one comment I have never heard is "I love being in an SB2 town." Quite the contrary. Everyone would like to go back to traditional Town Meeting, but there are only a small handful of towns in the state that have managed to change back.

The proponents of SB2 will say that it is wonderful to have more people voting, and it gives access through absentee ballots to those that cannot make Town Meeting. I pose it to you however that Town Meeting is only 50 percent voting. The other half is informational. With SB2, you lose the information portion and having a large number of uninformed people voting negates your vote. If people enter the voting booth and just guess, statistically we get the same results as giving the select board a coin to toss to decide the articles.

The worst part is that SB2 is bad law that is not very well understood. Concord has made countless changes trying to fix it but every year they again need to make additional changes as more flaws of the system show themselves. A quick online search will find the many lawsuits that the public has had to file against manipulation of this poorly written law.

I think that the biggest misconception I see is that 'you vote for your choice between the proposed budget and a default budget'. No, no and no, it's not a choice! You vote for or against the proposed budget. This misunderstanding comes from the largest flaw of SB2. If the proposed budget is voted down, then what? You have no budget. The Band-Aid fix that was implemented is that a default budget is automatically adopted if the proposed budget fails. However, another alternative is that the governing body can hold a meeting specifically and only to come to an approved budget. Funny how a town meeting is the fallback, why not just stay with it in the first place. Concord also thought that the strict definition to calculate the default budget was good. Wrong again. There is no oversight on its preparation, so its preparation can and on many occasions has been abused. Look no further than our own SAU for an example.

I don't believe in being critical if you don't have an alternative to offer. I offer you two. A town Charter where the town can make its own rules for the mix what goes to town meeting and what is on the ballot is better than the cut and dried SB2 form. However, my preferred solution is to change the town to a fiscal budget that runs from July 1 through June 30. There are some hurdles and advantages to this but the thing that is pertinent here is that town meeting could be moved to May. With a May town meeting, the better weather and a return of the snowbirds will facilitate the better participation being sought.

Please join me in voting no on SB2 so that next March, Bristol doesn't wake up and say, "What have we done?"

DON MILBRAND  
BRISTOL



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**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



the needs of Town government with the taxpayer burden

He understands the impact of taxation on households and businesses and its threat to economic growth

He seeks to prioritize and spread out major expenditures based on needs of departments

BILL COTE  
BRISTOL

oritizing projects within the schools. We have an inventory system being put in place so we know WHAT each school has within its walls.

I am also currently the chair of the Superintendent Search committee. I volunteered to be on the committee, and also volunteered to chair the committee. I feel it is vitally important to select the correct person as our next superintendent to move forward in building a better relationship between the school and community.

My next goals include working with the budget committee to get a better fix on the spending and improve the quality of education. I believe this kind of smart spending will make the public more confident and not warrant the need to make proposals for arbitrary cuts.

I also want to start working on projects to get the community more involved. I see a lot of animosity between the community and the SAU office/school board. We cannot have that. There is a perception that the school board is untouchable. That needs to change. When re-elected, I will make it a priority to build a better relationship between the community, towns, and the SAU. I am – and want to continue to be – your - representative.

Thank you.

HEIDI MILBRAND  
BRISTOL

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Vote yes on Article 11

To the Editor:

On this coming Tuesday, election day, Alexandria voters have a chance to vote for a land purchase that will benefit our town for years to come.

We have been searching for a long time for a suitable place to relocate our transfer station. The town has been leasing the existing site at a cost of over \$9,300 per year and we are running out of space. The proposed site at the corner of Rt. 104 and Cass Mill Road is 17.2 acres so there is plenty of room for expanding our recycling capacity. In addition, there is a large amount of gravel on the site that can be used on our roads. This will save the town having to purchase and truck gravel from out of town.

If we don't jump on this opportunity, we will miss the chance to upgrade our transfer station, get years worth of gravel and save lots of money. If we don't vote yes on article 11, and get the property for the town, it will no doubt be sold to someone who will strip out the gravel and develop the land in ways that we might not like! So vote yes on Article 11!

DILYS MORRIS  
ALEXANDRIA

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**Edward Jones: Financial Focus**

**Women May Need Extra Steps to Reach Financial Security**

International Women's Day 2020 is observed on March 8. This special day celebrates the social, economic, cultural and political achievements of women. Yet, women still face gender barriers as they seek to achieve their financial goals. How can you address these challenges? To begin with, you need to be aware of what you're up against. The wage gap between men and women has closed somewhat, but it hasn't disappeared. Full-time female employees earn about 82 percent of what men earn, according to the Census Bureau. Over a 40-year career, a woman who worked full time would lose, on average, more than \$400,000 because of this wage gap, according to the National Women's Law Center. Furthermore, a woman turning age 65 today can expect to live, on average, until age 86.5; for a 65-year-old man, the comparable figure is 84. Those two and a half years can amount to a lot more living expenses. Plus, by taking time off from the workplace to raise children and care for elderly family members, women often end up with lower balances in their 401(k)s and IRAs than men. So, what can you do to help even the playing field, in terms of building adequate resources for retirement? Here are a few suggestions:

- Contribute as much as possible to your retirement plans. During your working years, put in as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Most people don't come anywhere near the 401(k) contribution limit (which, in 2020, is \$19,500, or \$26,000 if you're 50 or older), and you might not be able to reach it, either, but

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siderably higher earnings. (Your spouse does not lose any benefits if you choose this route.)

- Look for every opportunity to save and invest. As mentioned above, women often lose out on some retirement savings when they take time away from the workforce to raise families and eventually become caregivers for elderly parents. But even if you aren't working full time, it doesn't mean you have no chance to boost your retirement savings. If you can do any paid work, whether it's part time or as a consultant, you can contribute to an IRA – and you should. It's not easy to overcome the structural disadvantages women face when seeking to reach financial security. Taking advantage of the savings and investment possibilities available can help you make progress toward your goals.



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

Our Mission Statement:  
Just One More!

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

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 8  
The Ethic of Reciprocity: Revisiting the Golden Rule

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

There is wisdom in the ethic of reciprocity or more simply said, the Golden Rule. In this service we'll explore and recommit to this ethic of love in the everyday actions.

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

North Country Notebook

Just look down at your feet, please, and pause a moment for snow fleas



By JOHN HARRIGAN  
COLUMNIST

This is the time of year when, whenever you go out, you can see snow fleas. Maybe.

Under certain conditions. On the snow. At

certain times. In some places. "If you hold your mouth right," as longtime canoe partner Earl Bunnell liked to say.

But here's the biggest condition of all: You have to look down. Or, even better, back at your own footsteps. Now there's a novel thought.

What is it about snow fleas that make some people think, automatically, that it's some kind of joke? They look at you twice--the double-take--then with a suspicious squint. "What, are you trying to put something

over on me?"

That's when I want to jump up and down, waving my arms criss-cross above my head in the old international sign of distress, and shout "For Pete's sake, don't you ever look down? Or even back at your own trail?"

Because the snow fleas are there for all to see, by the hundreds--no, thousands--no, hundreds of thousands--no, millions. Literally. They are the not-so-short-lived phenomenon of the north.

Near-neighbor, logger, master carpenter and fellow outdoor writer Gerry Allen is (fortunately for me) a kindred soul when it comes to snow fleas. During a recent bloom of these little insects, he was out and about and I wasn't, and he took a photo, which is hard to do. Mostly, the photos look like someone upended a pepper-shaker onto a blank sheet of paper.

So Gerry sent me this picture of a whole bunch of snow fleas he noticed erupting all over the surface of the snow when he was out slogging around near his home the other day. It was a gorgeous, sunny, late-February afternoon, perfect for snow fleas.

Gerry's photo looked just like (guess what?) someone took a giant pepper shaker and (but you know the rest).

These tiny creatures are not fleas at all, but are members of the springtail family, and exist on the detritus (decaying vegetation) on the forest floor (or in pastures and fields--just about anywhere there's something to eat.

When they release their tails, which are normally carried tucked



GERRY ALLEN — COURTESY

On a recent sunny day, Gerry Allen took one of the best photos of snow-fleas I've ever seen. But you know what? It still looks like someone just held a pepper shaker over a sheet of white paper.

under the body, they catapult themselves for incredible distances. For us, it would be many times the world-record long-jump. Think Armstrong and Aldrin and Shepard & Co., bouncing around on the moon at 16.6% of earth's gravity.

But the moon-shots cost billions. You can see snow fleas for nothing--

all you have to do is get out there on a sunny day, make a footprint in the snow, and look down.

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

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## Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

■

In a blink of an eye, school vacation is over! We had some lovely weather to get out to enjoy the fresh air and sunshine. Spring is getting closer every day, and I am looking forward to that!

Town Election Day Tuesday, March 10, to vote for Elected Officials, Town Warrant Articles as well as School District Ballots. Polls will be open from 11 a.m. until 7 p.m. The Town Clerk/Tax Collector's Office will be closed all day. To view the following information, you may go online at [www.alexandrianh.com](http://www.alexandrianh.com).

2020TownBallot-Sample  
■ 2020 School Ballot - Sample  
■ ANNUAL REPORT  
■ 2020 Deliberative Session Minutes  
■2020 Town Warrant  
■2020 MS-737 Proposed Budget  
■2020 MS-DTB Default Budget

Alexandria Volunteer Firefighters Association Meeting Wednesday, March 11 at 7 p.m. in the fire station. The Association will begin collecting new as well as gently used coats and snow pants for children and young adults. They will be distributed at the Pumpkin Open House in October. Stay tuned for contact information which is being compiled.

Alexandria UMC

Community Dinner Saturday, March 7 at 5 p.m. in the Vestry. On the menu is corned beef, cabbage and all the fixings! Come out for a wonderful meal, awesome companionship, laughter and fun!

Sunday, March 8, services begin at 9 a.m., with Coffee Hour afterwards. Sunday School will begin at 10:30 a.m. Don't forget to bring your nonperishable food items to be donated to Community Services in Bristol. Hannaford money is due this week also.

NAC Lenten Service Wednesday, March 11 at the Bristol Baptist Church at noon, with a light luncheon served after.

Office Hours and Visitation from 1 until 6 p.m. Bible Study begins at 6:00 PM, and all are welcome.

That's it for this week folks. Time for me to head out to the kitchen and check on the pea soup for the Lenten Service tomorrow. Smells doggone good, even if I do say so myself. Of course, I've had to sample it once or twice.... thrice and four or five times even! Have a wonderful week ahead, and don't forget to get out and vote next Tuesday! As always, safe travels and be kind in words and deeds!

## Bristol

Al Blakeley  
adblakeley0@gmail.com

■

As you can see, my email address is at the heading and I would appreciate any feedback from readers re-

garding content. If you have anything you think folks would like to know and is appropriate for this column, please send it along for consideration. Vote! March 10, 8 a.m. - 7 p.m.!

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.

The Bristol Historical Society will hold its 2020 annual meeting on Tuesday, March 31 at 7 p.m. at the Minot-Sleeper Library. Following a short business meeting there will be a presentation of "Old Stories of Bristol." The Society will have a few stories to share and we invite others to share stories they may have. NRHS senior, Evelyn Cutting, will talk about her senior project which has involved collecting stories and creating a Web site.

The second event scheduled for 2020 is a fashion show at the Historic Town Hall on Sunday, April 19, at 2 p.m. Nancy Spears of Imagine will showcase some of her latest spring attire. This is a free event and all are welcome.

Copies of the 2020 brochure are available at the MSL and the Town Office building. The Society welcomes new members and is looking forward to a busy season. The museum will open in June and is always available upon request. For more information call 744-2751.

Special Olympics for Young Athletes: This program is for ages two to seven 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-April 11.

Youth Soccer for ages four to seven will be held at the BVHS gymnasium from March 7 until April 11. Cost -\$15.

2020 TTCC Youth Baseball, Softball and T-Ball Program Registration is now open! These programs are for ages 4 - 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.

Mother and Son Minute to Win It Game Night! A special night for mothers and sons to join in some fun, silly competitions and games. All ages are welcome. This event will be held on Friday, March 13 from 6:30 - 8:30 p.m. The cost is \$15/couple and includes refreshments and prizes. Call TTCC at 744-2713 to reserve a spot by March 10.

TTCC Summer Camp registration opened on March 1. Weekly camp fee is \$85. Scholarships are available. Call the

TTCC office at 744-2713 for more information.

Youth Indoor Soccer program: This program is offered for ages four to seven and will be held Saturdays at the Bridgewater Hebron Village School starting March 7 through April 11. The four-and-five-year-olds will meet from 9 - 9:45 a.m. and the six-and-seven-year-olds will meet from 10 - 11 a.m.

The Minot-Sleeper Library is holding a Poetry Night on Thursday, March 5 at 6:30 p.m. All ages are welcome to come with an original work, a piece or two by another poet or just come by to listen! Refreshments are generously provided by the Friends of the MSL.

On Wednesday, March 11, an adult craft, Painted Rocks will be held at the MSL at 4 p.m. There is no cost and all are welcome to attend. Join in on a fun afternoon of painting rocks! Please RSVP by calling the library at 744-3352 or email: [librarian@townofbristolnh.org](mailto:librarian@townofbristolnh.org).

To celebrate St. Patrick's Day, the MSL has invited the Irish Dance Academy to Storytime on Wednesday, March 18 at 10:45 a.m. Families are invited to come see traditional Irish Dancing and enjoy an Irish story, snacks and a craft.

Looking ahead for the MSL: March 19 at 7 p.m., A History of the Suffrage Movement, March 28 at 10 a.m., a Transcribe-A-Thon, a project to help the sight impaired with search, readability and access to handwritten documents, and on Tuesday, March 31, the above mentioned Old

Stories presentation by the Bristol Historical Society.

## Danbury

Donna Sprague  
[huntoonfarm@myfairpoint.net](mailto:huntoonfarm@myfairpoint.net)

South Danbury Church

The Sunday service at the South Danbury Church on March 8 will be Table Worship at 11 a.m. Remember to turn your clocks ahead an hour at bedtime on Saturday night! As always, there will be refreshments and conversation afterward. All are welcome!

Grindstone Day at the Farmers Market

This Saturday, March 7, from 9 a.m. to 1 p.m. is the March winter farmers market. Bring tools that need sharpening for Mike Braley to perform magic on this grindstone. He keeps busy the entire time and often goes a bit over to get to everyone's items. It's free - donations gratefully accepted. Breakfast and lunch are served including coffee from local roasters, Ragged Coffee. Our local farm and artisans have an array of products all locally made or grown. Danbury Grows will have free pots/herb seeds while they last. The next and final market of this season will be April 4. The market is held at the Grange hall, 15 North Rd. in Danbury.

Town Voting Day  
The Grange will hold their annual lunch and bake sale on Tuesday, March 10 at the town hall during the town voting. There will be finger rolls and assorted baked goods

on sale from around 11 a.m. to 4-ish in the afternoon. The event's proceeds are used to help fund our community service programs. Food donations are appreciated.

Neighbor Helping Neighbor Fund

The grange is taking donations for a community family in need. There will be jars at the market and at the grange's bake sale table on town voting day. The grange is honored to have the support and trust of the community as we reach out to serve those in need.

## Hebron

Bob Brooks 744-3597  
[hebronnnews@live.com](mailto:hebronnnews@live.com)

Community Breakfast

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

Newfound Area School District elections, March 10

11 a.m.- 7 p.m. in the Community Room of the Union Congregational Church

For more information <http://www.sau4.org/schoolboardmembers/2020-2021-school-budgetinformation>

for a copy of the official ballot <https://drive.google>.

[com/file/d/1ugA3q4H-fZhg6H2TmExSB\\_-eLxx-GaUuaX/view](https://com/file/d/1ugA3q4H-fZhg6H2TmExSB_-eLxx-GaUuaX/view)

Copies on the 57th Annual Report of the Newfound Area School District are available at the town office and will be available at the District Election.

Absentee Ballots are available through the Town Clerks office during regular business hours or on March 9th from 3-5 p.m.

Filing Period for town election positions

Registered voters who would like to file for town-elected positions to be voted at the May 12 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 25 and Friday, April 3 during town clerk office hours or from 3 to 5 p.m. on Friday, April 3.

Town-Elected Positions Available

Selectman: three-year term  
Treasurer: three-year term  
Library Trustee: three-year term  
Trustee of Trust Funds: three-year term  
Town Moderator: two-year term  
Supervisor of the Checklist: six-year term  
Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person. Please contact the Town Clerk with any questions (744-7999 or [clerk@hebronn.org](mailto:clerk@hebronn.org)).

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Dr. Dan O'Neill and Jason

PLYMOUTH — Mid-State's New Visiting Specialist Program is excited to partner with Littleton Regional Healthcare and the Alpine Clinic. Orthopedic surgeons from LRH and the Alpine Clinic Dr. Dan O'Neill will see patients at our Plymouth office on Tuesdays.

Dr. O'Neill earned his Bachelor's degree in Chemistry at Bard College in New York and his Medical Doctorate at the

Stony Brook School of Medicine in New York. He also completed his Doctorate in Education specializing in Sport and Exercise Psychology at Boston University.

Dr. O'Neill has been serving the Plymouth Community for over thirty years. With special interests in sports medicine and psychology, and orthopedic surgery, Dr. O'Neill has worked with kids in elementary school to pro-

professional athletes. He continues to serve the community by participating in local schools as a Team Physician. He also serves as an adjunct professor at Plymouth State University where he serves on the Institutional Review Board, as well as at the University of New Hampshire.

Join us in welcoming Littleton Regional Healthcare and the Alpine Clinic to Mid-State's Visiting Special-

ist Program!

Mid-State is looking forward to expanding the Visiting Specialist program, exploring offering a variety of specialties to meet community needs in a convenient location close to home.

For questions about Mid-State Health Center's Visiting Specialist Program, please call us at 536-4000.

## Stretching – not a good use of time?

**BY REBECCA CHASE, M.S. RCEP**  
RehabFit  
Plymouth

Stretching is used to prevent muscular soreness, increase range of motion and mobility, prevent injury, promote relaxation and is considered a major component of physical fitness. Static stretching can be defined as moving a muscle to the end of its range of motion and then holding the position for a period of time. Unfortunately, studies over the last 13 years have shown stretching and flexibility is not as advantageous as thought.

Flexibility is typically measured by the sit and reach test, where an individual sits on the floor with legs out straight and reaches for the toes. The distance away from, or past the toes is measured. A recent study by J.L. Nuzzo in the American Journal of Sports Medicine, "The Case for Retiring Flexibility as a Major Component of Physical Fitness"

found that a greater sit and reach score is not associated with a longer life, more successful aging or a reduction in falls. Studies have also shown flexibility does not protect from injury, even lower back pain. Greater flexibility also does not improve sports performance unless it is a sport, like gymnastics, where range of motion is fundamental. Furthermore, stretching before, during or after exercise or a workout does not prevent soreness.

There are also studies showing that not only is stretching ineffective but it can result in injury and decrease performance. There is evidence that being too flexible can increase the risk of injury and decrease performance in some sports, for example running. Holding a stretch for a minute or more can temporarily decrease strength and speed for up to an hour due to changes in neu-

romuscular signaling, or communication, from the brain to the muscle.

Some may wonder what to do before and after a workout if stretching is taken out of the equation. Workouts should always start with a warm up. Warm-ups gently ready the body for exercise by increasing blood flow, raising body temperature, increasing heart and breathing rate and start the communication between muscles and the brain. Warm-ups decrease the risk of injury and a cardiovascular event during exercise. For the general population, a warm up usually consists of cardiovascular exercise for five to fifteen minutes. Athletes and more serious exercisers may want a movement specific warm-up. For a runner, this warm up may consist of 15 minutes of easy running, dynamic stretches and some 30 second sprints or strides. Dynamic stretching is moving a muscle through a range of motion during a movement or activity without a pause. Dynamic stretching further increases blood flow to the

muscles that will be used during exercise or sport. Dynamic stretches may include high knees, butt kicks, leg swings, and walking figure four and quad stretches. A cool down helps return heart rate, breathing rate and body temperature back to resting levels. In addition, cool downs prevent pooling of blood in the lower extremities. Some evidence suggests cool downs reduce soreness, improve performance and decrease pain during the next workout. Like a warm-up, a cool down is usually slow, easy cardiovascular exercise for five to fifteen minutes.

There are other techniques, in addition to warming up and cooling down properly, to prevent injury, reduce muscle soreness and improve athletic performance. Foam rolling, or self myofascial release, may reduce muscle soreness if performed within 20 minutes after intense exercise. Foam rolling may also increase range of motion short term which may mean it could reduce risk of injury during a workout if performed before exercise.

There is no research to support foam rolling will increase performance. Yoga is sometimes incorrectly considered stretching. Yoga is a 5,000 year old practice for living well physically, mentally, emotionally, and spiritually. Yoga has been found to improve flexibility, which may be due to breathing, meditation and concentration techniques incorporated into classes or the strength exercise during regular practice.

For the general population, moderate stretching is not going to harm the body or the exercise session. What often isn't considered in studies is how stretching feels. Many people find stretching to be relaxing. While there are not many studies supporting the reduction of pain with stretching, if it makes someone feel good then by all means, they should stretch! For exercisers trying to fit workouts into a busy schedule, time may be better spent on aerobic or resistance training which will lengthen and improve quality of life. Certain strength train-

ing exercises, when performed correctly, improve flexibility and range of motion. Studies have also found aerobic exercise increases flexibility in sedentary individuals and being active in general will maintain a healthy amount of flexibility.

RehabFit is a fitness center in Plymouth and a department of Spaulding Memorial Hospital. RehabFit is for all ages and abilities but gives extra attention to members with various diseases, conditions and special needs. RehabFit Exercise Specialists Becky and Leah design individual exercise programs for every member. Exercise programs take into consideration goals, fitness, ability, current and past injuries and time available. RehabFit also offers several group exercise classes available to members and non-members. Stop by RehabFit at 103 Boulder Point Dr. in Plymouth for a tour or call 238-2225 for more information.



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## Malnutrition: A serious concern for seniors

**BY MARTHA SWATS**  
Owner/Administrator  
**Comfort Keepers**

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love.

Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults.

One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in nutritional status while in the hospital.

The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

- Weakened immune system
- Poor wound healing
- Muscle weakness

Weight loss  
Dental issues

If engaging in good eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following tactics to get back on the right track:

Make meals a social occasion – Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.

Make healthy eating fit your budget – Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget-friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

Shop for healthy foods – Having a kitchen

en stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

Encourage people to ask for help – If someone you know has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

## Comfort Keepers® Can Help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care plans focus on physical

and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

## About Comfort Keepers

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



Candidates

FROM PAGE A1

Station Planning Committee, he believes the best solution would be to tear the old town office building down to build something more suitable for both departments. Planning, however, is the best way stabilize taxes and looking ahead Milbrand said the bond for the purchase of Engine 4 for the fire department and the bond for the library will be paid by the time the town is ready to take on a bond for a public safety building. By beginning the engineering and design process now with \$190,000 available from the Unexpended Fund Balance, the town will be ready to move forward once those debts have been paid off. When the topic of a petitioned warrant article to change from a Town Meeting format to an SB2 format came up, Milbrand said he has

seen too much “buyer’s remorse” from residents of towns that made that change and is against it.

His focus in another term would be to help the town not necessarily grow but to thrive through sustainable business, infrastructure improvements and the continuation of building upon all the improvements made over recent years.

Don Sellers, who is also running for one of the two open seats on the board, said he was very much for SB2. Sellers said SB2 is just another way for people to have the opportunity to vote when they don’t have the time to sit through a town meeting or might be away during the winter months. His proposal for SB2 is one way to get as many people as possible to vote each year.

Over his 10 years as a resident of Bristol, Sellers has served on the Budget Committee

and said that through his employment as an analyst he knows how to “crunch numbers.” As a selectman, he would first like to “take a deeper dive” into large projects to see if they make sense. He is concerned about the sewer project however, and said he, too, would like to see the state and federal governments put more funding into it. With only three miles of lake shoreline inside the Bristol town lines, Sellers believes the project should also be expanded around the entire lake and backed by grants. In regards to a public safety building, Sellers said that while he understands the need for it, the money requested from the Unexpended Fund balance for engineering of the future project could also be used to lower taxes.

Anita Avery is running for the board for the first time and feels that as a 30-year resident of

the town, the time is now right for her to give back to the community. She said her mother-in-law Barbara Avery was the former town clerk/tax collector and spurned her interest in town government. Now that her kids are grown, Avery said she is a responsible and reliable person who works well with people, learns quickly and cares deeply about her community. She stands in opposition to the petitioned warrant article for SB2, saying that personally she has become better educated and even changed her mind about issues by attending Town Meeting. In regards to the two major items facing the town, the sewer project and a public safety building, she feels it may be too much for the town to take on all at once. While acknowledging the need for a new police station, Avery said perhaps it’s best to spread the money

out between the two projects over a longer period of time.

Paul Barnett is the fourth name on this year’s ballot. Barnett said he lost his wife just a few years ago, and decided it was time to “reinvent himself” so he moved from Sanbornton to Bristol. Since he purchased his home in the community he has used his business background and experience in working with public utility firms to become involved with the Economic Development Committee. He, too, said he is against SB2. As for the proposed sewer project, Barnett said that Bristol is a community that is anchored to the lake and the quality of water within it. He thinks the proposal is ultimately a good idea, but like the others believes more financial resources should be brought onboard to fund it. In regards to a public safety building, Barnett said

safety of the community is important but “timing is everything” when it comes to bringing such a proposal before the taxpayers. His number one concern if elected however, would be to work toward finding ways for Bristol to grow in a positive manner.

The final candidate on this year’s ballot, Doug Voelbel, was not able to attend the forum.

A full video of the forum is available on Channel 24, the town’s public broadcast station. Voting for town officials will take place from 8 a.m. until 7 p.m. at the Bristol Town Offices, located at 5 School Street. The 202 Town Meeting, where voters will decide on all other articles on this year’s Town Warrant, will be begin at 9 a.m. on Saturday, March 14, at Newfound Regional High School.

BES

FROM PAGE A1

training required for their job or company, what products or services they offer and if their business helps solve a problem. Another interesting question asked was “Is this what you always saw yourself doing when you were a kid?”

While interviewing Rachel Lacasse and George Clayman of Kilter Fitness, two students learned that their business does indeed solve a problem. Lacasse told them there is a big problem in today’s world with people staying healthy so she and her brother George wanted to help change that through their fitness center. Brad and Jim Tonner of Twin Designs told their interviewer that while they don’t solve a problem, they enjoy what they do because they meet nice people every day when they come in to shop and visit with Diane the Turtle.

“Not many people wake up and love to go to work, but we do,” they said.

The students fell easily into their roles as interviewers, sometimes even prompting their subject for an answer. When Jack Doucette of Newfound Lawn Care was asked how kids could become involved with his business, he wasn’t sure how to answer but Dylan M. knew.

“Couldn’t we get involved by going to clean up day for the ball field?” Dylan asked.

Since Doucette’s company maintains the town’s ball field, he agreed that that was a perfect answer.

Kayleigh and Amaya had the opportunity to get know more about Deb Glidden and Four Corners Painting. After they went through all the required questions for their assignment though, the girls wanted to know more so they came up with some of their own.

Each of the business owners who attended on Monday were pleased to be invited and enjoyed getting to know the students.

“It was a wonderful experience,” Jim Tonner said. “They asked really good questions. It wasn’t at all what I would have expected from kids their age. They did a great job.”

Hearing that some of the kids were a little nervous about interviewing adults, David Redman of Newfound Photography said he was nervous as well.

“I was up prepping all night because I wanted to make sure I was smarter than a fifth grader,” he joked.

Other businesses and organizations that took part in the project were Pleasant View Bed and Breakfast, Fran’s Ceramics, Minot-Sleeper Library, Bristol Pickers, Young Living Essential Oils, Duane Stanton’s hearing aid company, Newfound Lakes Region Association, Dead River, A Perfect Day Travel, Newfound Area Nursing Association, PB&J’s Childcare, Hope Center, Newfound Lake Home Design, Gifted Quotes, Lakes Region Seaplane Services, Wicked N.H. Carving, Attorney Porcus Gordon, Woodsville Guaranty Bank, Bristol Police Department and Hector Hsu of Very Excellent Chinese Restaurant.

Be sure to check next week’s edition of the Newfound Landing, when the two classes will publish the information they gathered from the interviews.

Lake

FROM PAGE A1

off remains the biggest threat, carrying with it fertilizers, pesticides, vehicle fluids, and soil,” says Veilleux. “Soil erosion adds nutrients to the lake which can lead unhealthy lake conditions like algae growth and toxic cyanobacteria blooms.”

This is especially problematic considering the increasing frequency of large storms.

But it’s not all doom and gloom. After assessing the current conditions and learning about the community’s desires for the future, NLRA develops a watershed plan.

“A watershed plan is the convergence of science, culture, and government. It serves as a road map to achieve our vision of the future,” says Hanson.

The current watershed plan, developed 10 years ago, engages community members in programs that reduce threats to the Newfound Watershed. Over the past three years, the NLRA has partnered with property owners and municipalities to install landscaping that reduces stormwater runoff and erosion. The result? An estimated 88 pounds of sediment per year are being kept out of Newfound Lake. Another reason to celebrate,

thanks to the hard work of NLRA volunteers, is the fact that Newfound Lake remains 100 percent free of invasive aquatic plants.

Lisa Ford, a resident of the area, attended the presentation and wants to join the NLRA volunteer program Weed Watchers.

When asked her reason for attending the presentation, Ford said “I attended because I love Newfound and kayak her waters often. I also know there are threats to her continued health. We are fortunate to have professional, committed people who understand and care about Newfound’s well-being. I am

so looking forward to volunteering this spring and summer.”

She continues, “If you love our beautiful lake, please look into the Newfound Lake Region Association and support them how best you are able.”

The Newfound Lake Region Association’s mission is to protect Newfound Lake and its watershed. The Association - through education, programs, and collaboration - promotes conservation and preservation of the region’s natural, social, and economic resources. To learn more and get involved, visit [www.newfoundlake.org](http://www.newfoundlake.org).

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 & WATERVILLE REGIONS**

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Welton Falls Road	N/A	\$39,000	Brenda B. Tate	Mark and Christine Melkonian
Bristol	126 Holiday Hills Dr.	Single-Family Residence	\$365,000	Coolberth 1 Fiscal Trust and Tara S. Lafrance	Virginia Perkins and Mark Uuton-Perkins
Bristol	Summer Street	N/A	\$161,333	Laurie G. and Kenneth A. Belanger	Ellaquinn LLC
Bristol	Upper Birch Drive	N/A	\$320,000	Robert H. Wilson 2007 Trust	Kris A. and Patricia A. Durgin
Campton	N/A (Lot 8)	N/A	\$20,000	Sam K. Plaisted	Theron Comeau
Hebron	N/A (Lot 3)	N/A	\$207,000	Sandton Partners 82614 RT and John S. Hill	James C. and Cheryl A. Aavitabile
Plymouth	Allen Ave.	N/A	\$42,533	Beulah M. Adams	Roberta L. Blackler
Plymouth	77 Highland St., Unit 1	Condominium	\$275,000	H. Russell Harris Trust and William E. Harris	Lakes Region Mental Health
Plymouth	95 Hunt Rd.	Mixed Use (Residential/Forestry)	\$330,000	Sara Kuchrawy LT	Maria W. and Shane h. Buzzell
Plymouth	83-85 Main St.	N/A	\$312,000	Brigitte L. Wilms and Nancy C. Strapko	Kryan Inc.
Plymouth	8 Weeks St.	Single-Family Residence	\$215,000	Arthur Capeci	Michael F. and Joanne Huff
Rumney	544 Doetown Rd.	Single-Family Residence	\$308,933	Joseph C. and Vicky S. Wieners	Mitchell P. Comforti and Jillian Salzmann
Thornton	Tamarack Road	N/A	\$285,000	Sharon A. and Jeremy H. Hilger	Thomas E. and Lisa M. Dekutoski
Waterville Valley	Snows Brook Road, Lot 1	N/A	\$205,000	William D. Zellen RET	Peter and Anne Millington

## ABOUT THE REAL REPORT

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

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

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

## MARK ON THE MARKETS

### Any excuse



BY MARK PATTERSON

The equity markets had gotten ahead of themselves over the last couple of months. What I mean is that while the overall economy was still in good shape, the stock market was trading above its expected average growth. So, picture a left to right ascending line that represents the expected growth of the S and P 500 index that is the benchmark the stock market. The actual performance of the

stock market had moved above that line significantly. But as we have discussed here and, in my workshops, eventually all reverts to the mean or average. This latest market correction may overshoot the average to the downside, however, in time should come back to meet it. Market analyst have blamed the Corona virus, but I have also heard that the prospect of a Bernie Sanders democrat nomination is also affecting the markets, citing that United healthcare is down more than the S and P 500 index itself. Whatever reason or combination of reasons are responsible, the fact remains that we are due for a pull-back in the equity markets. Recently there have been indications that we were going to correct, such as negative convergence, bond yields at historic

lows and the uncertainty of US elections thrown together for a good excuse for a correction. If you have been positioned properly in the equity and debt markets, using modern portfolio theory, that is using a combination of non to low correlated asset classes to build your portfolios, you need not make drastic changes to your investment mix. If you are in mutual funds from the same fund family or all in stocks, then you will feel some pain. If you don't need this money for 10 years or more, ride it out and make those changes in the future. If you are inside five years of retirement and stuck in limited choice 401k's or 403b's then I suggest you consider in-service distribution, that allows you to move money from your plan (most plans

allow after 59 and a half) to an IRA while still participating in your plan. Once these assets are in the IRA you should have far more options to structure your plan to work for you! If you are going to need this money for retirement income, then you can do this much more effectively in the IRA. Choices for growth will very likely be broader, cost efficient and more abundant than a typical plan with very limited choices. 401k and 403b plans

are good for early accumulation and hopefully some match from employer, but as we approach retirement, the in-service distribution option is, in my opinion, is the most powerful tool you must employ to grow and protect your retirement money. You should also be aware that the "annuity salesmen" are attempting to frighten investors into annuities. While there is a limited use for some annuities, they are not the answer for all your

money. A properly structured portfolio will offer more liquidity, growth and income potentially preserving the principal for your heirs. Annuities are insurance products sometimes mixed with mutual funds (variable annuities), that typically have very high fees. Do your research and vet your advisor! Mark Patterson is a portfolio manager with MHP Asset Management and can be reached at 447-1979 or [mark@mhp-asset.com](mailto:mark@mhp-asset.com).

## Classic silent western to screen in Plymouth

PLYMOUTH — Location views of America's wide open spaces nearly 100 years ago are one of the main attractions of "Wild Horse Mesa" (1925), a silent western and early adaptation of the well-known Zane Grey story. See for yourself with rare big screen presentation of 'Wild Horse Mesa' on Wednesday, March 11 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center,

39 S. Main St., Plymouth. Live music for the movie will be provided by silent film accompanist Jeff Rapsis. Admission is \$10 per person. Based on the novel by Zane Grey, the film is about a rancher desperate for money who decides to trap and sell wild horses using barbed wire. The local Navajo tribe tries to persuade him not to do it, setting

the stage for a dramatic showdown. Directed by George B. Seitz, the film was produced by Famous Players-Lasky and released by Paramount Pictures. Stars include Jack Holt, Noah Beery, Billie Dove, and Douglas Fairbanks Jr. Also in the cast: a cameo appearance by a very young Gary Cooper, who would achieve stardom in later years.



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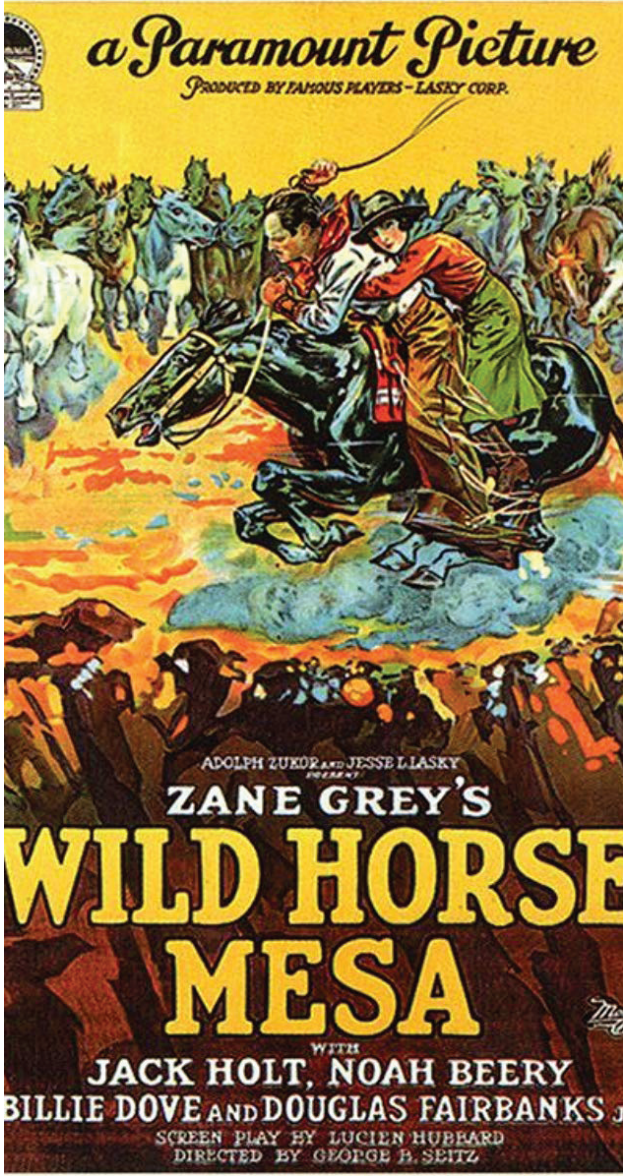
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COURTESY

A poster for "Wild Horse Mesa" (1925), a classic early silent film western to be screened with live music on Wednesday, March 11 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. Admission is \$10 per person; for more info, call 536-2551 or visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

"Creating a movie score on the fly is kind of a high-wire act, but it can often make for more excitement than if everything is planned out in advance," Rapsis said.



# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, March 5, 2020

## What's On Tap

The regular season wraps up completely with a few more games and playoffs are in full swing.

The Kennett and Kingswood hoop boys will be meeting up in Wolfeboro at 6 p.m. today, March 5.

The Plymouth hoop boys will be hosting Laconia today, March 5, in their final home game at 6 p.m.

The Division II boys' basketball tournament begins on Monday, March 9, at the home of the higher seed at 7 p.m.

The Division III boys' hoop tournament continues with quarterfinal action on Friday, March 6, at the home of the higher seed at 7 p.m. and the semifinals are Monday, March 9, at Keene State College at 6 and 8 p.m.

The Division II girls' hoop tournament will have quarterfinal action on Friday, March 6, at the home of the higher seed at 7 p.m. and the semifinals are Wednesday, March 11, at 6 and 8 p.m. at a location to be determined.

The Division III girls' finals are Saturday, March 7, at 4 p.m. at Keene State College.

The unified basketball tournament opens today, March 5 and continues on Monday, March 9, and Thursday, March 12, all at 5 p.m. at the home of the higher seed.

The Division II boys' hockey tournament quarterfinals are Saturday, March 7, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, March 11, at the Everett Arena at 5:30 and 7:30 p.m.

The Division III hockey tournament starts on Saturday, March 7, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, March 11, at Plymouth State University at 5:30 and 7:30 p.m.

The girls' hockey tournament quarterfinals are Friday, March 6, at 4 p.m. at the home of the higher seed, with the semifinals on Tuesday, March 10, at Everett Arena in Concord at 5:30 and 7:30 p.m.

## Third time's a charm

*Bear girls get past White Mountains to earn Final Four berth*



Paulina Huckins controls the ball in action against Berlin in the opening round of the Division III tournament.

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Beating a team three times in a season is a difficult task, one that the White Mountains Regional girls' basketball team found out on Saturday night, as the Spartans traveled to Bristol for the Division III quarterfinals.

The visitors led after the first quarter, the second quarter and the third quarter but in the end, the Bears were able to pull away in the fourth quarter and took the 41-33 win to advance to the Division III Final Four.

"This was a big win for many reasons," said coach Kammi Williams. "Number one, we're going to the Final Four, number two, they beat us twice this year and we needed to avenge those losses."

The Spartans got the first two baskets of the game for a quick lead before Malina Bohlmann answered with two hoops for the Bears, the second coming off her own steal. The visitors got the next two baskets to again take a four-point lead but Bailey Fairbank came back with a hoop for the Bears to cut the lead to two.

After the Spartans drilled two free throws for a 9-6 lead, a Tiffany Doan three-pointer pulled Newfound even at nine. The visitors got two more free throws to close out the scoring and took the 11-9 lead to the second quarter.

White Mountains came out and drilled a three and a hoop to open the lead up to 16-9 before Paulina Huckins hit a hoop for the Bears. The visitors got another hoop to extend the lead again but Huckins got the final basket of the first half and the Spartans took an 18-13 lead to the halftime break.

Huckins hit a free throw to start the third quarter and after a White Mountains basket, the Bears connected for six points in a row on two hoops from Mackenzie Bohlmann and one from Huckins, pulling New-

found even at 20 with 4:25 to go in the third quarter.

The Spartans answered with their own 6-0 run to open the lead to 26-20 before Huckins drilled consecutive baskets to close out the third quarter, pulling Newfound to within 26-24 heading to the final eight minutes.

White Mountains got the first basket of the fourth quarter to push the lead back to four but Fairbank drilled a three-pointer 1:45 into the final frame to cut the lead to 28-27. Malina Bohlmann came through with a steal and finished at the other end with 2:10 gone to give Newfound the 29-28 lead. The Spartans took the lead back with a basket but from there, the Bears took control.

Newfound went on a 10-0 run, started by a three-pointer by Leah Bunnell with 4:46 to go in the game. Fairbank hit a hoop, Huckins followed with a basket and a block on the defensive end and Fairbank added another hoop before a Huckins free throw closed out the run.

The visitors hit a three-pointer with 10 seconds to go to cut the lead to 39-33 and then Fairbank added a pair of free throws to close out the game with the 41-33 score.

"Defensively we did what we wanted to do, try to take number two (Avi Challinor) out of the game and we wanted to try to take Lily (Kenison) out as well," Williams

said. "We really fronted (Challinor) down low, we weren't going to let us beat us inside."

Last time out, Challinor had a monster game against the Bears, leading the Spartans to the win and Williams wanted to

SEE HOOPS PAGE B3



JOSHUA SPAULDING

Mackenzie Bohlmann rises toward the hoop in action Saturday night against White Mountains.

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# Knights start fast, blitz Bobcats

BY JOSHUA SPAULDING  
Sports Editor  
PLYMOUTH — Kingswood boys' hoop coach Dan Place stresses making the first run of the game and the first run of the second half as a key to winning games.

On Tuesday, Feb. 25, the Knights started their game with Plymouth on a 12-0 run and then started the third quarter on another 12-0 run and cruised to a 65-36 win over the Bobcats.

"First run of the game and first run of the third quarter is a good way to win basketball games," said Place. "In that third, we came out and hit some shots.

"The game is easier when you hit shots," the Knight coach added.

"The biggest difference right now, we're getting the same shots as other teams, but they're making them and we're not," said Plymouth coach Mike Sullivan. "We're doing the right things to get ourselves in position.

"We have to put the time in so we have the ability to knock them down," the Bobcat coach noted.

The Knights got the first five baskets of the game covering more than the first half of the opening frame. Matt Place took the opening tipoff to the hoop for the first two points and then Pat Runnals hit a hoop and consecutive three-pointers to make it 10-0 before Carter Morrissey hit the fifth basket of the game for the 12-0 lead.

Griffin Charland got the first hoop of the game for the Bobcats with 3:25 to go in the quarter and then Quinn Twomey followed with a hoop.

Brogan Shannon came back with a three-pointer and then finished off his own



JOSHUA SPAULDING  
Plymouth's Brycen Richardson drives to the hoop as Kingswood's Carter Morrissey defends in action last Tuesday.

steal for Kingswood, stretching the lead to 17-4. Ben Cochrane drilled a hoop for the Knights before Samson DeRuvo worked inside for a basket for the Bobcats.

Morrissey converted a three-point play and Charland got the final basket of the quarter, with Kingswood up by the 22-8 score.

Cochrane opened the second quarter by draining a three-pointer but Plymouth's Jake Crowley answered with a hoop. Shannon drained two free throws and Plymouth's Kolby Cross got a free throw at the other end.

Ethan Arnold hit a hoop for the Knights and Trevor Arnold followed with a free throw. Shannon then finished off a Place steal and Place himself drilled a three-pointer.

Shannon finished off his own steal for two before Cross closed out the first half with two free throws to make it 37-13 at the halftime break.

Out of the gate in the third quarter, Kingswood hit five hoops in a row along with a free throw for 12 points in a row. Place started things with a three-pointer and Ethan Arnold and Morrissey followed with baskets. After a Runnals free throw, Shannon hit a hoop and then made a great feed to Ethan Arnold for a 49-13 lead for the Knights.

Charland drained a three-pointer to get the Bobcats on the board but Josh Finneron answered for the Knights with a three-point play.

A Brycen Richardson free throw started a 6-0 run for the



JOSHUA SPAULDING  
Jake Crowley races the ball up the court in second half action against Kingswood.

Bobcats, with Charland following with a three-pointer and a field goal. Shannon answered at the other end with a three-pointer and Henry Saunders put back a rebound for the Knights.

Cross hit a hoop for the Bobcats and a Mamush Tighe three-pointer at the buzzer cut the lead to 57-27 heading to the final quarter.

Crowley hit a free throw to start the fourth quarter before Trevor Arnold drained a hoop for the Knights. Kyle Joyce sank a three-pointer for the Bobcats before Finneron hit a free throw for the Knights.

Camden Orzechowski hit a hoop and a three-pointer for the Knights to stretch the lead to 65-31 before the Bobcats got the final five points, with Joyce draining a three-pointer and Tighe hitting two free throws for the 65-36 final.

"If they hit a couple of shots, it's a totally different ballgame," said Place. "You get a little confidence once the ball goes in.

"When the ball goes in the hole, the rim gets a little bit bigger," Place continued. "And then the defense gets a little better."

Place noted that his team hadn't played a

game in eight days, so he was pleased with how they showed up.

"We were ready to play a basketball game," the Knight coach said. "We were sick of each other in practice."

The Knights were able to use the entire bench, getting scoring from 10 different players and Place was pleased with how everyone handled themselves.

"Anthony (Cardamone) and Trevor (Arnold), the seniors, they played the game the right way," Place said, noting that when you don't play tons of minutes it can be easy to get too amped up. "They did the little things and I was glad to see that."

"At halftime we said it was time to perform," Sullivan said. "We're playing hard and executing well but you have to perform and we didn't tonight.

"Give Kingswood credit, they sat back in the zone and that hurt us," the Bobcat coach continued. "We had too many turnovers. "And it kind of snowballs from there," Sullivan said. "You just have to get yourself out of it."

Sullivan noted that the young kids did a nice job coming off the bench with some quality minutes after get-

ting a hard-fought win in the JV game.

"We want them to be comfortable out there," Sullivan said of the younger kids.

The Knights were led by Shannon's 16 points while Charland's 12 points led the way for the hosts.

Both teams will be wrapping up the regular season today, March 5, with Kingswood hosting Kennett and Plymouth hosting Laconia, both at 6 p.m. The Division II tournament starts on Monday, March 9, at the home of the higher seed.

KRHS 22-15-20-8-65  
PRHS 8-5-14-9-36

Kingswood 65  
E. Arnold 3-0-6, Runnals 3-1-9, Place 3-0-8, Saunders 1-0-2, Shannon 6-2-16, Finneron 1-2-4, Morrissey 3-1-7, T. Arnold 1-1-3, Cochrane 2-0-5, Orzechowski 2-0-5, Totals 25-7-65

Plymouth 36  
Twomey 1-0-2, Cross 1-3-5, Richardson 0-1-1, Tighe 1-2-5, Deruvo 1-0-2, Joyce 2-0-6, Crowley 1-1-3, Charland 5-0-12, Totals 12-7-36

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

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## PSU hosting learn to curl session March 8

PLYMOUTH — If you are one of the many spectators who have witnessed the nail-biting intensity, unyielding pressure and the fiery spirit in the sport of curling and wanted experience it for yourself, now is your chance. Plymouth State Ice Arena is gearing up for its 2020 spring curling league and they want you to be a part of it.

The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The

most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the ice to the opposite end.

Still not sure if you can curl? The PSU Ice Arena is going to let you try for free so you can find out just how much fun you can have on ice. On March 8, from 4 to 6 p.m., the ice arena is hosting a free learn to curl open house. All of the equipment will be provided and admission is free (donations are graciously accepted.)

This learn to curl session will be focusing on the fundamentals of curling, participants will learn how to deliver a stone and how to sweep. To sign up for an intro session, please register online

at [plymouth.edu/arena/curling](http://plymouth.edu/arena/curling). Space is limited so please don't hesitate, sign up today.

Still looking for more. If you have caught the curling bug and would like to participate in league play, the ice arena will be offering a four-week intro to curling league. This league will be made up of all first year curlers. Experienced curlers will be available to help with the nuances of the game if needed. This league will take place on Sunday afternoons from 1 to 3 p.m. beginning March 15 running through April 5.

If you have any questions, please contact the ice arena at [psu-icearena@plymouth.edu](mailto:psu-icearena@plymouth.edu).





COURTESY PHOTO  
Joe Cleary and his dad, coach Randy Cleary, pose for a picture after the younger Cleary won the Meet of Champions title on Saturday.



JOSHUA SPAULDING  
Joe Cleary looks to the official during his win over Evan Berube of Concord on Saturday.



JOSHUA SPAULDING  
JC Gaumer works for a point during his match with Khan Amiri of Concord on Saturday in Nashua.



COURTESY PHOTO  
Charlie Comeau wrestles with Ethan Comeau of Concord during the Meet of Champions.



JOSHUA SPAULDING  
Gianni Ciotti competes with Anthony Maglio of Merrimack on Saturday morning.



JOSHUA SPAULDING  
Cole Johnston wrestles with GJ Gimaranzi of Concord on Saturday in Concord.

# Cleary earns MOC title

## Plymouth wrestler brings home Outstanding Wrestler trophy

BY JOSHUA SPAULDING  
Sports Editor

NASHUA — A week after winning the Division III championship, members of the Plym-

outh wrestling team traveled to Nashua South High School for the Meet of Champions. A total of five Bobcats took part in the action,

highlighted by an impressive performance from senior Joe Cleary. Cleary, the four-time Division III champion, wrestled his way to the

Meet of Champions title and also took home honors as the meet's Outstanding Wrestler. Cleary started with a pin of Eli Diphilippo

of Bow and then pinned Evan Berube of Concord. He battled to a hard-fought win over Joey Wilson of Keene in the semifinals and then pinned Anson Dewar of Merrimack to earn the title. The final victory was a bit of revenge after Dewar defeated Cleary just a few weeks earlier.

The other top finisher for the Bobcats was Cole Johnston, wrestling at 170 pounds. He started with a pin of Daniel Scott of Bow then got a pin of GJ Gimaranzi of Concord and a pin of Nicholas Walter of Londonderry to advance to the finals. In the finals, he fell by technical fall to Kyle Gora of Alvirne, finishing second overall.

At 145 pounds, JC Gaumer started with a pin of Nendoe Caleb Gleekia of Londonderry before dropping a 10-7 decision to Khan Amiri of Concord. He came back with a 16-2 win over Jackson Robidoux of

Manchester Central before falling to Tim Barrett of Alvirne to close out his day.

Charlie Comeau started his day at 120 pounds with a pin of Charlie Coy of White Mountains Regional and then dropped a 13-11 decision to Ethan Comeau of Concord. His day ended with a 7-6 decision to Alden Harvey of Goffstown.

At 106 pounds, Gianni Ciotti was pinned by Anthony Fernandez of Bishop Guertin but came back to get a pin of Anthony Maglio of Merrimack before dropping a 9-2 decision to Anson Ritondo of Newport.

Both Cleary and Johnston advance to the New England Wrestling Championships, which take place this Saturday and Sunday in Methuen, Mass.

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

## Three racing series added to Flat Track 2020 lineup

LOUDON — Three new series have been added to The Flat Track lineup during New Hampshire Motor Speedway's three major event weekends, giving race fans more summertime racing. King of Dirt Crate Modified Series, Sprint Cars of New England and the Granite State Mini-Sprint Racing Club will debut at The Flat Track as part of June's Motorcycle Week at NHMS, July's NASCAR race weekend and September's Full Throttle Fall Weekend.

"We are excited enhance our major event weekends by adding more racing for our fans," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "Last year's events at The Flat Track were a lot of fun, and we're looking forward to even more fun in the dirt this summer."

The King of Dirt Crate Modified Series will bring the first ever dirt modified stock car race to The Flat Track on Friday, Sept. 11 as a part of Full Throttle Dirt. This event kicks off New Hampshire Motor Speedway's third annual Full Throttle Fall Weekend, which continues on Saturday, Sept. 12, at the historic 1.058-mile oval. This new dirt event will bring the top Sportsman Modified racers from all around New England and New York for a 40-lap main event, marking King of Dirt's first appearance in New Hampshire and the farthest east the tour has ever traveled.

Sprint Cars of New England will debut a pair of 30-lap races on the 0.25-mile Flat Track at Full Throttle Dirt on Friday, Sept. 11 and wrapping up Motorcycle Week at NHMS on Saturday, June 20. The

competitive racing club was founded in 2002 and features 600-horsepower alcohol-injected winged sprint cars that race in New Hampshire and Vermont.

The Granite State Mini-Sprint Racing Club will take to the track for 20-lap races on Saturday, June 20, during Motorcycle Week and return on Friday, July 17, for Friday Night Dirt Duels presented by New England Racing Fuel to kick off the NASCAR Cup Series Foxwoods Resort Casino 301 race weekend. This family-oriented racing club was formed in 1984 and uses motorcycle engines and drive components.

Improvements to the racing surface are under way for The Flat Track's 2020 season, which will include adding banking and 10 feet of width to the corners and approximately 2,000 yards of

new natural clay surface, courtesy of Devil's Bowl Speedway in West Haven, Vt.

The Flat Track is the first track to be built in New England in the last 25 years. Crews turned roughly 186,095 square feet of ground and 3,000 tons of clay to build the 0.25-mile track, which first opened in June 2019. The Flat Track, located directly behind the North East Motor Sports Museum, is the fourth racing surface on New Hampshire Motor Speedway's 1,200-acre property, which already includes the famed 1.058-mile NASCAR oval, 1.6-mile road course and 0.25-mile mini-oval.

## Hoops

FROM PAGE B1

take her out of the game. "We had three goals, the first was to run an effective offense, the second was to not let them get free throws and the third was no turnovers," Williams said. "Still, the girls got a little rattled, you could see that in the first.

"Once we settled down, we were fine," the Bear coach continued. "We proved to everyone we are one of the top four teams in the state."

The Bears were led by Huckins with 14 points while Fairbank added 11 points.

The win advanced the Bears to the Division III semifinals, where they took on top-



JOSHUA SPAULDING  
Coach Kammi Williams leads the celebration on the bench after the Newfound girls advanced to the Final Four.

ranked Conant after deadline on Wednesday night.

NRHS 9-4-11-17-41  
WMRHS 11-17-8-7-33

Newfound 41  
Mal. Bohlmann 3-0-6, Fairbank 4-2-11, Doan 1-0-3, Mac. Bohlmann 2-0-4, Huckins 6-2-14, Bunnell

White Mountains 33  
Challinor 5-2-12, Trearmer 1-1-3, Kenison 3-0-7, Graham 4-0-9, Fryman 1-0-2, Totals 14-3-33

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

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# kids' corner

# WORLD FACT!



THE FIRST RECORDED USE OF AN UMBRELLA TOOK PLACE IN THIS COUNTRY.

ANSWER: EGYPT

## Umbrella Word Find

Find the hidden words in the puzzle.

DROPS DRY GLARE HANDLE	OUTSIDE OVERHEAD PROTECT PUDDLE	RAIN SUNLIGHT THUNDERSTORM UMBRELLA									
T	H	N	D	Q	M	D	M	S	I	E	G
H	A	A	A	A	R	Z	U	S	D	F	L
U	Q	X	N	O	E	N	N	I	A	R	A
N	X	C	P	D	L	H	S	T	X	P	R
D	P	S	D	I	L	T	R	C	T	K	E
E	L	V	G	Z	U	E	V	E	Z	K	K
R	R	H	J	O	Q	S	V	T	V	X	I
S	T	P	U	D	D	L	E	O	B	O	X
T	L	L	Q	N	C	E	M	R	K	M	L
O	Y	U	C	P	O	F	V	P	S	J	L
R	N	R	Z	B	E	A	K	D	H	Y	D
M	P	C	D	A	L	L	E	R	B	M	U


## Get Scrambled

Unscramble the words to determine the phrase.

ARNI ROSDP

Answer: Rain Drops

## THIS DAY IN...



# HISTORY

- **1836:** THE ALAMO FALLS TO MEXICAN FORCES.
- **1967:** JOSEF STALIN'S DAUGHTER DEFECTS TO THE UNITED STATES.
- **1984:** A STRIKE THAT WOULD GO ON FOR ALMOST A YEAR BEGINS WHEN WORKERS WALK OUT AT A COLLIERY IN THE UNITED KINGDOM.

# New word

## DRENCH


to make very wet

## How they SAY that in...

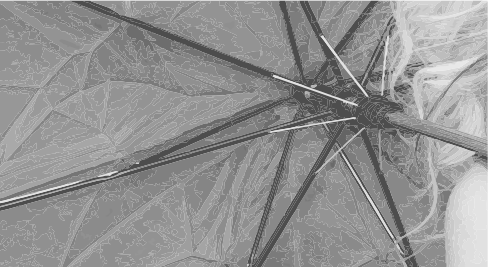
**ENGLISH:** Wet  
**SPANISH:** Empapado  
**ITALIAN:** Bagnato  
**FRENCH:** Mouillé  
**GERMAN:** Nass

# Did you know?

THE WORD "UMBRELLA" COMES FROM THE LATIN WORD "UMBROS," MEANING SHADE OR SHADOW.



## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: UMBRELLA





COURTESY PHOTO  
The top three boys' and girls' racers with Cannon Ski Patrol Director Brian Delahanty.



COURTESY PHOTO  
Third place team Whitefield I with Tyler Gaudette.



COURTESY PHOTO  
First place team Thornton I with Tyler Gaudette.



COURTESY PHOTO  
Peabody Race fastest boy, Asa Toms and fastest girl, Hadasha Corey with Tyler Gaudette.



COURTESY PHOTO  
Second place team Linwood Red with Tyler Gaudette.



COURTESY PHOTO  
Libby Award for fastest third grader went to Cooper Ireland, pictured with Tyler Gaudette, great grandson of Roland Peabody.

# Peabody and Whitcomb Races held at Cannon

FRANCONIA — The Roland Peabody and Gary Whitcomb Memorial Races were held Monday, Feb. 24, at Cannon Mountain. For the Peabody Race, it was the 65th year and for the Whitcomb, the 59th year running. The Peabody Race is

open to area schools within a 25-mile radius of Cannon. This is a team event with four to six members per team. This year, 18 teams represented eight area schools, Bethlehem, Lafayette, Lakeway, Linwood, Thornton, Campton, Whitefield and Lis-

bon. First place went to Thornton I - Libby Oldenburg, Evan Wilke, Aidan Gilman, Weston Atwood, Turner Oldenburg and Caedon Manseau. Second place was Linwood Red - Luke Weedon, Damien Watson, Ha-

dasha Corey and Tucker Barnaby Third place was Whitefield I - AJ Harden, Isabell Antonucci, Stinson Myles, Andrew Harden, Alex Harden and Will Stone Jr. LinWood Plaid was fourth, Bethlehem I was

fifth, Campton I was sixth, Lakeway I was seventh, Lafayette II was eighth, Lafayette III was ninth, LinWood Black was 10th, Bethlehem II was 11th and Lisbon I was 12th. The fastest girl in the morning race was Hada-

sha Corey from LinWood and the fastest boy was Asa Toms from Bethlehem. The Libby Award was given to the fastest third grader, Cooper Ireland from Lafayette. The Cannon Mountain Ski Patrol sponsors the afternoon Gary Whitcomb Ski Race, open to any seventh or eighth grader who wishes to participate and attends school within a 20-mile radius of Cannon Mountain. The first place boy and girl each receive a Cannon Mountain season ticket. The top five finishers for girls were Abashai Corey, Aura Weiser, Mackenna Price, Mackenna Mack and Hadasha Corey. The top five finishers for the boys were Tucker Thayer, Troy Boissonneault, Gunner Guilbert, Coen Mullins and Tucker Barnaby.

## A long strange trip leads across the pond

I graduated from the University of New Hampshire in May of 1998. I had played four years in the marching band, pep band and the symphonic band, as well as a few years in jazz band. While I was not a music major, I spent a lot of time in the Paul Creative Arts Center. The next fall, I got a job working at a nursing home in Concord and went back to the dining hall at UNH where I had worked during college on a part-time basis. One night, the lights were on at the marching band practice field, so I stopped by to see some old friends. As it turned out, the entire trumpet section was new and a few friends told the new director I was there and

SPORTING CHANCE  
By JOSHUA SPAULDING  
before long, I was back in the UNH uniform for a fifth year. I came back for one more year after that before my work schedule kept me from staying with it any longer. However, I did do pep band for a few more years, attending a number of hockey games, including the Frozen Four in Anaheim, Calif. in 1999. In 2001, the band planned a trip to Europe and since I was still part of the pep band, the director asked if I was interested in making the trip with the band and I spent



a week or so in Italy, Monaco and France, playing in a parade in Cannes and at the prince's palace in Monaco on New Year's Day 2002. I had an absolute blast and was glad I took the opportunity to travel with the band. Last year, the new marching band director, who entered UNH as a freshman when I was a senior, announced that in honor of the band's 100th anniversary, they were heading to Ireland to march in the St. Patrick's Day parade and she opened up the trip to any alumni who wanted to go. I figured this was a good chance to see a place I had never seen before and signed myself up. After getting the money all lined up, the next part

was getting ready for the trip by learning music and getting in some marching practice. For those that don't know, I play my trumpet once a week during the summer months in the Cate Park Band, but other than that, I usually don't play and aside from walking in the Wolfeboro Fourth of July parade, I certainly don't march anymore. The first rehearsal was just music and that was not too bad, but the second rehearsal involved both marching and playing, outside at the Whittemore Center. I survived the first day and even went back the next night for a third rehearsal, this time inside the Lundholm Gym.

We leave for Ireland in just over a week and I am sure that when all is said and done, I will survive the parade intact. At least that's the hope. Finally, have a great day, Dan and Lynette Place. 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.

The prizes for the race were donated by Lahout's Ski Shop, Rodgers Ski and Sport, Cannon Mountain, Franconia Notch Ski Patrol Association, Cannon Mountain Ski Shop, Lost River, Bretton Woods Ski Area, Gordie's, Jax Jr., Bishops Ice Cream, New England Ski Museum, Head, Volkl/Marker and Rossignol.

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