

Newfound girls soar past Gilford



Newfound's Tiffany Doan leaps for a rebound while sandwiched between Gilford's Maegan Shute and Lindsey Sanderson.



Malina Bohlmann soars toward the basket in tournament action last week.



Bailey Fairbank had the hot hand against Gilford, drilling five three-pointers.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The play-in round of the Division III girls' basketball tournament saw the Gilford

girls' hoop team make the trip to Bristol to take on the Bears of Newfound on Tuesday, March 2. The host Bears scored nine of the first 10 points

and never looked back, taking a 62-32 win to advance on in the postseason. "Looking at the scoring, all eight players scored, which is what we're trying to do," said

Newfound coach Kammi Williams. "It hasn't been that in every game, but they picked a good night for it to happen." "They shot the ball lights out," said Gilford coach Rick Forge, refer-

ring to the Bears. "They live and die by the three and tonight they lived by it." Bailey Fairbank started the scoring with the first of her five three-pointers on the

night and after a free throw from Paulina Huckins, Allison Carr got Gilford's first point with a foul shot. Malina Bohlmann hit a hoop and then

SEE **GIRLS**, PAGE A15

Newfound students shine at state music festival

BRISTOL — Four musicians from Newfound Regional High School were recently awarded Superior and Excellent ratings at the New Hampshire State Solo and Ensemble Festival. The annual festival, sponsored by the New Hampshire Music Educators Association, and held virtually this year, provides for adjudication settings for soloists and small groups. Autumn Braley was awarded an "A" (Superior) rating on flute for her performance of the Mozart Flute Concerto in D. Isabel Braley received an "A" (Superior) rating for her vocal solo "Someone Like You" from Jekell & Hyde". Simon Shedd also received an "A" (Superior) rating for his performance of "I Am the Very Model of a Modern Major General" from "Pirates of Penzance", and Karma Burrows-Buzzota received a "B" (Excellent) rating for her vocal solo of "On My Own" from Les Miserables. All of the students performed before a Master Teacher, who evaluated and rated the performances.

Season marked with improvement for Newfound boys

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' hoop team finished up the season with a loss to a very good Winnisquam team in the play-in round of the Division III tournament on Monday, March 1. Despite the loss, Bear coach Jesse Mitchell came away with a great feeling from this year's team and was happy with the progress the kids made. "This was the hard-

est working team I have coached in the three years I have been at Newfound," Mitchell stated. "They really wanted to get better every single day and they did that. "I am very proud of them," he added. "We drew a tough Winnisquam team in the first round of the playoffs and unfortunately we couldn't pull off the upset. "But the team nev-

SEE **BOYS**, PAGE A15

Tapply-Thompson Community Center celebrates 75 years!

BY CASSIE ZICK
CONTRIBUTING WRITER

BRISTOL — In our beloved town of Bristol, something we cherish and have cherished for years is the history of our town, and one of the main pillars of our community is the Tapply Thompson Community Center. Some of us may have volunteered there or participated in the numerous activities and clubs. Others may have simply visited for the annual Santa's Village or relied on the Summer

Camp program for their children. Bottom line, the T.T.C.C. has supported many in our town and is now marking 75 years of offering a sense of community to Bristol. One of the biggest contributors to the Center is Les Dion. Les grew up with the Center as a place she could go to hang out and participate in activities, and is now working there as the Director of Recreation. "As a teenager, the then Bristol Community Center was the place

to go to hang out with friends, attend dances and participate in activities. I could never have imagined then how important the now Tapply-Thompson Community Center would become for me. Working in this beloved and historic building and program has taught me so many important life lessons and I am so grateful to be a part of the history. There are countless people, both past and



COURTESY

Wink Tapply with A.B. Thompson.

SEE **TTCC**, PAGE A15



COURTESY

Homecoming

Logistics Specialist 2nd Class Rebecca Torres, from Hebron, assigned to the Aircraft Carrier USS Nimitz (CVN 68) embraces her children following her return from deployment. Nimitz returned to homeport at Naval Base Kitsap - Bremerton after a more than 10-month deployment to U.S. 5th Fleet and U.S. 7th Fleet, which included freedom of navigation operations and participation in Operations Freedom's Sentinel, Inherent Resolve and Octave Quartz.

SPORTS AND THE PANDEMIC

Momentous moments look different for Newfound seniors



Tiffany Doan has played two seasons of sports in the COVID era at Newfound.

BRISTOL — As a high school athlete, your senior year season is one of the most momentous times in your life. Those in the Class of 2021 have to endure the difficulties of having this experience during a global pandemic. In the last article regarding sports and the pandemic, we looked at Garrett King, a basketball and soccer athlete, who reflected on what it’s been like to play this year while staying safe from COVID. In this installment, we looked at how Tiffany Doan, a field hockey and basketball player, has handled her difficult senior year. Comparing her past field hockey season to her current basketball one, we asked Doan to elaborate on differences between playing outside on the field and inside on the court. “For field hockey we didn’t have to wear masks during active

practice, so it was easier to breathe when sprinting up and down the field. As for basketball, we are in a closed space where it is very hot, and we aren’t allowed to open the lobby doors or anything for ventilation. It’s definitely a challenge with communication too. It is hard to hear my coach talk while playing, so she has to scream to us during the game. Masks make it hard to communicate with her and my teammates.” Seeing as all of the players on the girls’ basketball team live different lives, one would assume that it is challenging for them to stay safe for each other in order to continue the season. In actuality, Doan expressed that her teammates have been relatively responsible given the circumstances. “It hasn’t been too challenging, no. We had to shut down the second week because of COVID, so four games got can-

celled. The day we came back from that break, we actually had to play a game against Gilford, which is one of our toughest competitors. Other than that, no one on our team has directly gotten COVID. We’ve all been very responsible in continuing the season for each other.” Similar to what King expressed in the prior article, Doan was optimistic regarding her satisfaction with her senior athletic season. “Personally, I am satisfied because we actually got a season. That’s all I wanted from this year. I wanted to have my senior game, of course, because that’s what I’ve been working up towards. Everyone envies their senior game to be this spectacular moment and everything, and it stinks to have that in the beginning with the fear that you won’t make it to the end. But I am so grateful that I even got a senior game,

given the circumstances. “The only situation that I didn’t like was the playoff picture, because you worked so hard the whole season to win a bunch of games, but in the end that doesn’t really matter,” she continued. “Teams just get drawn out of a hat, so one of the weaker teams who was in the last seat standing-wise could get a better seeding that they didn’t really earn. Overall, I am very lucky to have the two senior seasons that I have had so far.” In the future, Doan wants to continue athletics in college, perhaps by joining a field hockey club team near her university. In the third article about Newfound’s senior athletes during the pandemic, we will look at the effect that COVID has had on the unified teams and players at the high school.

Silent film epic “Ben Hur” to screen at Flying Monkey

PLYMOUTH — One of early Hollywood’s greatest epics returns to the big screen with a showing of “Ben Hur: A Tale of The Christ” (1925) on Thursday, April 1 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. The screening, the latest in the Flying Monkey’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films. Admission is \$10 per person, general admis-

sion. Tickets are available online at flyingmonkeynh.org or at the door. “Ben Hur,” starring Ramon Novarro and Francis X. Bushman, was among the first motion pictures to tell a Biblical-era story on a large scale. The film, which helped establish MGM as a leading Hollywood studio, employed a cast of thousands and boasted action sequences including a large-scale sea battle. The film is highlighted by a spell-binding chariot race that still leaves audiences breath-

less. Set in the Holy Land at the time of Christ’s birth, “Ben Hur” tells the story of a Jewish family in Jerusalem whose fortune is confiscated by the Romans and its members jailed. The enslaved family heir, Judah Ben Hur (played by Novarro, a leading silent-era heart-throb) is inspired by encounters with Christ to pursue justice. This leads him to a series of epic adventures in his quest to find his mother and sister and restore his family fortune. The film is particularly appropriate for the weeks leading up to Easter, which is celebrated on Sunday, April 4. (Orthodox Easter falls on Sunday, May 2 in 2021.) “Ben Hur,” directed by Fred Niblo, was among the most expensive films of the silent era, taking two years to make and costing between \$4 million and \$6 million. When released in 1925, it became a huge hit for the newly formed Metro-Goldwyn-Mayer studio. The chariot race scene in “Ben Hur,” with Novarro and other cast members driving teams of horses at high speed on a mammoth dirt race-track in a gigantic repli-

ca of a Roman stadium, was among the most complicated and dangerous sequences filmed in the silent era. It remains noted for its tight editing, dramatic sweep, and sheer cinematic excitement. The chariot race was re-created virtually shot for shot in MGM’s 1959 remake, and more recently imitated in the pod race scene in “Star Wars Episode I: The Phantom Menace.” Besides Novarro in the title role, the film stars Francis X. Bushman as Messala, the Roman soldier who imprisons the Hur family; Betty Bronson as Mary, mother of Jesus; May McAvoy as Ben Hur’s sister Esther; and Claire McDowell as Ben Hur’s mother. “Ben Hur” was based on the best-selling 1880 novel by General Lew Wallace, which interwove the story of Christ’s life with the Ben Hur clan, a fictional Jewish merchant family. Celebrity “extras” in the chariot race scene included stars such as Douglas Fairbanks, Harold Lloyd, Lionel Barrymore, John Gilbert, Joan Crawford, Lillian Gish, Mary Pickford, and a very young Clark Gable. The film was remade by MGM in the 1950s in



Actor Ramon Novarro stars in “Ben Hur, A Tale of the Christ” (1925), one of early Hollywood’s great Biblical epics. The film will be screened with live music on Thursday, April 1 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the theater at 536-2551.

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Are you programming your biology for health or disease?

Make Every Bite Count!



BY DENISE POUDRIER NORMANDIN, MA, RD, LD, DIPACLM
Pemi-Baker Community Health

PLYMOUTH — March is National Nutrition Month and Pemi-Baker Community Health’s newest Community Partner, Denise Poudrier Normandin, founder, and CEO of Enlighten Nutrition & Wellness wants us to make every bite count. In December, the updated Dietary Guidelines for Americans 2020-2025 were released, and the aim is to promote health and prevent disease. With over two decades of experience as a Registered/

Licensed Dietitian and Health Education, Denise helps make sense of the new findings.

Choosing a healthy lifestyle is key to promoting, maintaining and/or regaining health. Therefore, it is important to consider if your lifestyle choices are programming your biology for health or disease. One of the most significant ways we impact our biology is by the food choices we make on a regular basis. Food can be healing or harmful to our bodies. That is why it is important to choose whole, real foods, the way they are intended from nature. “Let Food Be Thy Medicine and Medicine Be Thy Food – Hippocrates. Hippocrates of Kos was a Greek physician of the Age of Pericles, who is considered one of the most outstanding figures in the history of medicine. He is often referred to as the “Father

of Medicine.”

Just about everyone, no matter their health status, can benefit from shifting food and beverage choices to better support health.

The review of the scientific evidence on diet and health that informs the Dietary Guidelines is representative of the U.S. population—it includes people who are healthy, people at risk for diet-related chronic conditions and diseases, such as cardiovascular disease, type 2 diabetes, and obesity, and some people who are living with one or more of these diet-related chronic diseases.

The Dietary Guidelines is not intended to contain clinical guidelines for treating chronic diseases. Chronic diseases result from a complex mix of genetic, biological,

behavioral, socioeconomic, and environmental factors, and people with these conditions have unique health care requirements that require careful oversight by a health professional. These largely preventable chronic diseases put people at a greater risk for illness, including COVID-19.

Are you ready to make every bite count and start programming your biology for health?

Here are a few tips for the dietary guidelines to get you started:

Follow a healthy dietary pattern at every life stage.

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas,

- and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or plant-based sources.
- Protein foods, including high quality proteins; beans, peas, and lentils; lean meats, poultry, and eggs; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

Denise is accepting new patients and is a preferred provider of Medical Nutrition Therapy (MNT) and is available to meet one-on-one to create a healthy eating plan that works for YOU! She is committed to building stronger, healthier individuals, families and communities through face-to-face individual and group nutrition consultations, telehealth, corporate training workshops, wellness retreats, health, and lifestyle coaching, and speaking engagements. Most recently, she became a board-certified diplomat

in Lifestyle Medicine by the American College of Lifestyle Medicine and the International Board of Lifestyle Medicine. “My passion is to inspire healthy living practices to improve health and transform lives!” Private insurance and Medicare accepted. To learn more email Denise or visit her Web site: denise@enlightenlivewell.com or <https://enlightenlivewell.com/>

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 Web site: www.pbhha.org and like our Facebook Page: @PBCH4



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Guitar classes and more at The Workshop!

Jahlan Finney is offering guitar classes Friday evenings at The Workshop in downtown Plymouth. Starting March 12, Jahlan Finney will be offering drop-in guitar classes Fridays at 5 p.m. for people of all abilities. Jahlan said he learned guitar from a man who was offering free classes at his local library and wanted to honor his teacher by ‘playing’ it forward. Jahlan will be at The Workshop space for eight Fridays in March and April and looks forward to sitting down with his acoustic guitar and some lesson plans to teach anyone who wants to learn. Bring your own guitar. All donations go to The Bridge House. For more information or to sign up, please visit www.TheWorkshopPlymouth.com or contact TheWorkshopPlymouth@gmail.com. Other exciting offerings coming up this spring include paint-pour classes, crochet, writing, and sewing. Check out the Web site as classes are added.

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

BRISTOL — The Tapply-Thompson Community Center received a \$7,500 grant from the Greater Lakes Region Children’s Auction. The grant will be used for program scholarships and the Every Child is Ours (ECIO) program. Director, Les Dion said that the Board and Staff of the TTCC are very grateful for the many years of continued support from the Children’s Auction. These funds will help us to give children the experience of summer camp, after school and youth sports. The ECIO funds will help us to continue to provide weekly bags of food to our local students that may be food challenged on the weekends. At this time, the ECIO program, which is a collaboration with the Bristol Police Department, is providing 131 bags per week to Newfound students.

The TTCC is a non-profit recreation department serving the needs of the eight towns in the Newfound community. They offer programs for all ages. For more information on the TTCC programs visit their Web site at www.ttccrec.org.

The Greater Lakes Region Children’s Auction is an annual event held every December in central New Hampshire. The fundraiser made \$2,100 in its first year and has come a long way with the help of countless volunteers and donors who have helped turn it into a major annual campaign. During the 37 years that the community has come together, more than \$6.1 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorships. Thank you, Lakes Region! For more information, please visit childrensauction.com or call 527-0999.



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Edward Jones: Financial Focus

Resilience is key to meeting financial goals

You can demonstrate this resilience by answering these questions: What is your specific goal? What obstacle do you face in achieving this goal? How can you overcome this obstacle? Here are some examples of how this resiliency process works:

Goal: Building sufficient retirement funds
To build sufficient retirement income, you need to invest in the financial markets through your 401(k), IRA and other accounts. But how should you respond when these markets go through periods of volatility? Your best defense is to remain invested. If you were to jump out of the market every time it dropped, you’d probably miss out on the rebounds that followed. Also, over a period of decades, the effects of short-term market fluctuations tend to diminish, so while the results of any particular day or week may not look good on your investment statement, the importance of these results may diminish in 10 or 20 years.

Goal: Maintaining steady cash flow
Keeping a steady cash flow is essential to meeting your daily and monthly expenses. So, it’s obviously important that you maintain sufficient earned income. But what happens if you encounter a serious illness or injury that keeps you from work for an extended period? Depending on the length of time you’re not working, you could feel a real financial pinch, so you may want to consider some type of disability insurance. Your employer may offer a short-term policy as an employee benefit, but it might not be sufficient, so you may need to look at private coverage.

Goal: Keeping retirement accounts intact
Ideally, you’d like to leave your IRA, 401(k) and other accounts intact until you need to start tapping into them when you retire. But what if you face an unexpectedly large medical bill or you need to replace your furnace or get a new car? If you don’t have the money readily available, you might be forced to dip into your IRA and 401(k), incurring taxes and potential penalties and leaving yourself fewer resources for retirement. You can help avoid this setback by creating an emergency fund containing three to six months’ worth of living expenses, with the money kept in a liquid, low-risk account.

Goal: Having confidence in your strategy
To achieve your important financial goals, you need a strategy – and you need to believe in it strongly enough to keep following it during all types of stress on the financial markets. It’s not always easy to maintain this conviction – less than half of Americans are confident in their abilities to recover quickly from difficult financial situations, according to a new survey from Edward Jones. One way to help gain this confidence is by working with a financial advisor. In fact, 36 percent of those surveyed began working with a financial advisor in 2020 for help navigating the past year. The importance of receiving good advice became apparent during the COVID-19 pandemic, which brought about a variety of financial worries, such as job loss, retirement considerations, caregiving for elderly parents or providing financial support to adult children. You will face some challenges on your journey toward achieving your financial objectives. But by being resilient, you can stay on the right road.

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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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CADY Corner

The risks of the party culture

BY DEB NARO
Contributor

Partying among teens and young adults may have been viewed as relatively normal behavior in previous generations, yet these days, given the considerable dangers associated with various drugs and drug behaviors, the risks are far greater. Today's "party culture" is more likely to involve prescription medications combined with alcohol and other drugs, the consequences of which can be very harmful, particularly because people between the ages of 12 and 25 have bodies and brains that are still developing.

Researchers now know more about adolescent brain development than ever before. Although teenagers are fast approaching legal adulthood, their brains continue to experience the intense emotions, unrelenting peer pressure, and quest for short-term rewards that accompanies adolescence. By the time young adults enter college, the parts of their brain involved with reward seeking and stimulation are firing on all cylinders. Couple this with an environment packed with temptation to use intoxicating substances, dangerous situations can arise.

A number of potentially dangerous drugs are easily accessible to teens. Alcohol, prescription drugs, over-the-counter medications, cough medicine, marijuana, K2 or Spice, and household products like inhalants are all misused substances that you might find at home, at a party, or at a friend's house. These drugs may not be heroin or cocaine, but they are not harmless.

With illicit drugs like meth, MDMA, or even "study drugs" bought from a street dealer or questionable online source, an added danger exists as many of these could be cut with other harmful substances. Substances like sugar, lead, caffeine, pesticides, aluminum, and glass are often added to drugs without the buyer's knowledge. Teens and young adults involved in the party culture, can place themselves at far greater risk of exposure to these dangerous substances. Dangerous substances like fentanyl are now commonly cut into street drugs and counterfeit prescription painkillers, posing an extreme risk to users. Fentanyl contains as much as 100 times the potency of morphine, and even a small amount can be fatal.

Studies consistently establish a link between alcohol and sexual assault. As many as 23% of female college students (nearly one in four) report experiencing unwanted sexual contact while they were incapacitated due to alcohol or drugs. Females are not the only ones who experience assault. According to the National Sexual Violence Resource Center, 1 in 16 men are sexually assaulted in college. Being an active part of the college (or high school) party culture may place your teen or young adult at greater risk for being sexually assaulted if they are incapacitated while at a party.

If parents do not talk about the risks of underage drinking and substance use, their children might not see any harm in trying alcohol and other substances. Talking to your child at an early age about the dangers of alcohol and drugs is the first step toward keeping them substance-free. It is important to understand that as students enter junior high, high school and college, the pressure to use alcohol and other drugs increases. That is why it is important to continue the substance-free conversation throughout adolescence and young adulthood.

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 or 238-3555.



RC GREENWOOD

Playoff battle

Hannah Bassett helps to clear the way for Zeke Richardson during the Newfound unified hoop team's playoff game with Belmont on Friday afternoon. The visiting Raiders defeated the Bears by a 46-24 score to advance to the state semifinals.

Sustainable Bristol

Greenwashing

BY LAUREN THERIAULT

Cynics, get ready; today, I am going to tell you about greenwashing. Greenwashing is when a product or company claims something is good for the environment, or eco friendly without actually backing up those claims. The first use of the term greenwashing was in regards to hotels asking guests to reuse towels to save the environment when really it was implemented to save the hotel money. Since then there have been many marketing teams that have purposely greenwashed the public into buying products under the guise of being "eco friendly." I have admittedly fallen for many of these ploys.

Last week, a bottle of Dawn dish soap came home from the store because I didn't have time to buy soap in bulk like I usually do. My son asked "What is

this?" after looking at the infamiliar blue bottle with cute ducks on it, and my husband replied "It's a special soap, you can even use it to clean ducks from oil spills." It dawned (pun intended) on me that my son was being greenwashed. Upon more research I have found out that Dawn dish soap is made from petroleum, how ironic that something used to clean oil spills off of aquatic animals deepens our dependence on the oil industry with every bottle we purchase. Dawn does donate bottles of soap to help injured animals after oil spills, but wouldn't it be nice if they changed some of the chemicals to not rely on fossil fuels, which causes oil spills in the first place?

Another industry that does a lot of greenwashing is the plastic water bottle companies. Have you seen advertisements for "15

percent less plastic" or "new eco-friendly caps." It makes me think "15 percent of what?" What an unsubstantiated claim that is. A plastic water bottle is 100 percent more plastic than a reusable water bottle. I don't mean to make you feel bad about your own choices, but to help shed light on the marketing practices that you may fall prey to.

How can you avoid falling for these tricks? Do your research, know what companies are trying to trick you. If a company doesn't say anything on their Web site about sustainable practices for the earth, animals or people, they probably aren't doing anything. If their website uses a lot of buzz words but doesn't seem to be putting their money where their mouth is, they aren't. If a company is trying to get you to buy more, stay up to date with latest trends, won't

tell you what the ingredients or materials used to make the product are, and claim to be helping the environment but are just adding more waste to the already taxed system, you are probably being greenwashed.

Now the million dollar question; how do you continue buying items you need without being greenwashed? You can try to buy in bulk, or zero waste as much as possible. You can buy locally from small businesses, you could make things from scratch so you know what ingredients are being used. In some cases, it's unavoidable. Pick one area or product you don't want to perpetuate the greenwashing in, I'm picking dish soap, and find an alternative that sits well with you in terms of budget, access, and the impact its production has on the earth, animals and people.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Thinking about loons, already, and the ice is still pretty thick

Back in the early '90s, I was on the Northern Forest Lands Council, charged with envisioning the future of 26 million acres across northern New England and upstate New York. We were expected to make recommendations and then disappear, which we did.

One of my meager suggestions addressed uniform trucking regulations. For years, I'd been hearing complaints

from friends in the trucking business about having to deal with four different sets of weight regulations.

Wonder of wonders, there it was back there 30 years ago, in our final report: "Recommendation 32, to establish consistent truck weight regulations. State transportation agencies should coordinate with one another to establish consistent truck weight regulations across the

region."

Back to the here and now. The New Hampshire Timberland Owners Association sends members a legislative watch-list, which keeps us informed on where bills are in committee and floor-votes, and offers advice on proposals. The TOA gave a thumbs-up on this one:

"House Bill 279--This bill increases the weight allowance for tandem

axles (on truck/trailer combinations where there are more than four axles hauling forest products) to 40,000 pounds for forest products being hauled from log landings. This will make New Hampshire consistent with our neighboring states and will address a perennial problem with weight distribution in chip vans and log trucks."

+++++

Last month's loss of Jefferson's original built-for-purpose town hall (ca. 1872) was a hard blow for a town that could be forgiven for being warier of fires than most. This is the town, after all, that went through the infamous arsons of 1988 and '89, in which more than 20 local or nearby fires were set or unusual.

I had to choose my words carefully in that first line, because so



many of northern New England's towns held their first town meetings in a school, church, or someone's house. In many cases, the town didn't have a town hall until well after it was incorporated. And in many cases, towns were not incorporated until

SEE NOTEBOOK PAGE A5



PSU professor appointed Chevalier in Ordre des Palmes Académiques



Plymouth State University Professor of French Katharine Harrington, pictured at Greenleaf Hut, in sunglasses behind the fleur-de-lis flag, conducts annual trainings with Appalachian Mountain Club (AMC) hut crews on being “French-friendly,” as New Hampshire sees hundreds of thousands of tourists from French-speaking Quebec each year.

PLYMOUTH — Plymouth State University (PSU) Professor of French Katharine Harrington, Ph.D., has been appointed a Chevalier in the Ordre des Palmes Académiques, a national order bestowed by the French Republic, for her efforts and commitment to promoting French culture and language in the U.S. In addition to her role as an educator and mentor at PSU, Harrington also serves as President of the American Council of Quebec Studies, President of the New Hampshire Chap-

ter of the American Association of Teachers of French, and is co-founder of the Bienvenue New Hampshire initiative. The Ordre des Palmes Académiques was originally established in 1808 by Emperor Napoleon and is one of the oldest civil honors bestowed by the French Republic. The title, Knight in the Order of Academic Palms, is bestowed upon a handful of educators living and working outside of France each year. “I am honored to receive this award because it’s not just about teach-

ing French, it’s about making the culture visible in our communities,” said Professor Harrington. “About half of the students that I teach are not majoring in French studies so I don’t want the focus to be on memorizing vocabulary and conjugating verbs. I try to focus on cultural comparisons and I feel lucky to teach French in New Hampshire because of our rich French-Canadian heritage.” Harrington emphasizes engagement with the local community, including both visitors

from Canada and locals with French-Canadian heritage. Her students spend a lot of time working on translation projects for businesses and organizations across the state and have translated everything from menus and Web sites to hiking trail signs. Having materials in the native language is creating a more French-friendly culture and is giving the local tourism industry a boost. New Hampshire welcomes nearly 500,000 Canadian tourists each year; nearly half of whom are visiting from Quebec where French is the primary language. Although many of Harrington’s tourism-based initiatives have been put on hold since the U.S.-Canada border closed in 2020 due to the COVID-19 pandemic, her students are still out in the community elevating awareness of Francophone culture and familiarizing themselves with the nuances of French-Canadian French, which Harrington likes to expose her students to since they are more likely to encounter it in their everyday lives. Last year, Harrington and her students partnered with the Franco-American Centre in Manchester, New Hampshire, to pro-

mote the organization and its mission. When the Centre’s annual Poutine Fest, which is its primary fundraiser, was cancelled due to the pandemic, Harrington’s students crafted social media content, videos and educational materials to raise the profile of the Centre. In previous years, Harrington and her students have also run a month-long after-school French program at Plymouth Elementary School, introducing children to the language using songs, games and themed vocabulary. She hopes to restart the program once it is safe for her students to visit schools. Once the Canadian-U.S. border reopens, Harrington hopes to launch a ‘Welcome Back’ campaign in partnership with Bienvenue New Hampshire and the Appalachian Mountain Club (AMC). Harrington looks forward to working with the AMC staff to provide training, including beginner French lessons, as it prepares to welcome Canadian hikers back to New Hampshire’s trails and mountains. This past summer, Harrington served as a mentor in PSU’s ACE program, which provided training that enabled

professors to be more successful in teaching online courses this year. ACE stands for adaptability, connection and equity, and this framework is used to help faculty plan assignment, course- and institution-level responses to crisis in areas related to teaching and learning. For Harrington, participating in this program was a way to help others reframe the way they teach so the focus is not on the course content and rote memorization, but rather on students’ learning processes. As President of the New Hampshire Chapter of the American Association of Teachers of French, Harrington has organized numerous professional development events, allowing French teachers from schools across the state to connect. Each year, with the exception of 2020, teachers statewide have been invited to an immersion weekend in Colebrook, New Hampshire, at an eco-village run by individuals from Quebec. The weekend allows teachers to come together to speak French with the residents of the village and each other, and take part in a cultural field trip to Canada.

Notebook

FROM PAGE A4

long after being settled.

But wait--what about that word “settled,” and by whom? Many of the state’s meadowlands had already been farmed, for millennia, by people who had no concept of carving land up for individual ownership.

In Jefferson’s case, Paleo-Indian artifacts 7,000 years old have been found in nearby archaeological digs. More recently, offshoot tribes of the Abenaki used what later were known as the Upper Cohassee Intervales as seasonal planting grounds.

The town was incorporated in 1796, but it’s anyone’s guess on how many hunters, trappers, speculators, surveyors, and yes, settlers were there before.

+++++

This from the Loon Preservation Committee:

“The first week of February brought with it the first loon rescue

and release of 2021. During the February 2nd Nor’easter, a juvenile loon crash landed and became stranded at McDaniel’s Marsh in the Sunapee region. Thankfully, a team of concerned onlookers, including Ann and John Donnery and Cynthia Bruss, were able to relay the loon to Maria Colby at Wings of the Dawn Wildlife Rehabilitation.

“After an exam at Weare Animal Hospital and a consultation with veterinarians who are experts on loons, it was decided that the best course of action was to release the loon back into the wild as soon as possible. The loon was banded by LPC Senior Biologist, John Cooley, and released directly onto the ocean at Odi-orne Point.”

The LPC relies on biologists and volunteers to employ a wide range of management strategies, ranging from building floating nesting sites to roping off or flagging sensitive habitat and nesting areas.

In 2020, the LPC said, almost one-third of the

chicks hatched in the state came from its rafts, “and 59% of the chicks hatched came from nests that were protected by signs and/or rope lines.”

Boaters, like any other sector of the outdoor community, have a certain learning-curve. It has taken some time, with some, for the leave-the-loons-alone message to get through. Diplomatic frequenters of the aquatic scene tell me that behavior is improv-

ing.

+++++

A few weeks ago, I wrote about the heart-ache felt by communities with the loss of customary visiting hours and funerals. I called it the kind of “societal glue” often overlooked by mainstream media, the kind vital to a certain way of life, and death.

That last is an aspect I did not convey very well,

but which the original correspondent later did much better than I could have:

“When people grieve together at calling hours, a funeral, and all the other events surrounding a death, (it) is a special type of binding that only happens in that situation and can’t simply be deferred. Human emotions do not stagnate and wait for a more opportune time to be displayed.”

It bears noting that funeral directors have adapted to meet people’s needs, abide by the laws, and adjust to the times. Even so, social bonds are strained.

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



JEN ESTEN — COURTESY

This is a scene that the Loon Preservation Committee hopes will play out all over New Hampshire in a few (it says here) short months. Meanwhile, we’re still measuring the ice in feet.

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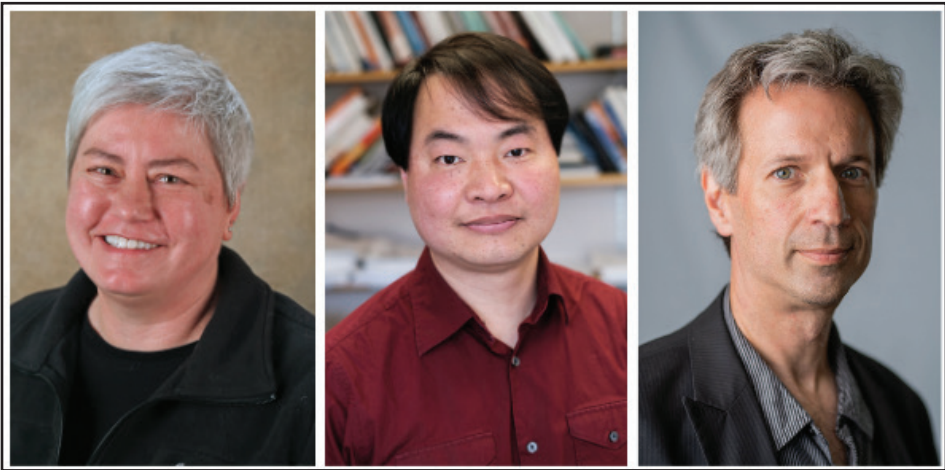
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Plymouth State University puts data analytics at forefront of coursework



Plymouth State University professors Cathie LeBlanc, Ph.D., Daniel Lee, Ph.D., and Jonathan Couser, Ph.D., pictured above (L-R), are working to make data analytics more accessible to faculty and students from all majors at PSU. The University has received a \$25,000 grant from the inaugural Northeast Big Data Innovation Hub Seed Fund Program to assist their efforts.

PLYMOUTH — Data literacy is a critical skill for navigating life in the 21st century; the ability to interpret data in order to predict and influence actions is crucial for

businesses to make progress. Plymouth State University (PSU) is helping to equip its students, in all majors, with data analytics skills through a \$25,000 grant received

from the inaugural Northeast Big Data Innovation Hub Seed Fund Program. PSU is one of 19 institutions to receive funding through the inau-

gural program and was selected from a pool of 40 proposals.

With the grant funds, PSU is developing a Data Analytics Learning Community (DALC) and is offering an interdisciplinary course during the Spring 2021 semester that blends data analytics with traditional history coursework.

The DALC launched in January 2021 with fourteen faculty members attending a week-long workshop during which participants learned about data analytics as well as major principles in the science of learning and how those principles can be applied to the teaching of data analytics content. The workshop focused

on helping PSU faculty learn how to integrate data science into their general education courses. Faculty from various programs explored methodologies and activities they could repurpose for their courses, allowing them to experience the exercises in the same way students would. The learning community will also help faculty think about different ways in which data science and analytics can be applied to their unique disciplines, and help expand existing literature on the effectiveness of faculty learning communities in spreading the use of active learning and inquiry-based pedagogies.

“This grant funding will help our faculty and

students increase their data literacy skills – not just how to interpret data, but why we analyze data and where the numbers come from – across a wide variety of majors,” said Cathie LeBlanc, Ph.D., Professor of Digital Media and General Education Coordinator. “Since each of the workshop attendees is committed to including a data science project in at least one of their classes, 350 students will be exposed to data analytics, many of whom are not STEM majors.”

The DALC will continue to meet monthly in an effort to maintain their commitment to incorporating data analytics into their general education classes. PSU is kicking-off this commitment with a team teaching lower-level general education course, which represents the next step in PSU’s implementation of the Integrated Cluster Initiative, for which the University has received national attention.

The blended course, Making Sense of “Madness:” Numbers and Narratives is being taught by professor of economics and data analytics expert Daniel Lee, Ph.D., and teaching faculty member and historian Jonathan Couser, Ph.D. The course will challenge students to answer the following questions by analyzing data from different time periods:

How does society decide an individual’s mind counts as “healthy” or “ill?”

If someone does not meet norms of “sanity,” how will institutions manage and treat them?

Will they be sequestered from the community or restored to it?

“Many students have a math phobia, so it is important to introduce them to data within the context of a topic they are passionate about,” said Lee. “Data analytics itself is an interdisciplinary subject and we’re passionate about introducing it to students from a variety of majors, such as criminal justice, finance, psychology and nursing.”

The course is divided into four units, with each unit culminating with an analytical project. The course’s final unit, Mental Health and Cultural Representation, will ask students to use textual sentiment analyses of poems, music and films, to investigate the evolution of perception with regard to mentally ill persons in society.

“It’s great to have a collaboratively taught course such as this, for both the students and for us,” said Couser. “Our students benefit from the interdisciplinary nature of the course, and faculty benefit from developing the curriculum, teaching and evaluating student work. I am learning from Professor Lee, and vice-versa.”

To learn more about Plymouth State University, visit www.plymouth.edu.

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Girls

FROM PAGE A1

Fairbank drilled another three-pointer for the 9-1 lead for Newfound.

Jaiden McKenna drilled a three-pointer for the Golden Eagles but Bohlmann and Huckins hit back-to-back baskets and McKenzie Bohlmann hit a free throw to stretch the lead to 14-4 for the Bears.

Carr came back with a pair of free throws for Gilford before Malina Bohlmann finished off her own steal with a bucket. Maegan Shute hit a hoop for the visitors and Gilford was within 16-8 after the first eight minutes.

Malina Bohlmann started the second quarter with a hoop but Ryan Guyer answered with a three-pointer for Gilford. Tiffany Doan came back with a long ball at the other end and then Malina Bohlmann drained a pair

of baskets to push the lead to 25-11.

Shute hit a pair of free throws for Gilford but MollyLu McKellar hit for two at the other end of the court. Shute got the final basket of the half for the Golden Eagles and the score was 27-15 for the Bears at the break.

Newfound held the Golden Eagles to just three points in the third quarter and put the game out of reach. Huckins started the scoring with a hoop and then Fairbank and Doan hit back-to-back three-pointers for the 35-15 lead.

Huckins drained a pair of baskets and Fairbank hit for yet another three-pointer. Carr finished off a steal for Gilford's first basket of the third quarter but Fairbank answered at the other end with a three-pointer.

Alysen Pichette got a free throw for Gilford

but Malina Bohlmann finished off the third quarter by putting back a rebound for the 47-18 lead heading to the fourth quarter.

Shute started the final frame with a hoop but McKellar, Huckins and Mackenzie Bolhmann continued the attack with baskets and McKellar drained two from the free throw line. Carr hit a three-pointer for Gilford and then converted three free throws in two trips to the line to make it 55-26.

Tea Rodney drained a three-pointer for Gilford but Rylee Barney responded with a three-pointer for Newfound. Carr answered with her own three-pointer but McKellar and Matti Douville finished out the scoring with baskets to give Newfound the 62-32 win.

"We felt good going into tonight's game," said Williams. "We knew we

weren't where we were last time (the two teams played) as a team.

"Balanced scoring, that's what we had tonight, we shot the ball well," the Bear coach continued. "And we played good defense too."

Williams praised the work of her team both on the court and off as the girls continue to work hard.

"This team, when I say something, they listen, they take it to heart," the Newfound mentor said. "They pay attention, they care, they want to win. And they're a nice group of kids to boot."

"We beat COVID, but we lost to the injury bug," said Forge, pointing out that the Golden Eagles have played a good chunk of the season without Maura Hughes and Vanessa Flanders, two of their top options. "We're shorthanded. You lose two starters like that, it's

tough because we're not a deep team.

"But that's not an excuse," the Gilford coach continued. "We still have to show up and play. It gave the freshmen an opportunity to play."

Fairbank finished with 15 points, all from beyond the arc, to lead all scorers, while Malina Bohlmann added 14 and Huckins put in 11 points. Carr led the way for the Golden Eagles with 14 points.

The Bears moved on to face Belmont in the preliminary round of the tournament and came away with a 39-28 win.

"This wasn't a pretty win, but it counts," said Williams. "Our defense definitely won this game for us."

She noted that Belmont would take a bunch of passes before getting a shot and the Brears had trouble hitting layups and foul shots.

"It's always tough

to play on the road, but we came home with the win and advance to the quarters, and that's what counts," Williams said.

Malina Bohlmann scored 15 points to lead the Bears while Huckins added 13 points.

NRHS 16-11-20-15-62
GHS 8-7-3-14-32

Newfound 62
Fairbank 5-0-15, Mal. Bohlmann 7-0-14, Doan 2-0-6, Mac. Bohlmann 1-1-3, Huckins 5-1-11, McKellar 3-2-8, Douville 1-0-2, Barney 1-0-3, Totals 25-4-62

Gilford 32
Guyer 1-0-3, McKenna 1-0-3, Carr 3-6-14, Pichette 0-1-1, Shute 3-2-8, Rodney 1-0-3, Totals 9-9-32

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

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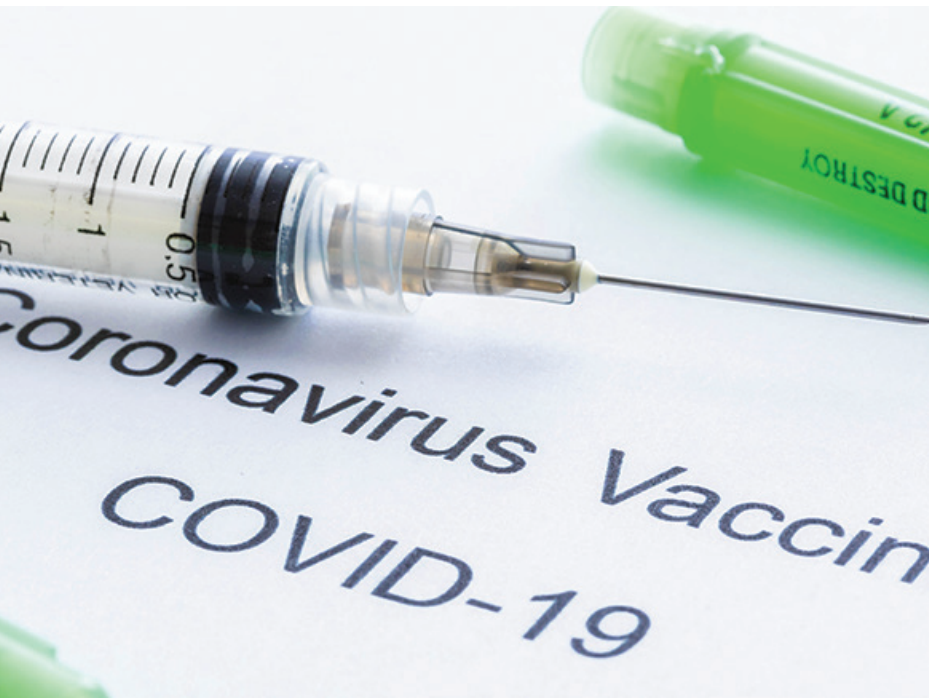
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TTCC

FROM PAGE A1

present, that have made the Center what it is today. They all believed in the importance of community recreation and having a place that kids and adults could call their ‘home away from home,’” Dion stated when asked for her opinion on what the Center means to the community. “I am honored to work with an amazing staff to continue the many traditions that have been a part of the Center programs from its beginnings.”

Of course, there was a time in Bristol when there weren’t many options for the youth of the community to turn to regarding social clubs and organizations.

In the mid-1920s, a man named Rev. A. Brownlow Thompson came to Bristol as minister for the then Methodist Church. He noticed that, while there were many creative and social opportunities for adults, the same didn’t exist for kids. Along with maintaining his responsibilities as minister, Rev. Thompson founded a boys’ club that attracted many members. Still unsatisfied, he envisioned and proposed a central meeting place for the youth. Alas, he was shut down seeing as many didn’t view it as necessary and it wasn’t like any other town had established such a place. In 1935, Rev. Thompson left Bristol with the formation of the Federated Church, and when he

returned in 1942, it was apparent that youth activity had declined. He worked to bring back and increase youth involvement, and by 1946 Thompson’s goal had been reached. The Federated Committee had finally decided to sign for the expenses of a full-time director, and filling that position would be a former member of the Reverend’s boys’ club, Richard Tapply.

Richard “Wink” Tapply is well-known in our town for being the Community Center’s first-ever director. Assuming the role of apprentice under Rev. Thompson, he learned how to guide and administer while following their philosophy, “If one young adult life is influenced for the good, it is money well spent,” as noted in History of the Bristol Community Center written by Charles E. Greenwood.

While it was difficult at times to earn public support, Tapply was determined to create a center where children could participate in meaningful activities that would later contribute to their future. And that he did.

Mr. Tapply’s son, Richard Tapply, assumed an active role in the Community Center during his youth, and has maintained that role by participating in Center-run events, and keeping his ties with the Bristol community. After interviewing Mr. Tapply we were provided with a greater insight into the center’s impact on the community and how today’s youth can be driven to continue and improve that influence.

“Rev. A.B. Thompson’s influence on my father and consequently my dad’s influence on the youth of Bristol,

including myself, came from a real strong belief by the Reverend that recreational activities for young people was critically important to their spiritual, social, and athletic upbringing. It wasn’t just the youth that was involved, but families were actively engaged and involved in all of the events, activities, and programs that were offered,” Mr. Tapply stated when asked about the center’s impact on the community. “There was just such a variety of activities coming out of the community center that if you weren’t interested in one, you were certainly interested in another. The community center was a hub of activity 24/7 for both kids and adults. This is where people were able to socialize and spend time together.”

We also asked Richard Tapply his opinion on how to inspire today’s youth to be just as influential and impactful on the community as his father and the Reverend were.

“We often hear that what we did back in those days would never work now because kids are different,” he recalled. “My dad would get so upset when he heard that, because he believed that kids aren’t different. The fundamental needs of youth are timeless. They need opportunities to feel good about themselves, they need opportunities for recognition, they need opportunities to go to healthy, social, and wholesome events, and they need opportunities to explore the things that they might love to do. Those things haven’t changed.”

Concluding our interview with Mr. Tapply, we

asked if he thought that the T.T.C.C. today meets the expectations and hopes that the founders had originally envisioned. In his response, he expressed pride and gratification.

“By the time my dad left, the T.T.C.C. was considered to be a model for small-town recreation.

creativity of it, and the involvement of the entire community,” he said. “I think that the T.T.C.C. today is doing just that as well. They are doing an incredibly good job of involving the community. As a Tapply, I am very, very proud of what the community center continues to do

Pemi Valley DAR welcomes new member

Pemigewasset Valley Chapter Daughters of the American Revolution recently welcomed Kathy Grabiek as a new DAR member. Kathy and her late husband, Tom, moved to New Hampshire from Colorado about 20 years ago. Formerly, they had two insurance offices in the area: Tom Grabiek



COURTESY

Allstate office in Tilton and later an independent agency, Tom Grabiek Insurance Group in Meredith. Kathy keeps busy in her retirement in the town of Rumney as a Supervisor of the Checklist. She is a keen fly fisher and gardener. Her other volunteer activities are with Trout Unlimited, a non-profit conservation organization for the preservation of the cold water resources; Rumney Old Home Day; Rumney Fire Auxiliary; and Beta Sigma Phi Sorority. For the past 40 years, Kathy has been a regular blood donor, giving 13 and a half gallons over that time! Pemigewasset Valley Chapter DAR is delighted to welcome this talented lady to our membership. Any woman interested in joining Daughters of the American Revolution is encouraged to contact Paula Woodward at woodwardpm1@gmail.com or call 536-4778.

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Boys

FROM PAGE A1

seer gave up through the game,” Mitchell continued. “This team really laid the foundation for what Newfound boys’ basketball will look like the future.”

The Bear coach noted that he is very excited to see what the future will hold for the returning players as they come back for another year.

“They are truly an amazing group of players and young men,” Mitchell said. “I believe (next year) is going to be special just like this team was this season.”

Mitchell noted that many of the players on the team impressed him throughout the season, but he came away especially impressed with the play of Malaki Ingram and Ryan Berg.

The Newfound coach pointed out that Ingram continued to show night in and night out that he was one of, if not the best player on the court. He increased his points per game average to right around 18, which is up from about 15 last season.

Mitchell also noted that Berg made the biggest jump for the team, moving from the JV

to the varsity this season and came in and outworked everybody and became one of the team’s two best options on the offensive end. He scored 10 points in the playoff loss, netted 14 against Mascoma and 21 against Inter-Lakes.

“As juniors, they both had a big season and I believe with their dedication to the game, they will only be better next year,” Mitchell stated.

The Bear mentor noted that in a season that was filled with all sorts of different obstacles, he was proud of the work that the kids did.

“I’m so proud of what we did this season, especially with all the restrictions and guidelines,” Mitchell stated. “The team just went out there and played hard every night. Great step in the right direction.

“I want to thank everyone involved with the Newfound boys’ basketball program, players, families and coaching staff,” Mitchell added.

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



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RC GREENWOOD

On to the Final Four

MollyLu McKellar looks to the basket during Newfound's quarterfinal win over White Mountains Regional on Sunday. The win propelled the Bears into the Division III semifinals. Newfound will be taking on Fall Mountain today, March 11, at 5 p.m. at Trinity High School in Manchester. The finals are set for Sunday, March 14, also at Trinity High School.



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Reece Sharps on Fall Dean's List at UNE

BIDDEFORD, Maine — The following student has been named to the Dean's List for the 2020 Fall semester at the University of New England (with campuses in Biddeford and Portland, Maine and Morocco): Reece L. Sharps of Bridgewater.

Sharps' announcement from Dean Karen T. Par-due states "Your excellent academic performance this semester has qualified you to be placed on the Dean's List for the Westbrook College of Health Professionals at the University of New England. I want to applaud you for your outstanding academic performances and let you know that I recognize how challenging it can be to succeed academically with the numerous obligations and commitments facing today's students. The University of New England prides itself on the quality of its academic programs and students. You have certainly added to that pride and I commend you for your accomplishment."

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

Sharps has continually been on the Dean's List since she started school here in the Fall of 2017 and continued her excellent record this past Fall.

Sharps spent her Fall 2018 semester year in Tangier, Morocco earning five straight As. She is studying to become a nurse practitioner. She will graduate this May as an RN.

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



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