

# Benefits and considerations for in-home physical therapy

BY ANNA SWANSON  
PLYMOUTH —A physical therapist (PT) is a specialist trained to work with you to restore your activity, strength, and motion following an injury or surgery. Physical therapists can teach specific exercises, stretches, and techniques and use specialized equipment to address problems you might be experiencing. Pemi-Baker Community Health’s compassionate, experienced PT’s will come to your home for your therapy and once you are able, you can transition to Outpatient Physical Therapy (OPT), where you travel to them at their clinic in Plymouth.

Physical therapy care may be provided in a variety of different settings. Obviously, if you

are hospitalized, your therapy may be provided by a physical therapist who works at the hospital. If you require sports therapy, you may go to an OPT clinic. Some patients have difficulty leaving the house to go to physical therapy. In-home physical therapy is the perfect solution.

So what is in-home physical therapy, and how might you benefit from PT in your home?

Physical therapists are trained to identify deficiencies in the biomechanics of the body. Working with a physical therapist can target specific areas of weakness in the way our bodies work. They can relieve stress and help the body function without pain.

Physical therapists are knowledgeable about surgical procedures and

treatment goals and can tailor their efforts to improve your well-being. After surgical procedures, it is important that therapy is guided by the surgical procedure. Physical therapists are knowledgeable about your body’s limitations after surgery and can help ensure a successful outcome.

Stretching Tight Muscles and Joints: Stretching is vital in maintaining a good range of motion with joints and the flexibility of muscles. If you have stiff joints or tight muscles, normal activities, such as climbing stairs or reaching overhead, can be severely affected. With proper stretching, these functions can be preserved.

After an injury or sur-  
SEE THERAPY PAGE A9

## SPORTS AND THE PANDEMIC



JOSHUA SPAULDING  
Garrett King (4) is finishing out his career at Newfound on the basketball court

# Newfound Fitness and Slim Baker offer Snowshoe Yoga



BRISTOL — Newfound Fitness and the Slim Baker Foundation are teaming up to offer a fun, unique, and safe outdoor fitness experience every weekend through March.

You may have tried yoga, and perhaps you’ve gone snowshoeing, but have you ever tried

snowshoe yoga? Experienced yoga instructor Kendra LaPlume, born and raised in the Newfound area and with over 13 years of experience in fitness, will lead you through the moves with the beautiful scenery of the Slim Baker Area all around you. Register for upcoming

snowshoe yoga classes at [newfoundfitnessnh.com/snowshoe-yoga](http://newfoundfitnessnh.com/snowshoe-yoga). If you don’t have your own snowshoes, contact the Tapply-Thompson Community Center at 744-2713 to borrow a pair.

The Slim Baker Foundation works to provide outdoor recreation and  
SEE YOGA PAGE A9

# King adjusts to athletics in the COVID world

BY CASSIE ZICK  
Contributing Writer  
BRISTOL — The pandemic has affected everyone in one way or another. Whether you are a high school student or have just retired, some part of your life has been put on hold or adjusted in order to stay safe. Senior year students in the Newfound Area School District have offered to tell their story on playing athletics in the world of COVID-19. This article will focus on one specific athlete, Garrett King, who has played both his senior soccer and basketball seasons successfully

during the pandemic.

When asked how the set up of running athletics has changed, King expressed that the lack of fans has had a huge impact on the sport.

“Fans. It’s hard with no fans. My mom was always at every single game I’ve ever had in my life and now she can’t go to most away games. That’s definitely challenging when I am used to having my family around me,” he said. “It sucks when you do it for three years in a row and then all of a sudden, it’s all different. You notice the little things more

once they’re gone.”

Being a senior, King has to play the part of a role model and mentor for the freshmen and newcomers on his team. One would think that the younger group of players would struggle with connecting with teammates in such an unprecedented time, but King feels differently.

“I honestly feel like this is the year I have made the most of a connection with underclassmen. They’re making the best out of what they got and recognize the situation they are in. One  
SEE SPORTS PAGE A9

# Newfound middle school racers enjoy strong season

BRISTOL — The Newfound Memorial Middle School alpine ski team wrapped up its season on Feb. 4 at Gunstock Mountain.

The middle school ski team, made up of 10 boys and girls, had quite the winter season. Starting almost a month later than expected, the middle school athletes took to their dry land training preparation when things started in the beginning of January. While the ventilation construction was finishing up at the middle school, the ski team moved themselves over to the cafeteria at the high school. Led

by coaches Andy MacDonald and John Farnsworth, the dry land practices had great participation numbers and showed how invested the athletes were. The middle school schedule consisted of one mountain practice and one meet per week. For scheduling purposes, all mountain practices were at Ragged Mountain and all meets were at Gunstock Mountain this winter.

In addition to their late start, the ski team also had to battle a number of COVID-19 protocols. Some of these protocols included limiting athletes at meets, limited

access to lodges while at the mountain, no spectators, and having face coverings during all events. Through it all, the NMMS athletes were up to the challenge of the four-meet season.

Impressively, the NMMS ski team came in first place in three out of the four meets, with the girls’ team coming in first place in all four meets. Consistently leading the way for the Bears were Kaya Farnsworth, Whistler Broome, Elle MacDonald and Trey Farnsworth. As a seventh grader, Kaya Farn-

SEE NEWFOUND PAGE A9



COURTESY PHOTOS  
The Newfound Memorial Middle School alpine ski team enjoyed a successful winter season.





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# Spring into gardening with the SLA



**HOLDERNESS** — Have you been dreaming of spring, thinking of starting a garden, or wondering how to attract more bees and butterflies to your current garden? Join Cecilia and Maggy, members of the Lakes Region Conservation Corps (LRCC), on Saturday, Feb. 27 from 2-3:30 p.m. to learn about what goes into planning a pollinator and rain garden project! The Squam Lakes Association (SLA) has been working over the past few years to encourage more pollinators such as monarch butterflies by planting native plants like milkweed. This spring and summer the SLA is making their pollinator garden a priority and working to have it serve as a rain garden as well.

Saving the bees has been an increasingly popular topic in conversations about gardening in recent years. While bees are an essential part of a healthy ecosystem, they are not the only animals that are important for creating a healthy

and beautiful garden and ecosystem. The use of pesticides and loss of habitat for pollinators, as well as the use of non-native plant species in urban and agricultural landscapes, has resulted in a huge decline in the variety of species present in a typical garden. Attracting pollinators is not only beneficial for garden health, but also provides a source of interest in itself. The more diverse the garden is, the more pollinator species will be attracted and the more exciting it will be to sit and observe the comings and goings of a biodiverse community!

Rain gardens use soil and native plants in order to capture rain water. The one located at the SLA will capture the runoff from the road above the campus and absorb it into the ground for use by the plants instead of going into the

lake. This will help to reduce the amount of detrimental suspended solids (such as phosphorus and nitrogen) that run into the lake. These nutrients have caused eutrophication and algal blooms which are unhealthy for swimmers, fish and lake plants.

For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

## Life Coaching series at The Workshop

**PLYMOUTH** — Do you ever feel that you should be in a different place in your career or life? Do you feel restless when you can't find the right track? You sense that there's some particular work that you are meant to be doing or a lifestyle that you aspire to?

Each of us is one of a kind. Every living person has a completely original way of looking at the world, and originality always needs to express itself. Many of us get stopped. At times, we resolve to change our lives, yet when we go to pick up the baton and get into the race, something happens. For some mysterious reason our determination melts. We look at the baton and think "This race isn't it." We put the baton down, uneasy because time is slipping away, frightened that we'll never find "it."

Join Wendy Hills for a four-week "Your Life in Focus" workshop in discovering what makes your heart sing. Sessions are Thursday evenings at 6:30 p.m. in March (March 4, 11, 18, and 25) held at The Workshop at 17 S. Main St. in Plymouth, inside Step-Ladders (entrance on left side of building). Registration for the four-week series can be completed at [www.TheWorkshopPlymouth.com](http://www.TheWorkshopPlymouth.com) or by emailing [TheWorkshopPlymouth@gmail.com](mailto:TheWorkshopPlymouth@gmail.com). Cost of four-week workshop is \$40 with scholarships available.

Wendy Hills is a health educator at Plymouth State University and has utilized her experience as a health educator to research, design and implement wellness programs for individuals and groups in the Lakes and Mountains of New Hampshire. Wendy has been trained in mindfulness through Mindful Schools and most recently in Positive Neuroplasticity. Her knowledge and practice of these techniques has not only helped her incorporate balance into her own life but has encouraged others to find balance in theirs. Wendy looks forward to meeting you and helping you to uncover your unique way to Create Balance, Be Confident and Evolve into the person that you are.



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**Edward Jones: Financial Focus**

Now that we're a few weeks removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned – or perhaps re-learned – some valuable lessons about investing. Here are four of them:

- **A long-term perspective is essential**

Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. large-cap stocks, fell 34% but gained 67% by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on shocking headlines, ended up doing well. And while 2020 was obviously an unusual year,

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the long-term approach will always be valuable to investors.

- **Investment opportunities are always available**

The pandemic drove down the prices of many stocks – but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities – and when their prices were depressed, they may also have been "bargains" for smart investors. And this is the case with virtually any market downturn – some high-quality stocks will be available at favorable prices.

- **Diversification pays off**

Bond prices often move in a different direction from stocks. So, during a period of volatility when stock prices are falling, such as we saw in the weeks

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after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent all losses.)

- **The market looks ahead**

The pandemic-driven market plunge may have been stunning, but it made a kind of intrinsic sense – after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. Af-


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ter all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons – including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low – the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021.

All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 – and beyond.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	14 Morrison Rd.	Single-Family Residence	\$202,533	Michael Spicola	Kristen Quint and Jason Magill
Alexandria	Robie Road	N/A	\$150,000	Adrian J. and Eugene A. Robie	Hicks Logging LLC
Ashland	Peppercorn Road	N/A	\$35,000	Thomas Vignieri	Irina Gumennik and Nikita Ivanov
Ashland	N/A	N/A	\$297,000	Robert R. Roy	Amanda Abelmann and Matthew Nassar
Bristol	47 Castle Lane	Single-Family Residence	\$320,000	Gail F. Rossetti	Edward J. and Jennifer L. Geswell
Bristol	Crodem Drive	N/A	\$100,000	Robert A. Brodeur	Michael and Micaela Murphy
Bristol	N/A (Lot 14)	N/A	\$660,000	Paul A. Barnett	Jeannette T. Zaza RET
Bristol	N/A	N/A	\$150,000	Ruth L. Jacques	Melissa A. and Alexander P. Bowling
Campton	71 Canoe Run Rd.	Single-Family Residence	\$260,000	Nathaniel and Tiffany Poitras	Martin H. and Michele E. Buckley
Campton	28 Morrill Circle	Single-Family Residence	\$155,000	William F. and Jordan E. Meginley	Allen Meringolo and Ali Imran Kothari
Campton	Perch Pond Road	N/A	\$50,000	Chris and Paula Kelly	Kevin West and Christine Panno-West
Campton	32 Tripplewood Rd., Unit 1	Condominium	\$130,000	Frederick F. Flannery and Kathryn Swanson-Flannery	GP RE Solutions LLC
New Hampton	Dana Hill Road	N/A	\$46,000	Judith Levasseur	Jeffrey G. and Jennifer A. Huckins
Plymouth	202 New Boston Rd.	N/A	\$125,000	Kenneth G. Clifford and Jo A. Nelson	Matthew J. Yeaton
Thornton	23 Granite Ledge Rd.	Single-Family Residence	\$238,000	Holly A. Rousseau	Linda M. and Vincent G. Gillis
Thornton	37 River Run Rd., Unit 3	Condominium	\$112,533	Red Bear Fiscal Trust and Larry A. Bearfield	Kimberlee Skylar-Maiorca and J.J. Reinhart-Maiorca
Thornton	N/A (Lot 12)	N/A	\$22,000	Maureen A. Underwood	Anthony J. Scott
Warren	279 NH Route 25	Single-Family Residence	\$50,000	Joell R. Hibshman	Roger W. Puglisi and Denise E. Puglisi
Warren	539 NH Route 25	Single-Family Residence	\$220,000	Lucie Donnell	Michael T. and Heather M. Benson
Waterville Valley	23 Black Bear Rd., Unit 1317a	Condominium	\$110,000	David J. Muraca	Baxman Properties LLC
Waterville Valley	Golden Eagle Lodge Condo Unit 734	Condominium	\$325,000	734 Waterville Valley RT and Chester Mscisz	Jal LLC

## 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 in-

volve 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## Martha Clifford promoted to Branch and Business Development Manager at MVSB



Martha Clifford

PLYMOUTH — Martha Clifford has been promoted to Branch and Business Development Manager of the Meredith Village Savings Bank (MVSB) Plymouth Main Street location. In this position, Clifford will oversee the Plymouth Main Street branch, while sustaining and developing business relationships in Plymouth and its surrounding areas.

"Martha is a valued

member of the team, and has demonstrated an exceptional ability and understanding of our approach to service," said Marcus Weeks, Senior Vice President, and Senior Retail Banking Officer at MVSB. "She has had customer-facing experience at MVSB having been our Branch Services Manager in Plymouth. That experience, combined with her insight on bank operations, empowers the people around her to be their best for those they serve."

Clifford has 30 years of banking experience, formerly working for Woodsville Guaranty Savings Bank and Pemigewasset National Bank. She joined MVSB in 2010 at the Plymouth

Main Street office. She was promoted to Branch Services Representative in 2010 and worked from the Plymouth Hanaford branch office before moving to Plymouth Main Street.

Clifford attended Plymouth State University, where she studied Business Administration. She is currently the treasurer of the Pemi Baker Community Health Organization, and a past treasurer for the Central NH Chamber of Commerce. She resides in Plymouth.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communi-

ties. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

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Thursday, February 18th at 5:00 p.m.  
Zoom link will be posted on the website.

*All families who are interested in enrolling their child at MVCS, should attend an Open House.*

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## Search for grants for free via PSU's Lamson Library

PLYMOUTH — Are you connected with a nonprofit organization that may be looking for grant funding? If so, you're in luck.

Gary McCool, Coordinator of Reference Services at Lamson Library, Plymouth State University, has announced that, thanks to a recent grant from the New Hampshire Charitable Foundation, Lamson Library will continue to be a partner in the Funding Information

Network (FIN) of Candid (formerly the Foundation Center). This means that people representing NH nonprofit organizations will be able to access a database for free from home to search for grants.

The database that can be searched from home is called Foundation Directory Online (FDO) Essential. It is a somewhat smaller version of the FDO Professional database that can only be searched from within

Lamson Library, which is now closed to the public. Both versions allow users to search for grants from over 200,000 foundations. The databases include detailed profiles on these foundations which users can email to themselves.

To request access to FDO Essential, send an email to the Lamson Library Reference Desk at [psu-library-reference@plymouth.edu](mailto:psu-library-reference@plymouth.edu) and supply the following informa-

tion: Date; Name; Town; Email address; Nonprofit organization you are representing; What do you want to fund?

Gary McCool will then send you information about how to search the database along with the URL to access it.

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## CADY Corner

### The risks of binge and high intensity drinking

**BY DEB NARO**  
Contributor

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 percent—or 0.08 grams of alcohol per deciliter—or higher. For a typical adult, this pattern of excessive alcohol use corresponds to consuming four or more drinks (female), or five or more drinks (male) in about two hours. Research shows that fewer drinks in the same time-frame result in the same BAC in youth; only three drinks for girls, and three to five drinks for boys, depending on their age and size.

While drinking any amount of alcohol can carry certain risks, crossing the binge threshold increases the risk of acute harm, such as blackouts and overdoses. Binge drinking also increases the likelihood of unsafe sexual behavior and the risk of sexually transmitted infections and unintentional pregnancy. These risks are greater at higher peak levels of consumption. Because of the impairments it produces, binge drinking also increases the likelihood of a host of potentially deadly consequences, including falls, burns, drownings, and car crashes.

“High-intensity drinking” is defined as alcohol intake at levels twice or more the gender-specific threshold for binge drinking. This dangerous drinking pattern means eight or more drinks for women and 10 or more drinks for men on one occasion. Research suggests that high-intensity drinking peaks around age 21 and is most common among young adults attending college. This pattern of drinking is of particular concern because it is associated with an even greater risk of severe health and safety consequences.

Alcohol affects virtually all tissues in the body. Data suggest that even one episode of binge drinking can compromise function of the immune system and lead to acute pancreatitis (inflammation of the pancreas) in individuals with underlying pancreatic damage. Excessive alcohol use, including repeated episodes of binge drinking, over time contributes to liver and other chronic diseases, as well as increases in the risk of several types of cancer, including head and neck, esophageal, liver, breast, and colorectal cancers.

Overall, of the roughly 88,000 deaths that result from alcohol use in the United States each year, more than half stem from binge drinking, and binge drinking accounts for 77 percent (\$191.1 billion) of the annual economic cost of alcohol misuse.

Brain development continues into the mid-twenties. Research indicates that repeated episodes of binge drinking during the teen years can alter the trajectory of adolescent brain development and cause lingering deficits in social development, attention, memory, and other cognitive functions.

For more information about the risks of binge and high-intensity drinking, visit our Web site at [www.cadyinc.org](http://www.cadyinc.org). For more prevention information, visit our website at [cadyinc.org](http://cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at [info@parcnh.org](mailto:info@parcnh.org) or 238-3555.

## Letters to the Editor

### We can count of Shawn Lagueux

To the Editor:  
He's baaack. Yes, it's a pleasure to see Shawn Lagueux running for a position on the Board of Select in March. He is a conservative, and a man of many attributes. He has served on the board in the past as well as having been a previous member of our budget committee.  
Shawn is also a board member of the Slim Baker Foundation for Outdoor Education, as well as a licensed Forest Consultant. He is a person we can trust to be accountable to all the taxpayers and residents of Bristol. So get out and vote for the man we can count on to a great job for our town.

LORRAINE BOHMILLER  
BRISTOL

### The Workshop to host Intro to Tai Chi

COURTESY

The Workshop on Main Street in Plymouth is offering Introduction to Tai Chi hosted by Jennifer Maine. The introductory Tai Chi series is offered Mondays in March from noon to 1 p.m. for community members of any age. Jennifer and her husband Christian are the owners of White Mountain Karate and Tai Chi in Holderness. Jennifer received her certification through Open the Door Tai Chi System in the Yang style of Tai Chi. Her teaching is focused on the health benefits and meditation aspect of the art. Even though it is known as a martial art, Tai Chi is taught for health benefits rather than self defense. It is known as a walking meditation and helps calm the mind, relieve stress and achy joints. With the practice of Tai Chi, get ahead of the stresses and relieve aches and pains while building better balance and confidence. Join Jen Maine of White Mountain Tai Chi Mondays in March at noon (March 8, 15, 22, 29) at The Workshop, 17 S. Main St., Plymouth, inside Step Ladders (entrance on left side of building). The four-week session is \$20. Bring a friend, drop in to the first class, or sign up on-line at [www.TheWorkshopPlymouth.com](http://www.TheWorkshopPlymouth.com). Contact [TheWorkshopPlymouth@gmail.com](mailto:TheWorkshopPlymouth@gmail.com) for more information.



## Letters to the Editor

### Support for P. Wesley Morrill — an independent candidate for Bridgewater

To the Editor:

I first met Wes some 15 years ago, when I joined the Bridgewater Planning Board where we still serve. Unlike me, Wes is a native of Bridgewater. I'm a transplanted flatlander from Massachusetts who's been hanging around Newfound Lake since 1962. I spent my entire working career in the banking business as a

lender and as an administrator. That experience taught me how to recognize the “real deal”. And in my opinion, Wes is the “real deal.” I've spent the last few weeks talking to a lot of Bridgewater people about Wes and those who have known Wes over the years, concur with my observation. Wes gets it straight: your family is number one, you treat all as equals, you are honest in all of

your dealings, you help your friends and those in need, and you put in a hard day's work.

He knows Bridgewater, its history, its residents and how it should be governed. Not only is Wes a native to Bridgewater, he traces his family back to the founders of the Town of Bridgewater.

In my opinion, Wes is an independent candidate and has the ability

to serve out the remaining year of Hank Woolner's term as Selectman in a manner that would have made Hank proud.

I'm open to answer any questions you may have about Wes. My phone is 744-5990. Please consider giving your vote to Wes on March 9.

KEN WEIDMAN  
BRIDGEWATER

### Legalize marijuana? Not good!

To the Editor:

Wow! Is anyone really paying attention? There are so many reasons why this is not a good idea.

First of all, what drug have we legalized that has had a health benefit to anyone in society? Two of the worst come to mind, which are cigarettes and alcohol. Cigarettes are one of the most addictive and habit forming drugs there is out there primarily because of the nicotine. They cause so many health problems that I don't even know where to begin. Anyone know someone with COPD (cardio obstructive pulmonary disease)? I'm guessing you might know several people who have difficulty breathing because of many years smoking cigarettes. They might even be toting around an oxygen tank and they may not smoke any more either. Known anybody with the various cancers smoking caused such as lung and throat, or any-

body with asthma or tuberculosis or bronchitis or emphysema? Some of these problems really did not show up for years or even decades. Who is to say these same health problems will not come about from smoking marijuana?

Alcohol also is a very addictive drug legalized many years ago. One or two may be okay on occasion, but this one kills you usually over a long period of time if you get addicted and seems to be perfectly acceptable by much of society and the world. It also has many ill effects on the body over time and is often less noticeable by people unless it gets you a DWI/DUI, gets you fired from your job, or makes you belligerent and rowdy. I may be poking the bear here.

I often hear said... people don't overdose on marijuana in the arguments for its use. No people just get in their car and kill themselves and others which shows

up as a different set of statistics. People get addicted to THC and use more potent and very different versions than just marijuana tobacco, and then may very well switch over to other illegal drugs. Anyone for some pot? How about the candy, cookie, or soda varieties? How long do you think it will be before our kids and youth are addicted and using all of these varieties of marijuana related products? What about yourself? All the states that have legalized marijuana have already shown significant rises in use among adults and youth (also kids). Use also has made hospitalizations greater and the harm to all ages and classes of society much greater. The only people who really stand to make bank(money) on legalization is the tobacco industry. Most of the cigarette companies are using their former know-how to push for this and society will end up pay-

ing for the fallout. They already have their marijuana lobbyists fighting to get it legalized. Get educated now before just saying... it is legal in this place and that place... it must be safe to use. Tell that to the many people who are suffering from psychosis from their addiction and are needing mental health rehabilitation. Once it is legal because we said yes, it will be years and years before we can get out from under the decision, just as it was with cigarettes.

Get started with your education and information with SAM (Smart Approaches to Marijuana - <https://learnaboutsam.org/>) and SAMNH (Smart Approaches to Marijuana New Hampshire - <http://samnewhampshire.org/>).

SCOTT PATTEN  
STAND UP NEWFOUND  
COALITION MEMBER  
BRISTOL

### I look forward to serving Bristol

To the Editor:

My name is Cheryl Cizewski, and I am running to be a Cemetery Trustee (two year term) for the Town of Bristol. This is for the six historical cemeteries (not Homeland).

Bristol is blessed to

be the home of these wonderful, historically significant sites and it would be an honor to help ensure their well-being. I have read the state statute about Cemetery Trustees, the 2019 Architectural Report, and other doc-

uments. I look forward to using my experience in implementing and documenting programs according to federal and state laws to benefit Bristol. And like other real rural Granite Staters, I am prepared with my own pruning saws.

I look forward to serving Bristol as a Cemetery Trustee, and I would appreciate receiving your vote on March 9. Thank you!

CHERYL CIZEWSKI  
BRISTOL



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**Buy Something Extra**  
**Order Carry-Out**  
**Be Flexible**

# STAYING STRONG



## Why seniors are at greater risk for COVID-19

It has been more than a year since the world learned about the novel coronavirus COVID-19. Since December 2019, there have been tens of millions of reported cases and nearly two million deaths worldwide attributed to COVID-19, according to data from the Johns Hopkins University Center for Systems Science and Engineering.

Experts are still unclear how prevalent the virus really is because a large number of cases are not reported due to mild or asymptomatic infections. But there's no denying COVID-19 can be very risky for one large segment of the population.

The chances for severe illness from COVID-19 increases with age, with older adults at the greatest risk, offers the Centers for Disease Control and Prevention.

The CDC further indicates that eight out of 10 COVID-19 deaths reported in the United States have been in adults who are 65 and older. Compared to younger adults, older individuals are more likely to require hospitalization if they contract the illness. People between the ages of 75 and 84 are at eight-times more likely to be hospitalized and 220 times more likely to die from COVID-19 than the youngest patients.

There are some key reasons why older adults are at higher risk. Vineet Menachery, an immunologist at the University of Texas Medical Branch who studies coronaviruses and their effects on aging immune systems, older adults are more likely to suffer from underlying conditions that can hinder the body's ability to recover from illness. In addition,

a greater propensity for inflammation in the body and changes in the way the immune system responds with age are other mechanisms that increase seniors' risk for COVID-19. Furthermore, COVID-19 affects the part of the lungs that delivers oxygen to the bloodstream and removes carbon dioxide. As a person gets older, the lungs are not as elastic and this can affect gas exchange and other functions. Being older coupled with having cardiovascular disease, asthma and diabetes also can raise the threat level of COVID-19.

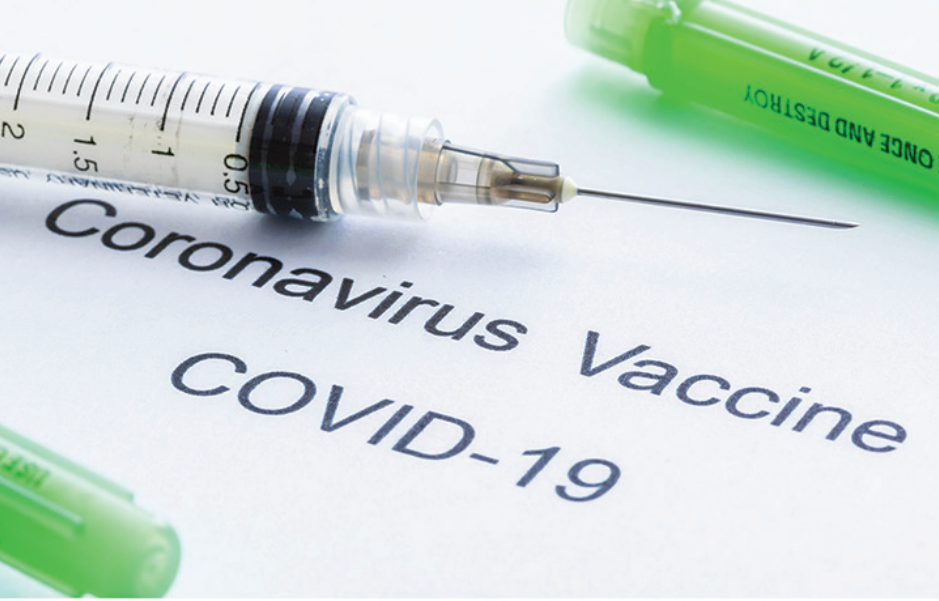
Seniors must be extra diligent to engage in behaviors that reduce their risks. Epidemiologists recommend the following:

- Wash or sanitize hands whenever possible, especially upon entering and leaving public

buildings.

- Shop and travel during off-peak hours, such as early in the morning, to avoid crowds.
- Use contactless payment methods rather than handling money.
- Ask friends and family to do your shopping and run errands for you.
- Wear masks over the nose and mouth and stay at least six feet away from others.
- If the COVID-19 vaccine is available to you, ask your doctor more about it and get vaccinated if it's safe to do so.

Learn more about at-risk groups at [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html).



**Where to find information about the COVID-19 vaccine programs**

New Hampshire:  
[https://prd.blogs.nh.gov/dos/hsem/?page\\_id=10681](https://prd.blogs.nh.gov/dos/hsem/?page_id=10681)

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### Wedding To-Do List

- The gown
- The flowers
- The music
- The rings
- The place
- The time
- The Officiant

**Sheila Oranch**  
Justice of the Peace

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Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

Hopefully, many families are finding time to enjoy this vacation week together. The weather is cooperating, with a warm spell so that getting outside is more bearable and there is still plenty of snow to allow for winter activities. Did anyone get their snow man started for the Slim Baker Snowman contest? It will be fun to travel around to see them all.

The TTCC is hosting a Mother-Son Minute To Win It Game Night on Friday, March 5 from 6 to 7:30 p.m.! All ages are welcome for \$20 per couple. The number of participants will be limited, so register early. Registration is available on TTCC website at www.ttcrc.org. Masks will be required and all other necessary safety precautions will be adhered to. An action packed evening of mother-son competitions is anticipated with prizes and bragging rights on the line.

A new Baby-Sitting Course will be held at the TTCC on March 6 from 9 a.m. until 3 p.m. for ages 12 and up. The cost will be \$110. All participants will learn the basics of babysitting and get certified in both CPR and First Aid. Space will be limited and pre-registration is required at www.ttcrc.org. Registration must be completed by March 3.

Youth Soccer on Saturdays will begin on March 13, and Special Olympics Young Athletes for kids ages two to

seven with and without disabilities will start Saturdays on March 13.

The Minot-Sleeper Library will host its annual Candidates' Forum with those running for elected positions in the town of Bristol on Saturday, Feb. 27 at 3 p.m. on Zoom. All candidates whose names will be on the March 2021 election ballot and the community at large is invited to attend. The event is a way for voters to get to know the candidates, giving each an opportunity to share their background and interest in the position they are running for. There will be a time for community members who attend this online event to ask their own questions for the candidates to respond to. To attend this event, email librarian@townofbristolnh.org or call the library at 744-3352 in advance for how to connect on Zoom.

Every year, three Bristol residents are elected to serve on the nine-member Minot-Sleeper Library Board of Trustees. Bristol residents, be sure to vote for library trustees at the polls on Tuesday, March 9! A great way to support your library is to buy gently used books and movies online! You can view these books and movies for sale at: https://minotsleeper.libib.com/. Please be sure to select the different categories on the left side of the page to see all titles available.

If you are interested in book discussions, there are three Book Groups that have such discussions at the MSL: the Nonfiction Group

that meets on Thursday, March 11 at 3pm will be holding a discussion of "On Pluto: Inside the Mind of Alzheimer's" by Greg O'Brien and Lisa Genova, the Third Monday Book Group will meet on Monday, March 15 at 10am to discuss the book "All The Light We Cannot See" by Anthony Doerr, the Regenerative Reads Book Club Kick-Off will hold a discussion of the book "A Sand County Almanac" by Aldo Leopold on Monday, March 15 at 6:30 p.m., and the Classic Book Group will meet on Tuesday, March 16 at 6:30 p.m. discuss "Go Tell It On The Mountain" by James Baldwin. Copies of all these books are available to be borrowed from the library. Request a copy by calling 744-3352 or email minotsleeperlibrary@gmail.com. To ensure a safe environment for our community, the library now asks that you email or call to request the link, meeting ID, and password to join an event. You can do this any time prior to the event. It is recommended you request access at least 48 hours prior to the event if possible.

Knot Only Knitters meets every Monday from 2:30-4:30 p.m. Join knitters and other fiber arts enthusiasts for a virtual meet-up and conversation every Monday afternoon. All are welcome to take part.

Every Friday at 11am, the library offers a live and interactive story time through Zoom. The Youth Services librarian will read a story, engage with attendees, and help guide you through a craft that can be picked up at the library in advance of

the story time. To attend story time, email minotsleeperlibrary@gmail.com for the Zoom event and invite.

I saw that the NRHS boys and girls basketball teams are paired for the regional playoffs. Congratulations to the players and coaches.

Groton

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

The Town Elections will be held at the Town Office at 754 North Groton Rd., in Groton. The polls will open at 11am and remain open until 7 p.m.

Those who are running for Town Offices:

John Rescigno – Select Board 3 years

Ruth Millett – Town Clerk 3 years

Forest Blake – Planning Board 3 years

Dave Labar – Planning Board 3 years

We will have two running for School Positions this year:

School Budget Committee – Virginia Parker

School Board – Britta Matthews

There is no one running for the following positions:

Local Auditor, Trustee of the Trust Fund, and Library Trustee. If you might be interested in being a write-in for any of these positions, please come out and speak up at the Select Board Meeting or put up a sign. The Town needs people to get involved in local government. You could also sign up to serve on a committee

On Tuesday, February 16th at the Select board meeting, updates were discussed in response to the Public Hearing on February 3rd. The Select Board reduced the Town Clerk's wages to reflect the 3 percent yearly increase to \$31,524 instead of the proposed \$32,000 listed on the budget originally. They will not request a reduction

such as Old Home Day, or Conservation. Participate in Town Governance.

The Deliberative Session (Town Meeting) will be May 8. Location to be determined dependent on weather and COVID-19 and any other emergency orders that may be issued by the Governor. Time will be 9 a.m. This is the deliberative session of Articles 2 through 16.

The Planning Board will meet Wednesday, Feb. 24 at 7 p.m. at the Town Hall for a work session to include a webinar sponsored by NHMA on RSA 674:41 and RSA 231:81 A concerning private roads. Residents are encouraged to attend this meeting if they are able.

The Supervisors of the Checklist will be meeting to correct the Checklist and accept any new voter registration. This meeting will be at the Town House, in the Community Room, Monday, March 1, from 6:30 – 7:30 p.m.

There will be another public hearing scheduled on April 6th to discuss the bond. Time TBA.

On Tuesday, February 16th at the Select board meeting, updates were discussed in response to the Public Hearing on February 3rd. The Select Board reduced the Town Clerk's wages to reflect the 3 percent yearly increase to \$31,524 instead of the proposed \$32,000 listed on the budget originally. They will not request a reduction

on the part-time Police Officer line or reduction of the Groton road repair line. All of these, however, may be brought up again at the deliberative session on May 8th as mentioned above to be discussed by the Town of Groton voters.

There was also some discussion about being able to use Province Road for snowmobile travel. For full discussion on this please refer to the Minutes of the Meeting that will be posted on the Town of Groton page online. www.grotonnh.org.

S C H E D U L E D MEETINGS AND CLOSURES...

Select Board Work Sessions – Tuesdays, March 2, and March 16 all at 5 p.m. at the Town House

Select Board Meetings – Tuesdays, March 2, and March 16 at the Town House at 7 p.m.

Planning Board meeting at the Town House Wednesday, Feb. 24 at 7 p.m.

The Town Clerk's Office will be closed Tuesday, March 16 from 2:30 – 4:30 p.m., and then closed all day Wednesday and Thursday, March 17 and 18.

The Select Board Office will be closed Wednesday and Thursday, Feb. 24 and 25, and then Tuesday, March 30.

Letters to the Editor

Join me in supporting recycling in Bristol

To the Editor:

Bristol is a community of people who care deeply about their neighbors, family, and friends, and the special place we live. As residents, we have an opportunity at this year's town meeting to demonstrate the value we place on protecting the health and wellbeing of those we care about. We have a chance to make the decision to support our vibrant town with a sustainable plan for the future. This opportunity comes as voters at Bristol's town meeting on March 13 will be asked to decide whether to purchase equipment that will lay the groundwork for

bringing recycling back to Bristol.

The warrant article to be voted on proposes a one-time expenditure of \$85,000 for the purchase of equipment and facility improvements to recycle cardboard and other materials at the Bristol transfer station. Most funds would come from pre-established capital funds; a balance of \$22,500 would be raised this year through taxation. For homeowners, that's a one-time payment of \$4 for every \$100,000 your property is worth. After this modest investment is made, Bristol will avoid hauling costs, and the town will be paid for the

cardboard it collects and then sells.

There is a market for recycling. Some may conjecture that there is not. Take it from these sources. Bonnie Bethune of Northeast Resource Recovery Association says the market for selling cardboard is good and steady. There are ready markets in Massachusetts, New York, and Vermont that NRRA work with who are ready to pay more than \$70 per ton from towns like Bristol. The American Forest & Paper Association (AF&PA) shared that in 2019, the U.S. recycled just over 66 percent of paper goods, including the recycling of old cor-

rugated containers at a rate of 92 percent. AF&PA President and CEO Heidi Brock said there is an industry commitment to paper recycling. "AF&PA members continue to invest in manufacturing infrastructure that will allow us to recycle even more paper in the years ahead."

Bristol has a plan and an opportunity to do just this. By making a one-time expenditure, the town of Bristol will be able to recoup its investment cost, and in the long run bring in additional revenue. We will keep a large volume of cardboard out of our compactors, we will reduce our emissions,

and we will be doing the right thing for the financial and environmental sustainability of our community.

Janet Metcalf and Herb D'Arcy of Bristol's Sustainability Committee have pounded the pavement touring 10 different transfer station facilities throughout New Hampshire. They have considered the financial implications of purchasing new equipment and made the most thoughtful and reasonable recommendation possible for bringing recycling back. They have worked with the people at Bristol's Highway Department and members of the Select Board to

build consensus around the best plan forward. The Bristol Select Board has shown support for this plan by voting to recommend the article that will be presented at town meeting. Now, I am asking you to join me in attending town meeting on Saturday, March 13 at the Newfound Regional High School and vote yes on this warrant article to purchase the equipment and facility updates needed to recycle cardboard and other materials in Bristol.

BRITTANY OVERTON  
BRISTOL

Beware of COVID vaccination scams

To the Editor:

The FBI, Department of Health and Human Services Office of the Inspector General, and the Center for Medicare & Medicare Services are warning the public of fraud schemes related to COVID-19 vaccines. One such scheme suggests that scammers could be acquiring empty/used

COVID-19 vaccine vials to fraudulently offer fake or counterfeit vaccines. In response, the Department of Defense released a recommendation to vaccine administration sites to destroy empty vaccine vials and product packaging.

The following are potential indicators of fraudulent activity.

You are asked to pay

out of pocket to get the vaccine.

You are asked to pay to put your name on a vaccine waiting list or to get early access.

You are called about getting the vaccine and asked for your Social Security number, bank account, or credit card.

You see advertisements for vaccines through social media

platforms, email, or online.

You receive telephone calls or door-to-door visits from unsolicited/unknown sources or a phone call stating you are required to receive the COVID-19 vaccine.

You are offered to undergo additional medical testing or procedures when obtaining a vaccine.

If you feel you have been the victim of fraudulent activity related to COVID-19, please report it to:

HHS-OIG Hotline: 1-800-HHS-TIPS

FBI Hotline: 1-800-CALL-FBI

CMS/Medicare Hotline: 1-800-MEDICARE

The staff at the ServiceLink Office in Lebanon (448-1558) or in

Littleton (444-4498) will be happy to assist you as well.

SUE MACKILLOP  
MEDICARE COORDINATOR  
GRAFTON COUNTY  
SERVICELINK



# Basketball postseason tournament brackets set

BY JOSHUA SPAULDING  
Sports Editor

REGION — The New Hampshire Interscholastic Athletic Association has announced the brackets for the upcoming basketball tournament for all four divisions.

Teams have been divided into different regions and then each team was randomly given a seeding within that region, which determines where they play to start the tournament.

For the Division II boys, Plymouth, Kennett and Kingswood are all in the same region. Plymouth will open the tournament on Monday, March 1, at Merrimack Valley. The winner of that game moves on to play Laconia on Thursday, March 4. Kingswood will host Kennett on Thursday, March 4, and the quarterfinals will take place on Saturday, March 6.

For the Division III

boys, Winnisquam, Newfound, Berlin, White Mountains, Belmont, Inter-Lakes and Gilford are all in the same region. Winnisquam will host Newfound, Berlin will host White Mountains and Belmont will host Inter-Lakes, all on Monday, March 1. Gilford will play the winner of the Winnisquam-Newfound matchup on Wednesday, March 3.

Prospect Mountain is in a different region and will get a bye in the first round, hosting the winner of the first round game between Somersworth and St. Thomas on Wednesday, March 3. All quarterfinal games in D3 are Saturday, March 6.

In Division IV, Woodsville, Lin-Wood and Lisbon are all in the same region. Woodsville will host Lin-Wood on Monday, March 1, and the winner will face off with Lisbon on Wednesday, March 3. The quarterfi-

nals are Saturday, March 6.

Littleton, Groveton, Profile and Gorham are in a different region, with Groveton hosting Gorham on Monday, March 1, and the winner visiting Profile on Wednesday, March 3. Littleton will host the winner of Colebrook and Pittsburg-Canaan on Wednesday, March 3. The quarterfinals are Saturday, March 6.

For the girls in Division II, Kingswood, Kennett and Plymouth are in the same region, with Kingswood visiting Merrimack Valley on Tuesday, March 2, with the winner moving on to face Laconia on Friday, March 5. The quarterfinals are Sunday, March 7.

In Division III, Newfound will host Gilford, Berlin will host White Mountains and Winnisquam will host Inter-Lakes, all on Tuesday, March 2. Belmont

will play the winner of the Newfound-Gilford matchup on Thursday, March 4. The quarterfinals are Sunday, March 7.

Prospect Mountain will open the tournament on Thursday, March 4, at Somersworth, with the quarterfinals again on Sunday, March 7.

For Division IV's girls, Woodsville will

be at Concord Christian and Lisbon will host Lin-Wood, both on Tuesday, March 2. Moultonborough will host the Concord Christian-Woodsville winner and Franklin will host the Lisbon-Lin-Wood winner, both on Thursday, March 4, with the quarterfinals on Sunday, March 7.

Gorham will be hosting Profile on Tuesday,

March 2, with the winner moving on to visit Littleton on Thursday, March 4, while Groveton will host the winner of Colebrook and Pittsburg-Canaan, also on Thursday, March 4. The quarterfinals are Sunday, March 7.

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

## Newfound girls cruise to two more wins

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound girls' hoop team continued its fine play with two more wins, beating Winnisquam in a pair of battles of the Bears.

Newfound hit the road to Tilton on Wednesday, Feb. 17, finishing with a 64-22 win.

"The first quarter was looking like it was going to be a close game, and then our defense and transition speed really kicked in during the second quarter," said coach Kammi Williams, who watched her team pull away by a 32-8 lead at halftime.

Mackenzie Bohlmann had what Williams called her best game of the season and her career, finishing with seven points, 13 rebounds and seven steals. Paulina Huckins led all

scorers with 20 points and Malina Bohlmann finished with 14 points. Bailey Fairbank chipped in with nine points while leading the offense from the point. Alyssa McDonough scored the first two points of her varsity career in the win.

The Bears then welcomed Winnisquam to town on Friday night and got a 58-16 win.

"We jumped out to a quick lead and kept on trucking," said Williams. "It's really tough for both schools to play the same team twice in a row. The previous game really plays on the mind.

"But, the girls really stayed motivated and focused," the Bear coach said.

Huckins led the way offensively, putting in 19 points and pulling down 13 rebounds for the double-double. Malina Bohlmann added

11 points and five steals and Fairbank had nine points, five assists and 10 rebounds. Tiffany Doan also added nine points while Mackenzie Bohlmann had eight points and 10 rebounds.

"I'm really looking to get eight to 10 points from the bench, so this is an area of improvement for next week," Williams said.

The Bears are scheduled to wrap up the regular season today, Feb. 25, at 6 p.m. at home against Mascoma.

Newfound will be hosting Gilford in the first round of the Division III tournament on Tuesday, March 2. The winner will go on the road to take on Belmont on Thursday, March 4.

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

## UMass Lowell names local students to dean's list

LOWELL, Mass. — Local residents have been named to the dean's list at the University of Massachusetts Lowell.

Among those recognized for achieving academic distinction for the fall 2020 semester at UMass Lowell are:

- \* Stephen Miller of Bristol, majoring in mechanical engineering
- \* Chloe Manning of Bristol, majoring in nursing

UMass Lowell is a national research university offering its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. [www.uml.edu](http://www.uml.edu)

# Bears keep rolling, take two from Lakers

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound girls' basketball team had a strong week on the court, putting up the best half of basketball of the season and the best shooting performance of the season while picking up a pair of wins over Inter-Lakes.

The Bears hosted the Lakers to start last week, earning a 62-7 win.

"We put together the best half of basketball so far this season," said Newfound coach Kammi Williams. "We moved the ball well on offense and continued to improve our transition offense and finishing at the rim."

Paulina Huckins led all scorers with a dou-

ble-double, putting up 13 points and grabbing 11 rebounds. Malina Bohlmann had 12 points to go along with five steals and five assists and Tiffany Doan, MollyLu McKellar and Matti Douville each chipped in with eight points. All told, eight Bear players put points on the board in the win.

The Bears then traveled to Meredith to close out the week and returned home with a 67-25 win.

"The best shooting performance of the season," Williams said, noting the Bears hit 10 three-pointers in the first half and 13 for the game. "We want to play fast. Thirteen three-pointers didn't leave much for our interior offense or defen-

sive rebounding. Great problem to have."

Bohlmann led the way with 23 points on the night and also chipped in five steals. Doan put 11 points on the board and Bailey Fairbank and Douville each chipped in with nine. Fairbank also had seven assists to lead the way for the Bears.

Newfound is scheduled to host Winnisquam on Friday, Feb. 19, and then plays Mascoma next week, on the road on Monday, Feb. 22, and at home on Thursday, Feb. 25, both with 6 p.m. start times.

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

## Churches

### Christian Science Society, Plymouth

We are happy to let the community know that the Christian Science Society in Plymouth has resumed live church services in our church edifice at 7 Emerson St. Please join us and discover the wonderful healing and protecting power of God's love. In accordance with governmental regulations, we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all recommended protocols.

If you prefer, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services remotely, please send an email to [csplymouthzoom@gmail.com](mailto:csplymouthzoom@gmail.com) and request an invitation. We'd love to have

you!

Two local churches are offering live on-line talks in the next few days and all are welcome to listen. Next Sunday, Feb. 28 at 7 p.m., the Christian Science church in Fryeburg, Maine, will sponsor a talk by Beth Packer whose subject is "The How, Why and Wonder of Spiritual Healing." On Tuesday, March 2 at 7 p.m., the Christian Science church in Dover, will offer a talk by Nate Fredrick on the topic "Prayer and Well Being". You can find links to listen to these talks on their respective Web sites. On [www.christian-science.com](http://www.christian-science.com) there are articles, brief inspirational thoughts, talks, and other supportive and helpful resources to explore. And all articles relating to Covid-19 in the Christian Science Monitor are freely available with no firewall.

We hope you'll find support and inspiration from these sources!

### Plymouth Congregational UCC

Church announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church's Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

Sunday Worship Service Dates to Remember via Facebook Live at 9:30 a.m. and PBTv at 6:30 p.m.

Feb. 28 – Second Sunday of Lent & Church Vocations Sunday

March 7 – Third Sunday in Lent & Amistad Sunday, Sermon – Righteous Anger

March 14 – Fourth Sunday in Lent

March 21 – Fifth Sunday in Lent

March 28 – Sixth Sunday in Lent & Palm Sun-

day

Lenten Services - All at 7 p.m. via Facebook Live

Wednesday, March 24 - Lenten Evening Services

April 1 - Maundy Thursday

April 2 - Good Friday

Church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Since the beginning of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working

with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at [www.ucplymouth.org](http://www.ucplymouth.org).

### Restoration Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, 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:

Feb. 28, 2021

Where Community Starts: Right here, Within

Rev. Michelle Pederson, Guest Worship Leader

Sarah Dan Jones, Music Director

Tatum Barnes, Director of Religious Education

Community is built from individuals and therefore is as healthy as those who compose the group. How we treat ourselves spills over into how we treat others. Does how you treat yourself illustrate the beloved community? Do we treat ourselves with equity, justice and love?

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908



# CONSERVATION MATTERS

## On hayfields and Bobolinks

*Conservation Matters*  
A monthly column focused on conservation education, as the result of collaboration among several area conservation commissions and organizations. If your town's commission or conservation organization would like to contribute articles, please contact Jessica Tabolt Halm [jesshalm78@gmail.com](mailto:jesshalm78@gmail.com)

BY JENNIFER TUTHILL  
Alexandria Conservation Commission

Hayfields have rhythms. They grow, or not. Get rain and moisture, or not. Get cut on time, late, or not at all. Add to this rhythm the timing for cutting hay, adjusting to the whims of weather and schedules. This has been our hay world in the Lakes Region of New Hampshire. Thirty or so acres of fairly productive fields which we depend upon to feed four horses and to provide hay for whom-ever cuts our fields, to be

taken for their own use. Every summer we wait anxiously for the weather to provide the needed window of days (at least three) for good haying, and for the schedule of the hay farmer to include us. We hope for two cuts, one in early June and another in the end of July or beginning of August.

This is the hay rhythm that marks our summers. Watching grass grow, watching the weather, trying to predict when optimum cutting will occur. Some years we have been lucky with two excellent cuts, other years we have settled for one late cut.

Then, almost unnoticed at first, Bobolinks appeared. They may have come for a year or two before we

knew they were in our fields, but we noticed them one year with a single, late hay cut. Sitting on tall stalks of uncut

grasses, Bobolinks are noticeable for the black/white/and yellow markings of the males shown upon taking flight. Their song is a beautiful burbling, melodic melody, unique and appealing. When startled, they fly up and around their nesting area, with their special Bobolink calls. For two consecutive summers we had two pairs of Bobolinks, nesting in the same areas each year. It didn't take long to learn that Bobolinks only nest on the ground, in hayfields and meadows, and that given their ground nests, we were literally mowing over and killing their young with every June or July haying. Full on Bobolink protection began- we avoid walking paths in the field, prevent the dog from running anywhere near, and stop riding the horses nearby. The overall Bobolink population has seriously declined in the past fifty years, due to one very simple fact.

Haying. Our agriculture practices have changed. Intensive farming has resulted in earlier, and more frequent, haying of fields. Bobolink populations have been decimated as a result. Farmers I have spoken with have been blissfully ignorant of the Bobolink dilemma, even of their existence. Intent on cutting fields, often with a list of farms to serve, ground nesting birds are not on their radar. The machinery noise causes the birds to fly away before they are noticed by the tractor driver. An occasional fawn left hidden in a field is a constant concern, but not birds. And so what if you mow over a few nests?

Last summer, we had five nesting pairs of Bobolinks in our field. We believe they may be returning birds who originally fledged here, since this species is known to return to the same nesting sites year after year.

Luckily, having had a number of single and late cut hay events, our field has provided successful breeding results. Bobolinks are returning here, nesting successfully and requiring the exact same window of time for fledging as needed for a successful hay crop. Cut the hay in June and July, and we kill the birds. Save the birds during June and July, and we lose out on a good first as well as a second cut. We get grass that is past its prime and far less nourishing for livestock. Asking a hay man/woman to skirt around four or five sections of field in order to protect nesting birds is an impossible request, met with incredulity.

We are faced with a serious dilemma every summer: which should take priority, conserving a small number of a possibly almost-endangered bird species, or creating a healthy abundant hay

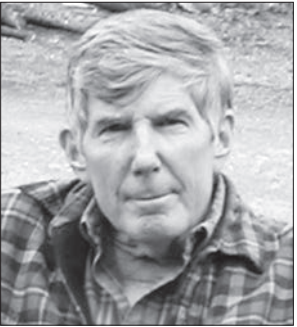
crop to feed our animals? Our management plan is based on providing hay for our horses from our own fields, without needing to buy hay. Our ethics are based on providing good wildlife management and conservation practices. We have agonized over this rhythm of nature as hay season approaches, and as more Bobolinks choose to breed in our hay field. Conservation issues vary, and are often complicated. Our Bobolink issue is both simple, and difficult. And like many things in life, there is no right answer.

To see a short video of one of the Bobolinks in our field, go to <https://youtu.be/ohTQSiH-dgnE>.

For further Bobolink information, visit The Bobolink Project/Helping Farmers Protect Grassland Birds [bobelinkproject.com](http://bobelinkproject.com)

North Country Notebook

## Old presses, antique engines, and ways of life almost gone



By JOHN HARRIGAN  
COLUMNIST

For quite a stretch of my days in the Lancaster-Jefferson area, one of the best seasonal events was Holiday in the Hills, held in late summer in the Northeast Kingdom town of Granby (and Victory) Vermont. It was originally organized to help pay for getting electricity to the town, which became a reality in 1963.

At this event, held willy-nilly along the main road looping through town, kids large and small could watch chunks of wood become smaller by means of a belt-driven wood-splitter. They could see cedar shakes (shingles) come out of a complex gizmo of gears, belts and chutes powered by an antique engine.

They could also bob for apples, and there were pies aplenty. In fact, there was food everywhere.

+++++

Veteran pressman Calvin Crawford and I had just shut down New Hampshire's last newspaper press using the old letterpress method, in which inked type was impressed onto newsprint, leaving an impression you could think about and feel.

It was a bittersweet time for me. Even as I took the paper's

page-negatives all the way over to Newport, Vermont, and came back with printed newspapers weighing my old Scout down to the axles, I missed the old process and the old, clanking press, which still stood there, its big brass oil-cups already filled for a next time that would never come.

Colebrook's newspaper had been produced on a huge old press right in Colebrook. Now, the paper was dependent on a press across the river and an hour and a half away. The paper could still live up to its motto, "Independent but not neutral," but it was no longer fully independent.

+++++

In Granby, as at Lancaster Fair and other fairs around New England, I had as much fun watching the people as I did the antique engines and the marvelous contraptions they ran.

About half the people wandering up and down the long stretch of road in Granby, I figured, were aficionados who went to many shows like this and simply loved old engines and odd contraptions.

The other half were drawn in by the signs out along main roads pointing the way, or something they saw in various publications, ranging from small-town newspapers to seasonal magazines.

+++++

When I bought the Coös County Democrat in 1978, it had a full commercial print-shop, with a long list of customers for envelopes to letterheads to business cards.

I had never run a job-printing press in my life, and certainly was not prepared to run an entire printing shop. Yet the Coös County Democrat had a full print-shop with a full list of customers, and when their orders were due they wanted them, now.

The newspaper itself, like the majority of weekly newspapers all over New England, was printed on someone else's press, and the reason for this was a completely new approach to the job, called offset printing. The offset method cut preparation time to a fraction, and produced vastly superior photographs.

But a totally new process required a totally new piece of machinery to print the paper, and offset printing required a press that was not only new and expensive but also required a lot of room. Thus, legions of small weekly newspapers had no choice but to embrace the new technology, shut down their own newspaper presses, and get their newspapers printed somewhere else.

This was the early evolution of the centralized printing plant, and in areas with no nearby daily newspaper, larger weekly often assumed the role. While the News and Sentinel elected to take its paper all the way over to Newport, Vermont to have its paper printed by the Newport Daily Express, the Littleton Courier, one of the state's larger weeklies, elected to put in a new offset newspaper press of its own, and began lining up other papers to print. Thus, the Coös County Democrat was

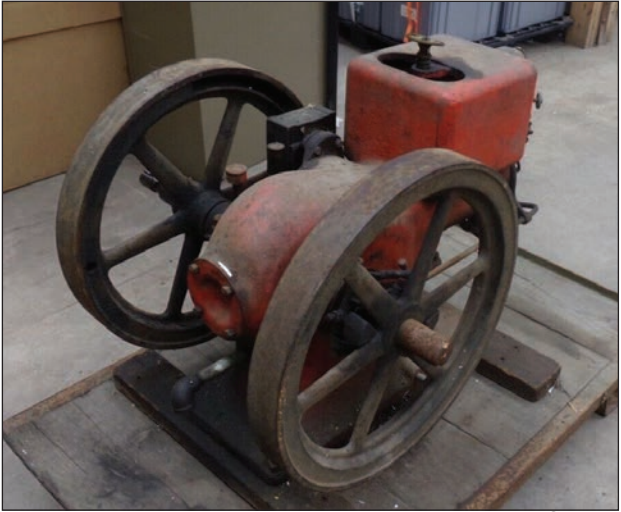
printed on the Courier's press, as were several other weekly papers in the region.

+++++

In England, they've thrown all the old cabs onto the scrap heap, those great little black cabs that had real fenders and narrow hoods and plenty of room in the boot (trunk). The back of the cab where the patrons sat, by the way, was designed to accommodate a top-hat. (White scarf and black coat, no doubt.)

The other day, I was thinking about this, and envisioning a scene not so long ago when there was a huge demand for a new top hat made from felt from the undercoat of a beaver pelt. The beaver trade was a major factor in the exploration and later colonization of much of North America, another being gold. This is not to minimize silver, timber, hides, and the very land itself, in a quantity unfathomable to Europeans who thought it was theirs for the taking.

All this was going through my mind when I happened onto a documentary about narrow boats used on England's thousands of miles of canals by thousands of weekend fans, tourists, and people who simply live that way.



COURTESY

This McCormick Deering hit-or-miss engine, typical of engines with large, heavy flywheels that could power all sorts of contraptions and run all day on a gallon of gas, was used as an all-around farm engine in Pennsylvania. It was for sale on ebay for \$799. (Courtesy ebay)

At one point the narrator stopped in at a regatta featuring antique boats. One especially old vessel came along, and I heard a distinctive "Bang!-pop-pop-pop," and recognized it instantly as a hit-or-miss engine, the kind that could run all day on a half-gallon of gas and would turn a big fly-wheel, which in turn would step down to a smaller wheel that would power just about anything.

There are lots of these old engines out there around northern New England, often with no place nearby for a go-and-show gathering, so only the people with time, ability, and desire can or will take their antique machines to often

far-off events.

I've always thought that these machines would be a great addition to Lancaster Fair, and properly managed and promoted, the event would grow like Topsy.

People are drawn to these old engines and the machinery they powered. They offer a look at the past and a display of knowledge, the kind of thing that should be seen, understood, appreciated, and passed on before it slips away.

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

## How to thank a hero

TILTON — How, with social distancing and the need to avoid hugs and handshakes because of Covid-19, can we sincerely thank our heroes, the doctors, nurses, first responders, fire, police etc. who have dedicated their time to saving and improving lives, not only during the Covid-19 Pandemic, but all the time, and thank our veterans who've given so much to keep us free, is there a way?

There is, and here's how, under the chairmanship of the 'Hearts for Heroes' recognition program, Jackie Sandstrom, a member of the Lakes Region Art Association is encouraging everyone to create a heart, no larger than nine by 12 inches, with a message acknowledging and/or praising a hero.

"All interested are invited join us at the Lakes Region Art Association/Gallery, Tanger Outlets, 120 Laconia Rd., Tilton, suite 132, Thursday-Sunday, 10 a.m. – 6 p.m. and create a heart at the 'Art for Heart' table that's all set-up with art supplies and materials to create your Heart for a Hero," said Sandstrom.

"Or, you may do this at your home instead using any medium you'd like. It doesn't matter how old you are, if you are an artist or not to participate, everyone is encouraged to join-in, and it's free," she added.

All completed hearts will be on public display the month of March in the LRAA/Gallery, and then gifted to our heroes at the NH Veteran's Home, Tilton. For information: [info@lraanh.org](mailto:info@lraanh.org).

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1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG



Therapy

FROM PAGE A1

gery, scar tissue forms and soft tissue contracts. It is important to regularly stretch in these situations to ensure that scar formation does not get in the way of your rehabilitation.

Exercises to Strengthen Your Body: Strengthening exercises are performed to help you improve the function of your muscles. The goal is to improve strength, increase endurance and maintain or improve range of motion. Post-operative exercises should always be guided by your doctor and physical therapist, as there

may be specific restrictions for your injury. One of the most recent developments in physical therapy is the emphasis on core strengthening and stability. The core of your body is like the foundation of your house. If you were to build your house on a weak foundation, you could risk damage and collapse. Similarly, bodies with a weak core are susceptible to acute injury and chronic overuse syndromes.

Who Benefits from In-home PT?

Anyone experiencing: Knee injuries, shoulder injuries, back injuries, and neck injuries Parkinson's disease

Multiple sclerosis Stroke Amyotrophic lateral sclerosis (ALS) Any cardiac event like a heart attack Trauma such as fracture. Is In-Home PT Effective?

Many people wonder if home-care physical therapy is effective. Why? Because many believe that you need expensive, heavy equipment and exercise tools to engage in an effective rehab program. This is not necessarily true. Your home-care physical therapist is trained to utilize available resources to maximize your rehab experience. He or

she can also bring light equipment to your home to ensure you get the most out of your physical therapy.

How Do You Get Home care PT?

Most patients who receive home-care physical therapy are referred to the service by their physician. Your doctor can make the referral to a local visiting nurse service that offers physical therapy, and he or she can attest that home services are medically necessary. This medical necessity report will likely also state that home-care physical therapy is needed because you are unable to leave the house due to your condition or

circumstances. Patients can choose who they go to for services, they just need to mention the organization to their physician. (Keep in mind if you have insurance you should always check to confirm what providers are included).

If you feel you may benefit from physical therapy at home, you can also call your local physical therapy clinic or visiting nurse association like Pemi-Baker Community Health. Those organizations can help you navigate the pathway to receiving home-care PT.

With over 50 years of experience, serving clients from 22 towns

in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4

Elizabeth Croxon named to Dean's List at Stonehill College

EASTON, Mass. — Elizabeth Croxon, of Bristol, a member of the Class of 2022, has been named to the Fall 2020 Dean's List at Stonehill College.

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

Sustainable Bristol

BY LAUREN THERIAULT

If you have been home over vacation week with kids to entertain, or are looking forward to hosting your grandkids or nieces and nephews for a playdate soon. Or if you just like being crafty and sustainable at the same time, then I have some ideas for you.

Toilet paper roll crafts: Use empty rolls for stamps. Line them with string or bubble wrap to make a roller with paint or ink to make cool designs.

Melted crayons: save those broken crayons and melt them down in silicon trays to make fun multicolored crayons.

Cereal Box canvas: Cut up cereal or other boxes from your pantry and use the back side as a canvas. You can paint, watercolor, or decoupage on it. If you have any painters tape around you can even tape the edges to make it look even more professional. No one would ever guess your artwork was on the back of a Chex box.

Styrofoam tray stamps: Use cleaned styrofoam to etch designs into with a utensil and stamp away with ink. Or cut out shapes from the styrofoam to make stamps. Just remember to make the shapes a mirror image if you

want words.

Collages: cut up magazines or catalogs and make a collage or vision board.

Tin can vase: paint a tin can or decorate it with string to make a vase for flowers or a receptacle for collections.

Secret messages: Write on the back side of scrap paper using a white crayon and have your kids reveal the secret message by painting over it with watercolors. Along those lines you can draw in black marker on scrap paper and make your own coloring pages specified to your children's exact wishes. A pig with a rooster on its back next to a tractor? You got it kid! They won't care that your drawings aren't perfect.

Make your own playdoh. I bet you have the ingredients already in your cabinets.

Use plastic containers to freeze toys in and let your kids extract the toys using tools and warm water.

Frozen Ornaments: find natural materials, pinecones, boughs, leaves, dried flowers or herbs, and add them to either a muffin tin or bundt pan or other baking tin. Add water and a string for hanging and put outside to freeze. Hang the ornaments outside from branches and watch them sparkle in

the sunshine.

With any luck these ideas will keep you busy and require less prep and clean up time than you spend doing them.



Sports

FROM PAGE A1

thing seniors always told me was that one year it's going to be over; that time is limited, and you don't really understand that until you are a senior," King said. "But, I feel like they are really understanding, especially because of COVID. Games are cancelled, practices could be cancelled, there have been times that the whole week of school has been cancelled and we've gone remote. We try to make

the best out of every second we have."

Despite finishing his high school career in a pandemic, King seemed rather optimistic about his experience when interviewed on his satisfaction with the year. "I am satisfied. It was the best year of soccer I have ever had. I just had to make the most out of what I could, but a lot of that is putting COVID aside and recognizing that it is my last year. Even with the virus, I've been able to maximize my opportunity to play

COVID sucks, but with all of the negatives that come along with it, you can pull the positives and see all that you have in front of you."

In the future, King aspires to continue athletics in one way or another, perhaps by coaching.

In the next article regarding Newfound's senior athletes, we will look at how former field hockey player and current basketball player Tiffany Doan has been athletically affected by the pandemic.

Yoga

FROM PAGE A1

education to visitors and residents of the Newfound Area. Along with camps, classes,

and events, the Foundation maintains the Slim Baker Area at 301 New Chester Mountain Rd. The Slim Baker Area encompasses 137-acres of conserved land with

hiking trails and beautiful views and is open year-round to the public. Find more upcoming events at SlimBaker.org/events.

Newfound

FROM PAGE A1

sworth was at the top of the Newfound leaderboard each week and finished in the top three for each of her races this season. The other proud performers consisted of

Addie Alpers, Cameron Ehmann, Jayden Gilpatrick, Emma Griffin, Ceili Irving and Parker Matthews.

In addition to the new challenges faced this winter from COVID-19, these student-athletes also persevered through

remote learning for the entirety of the season. This would be one more reason to congratulate all of the NMMS skiers and coaches on completing a successful winter season.

**Town of Alexandria**  
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**Voting on the Warrant**  
  
Tuesday, March 9, 2021 11 am to 7 pm  
Voting held at the Alexandria Town Hall  
45 Washburn Road, Alexandria, NH

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## LRPC TAC Committee meets Wednesday

REGION — The Lakes Region Planning Commission's Transportation Technical Advisory Committee (TAC) will meet Wednesday, March 3, from 2 to 4 p.m.

State Representative Mark McConkey of Freedom will be the guest for an informal discussion of transportation funding in New Hampshire. Rep. McConkey, who represents Carroll County's District 3, is Vice Chair of the House Public Works and Highways Committee.

Updates will be provided on the state's Ten Year Transportation Plan (2023-2032) and the Transportation Alternatives Program (TAP).

As a result of the coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23, 2020 regarding the state of emergency currently extended through March 4, pursuant to the Governor's Executive Order 2021-02, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom.

There are two ways for the public to access the meeting: Online at <https://us02web.zoom.us/j/88329227074> or by telephone at 1-929-205-6099 and enter Zoom Meeting ID 883 2922 7074. These instructions are also provided on the LRPC website at [www.LakesRPC.org](http://www.LakesRPC.org).

Anyone who has trouble accessing the meeting can call 279-5334 or email [admin@lakesrpc.org](mailto:admin@lakesrpc.org) for assistance.

The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5334.



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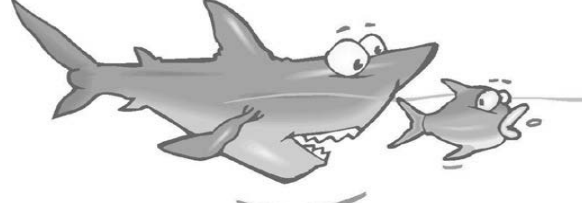
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## NOTICES

### Hebron NH Supervisors of the Checklist

Supervisors of the Checklist for the Town of Hebron will be in session on Saturday, 2/27/2021, from 10:00 a.m. to 10:30 a.m., for correction(s) of the checklist. Change in party registration may be accepted at this time, as well as registering as a new voter.

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You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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#### Part time Deputy Town Clerk/Tax Collector

The Town of Holderness is seeking candidates for the position of Deputy Town Clerk/Tax Collector.

This is a part time position and will consist of 15 to 20 hours a week and occasional additional hours will be required. The hourly pay range of \$ 15.50 to \$ 22.07 depending on experience.

#### Applicants must be a resident of Holderness.

Minimum requirement: High School Diploma, must pass a background check, basic accounting skills, typing, office procedures, and computer skills are required.

The job description and application are available on the town website at [www.holderness-nh.gov](http://www.holderness-nh.gov). Position is open until filled.

Completed application, resume and references should be mailed to or delivered to:

Town of Holderness  
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# Winnisquam proves too much for Newfound boys

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — Coming off some of its strongest play in years, the Newfound boys' basketball team faced a daunting challenge last week, as the Winnisquam Bears came to town for a weather-delayed contest on Wednesday, Feb. 17.

Winnisquam took control of the game early on, opening up a 15-point lead at the end of the first quarter and cruising to a 76-35 win.

"I think we did a good job sharing the ball, we moved it inside and out," said Winnisquam coach Kevin Dame. "That gave us the looks that we're looking for."

"if you share the ball as well as we did tonight, you're going to score a lot," the Bear coach noted.

"We really didn't come out to start and that hurt us big time," said Newfound coach Jesse Mitchell. "That was tough coming off last week, but it's a little reality check."

"We can't come out and expect to play like that (against Inter-Lakes) every time," the Newfound coach added.

Anthony Robbins got the scoring started for the visitors with a hoop and then Jacob Seavey

converted a three-point play. A Phil Nichols three gave Winnisquam an 8-0 lead before Malaki Ingram got Newfound's first points of the game. Garret Mango answered with consecutive hoops for Winnisquam, the second coming on his own steal.

After Ingram hit another hoop for the hosts, Robbins drained a three-pointer, Mango finished off a nice feed from Rollins and Noah Pearson hit a hoop to give the visiting Bears the 19-4 lead over the host Bears.

Robbins started the second quarter with a free throw before Newfound got back-to-back buckets from Ryan Berg and Tyler MacLean. Caleb Bushway answered with a hoop for Winnisquam and then Nichols and Seavey drained three-pointers. Anthony Boomer hit a hoop and two free throws, sandwiched around a hoop from Nichols and followed by another Nichols hoop.

Berg drilled a shot for the hosts to get them back on the board, but Boomer hit a hoop for Winnisquam and Robbins drained a three-pointer to close out the half, giving Winnisquam a 41-10 lead heading to the break.

The blue and white Bears started the third quarter with a three-pointer from Seavey followed by a steal and hoop for Robbins before the Bears of the green and white variety got a hoop and two free throws from Ingram.

Garrett King and Seavey exchanged three-pointers at opposite end of the court and Belville got a basket for Newfound before Seavey got a pair of free throws. Ingram drained two from the line and added a hoop, sandwiched around a hoop from Bushway.

Nichols hit another hoop before Berg followed with a basket at the other end. Seavey and Robbins drained back-to-back baskets before Berg hit another hoop for Newfound. Boomer converted a three-point play and then Leighton Morrison drained a three-pointer at the buzzer to give Winnisquam the 65-27 lead heading to the fourth quarter.

Ingram stared the fourth quarter with a three-point play, but Winnisquam scored the next nine points, starting with a hoop from Boomer, two from Ben Rollins and one from Subhan Chaudhry plus a free throw from Nolen Perrino.



JOSHUA SPAULDING  
Malaki Ingram of Newfound gets a hand on a shot from Winnisquam's Jacob Seavey.



Jack Lavin puts up a shot during action against Winnisquam last week.

King got a free throw and Berg put back a rebound for Newfound before Boomer hit another basket for Winnisquam. Jack Lavin closed out the game with a hoop for the hosts, making it a 76-35 final.

With his 12 points on the night, Nichols finished the game within six points of 1,000 for his career, with Dame noting he hoped the senior star would be able to achieve the milestone on Friday at home against New-

found.

"Any time a player get that (milestone), it means that they've been a good player for a long time," Dame said. "Usually it takes four years."

"You just don't show up and score 1,000," Dame continued. "He works hard, he's a bring your lunch pail every day type of kid."

"You have to keep working to produce games like Inter-Lakes," said Mitchell. "To compete with anybody, no matter who, you have to go out and play."

"We're better at that now, but we still have those games where we expect a lot and don't go out and earn it," the Newfound coach continued.

Mitchell noted that he was pleased that Ingram continued his aggressive play, which has been key to the team's recent strong play and praised Winnisquam for doing a solid job against him, holding him to 15 points, his lowest point total of the season.

Seavey led all scorers with 16 points, Robbins and Boomer added 13 points each and Nichols chipped in with 12 while Ingram led the hosts with

15 points and Berg added 10.

Winnisquam is scheduled to host Plymouth in the final game of the regular season on Friday, Sept. 26, at 6 p.m.

Newfound is scheduled to be at Mascoma today, Feb. 25, at 6 p.m. to wrap up the regular season.

The two teams are scheduled to face off in the first round of the Division III tournament, which will take place on Monday, March 1, in Tilton. The winner will be at Gilford on Wednesday, March 3.

- WRHS 19-22-24-13-76  
NRHS 4-6-17-8-35
- Winnisquam 76  
Nichols 5-0-12, Seavey 5-3-16, Robbins 5-1-13, Mango 3-0-6, Bushway 2-0-4, Boomer 5-3-13, Perrino 0-1-1, Chaudhry 1-0-2, Morrison 1-0-3, Rollins 2-0-4, Totals 29-8-76
- Newfound 35  
King 1-1-4, Ingram 5-5-15, MacLean 1-0-2, Belville 1-0-2, Lavin 1-0-2, Berg 5-0-10, Totals 14-6-35
- Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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