

Bristol celebrates the spirit of the season

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — Crowds overflowed a brightly illuminated Central Square in downtown Bristol last Friday to help ring in the holiday season with popcorn, roasted chestnuts, cider, and hot foods and drinks from the Bristol Lions Club.

Emceeding the affair was Alan Blakely who led the crowd in applause for those who gave their time in readying the town for the holidays. Among those were Steve and Jodi Favorite, with assistance from the Bristol Fire Department, who decorated the towering tree once. Fellow Decorating Committee and Events Committee members Marylee Guertin, Lucille and Tom Kee-



Kera, Madison, Kendall and CJ of Bristol saved a seat for Santa on a bench in Central Square before the tree lighting festivities last Friday.

Space Needs Committee asks for building options

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — An overwhelmingly negative response at the second public hearing on plans to build a new town hall and renovate the existing municipal building for the police department had the Bristol Space Needs Committee wondering if it can bring a plan to the voters in March.

“At the end of the night, I felt like a boxer after 12 rounds,” commented Chair Edward “Ned” Gordon when the committee met to decide its next steps on Nov. 20.

a way to save money, while renovations of the Bristol Municipal Building were scaled back to make as much use as possible of the existing walls, rather than building new ones.

Despite those cost-saving measures, a professional assessment of the plans put the construction cost higher than estimates for the original plan. Gordon pointed out that the \$3.4 million estimate included contingencies to handle unexpected costs and he said he believes the town could get the price down to \$3 mil-

gan, Joanne Gelderman and Hilda Bruno helped hang lights, wreaths and other ornamentation throughout downtown Bristol and musical entertainment that night was provided by Libby

Danahy, who gathered everyone for the singing of Christmas carols and other holiday favorite tunes as they awaited the arrival of Santa.

The results were greatly appreciated and

praised by all who filled the square.

“We just bought a house up here so this is our first tree lighting in Bristol. This is wonderful and we’re so happy to be a part of this commu-

WMUR meteorologist Josh Judge pays a visit to Hill



(Left) Channel 9 Meteorologist Josh Judge and Santa had some fun at Hill Library on Tuesday, recreating the pose on the cover of his book “Be Nice to the Weather Guy,” of which all proceeds will benefit the boys and girls at CHaD in Lebanon.

snowstorm; I’ve got it in sight! Merry Christmas to all and to all a good night!”

It later turns out to be not what the public wanted to hear however as a classic N’oreaster rolls in and he wrote, “The folks in New Hampshire, Massachusetts and Maine woke up the next morning and called me very bad names!”

The publication is done with brilliant illustrations from Ginger Nielson and at the back of the book there are weather facts included that can be of interest to all who live in New Hampshire.

For the past several weeks Judge has been touring the state to promote his book and proceeds from all sales will go to CHaD (Children’s Hospital at Dartmouth) in Lebanon.

Judge said he has written a few books in the past and found them to be time consuming. The idea for the book came from some fun Judge had writing a poem he made up for the WMUR Facebook page one night last Christmas. That poem went viral and later became an on camera reading that climbed even higher in social media ratings. Pushed to write a book based on the poem, Judge said he hesitated



Three generations of the Burns family gathered in Alexandria for the holiday weekend, where participation in the Bridgewater Turkey Trot is a longstanding tradition.

Good weather keeps spirits high at Turkey Trot

BY DONNA RHODES
dhrhodes@salmonpress.news

BRIDGEWATER — Thanksgiving morning dawned clear and bright in Bridgewater, bringing more than 245 people out for the an-

nual Turkey Trot 5K in support of families and seniors in need of a boost for the upcoming holidays.

“The participant numbers are up this year, and we’re real-

ly excited,” said Holly Kerouac, owner of the Newfound Grocery (now doing business as Newfound Country Store), which hosts the community fundraiser each November.

Past years have seen some inclement weather, but this time many people were eager to take advantage of the sunshine and be part of what has become a tra-

Holiday season comes to Bristol

ALL PHOTOS BY DONNA RHODES



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Festival of Trees becoming a popular expansion of Bristol's holiday festivities

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — For the second year in a row, the Festival of Trees this past weekend was an expanded addition to the Bristol Tree Lighting ceremonies, supporting the annual community musical at Newfound Regional High School, which is held each spring.

In its inaugural year, the festival had 21 participants who created beautiful and cleverly themed Christmas trees that were raffled off to the public. This year, organizer Stephanie Wiencek, who directs the musicals, was excited to see the event grow and draw more community support.

“This year, we have 46 trees that have been donated. It’s amazing to see this festival double in size in just one



DONNA RHODES

A Christmas Farm tree created by White Mountain Smile Makers from Central Square in Bristol was among the favorite entries in the second annual Festival of Trees last weekend.



DONNA RHODES

The Muzzey Family’s “Peanuts Christmas” tree was a big hit with children of all ages during the 2017 Festival of Trees, proceeds of which benefited the annual Spring Musical for the Newfound Community.

beautiful shades of purple or pink while other contributors leaned more toward the creative side, using stacks of books or cupcakes to create a classic Christmas tree shape. Many downtown businesses and civic organizations took part with their own clever donations, too.

In just their first year in Bristol, Cielito’s Mexican Restaurant teamed up with Justin Wheeler of North Woods Gifts and Gallery to design a tree hung with ornaments created by Wheeler, bearing fun messages like “Merry Taco” and “Happy Enchilado.”

Imagine clothing store, Basic Ingredients Bakery and Gifts, Bridgewater Inn, the Picked and Polished Shop from Alexandria, Bristol Rotary Club, Brownie Troop 2360, and even the local teacher’s union were just a few of the local community partners who contributed trees to the festival.

Among those that drew a lot of special attention though was White Mountain Smile Maker’s Fairy House-

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Local activists step up efforts to halt Northern Pass, wind power

BY THOMAS P. CALDWELL
Contributing Writer

REGION — Local activists opposed to renewable energy in the form of wind and hydroelectric power are striking hard to turn away the direct-current Northern Pass project and the proposed Spruce Ridge Wind facility.

Vincent Paul Migliore of Bridgewater, a state representative from Grafton District 9, hand-delivered letters to the selectmen in his towns, encouraging them to act quickly to adopt rights-based ordinances which assert local authority to defend against projects that residents oppose.

New Hampshire Wind Watch, based in Bristol, is supporting the Nature Conservancy’s purchase of 2,700 acres at Kimball Hill, an undeveloped parcel of land near Sculptured Rocks in Groton that was targeted for the Spruce Ridge Wind project.

Migliore said that adoption of rights-based ordinances at the 2018 town meeting is the only option left for opponents of Northern Pass, which is making its way through the regulatory process in Concord.

“That’s the only solution that I can see at this point, and it’s getting very, very late in the game to do so,” Migliore wrote.

“You will likely receive advice from counsel that making any such effort ... will be meaningless, but

so is doing nothing or attempting to work through a regulatory structure that is only designed to mitigate the harm after-the-fact, instead of protecting people and the environment up front,” he wrote.

“Like anything else worthwhile, this will entail a little more effort than normal on your part as the people’s representatives to find the way to inoculate your (our) town from the perils that accompany Northern Pass — or any future challenge: hence the need for a vaccine now. ... For this effort you must focus, focus, focus and narrow the effort to only what will work for your town in preventing Northern Pass from proceeding legally.”

Rights-based ordinances purport to receive their authority from the Declaration of Independence and New Hampshire’s constitution, both of which state that government derives from the consent of the people. Many of the current New Hampshire laws reverse that, saying that municipalities can only act on powers granted by the state.

A Constitutional Amendment Concurrent Resolution No. 19 (CACR19), sponsored by Representative Ellen Reed of Newmarket, with co-sponsorship by members of both parties, including Migliore, would establish community rights as part of the state’s

Bill of Rights.

“I expect this legislation to be referred to the County & Municipal Government Committee, which coincidentally is my assigned role as your State Rep,” Migliore said.

The Nature Conservancy plans to place a conservation easement on the Kimball Hill property to prohibit development and

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year. People were so willing to donate a tree to the cause, and a lot of people have been by to not only admire the trees but buy raffle tickets in hopes of winning one,” she said.

Held at the Bristol Town Hall, people were encouraged to purchase tickets as a donation to the musical, then drop those tickets into jugs in front of any of the fully decorated trees they hoped to take home.

The choices weren’t that easy though.

Some trees were elegantly decorated in

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Sat. Dec. 2 8:00 AM–10:00 AM 9:00 AM–12:00 PM 10:00 AM 10:30 AM–8:00 PM 12:00–3:00 PM 4:00–5:00 PM 4:00–5:00 PM 4:30–5:00 PM 5:00 PM 6:00 PM 6:00 PM 6:00 PM	7th Annual PES Jingle Bell 5k Trail Run/Walk For registration and information, contact ssanborn@pemibaker.org Wreath Making Workshop — Fairgrounds Road BYOD — Bring your own decorations. Drop-by session but reservations required (Dick Flanders 536-1376). Proceeds benefit the Plymouth Historical Society. (\$5/wreath) PES Pancake Breakfast — Plymouth Elementary School Following the 5k (Admission by donation) Festival of Trees — Plymouth Regional Senior Center (continues) Kids Holiday Bash — Plymouth Elementary School (Kids K–5) For registration and info, call Recreation Department (536-1397) Main Street Banks open for warming Warm up with free hot cocoa at Bank of NH, Northway Bank, or Meredith Village Savings Bank Cookie-Creation with the Elves — Town Common Fun & Delicious! Kids of all ages decorate their own holiday cookies – by CADY Launch. Holiday Carol Sing-Along — Town Common Lead by Tim Keefe. Holiday Parade Begins Bands, Floats, Walkers, Horses, Dancers, and, of course, SANTA! “Chill-Buster” Bonfire and Barbeque — Green St. (across from Senior Center) Alex Ray and Plymouth Rotarians serve up chili, chowder, burgers, dogs & hot drinks under the tent (fee) with a bonfire to keep you warm. Visit with Santa —Plymouth Regional Senior Center Kids check in with Santa, adults warm up. Pemi Youth Center elves serve free hot cocoa. Fireworks! — Great viewing from the Amphitheatre at the Riverfront Park or from most anywhere in the town center.
Sunday Dec. 3 1:00–3:00 PM 1:00 PM	Skate with Santa — PSU's Hanaway Ice Arena Visit with Santa and skate for FREE! Skates available, or bring your own. Light refreshments. Photos with Santa. PSU Choirs: A Joyful Noise — Silver Center for the Arts Begin the holiday season with the PSU Choirs, guest orchestra, and Dan Perkins. Featuring excerpts from Karl Jenkins’ “The Armed Man: A Mass for Peace,” and seasonal favorites (Fee).

SPECIAL THANKS to our MAJOR CONTRIBUTORS

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From the Editor's Desk

Put a little love in your heart

Along with the bright red ribbons, boughs of holly, and countless images of Jolly old Saint Nick that seem to greet us everywhere we go during the holidays, those of you who have braved the malls or, better yet, stayed closer to home and browsed the shops in your own community this season have likely encountered another iconic holiday staple in your travels — the dedicated volunteers who bundle up and brave the chilly air to collect donations for organizations such as the Salvation Army.

These hearty souls can be seen everywhere, from their traditional outpost on Main Street in Laconia to the entrance of the Wal-Mart supercenters in Gilford and Tilton. Always ready with a cheerful greeting and a warm smile for the crowds of shoppers who file past them every day, their presence serves as an important reminder to all of us that now, more than any other time of year, is the time to turn our thoughts toward the less fortunate among us ... and that sometimes, the greatest gift of all can be a helping hand in a time of need.

Even though all indications seem to point to our economy being on the rebound, caution continues to lead many of us to tighten our belts more than usual when it comes to our holiday shopping. That, coupled with the stress of dealing with family dysfunction or traveling away from home for the holidays can make it all too easy to forget that times are that much harder for those who were not fortunate enough to be buoyed along by our recovery from the recession of just a few years ago. Right here in our own backyard, there are a great many families who have fallen on hard times, often through no fault of their own, and who have nowhere left to turn for help but the generosity of strangers.

Fortunately, there is no shortage of charitable organizations throughout the Lakes Region and beyond that are prepared to meet the growing demand for assistance, but only with the support of their respective communities. So, as you rush around this season grabbing those last-minute stocking stuffers or that much sought-after game system, we encourage you, our readers, as we do every year at this time, to think of your fellow man and, as Jackie DeShannon so eloquently said, put a little love in your hearts. Take a moment amid the hustle and bustle to remember the true meaning of the season by offering a helping hand to those who need it. Whether it involves dropping off a toy for the Wolfeboro Police Department's Children's Christmas Fund; a donation of canned goods to the Lakes Region Food Pantry in Moultonborough; a monetary gift to the Tilton-Northfield-Sanbornton Christmas Fund; a donation of used clothing to Goodwill in Belmont; a shopping trip to fulfill the wish list at Bristol Community Services; a donation in support of the annual Keep The Heat On fundraiser in Plymouth; or simply by slipping a handful of bills into one of the bright red Salvation Army coffers manned by those spirited, bell ringing volunteers, remember that it only takes a small amount of effort to make the season a little brighter for a neighbor in need.

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Phone: 603-279-4516 • Fax: 603-279-3331

Frank Chilinski, President & Publisher

Ryan Corneau, Information Manager

Brendan Berube, Editor

E-mail: newfound@salmonpress.news

Joshua Spaulding, Sports Editor

Donna Rhodes, Reporter

Advertising Sales: Tracy Lewis

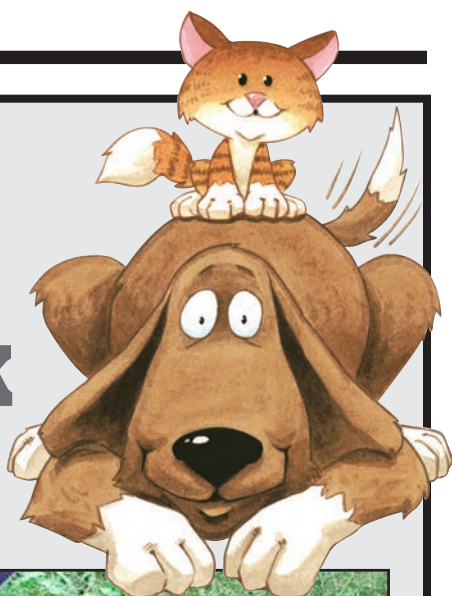
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PET of the Week Bronx



60lbs of glorious rippling muscles draped in an alluring tan and white coat describes Bronx the American Staffordshire Terrier, aged about two.

He was surrendered to New Hampshire Humane Society in August – his former owner could no longer care for him -life at the animal welfare agency was bumpy for him until he started to understand the rhythm of the shelter and got to know his staff and volunteer handlers.

He's a very strong boy but he loves to cuddle and snuggle. Bronx is learning what it means to be a dog that doesn't have



to worry about social settings and has developed quite the human fan club here.

We want to do right by him, place him in a home that can handle and encourage appropriate play, get him

used to and monitor him when enjoying the great outdoors (there was an incident with a groundhog in his former life) take him for rides in the car and immerse him in your life as a com-

mitted dog owner.

Bronx is outgoing and a bit of a clown, a great companion in the waiting for an energetic owner – come and visit him or check www.nhhumane.org

Who we are, what we do

BY DEB NARO

Contributor

For those new to Communities for Alcohol-and Drug-free Youth (CADY), let us tell you a little about our non-profit. Our mission is to educate, engage and empower our schools and communities to prevent and reduce youth alcohol, tobacco, and other drug use and to promote healthy environments and promising futures. Our vision is to have families, schools, and communities that are informed about the importance of prevention, that actively participate in prevention efforts,

and who encourage low-risk behavior; and to have significantly higher numbers of healthy, drug-free young people who do the same.

Our signature experiential programs include the Launch Youth Entrepreneurship Program: Since 2005, 275 youth have been educated and engaged by this nationally-recognized program with year-round skill building including pre-employment skills, leadership development, and paid summer employment through our collaboration with Alex Ray and the Common Man Inn. The Launch

is the sole youth employment program in Central New Hampshire. In 2012, this hands-on, high-impact youth program has spotlighted by the White House as a program to emulate nationwide. The very nature of LAUNCH helps to close the opportunity gap so prevalent among youth in the Pemi-Baker and Newfound regions.

The YAAC (Youth Advisory And Advocacy Council): Since 2009, 85 youth have served as leaders in prevention, and mentors who influence positive change with their peers, community, and the state.

The YAACs were recipients of the State-wide, 2015 New Futures Youth-In-Action Award for their regional outreach initiatives and exemplary advocacy, testifying before the Senate Finance Committee to increase funding for prevention in the state budget. The YAACs have also presented before Plymouth Rotary, Presidential Candidates, and annually at the Regional Prevention Summit.

Restorative Justice Court Diversion Program: Since 2007, 190 youth have been given a second chance to take re-

SEE CADY, PAGE A11

Strategies for Living

A poolside miracle

BY LARRY SCOTT

For 38 years, the man had been camping out at the Pool of Bethesda in Jerusalem, believing that if he could get into the pool “when the water was stirred” he would be healed. Unfortunately, someone else always seemed to get into the pool first. And then Jesus came along. “Mister,” He asked, “would you like to get well?”

What a way to get a man's attention! Bill Gaither, on his DVD, “Pure and Simple, Vol. 2,” then makes this observation:

When Jesus saw the lame man who had been unable to get into the healing waters for 38 years, he asked him a simple question, “Do you want to get well?” And the man, of course, said, “Yes!” But what Jesus was really asking him was, “Are you prepared to accept the responsibility

that goes along with being well?”

This brings up two issues that are of interest to me.

First, the pressures of life that I would most like resolved may be the very issues God is using to challenge and strengthen my life. It is seldom easy for me to be moved out of my comfort zone, to be forced by circumstances to reach a new level of maturity, but life it seems has often been the crucible by which God has helped me to grow.

In his book on Sacred Marriage, Gary Thomas asks this question, What if God didn't design marriage to be “easier?” What if God had an end in mind that went beyond our happiness, our comfort, and our desire to be infatuated and happy as if the world were a perfect place? What if God designed marriage

to make us holy more than to make us happy? (page 13).

Good question! If God's primary forum for growth is to be found, not in the church, but in the home, if it is in marriage that I discover my greatest weaknesses and develop my greatest strengths, if it is in this most challenging yet rewarding of all relationships that I am able to grow and mature, then this may, indeed, be God's special moment in my life. God is interested in my happiness, but, I am convinced, He is far more interested in my development and my character.

Secondly, in asking God to deal with the crises of life I face I often fail to accept the fact that there goes with God's deliverance a responsibility. The world will seldom be impressed by my high

moments, when the sun is shining and everything is going well. It is only in those moments of despair and crisis that I am best able to demonstrate that God's strength is sufficient no matter what the circumstances. As the age-old chorus has it, “Standing somewhere in the shadows, you'll find Jesus.”

None of us is so morbid as to wish on anyone the 38 years the man spent by the pool, but it was there that he met the Master. He had not been forgotten; heaven knew where he was and what he was going through. Suddenly, and taken by complete surprise, the rough cobblestones beside the pool were transformed into a place of divine encounter. Heaven came through!

You want to talk about? Hit me up at rlarryscott@gmail.com.

Recent finds make Bering Strait theory much harder to accommodate the facts

Archeological digs in Randolph, Jefferson, Berlin and Colebrook during the past two decades are helping spur new debate over just when the peopling of the Western Hemisphere occurred, and from whence.

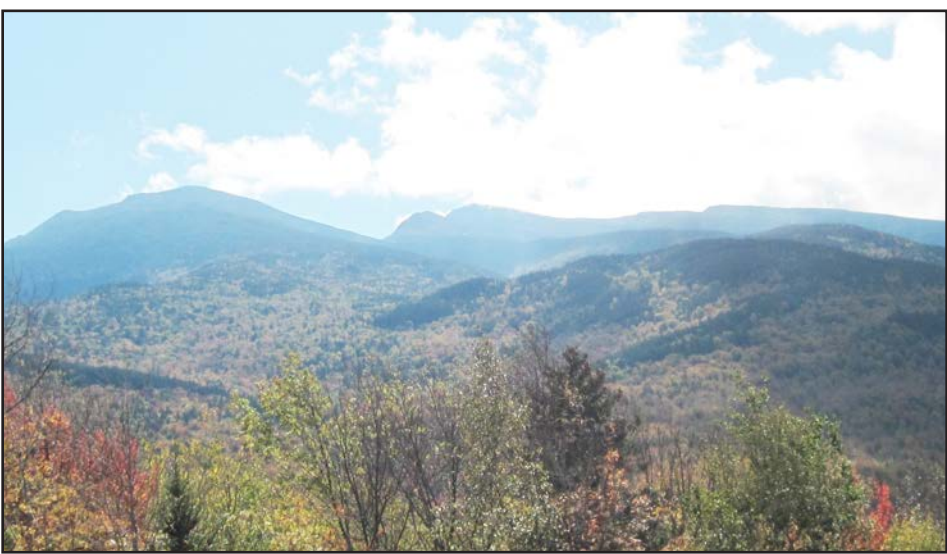
A recent report by three well-known paleoindian experts helps challenge to the conventional wisdom that the first people came to this hemisphere by crossing the Bering Sea land bridge approximately 15,000 years ago.

Conjecture derived

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

from recent digs in northern New England now puts the first human habitation here, around the edge of the melting glaciers, at about 14,000 years. And many other digs and carbon datings far to the south, in Florida, California, Central America, and South America, have yielded bones and artifacts dating to 15,000 to 20,000 years ago, and perhaps



Part of the Presidentials skyline as seen from Route 2—pretty much what people 14,000 years ago would have seen, except for the trees.

in the sub-Arctic, I soon learned, were piles of stone built to resemble people—to help herd caribou toward a choke-point, where hunters using bows and spears would have their best chance.

For many years I lived on Route 2 east of Jefferson, very near to where archeologists and helpers were excavating one of the better Jefferson sites. I had often hunted that hillside, and further news about paleoindian hunting made me want to visit the dig again.

James L. Morris, 62

BRISTOL — James “Jim” L. Morris, 62, of Hall Road, Bristol, died at Concord Hospital on Friday, Nov. 9, 2017.

Jim was born on April 19, 1955 in Camden, N.J., the son of Leslie and Annabelle (Lovett) Morris. Most recently, he was a high school English teacher at Pembroke Academy and at Franklin High School before that. Jim also worked for Camp Kenwood and Evergreen as a transportation coordinator for many years.

Jim was an Elder and a Worship Leader at the Lakes Region Vineyard Church. He enjoyed wood working and restoring furniture, and was known as a jack of all trades. Jim truly enjoyed teaching and mentoring.

Jim is survived by his mother, Annabelle Morris; his wife of 41 years, Paulette Morris; three sons, Paul Morris



and his wife Katie and their children Abigail, Brianna, and Isabella, Matthew Morris and his wife Carly and their children Kayly and Zayn, and Micah Morris and his wife Elisha and their children Jaden and Adelynn; a daughter, Jennifer Lyford, and her husband Jamie and their children, Joselynn, Annabelle and Jeffrey; two brothers, Stephen Morris and Scott Morris; a sister, Karen Stewart; as well as many nieces and nephews.

He was predeceased by his father, Leslie Morris.

A Celebration of Life Service will be held at 2 p.m. Saturday, Dec. 2 at Laconia Christian Academy, 1386 Meredith Center Rd., Laconia.

A private burial will be held in the Doll-off-Morris Cemetery, Meredith.

In lieu of flowers, the family requests that memorial donations be made to the “Family Mentoring Training Fund” at the Lakes Region Vineyard Church, 175 Mechanic St., Laconia, where Jim was a Family Coach Pastor. Questions on donation details may be directed to the Church office, 527-2662.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

more.

This does not square with the Bering land-bridge theory, or for the number and dispersal of people who arrived over what is now accepted as a much longer time. Under the old scenario there simply would not have been enough time, the growing argument goes, for people to have reached from the Pacific to the Atlantic, and from the Arctic Circle to the southern tip of South America.

Dick Boisvert, New Hampshire’s state archeologist, has been refreshingly open and candid while presiding over various digs north of the notches, and this has earned much public interest in who came here before us, and how they lived.

He is among the contributors to “Paleoindian Adaptation to the Landscape of Northern New Hampshire,” which ran in a Texas A & M publication on early human migration and dispersal.

Hunters today, with modern gear and chip-generated trappings, might have a hard time identifying with hunters back then, except on basics like ani-

mal behavior and the lay of the land.

Hunters then, armed with spears and arrows tipped with sharp points made by chipping chert, or obsidian, herded animals—chiefly caribou—into very wide containment areas that narrowed to choke-points where they could be killed. It’s worth noting to me, a hunter who loathes weasel-words, that the report uses “harvest” rather than “kill” at every opportunity. Whenever I see this I can’t help thinking “Come on—how preachy.”

But how did primitive people, whose populations in far northern climes were never very large, muster enough people to herd, or drive, or push, such skittish animals toward pinch-points that would enable close-striking and kills? It is worth noting that in these vast barren-lands there was no fencing material whatsoever.

During my travels in the far north, on several trips, I noticed what looked like the stone cairns along hiking trails here and around the world, built as path-finders during darkness and storms. But these

I did so, and scouted around a bit above the dig and just east of it, all within the area where the ancient people are thought to have camped. And it appeared, through a hunter’s eyes, to be the perfect place to live and work and be on the lookout for approaching herds—the prevailing wind in your face, and on barren ground, long vistas in all directions.

It wasn’t too much of a stretch to picture people camped there, knocking the edges off pieces of chert to make arrowheads and spear points, while lookouts strained their eyes for caribou.

But with all that’s going on—the carbon-dating of tools, fire-pits and bones from all over the Western Hemisphere—it’s hard to get a handle on just where these people came from, and how long ago.

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

Martha M. Schofield, 95

BRISTOL — Martha M. Schofield, 95, died Friday, Nov. 24, 2017 at the Peabody Home in Franklin.

She was born and raised in Woburn, Mass., the daughter of George and Ida (Haug) Hetzel. Following graduation, she went on to take classes at Northeastern, where her studies were focused in business. During WWII, she volunteered with the USO in Woburn. In 1946 she married Warren Schofield and they moved to Burlington, MA where they lived for over 30 years. Martha worked for and retired from the town of Burlington as a bookkeeper.

After retirement, she and Warren moved to Hill and became active in local activities. She was a member of the Bristol Baptist Church and had served on various boards and committees over the years. She also enjoyed the outdoors and was a member of the Pasquaney Garden Club and the Pasquaney Snowshoe Club, as well as the Hill Historical Society.

Family members include two sons, Brian (and wife Sandra) Schofield of Maryland and David (and wife Karen) Schofield of Derry; a daughter, Pa-



mela Mucci of Bristol; a son-in-law, Donald Domina; eight grandchildren; 11 great grandchildren; many nieces and nephews.

She was predeceased

by a daughter, Sandra Domina, and all of her Hetzel sisters and brothers.

There are no calling hours. Funeral services will be held on Friday, Dec. 1, 2017 at 10 a.m. at the Bristol Baptist Church, 25 Summer St., Bristol. Interment will be held on Saturday, Dec. 2, 2017 at 10 a.m. at the Oak Grove Cemetery, 106 Brock St., Medford, Mass. In lieu of flowers, donations may be made in her memory to the Franklin Animal Shelter, 19 Rescue Rd., Franklin, NH 03235.

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sunshine_eyes1@yahoo.com

Well now, has everyone had their fill of turkey yet? I'll be having the last of the turkey soup for lunch today.

Town
Budget Committee meeting Thursday, Nov. 30 at 6 p.m. in the Municipal Building.
Selectmen's Meeting Tuesday, Dec. 5 at 6 p.m. in the Municipal Building.
All meetings are public, unless otherwise noted.

Alexandria United Methodist Church
The free Thanksgiving Dinner served at the Town Hall was a wonderful success. Jeff Lassen and I prepped in the kitchen for two days prior, and we had a fantastic crew of volunteers to help peel, set up, serve and clean up. A huge thank you to each and every one of you, from Jeff and me. We served around 75 folks of all ages and had so much fun, we're planning on doing it again next year! What a blessing to see so many cheerful faces, enjoying visiting with friends and neighbors. By donation only, \$367 was raised for the Secret Santa Community ministry.

Saturday, Dec. 2 at 11 a.m. Celebration of Life for Beverly Hall. After the services, refreshments will be served at the Town Hall.

Saturday, Dec. 2 at 5 p.m. will be the Community Dinner in the Vestry. This month will be pot luck, with beverages and dessert. Donations are accepted, but not expected.

Wednesday, Dec. 6 is the next NAC meeting at 9 a.m. at the Bristol Baptist Church.

Wednesday, Dec. 6 at noon, NAC Advent Worship at Hebron UCC. Luncheon served after the service.

Wednesday, Dec. 6 is our Annual Church Conference. Leadership is expected to attend; all are welcome to attend. PPRC (Pastor/Parish Relations Committee) meet with the District Superintendent and 7 p.m. will be the Church Conference.

By the looks of the calendar, things are rolling right along into the holiday season! There will be more added as the weeks go by.

For a heads up with Town business, Public Hearings will be set soon

for the Budget, deadline for Warrant Articles, signing up for Elected Positions, Deliberative Session and regular meetings in between!
Have a great week, everyone!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church
The worship service on Sunday, Dec. 3, will be at the regular 11 a.m. time. This will be a special Sunday, marking the beginning of Advent – the four Sundays before Christmas, celebrating in turn Hope, Love, Joy, and Peace. The worship service will be at the regular 11 a.m. time, and each Sunday they will light the candles in the Advent Wreath; first one, then two, then three, and – just before Christmas – all four. Hopefully, you have jotted down the date of the annual Christmas pageant. If not, remember to put Thursday Dec. 21 with a snow date of Dec. 22 onto your calendar.

Danbury Winter Market
Don't forget to visit Danbury's Winter Farmers Market at the grange hall on Dec. 2 from 9 a.m.-2 p.m. There's lots of choices to buy local this season. Last minute vendor addition is someone you don't want to miss. Maria Polizzi from Double Z Ranch will be at the market this week with her famous cannoli and Italian cookies. Another last minute addition is Diane Clay of Rocky Meadow Crafts. Her felted items including wine bottle cozies will make wrapping that bottle of spirits a done deal. Come for breakfast or lunch. Take in the jolly feel of community in the historic grange hall on Saturday. Shop local and support your neighbors this season. For a list of vendors, visit blazingstargrange.org.

Secret Santa Program
The DCC's secret Santa program is underway. There are many ways to support the program. You may adopt a child at Christmas and do the shopping or donate to the program to allow them to use your funds where needed. If you like to wrap gifts, show up to help wrap all the gifts so the elves can get their delivery scheduled.

Groton

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

The Annual Groton Senior Thanksgiving Turkey Dinner was a huge success. The Town would like to thank all the volunteers who helped make this a wonderful event for our elder residents. Ali promised me a list for all those who volunteered, but I'm getting ahead of her and saying a personal thank you to all the ladies that prepared food and helped serve and for those that set up and cleaned up and brought meals out to those who couldn't make it in. I think it shows how much the Town of Groton cares for its own. I have had comments from some of our newest residents that they love this Town and they are so glad to have moved here.

Five turkey dinners were donated anonymously by two people and then were delivered by members of our Select Board to five families. We are happy these families had a good Thanksgiving feast. Thank you to those who donated and those who took the time to shop and deliver the meals.

The next event for the holidays is the Christmas boxes. We have two large boxes in the front hallway of the Town Hall and would like to see these filled to overflowing with non-perishable food items and winter coats, hats and mittens/gloves and scarves for folks who are in need in our Town. You may contact the Town Offices or the Police Station if there are things you would like to donate. I've already been contacted by one family who will be donating two nice winter coats and some food items have already been donated but there is always room for more. If there's no room in the boxes you may place items in the large room which was at one time our library. We will make sure it is stored safely until the delivery. These will be distributed on December 16th, so we're asking that all donations be brought in by Friday, Dec. 15.

There was a Select Board meeting on Tuesday, Nov. 21. Mark Zankle and Jim O'Brian from The Nature Conservancy of New Hampshire were here to present an update on the Kimball Hill land parcel a 2,700 acre lot formerly owned by Timbervest Partners. This parcel was purchased by The Nature Conservancy by sealed bid in August. In October they became the owners of the Kimball Hill Property and are now hoping to partner with New Hampshire Fish & Game to not only preserve this land for conservation purposes, but allow the New Hampshire Fish & Game to purchase and manage this for hunting, fishing and other recreation. It's quite exciting to see the

land conserved for future generations to enjoy.

It was voted that \$30,000 be transferred into Disaster Relief for repairs in the Town after the flooding that occurred Oct. 29. There were many damaged roads in Town and some still need work before winter really sets in, as well as work to be done at the Town Garage. Signs will also be posted at the Town Garage that indicate only Town equipment be parked there.

There was discussion about the tax rate that will probably be set by end of November if the DRA is able to respond quickly. The School, County and State tax rate went up significantly this year and so that will mean our tax rate will increase significantly. There will be a Newfound Area School Budget hearing on Friday, Jan. 12 at 6:30 p.m. (snow date Jan. 13 at 10 a.m.) at the High School. Then there will be a Deliberative Session on Saturday, Feb. 3 at 10 a.m. (snow date, Monday, Feb. 5 at 6:30 p.m.). If you would like to have your comments heard this would be the place to be.

Meetings and Closures Coming Up

Select Board meetings are scheduled for the following Tuesdays, Dec. 5 and Dec. 19, at the Town House at 7 p.m.

Select Board Work Session Tuesday, Dec. 5 at 5 p.m. at the Town House

The Conservation Commission will be meeting at the Town House on Thursday, Dec. 14 at 7 p.m.

The Select Board Office will be closing early on Dec. 20 from 1:30-2:30 p.m.

All Town Offices will be closed December 25th and January 1st for the Holiday.

Warrant Articles for the March 2018 Town Meeting need to be submitted to the Select Board Office no later than Thursday, Jan. 4.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Community Breakfast

Dec. 2 is the next Community Breakfast in Community Hall at the Union Congregational Church. For \$4 we will be serving eggs, bacon, sausage, pancakes ((and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 - 8:45 a.m.

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Park-

ing is available next to and behind the church.

Sundays

9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach someone age appropriate lessons in a loving atmosphere.

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunity-church.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

St. Mark's pledge cards have been mailed. This is a crucial time for us as we will be welcoming a new priest and we hope that we will be able to offer her a compensation package as well as fulfill our budget obligations. Please get your pledges in as soon as you can so the Bishop's Committee can work on our financial situation.

The bible study 'Four Gospels in Four Weeks' led by Rev. Randy will begin on Thursday, Nov. 30 at 9:30 a.m. at the

Christian Life Center at 263 Highland St., Plymouth, continuing on Dec. 7, Dec. 14, and Dec. 21.

Do you need a ride to the Doctor's office or for basic necessities? Transportation Central serves 19 towns within our region for people over 60 years of age, those with disabilities, as well as those on Medicaid, Well Sense, and NH Healthy families. Information, call the Whole Village Family Resource Center at 1-800-654-3200.

Please consider serving as a greeter at a Sunday morning service or a coffee hour host/hostess. Let Maryann know when you would like to serve or sign up at church.

Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by coffee hour. Please come meet our Interim Minister, Rev. Earl Miller

We gather once a month to make soup for people in our local communities. Our next "Soup Route" is in December. If you would like more information about Soup Route, would like to volunteer, or would like to receive soup from us, please contact our Church Office using the contact information below.

Saturday, Dec. 2 is church Christmas decorating day at 9 a.m. The Community Breakfast is that morning from 7:30 - 8:45 a.m. for those who want to partake. The Trustees are also meeting in the pastor's office that morning at 9 a.m. and will join us with decorating after. On Sunday, Dec. 3, we will have a Pot Luck Lunch and our next Interim Process Meeting. All are welcome to join in these meetings. You do not need to be members of the church or officers of the cabinet to participate in this process. On Wednesday, Dec. 6 at noon, we will be hosting the first Newfound Area Churches (NAC) Advent Service and Lunch.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our church secretary's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church Web site at www.hebronchurchnh.org. Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the Church Secretary, Linda Kriss using the contact information in this paragraph.

Holy Trinity (Roman Catholic)

The Day Away Program is looking for volunteers. The heart of a volunteer is measured by the depth of the commitment

SEE CHURCHES, PAGE A7

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■ Alzheimer's in seniors & treatments

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A Worldwide Epidemic

When we think of Alzheimer's disease, it isn't uncommon to picture someone who, in the midst of conversing, forgets his or her train of thought, or has trouble remembering a recent event. While this depiction is certainly indicative of its earlier stages, Alzheimer's is a progressive disease and has a much more profound effect on the mind over time – to the point where afflicted individuals cannot perform even the most basic tasks. Alzheimer's is truly a degenerative brain disease, and affects millions of individuals worldwide. In fact, it's estimated that someone develops Alzheimer's every 66 seconds, and it is continually noted as the sixth leading cause of death in the United States.

Many aging adults believe that Alzheimer's is simply a normal part of aging, which is inaccurate. As we age, our brains also age, and there is a degree of normal forgetfulness that comes along with it, but Alzheimer's is in a different league entirely.

Alzheimer's: A Closer Look

Alzheimer's is considered a form of dementia, a group of symptoms associated with the loss of cognitive and behavioral functioning, which ultimately interfere with daily life. There are several forms of dementia, including Lewy body, frontotemporal disorder, and vascular dementia, but Alzheimer's is far and away the most common form – accounting for nearly 80% of dementia cases. Researchers find that Alzheimer's tends to start ten years before the onset of memory issues or other cognitive problems. However, within those ten years, many changes take place.

It's believed that Alzheimer's occurs when brain cells become damaged and, eventually, die off, causing changes that are wholly irreversible. There are two primary culprits for this brain cell damage: plaques and tangles. Plaques are clusters of protein fragments that cluster together and build up between nerve cells, while tangles represent twisted strands of the tau protein that build up inside of the cells. While scientists cannot say definitively the role that plaques and tangles play when it comes to Alzheimer's, it's thought that they are responsible for prohibiting communication between nerve cells and sabotaging normal processes within the cells, respectively.

Toward the beginning of the disease's development, these plaques and tangles form within the areas of the brain that facilitate learning/memory and thinking/planning. As it progresses, these areas develop more plaques and tangles, but more of each also spread to areas that conduct

speech and awareness. It's at this stage that people begin to go through severe changes in personality and behavior. And in the final stages, with the brain's cortex significantly damaged, the ability to communicate and recognize loved ones is lost.

Treatment

Medication:

Presently, there is no cure for Alzheimer's disease. There are, however, medications that can help slow the progression and help manage the disease's symptoms. The five approved by the Food and Drug Administration (FDA) include Donepezil, Galantamine, Memantine, Revastigmine, and Donepezil & Memantine. Most of these drugs work by regulating neurotransmitters, chemicals within the brain that help facilitate the movement of information between neurons.

Depending on the level of behavioral dysfunction, doctors may suggest that Alzheimer's patients take antidepressants to help control symptoms. This should be done under close scrutiny of a physician, as these medications (as well as anti-anxiety or sleep medications) can be detrimental to one's health. There may also be a desire to seek "alternative" treatments, in the form of natural supplements or foods. Unlike the medications listed above, which go through rigorous scientific evaluation and validation by the Food and Drug Administration (FDA), these alternative means of treatment or symptom control are largely unregulated – and the contents within can be harmful to one's health.

Environment & Lifestyle:

While medication can help with the biological aspects of Alzheimer's, there are steps that you or a family caregiver can take to make life more comfortable for a loved one. One of the best ways is to control their environment in a way that supports their well-being and reduces/eliminates confusion as much as possible. For instance, all valuable objects (car keys, cell phone, wallet, etc.) should be consistently placed in one centralized location in the house. Any type of organization tools (schedulers, calendars, whiteboards, etc.) that allow your loved one to keep track of appointments can be extraordinarily helpful as well. It's also recommended that you reduce the number of mirrors in the house as reflected images can cause confusion. Conversely, the house should be full of meaningful photographs or objects to help ground your loved one.

Consistency with lifestyle choices is also important for those with Alzheimer's, as it is conducive to maintaining physical and mental wellbeing. For starters, be sure that your loved one is following a regular exercise routine (at least 30 minutes of moderate physical activity with physician approval). Not only does this keep the body healthy, it can also improve one's mood. Nutrition is important for essentially the same reasons, but the consistency part is even more vital here. In the later stages of Alzheimer's, it's not uncommon for individuals to forget about getting proper nutrition or drinking enough water. All meals should fall on

the same time, each and every day, with as little variance as possible.

Comfort Keepers® Can Help

If you have a loved one who has recently been diagnosed with Alzheimer's, Comfort Keepers® can provide the support he or she needs. Our specially trained caregivers understand what it takes to preserve the happiness, health, and

independence of those you love. Give us a call today to learn about our Alzheimer's & Dementia Care and other services.

About

Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance,

nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Barbara Willett & Terry Roper win best costume as 'Billie Jean Kings' at PBCH tennis tournament

PLYMOUTH — Once again, the tennis, hospice charity event, 'Battle of the Sexes' hosted by Pemi-Baker Community Health, was a huge success! Thank you to the White Mountain Athletic Club and all the amazing tennis players, volunteers, cheering fans and generous donors from Waterville Valley and surrounding towns. The combined effort of the Men's team (Male Chauvinist Pigs) and Women's team (Nutcrackers) brought the total amount raised, to more than \$11,300. As in past years, costumes added to the fun with pirates, fairies, bees, superheroes and Billie Jean King twins showing their talent on the courts.

The Men came out on top on the court; it was a great battle to the end! The women held their heads high though, winning the overall moneys raised. Barbara Willett and Terry Roper won Best Costume with their fantastic Billy Jean King costumes. MC, Tom Gross kept the laughs and higher bids coming at the after party and celebration at the Wild Coyote Grill.

Thank you to our corporate sponsors: Speare Memorial Hospital, Insurance 24, Mulligans and Roper Real Estate. Pemi-Baker Community Health would also like to



COURTESY

Once again, the tennis, hospice charity event, 'Battle of the Sexes' hosted by Pemi-Baker Community Health, was a huge success! Thank you to the White Mountain Athletic Club and all the amazing tennis players, volunteers, cheering fans and generous donors from Waterville Valley and surrounding towns. The combined effort of the Men's team (Male Chauvinist Pigs) and Women's team (Nutcrackers) brought the total amount raised, to more than \$11,300.

thank everyone who participated, donated and gave their time to make this such a successful event. November is National Hospice and Palliative Care month and this was a fitting start to the month!

For 50 years, Pemi-Baker Community Health has remained committed to providing quality healthcare for all individuals irrespective of the ability to pay for services. This is only possible through the generosity of donors who support the mission of our organization. Your tax-deductible gifts give access to hope and good health, and make it possible for our team of nurses, clinical special-

ists, physical therapists, bereavement counselors and social workers to provide quality compassionate care to all of our patients and their families.

Please consider donating to Pemi-Baker Community Health as Giving Tuesday approaches, Nov. 28. Visit www.pbhha.org to give. Another way to help is by using Amazon Smile when you order your holiday presents online. Visit www.smile.amazon.com and choose Pemi-Baker Community Health; Amazon will donate a small percentage to Pemi-Baker. Thank you from the team at Pemi-Baker!



COURTESY

Get your tree from Rotary this year

Bristol's Rotary Club has fresh cut trees for the holidays on sale at the O'Reilly's parking lot on Pleasant Street in downtown Bristol. The Fraser Fir and Balsam trees are \$35 each, and all money raised will benefit community endeavors. Cash or checks are accepted for their purchase and checks should be made payable to "Bristol Rotary Club." Shown kicking off the holiday sales are Rotarians Leslie Dion, Sarah Mullavey Stanley, Andrew McBride, Scott Haines, Kimberly Sarfde and Stacy Rabstein Buckley.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	5 Defosses Lane	Residential Building	\$79,000	Jamie M. Allen	John M. Bauer
Bridgewater	2184 Dick Brown Rd.	Single-Family Residence	\$293,800	David L. and Kathy A. Vestal	Guy F. and Carren L. Diantonio
Bristol	144 Oakcrest Rd.	Single-Family Residence	\$234,933	Robert P. and Mary L. Classett	Robert J. Glassett
Bristol	29 Robieson Dr.	Single-Family Residence	\$177,533	Jared I. And Danielle N. Spaulding	Deanna M. Lafraiza and Brad E. Lafraiza
Bristol	320 Summer St.	Single-Family Residence	\$259,600	John P. and Elizabeth R. Morrison	Tina M. and Peter W. Easley
Campton	12 Brayman Rd.	Single-Family Residence	\$68,000	Warren P. Stiles	Deborah J. Hatter
Campton	Ellsworth Hill Road (Lot)	Residential Open Land	\$55,000	Alan Cote and Carrie Rouleau-Cote	James and Lillian Bernier
Campton	156 Hodgeman Hill Rd.	Single-Family Residence	\$163,000	Elizabeth J. Sorger	Todd and Mary E. Farmer
Campton	399 NH Route 49	Commercial Building	\$230,000	BAM Realty LLC and Digital FCU	Digital FCU
Campton	N/A	N/A	\$64,733	Green Crow Corp.	Michael I. Dunlap
Hebron	85 S. Main St., Unit 10	Condominium	\$365,000	Dianne L. McFarland	Clay Block and Virginia Brack
New Hampton	54 Smoke Rise Rd.	Single-Family Residence	\$241,800	John W. Robinson	Howard R. Horner
Plymouth	49 Beech Hill Rd.	Single-Family Residence	\$160,000	Leonard A. Perloff	Paul R. and Elaine L. Belkas
Plymouth	5 Brookside Dr.	Residential/Other	\$149,933	Paul L. Baker	Amos Jerry and Michelle Brown
Plymouth	88 Chaisson Rd.	Mobile Home	\$60,000	DTE Investments LLC	Fred D. and Denise L. Schneider
Rumney	745 Dorchester Rd.	Multi-Family Residence	\$70,500	NRZ REO 7 LLC	Shari A. Mahon
Thornton	34 Waterthorn Rd.	Single-Family Residence	\$228,000	Nathan E. Bleu	Dara Griffin
Waterville Valley	7 Sunny Side Way, Unit 7	Condominium	\$158,000	Matthew J. and Margaret D. Flynn	Evan and Dominique N. Keefer

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Often ignored asset



BY MARK PATTERSON

There is often-ignored asset potentially worth 1 million dollars that many of us have or will have access to, but we may give little thought to planning for this asset only to realize a minimal portion.

Roughly 74 percent of the time this asset is cut to a minimum because we did not do any

research or planning, and once you implement your hasty plan, it is often times too late to change. It is an asset that on average accounts for 70 percent of our retirement income.

This asset is Social Security. Yes, I know that you have probably read articles related to Social Security, I have published a few myself, but the reality is that everyone 55 old and up should start to plan for their retirement as it relates to their SS benefits. There are a whole bunch of us out there that will be retiring in the next 15 years.

The facts are is that SS will supply you with data and facts, but they will not render advice or methods of filing that could impact your benefits substantially. When speaking with people about SS, I often hear a lot of misconception surrounding the process for spousal, divorced and widowed people. For married couples there are some methods of filing that are very beneficial to both parties, but not used that often because of the lack of planning with a knowledgeable SS and retirement planner. With many of us living longer and working longer, it typi-

cally doesn't make sense to take early SS benefits. There are times when taking early SS is the best option, it just seems that it would not be 74 percent of the time. Currently you have one year from the time you take your first benefit payment to reverse and pay back what you have been paid. You can only do this once, so do some planning before you take that step. There are also limits on income with early SS that once surpassed will reduce or tax your benefit substantially. If you asked most people why they started their SS benefits early, they would tell

you that they needed the money, or they thought that if they didn't get in now there may not be anything for them if they wait.

If we moved the 'full retirement age' ahead to 70 years old and "tightened up" the rules for collecting SS benefits, we could solve a lot of problems around insolvency.

Social security benefits and strategies, even though simpler than before, still are somewhat confusing and complicated. Do you know what FRA means? Or PIA? How about "bend points?" I encourage anyone that is approach-

ing their social Security benefit election period to call our office and speak to an advisor regarding Social Security and Medicare options.

When to take your SS is a major part of most people's retirement income plan, so do not take your benefit prematurely.

We should all attempt to stay healthy, productive and plan for our upcoming retirement, whenever that is.

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

Hobo Railroad announces 2017 Santa Express train schedule

LINCOLN — The Hobo Railroad in Lincoln recently announced the schedule for their Santa Express Trains which kicks off the Friday after Thanksgiving, Nov. 24, and operates weekends at 1 p.m. through Saturday, Dec. 23.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot choc-



COURTESY

(Left) A passenger's view along the route of the Hobo Railroad's popular Santa Express Train in Lincoln.

ocolate and each family or group receives a box of Holiday Cookies to enjoy during the one hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he picks up as he makes his way through the train. On the return trip to Hobo Junction Station, Santa surprises each child on the train with a special gift. Upon returning to Hobo Junction Station, guests are encouraged to pose for pictures with Santa on the Platform.

"We look forward to announcing our Santa Express Trains schedule every year," stated Paul Giblin, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroads. "The Santa Express Trains have been part of our annual schedule since the Hobo Railroad first opened 30 years ago in 1987. For many of our

guests, enjoying hot chocolate and holiday cookies with Santa on the train has become a long-standing family tradition. In fact, in many cases we're seeing second and third generations returning to create their own family traditions."

Tickets for the Hobo Railroad's Santa Express Trains are \$22 for Coach Class seating and \$28 for First Class seating (ages three and up), while ages two and under ride for free. Advance reservations are strongly suggested and can be made by visiting www.HoboRR.com or by calling 745-2135 between 9 a.m. and 3 p.m. Monday through Friday. The Hobo Railroad is conveniently located in the village of Lincoln, just off I-93 at Exit 32, directly across from McDonalds.

2017 Santa Express Train Schedule (all Santa Express Trains depart Lincoln at 1 p.m.)

Nov. 24, 25 & 26
Dec. 2 & 3
Dec. 9 & 10
Dec. 17, 18 & 23

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Spirit

FROM PAGE A1

one-on-one time with boys and girls who were eager to tell him their Christmas wishes.

While some of those wishes were a secret, seven-year-old Joshua

did reveal that one of his hopes was to find a robot that takes commands under his Christmas tree next month.

Another young boy really wanted to find a PlayDough Fun Factory among his gifts this year.

Adding to the enjoyment of the night were the many downtown businesses what welcomed everyone with smiles and plenty of great selections for holiday preparations and gift giving.

Trees

FROM PAGE A3

styled Christmas tree farm and a clever Peanuts Comic Strip tree submitted by the Muzzey family.

With a Snoopy Dog House for the base, the Muzzey's tree was strung with a peanut garland and included items such as a "Good

Grief Charlie Brown" ornament and Lucy's "The Doctor is In" advice booth hanging from the limbs. Topping the tree was the Red Baron's famed fighter pilot helmet.

"These are incredible! I want the fairy house tree for my bedroom," said one mom while her children insisted they wanted to

win the Charlie Brown tree.

Last year's Festival of Trees raised more than \$1,000 for the Newfound Community Spring Musical and Wiencek was appreciative of all who contributed trees or bought raffle tickers to help raise funds for the 2018 performance.

Activists

FROM PAGE A3

preserve it for wildlife habitat and recreation. The conservancy paid \$2.1 million and is seeking to raise an additional \$500,000 from donors in the Newfound Lake watershed community. If successful, the conservancy will be seeking other land purchases to pre-

serve the region's natural assets.

Proponents of wind and hydro point out that much of New England's generating capacity is near the end of its useful life, with nuclear plant shutdowns and the elimination of polluting generation facilities, while energy demand is on the rise. The permitting process for

new plants takes years and new capacity may not satisfy the region's energy needs without projects like Northern Pass. Environmentalists are opposing new fossil-fuel installations and the pipelines that bring that fuel across the country, and they advocate for renewable solar, wind, and hydroelectric power.

CADY

FROM PAGE A4

sponsibility for their actions, make restitution to victims, reconnect with community and turn their lives around. This New Hampshire accredited program has an 85 percent success rate and the lowest rate of juvenile recidivism in the state. The primary goal of this community-based program is the promotion of growth and lasting behavioral change of our region's highest risk youth—putting them on the pathway of success.

"Alex's Story": In the spring of 2015, CADY and the Plymouth State University TIGER Program (Theatre Integrating Guidance, Education, and Responsibility) launched an exciting collaboration called, Alex's Story. Alex's Story is the real-life account of a New Hampshire youth's struggle with drug use and heroin addiction. This initiative

utilizes a peer-to-peer educational model incorporating storytelling to raise awareness on the risks of substance use and addiction. Middle School and high school students are empowered with fact-based information to help them avoid risky behaviors and inspire smart, healthy choices. To date, Alex's Story has educated several thousand New Hampshire high school students and was invited to present before the New Hampshire Opioid Legislative Task Force and the New Hampshire Association of Counties.

New this year, we have introduced "Lion's Quest" school-based programming in collaboration with Plymouth Elementary School and Bristol Elementary School and the JYAC (Junior Youth Advisory Council). We have also recently developed the Parent Advisory Council (PAC) to develop a direct link with parents

interested in higher-level involvement and leadership in our region.

We often say that "Prevention is Everyone's Business" and that is evident in the strong support we receive from our communities. It would be impossible to fulfill our mission of preventing and reducing youth substance misuse and achieving our vision of promising futures for our youth without the support of our community. You inspire us to reach beyond expectations, and we will continue to do so with your help. Together we will build possibilities, potential, and promise for our youth.

For more information about CADY, please visit our Web site at www.cadyinc.org. If you or someone you know struggles with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357.

Churches

FROM PAGE A7

wards the Nicaragua trip in February. They will be assisting with the tree decorating too.

Sunday, Dec. 10, at 7 p.m., Will Ogmundson, pianist/composer, brings the new play Kindness and Cruelty, to Starr King Fellowship. He composed the music and Thomas Dunn wrote the play which is performed with a cast of three. Suggested donation \$10 per person at the door. This is a fundraiser for the youth group.

Brown Bag Lunch Bunch – Second and fourth Tuesdays from 9 a.m. – noon. Join us for fun, fellowship and learning as we tackle those little "to-do" projects around our fellowship home. Pack a lunch, roll up your sleeves and prepare to have a great time together!

The next meeting of the Wise Women in

Training is Wednesday, Dec. 13, from 10:30 a.m. to noon.

The Activities Committee encourages you to participate in the

abundance of interesting events happening in the area. Please visit the Events Page on our Web site: www.starrkingfellowship.org for further details.

Space

FROM PAGE A1

lion.

That was too much for those attending the hearing, who pointed out that Bristol's residential population is aging, so more people will be living on fixed incomes. The town's median household income is \$35,000.

Paul Simard quoted from the Space Needs Committee's original report, from December 2016, which said they were looking at a maximum price of \$1.25 million.

"What happened?" he asked.

"Reality," Gordon responded.

Gordon pointed out that the town's proposal to address police and town office needs 10 years ago called for spending \$2.4 million. Voters rejected that plan, as they had earlier attempts to address the problem.

"We found we can't do it for \$1.5 million," Gordon said. "The real shocker was the cost of renovating the police department. We'd have to meet ADA [Americans with Disabilities Act] requirements, which means we'd need an elevator, and we have to build out the front area to accommodate that. ... We did all we could to get the costs to a reasonable number, and nobody feels comfortable with this number, but we had to address the needs."

The committee had been charged with making a recommendation that would meet the town's needs for 25 years, and Gordon said that is what the current proposal does. He also said the committee was looking at the unique needs of Bristol, rather than using one-size-fits-all calculations that set a fixed square footage per employee.

Several residents said the square footage approach is the correct way to calculate how big a building should be, and recommended using national police chiefs' staffing guidelines that establish

the number of officers needed per thousand residents.

Others argued that, while Bristol has 3,300 year-round residents, it has another 3,000 seasonal residents that would have to be counted in such a calculation. Bristol also serves as a business hub for surrounding towns whose residents do business here, increasing the potential need for police services.

Some residents suggested other properties that might be suitable for town use, and other construction methods that could build facilities for less money.

"I'm against this," said budget committee member John Sellers. "Put a steel frame over the current building and add a third floor." When people expressed concerns about what the project would do to their taxes, Selectman Don Milbrand, who also serves on the town's capital improvement program committee, said the group had calculated that Bristol could spend \$1.5 million with very little effect on the tax rate. Any amount higher than that would have an impact, he said.

"It has the makings of a good plan," Milbrand said, "but we're rushing it. Maybe we should put it off another year and get the price down."

Eric Nelson criticized the committee for looking at operational needs without using square footage formulas, saying, "You need to weigh what you're burdening our taxpayers with. ... Start with the square footage and adjust for the needs. If this committee cannot accurately define the [square footage] needs, you should disband and form a committee that can."

The dilemma

The followup meeting found the committee divided between abandoning town office renovations in favor of building a new police station, phasing the renovations in over

a number of years, staying with the plan but working to scale the costs down, or simply setting aside money in a capital reserve fund over the next five years until other project bonds have been paid off.

Gordon suggested focusing on the police station as being the top priority, saying the town could address the municipal building at a later time.

Selectman Paul Manganiello, a liaison on the committee, favored putting small amounts into a capital reserve fund and putting off any building until the town has less debt.


Susan Duncan worried about pitting the police department against those working in the municipal building.

Fire Chief Ben LaRoché said the committee had failed by trying to take on too much: the police department, the town offices, and municipal parking needs. He said that, by concentrating on the municipal building, the committee had not fully explored the needs in terms of space required for the functions.

"A lot of exploration needs to be done," he said, suggesting that, with the police in their own building, those in the town offices could expand into the abandoned space. "This building would at least be what it was" before police functions pushed other offices into more confined spaces.

The committee finally arrived at a new charge for the architect: Return on Dec. 4 with a new plan for a single-story police station on the adjacent lot where they had proposed building a new town hall; a revised plan for the town hall and municipal building renovations that would reduce the cost to \$2.2 million; and another that would compare fitting the police or the town offices in a new 5,000-square-foot building.

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DONNA RHODES

During a visit to Dewey’s Coffee Café at Hill Library in Hill Village last week, WMUR meteorologist Josh Judge spoke on the trials and tribulation of weather forecasting and then signed copied of his new book, “Be Nice to the Weather Guy,” which is a fundraiser for the children of CHaD.

Josh Judge

FROM PAGE A1

until his wife suggested doing it as a fundraiser for Dartmouth-Hitchcock’s children’s facility. “I know people CHaD has helped so I said I would do it. Since then I’ve had many people come up to me and tell me how much CHaD has helped them, too, and that’s meant a lot to me,” he said. “One hundred percent of the sales for this book are going to CHaD and I hope to write them a check for \$20,000 or more in the end of January.” As part of his appearance, Judge also discussed the science of weather. He explained how weather reports are derived from the weather team he works with, and spoke of his on air time at the television station, too.

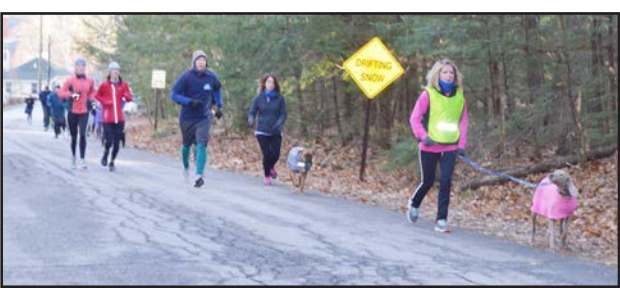
“Do I like my job? I love it,” he declared in answer to one question from the crowd. Several people also had other questions about his profession and predictions as well. “When is it going to snow again,” asked one young boy, with hopes of sledding and schools cancelations in mind. Another question was whether or not Judge kept a log on how often he was right and how often he was wrong in his weather forecasts. Joking that he is seldom wrong, but admitting New Hampshire weather is difficult to call at times, he responded, “No, but when I’m wrong I study how and why that happened. I think that’s more important for me to learn from so I don’t do it again.” Hill librarian Lynn Christopher said she was

happy to host Judge’s appearance and even more excited to help with his book sales. “His book is benefiting a good cause so that was just another reason to invite him to be here,” she said. “I hope we raise a lot of money for CHaD today.” More than 24 people attended the event and, after asking questions about weather and Judge’s job in general, nearly all lined up to purchase copies of the book and have them autographed for themselves or holiday gift giving. To order a copy of “Be Nice to the Weatherman” and benefit CHaD, visit <http://www.enfielddistribution.net> online and click on Josh Judge under “Publisher” where his name can be found on the left hand side of the page.

Turkey Trot

FROM PAGE A1

dition for many families. “We’ve come to this every year,” said the Burns family. “There’s 23 of us total, from ages seven to 74.” The enthusiastic crew took a moment to joke about giving their older family members from Alexandria a head start on the 3.1-mile route before giving a loud cheer and heading out to try and catch up with them somewhere along the way. It was not only a jovial crowd, but a colorful crowd this year, too. Many were wearing outfits ranging from turkey or pilgrim hats and feathers in their hair to superman shirts, tutus and even a few Christmas outfits. No matter what they wore, though, their intentions have not changed over the years. Fresh air and exercise, helping their less fortunate neighbors, and yes, working up a hearty appetite for dinner are just a few of the reasons they all show up each Thanksgiving morning. Kerouac said one change for 2017 is that the Bridgewater Turkey Trot has now joined forces



DONNA RHODES

Whether walking, running or rolling along in strollers, more than 200 people and quite a few energetic pets took part in this year’s annual Turkey Trot.

with a larger endeavor. “We’ve teamed up with the Bristol Secret Santa program to any prevent overlap in services,” she explained. Between Turkey Trot entry donations and raffle proceeds, this year’s event produced more than \$6,600 in funds but, due to a growing need, Kerouac hopes to reach a goal of \$10,000 in the coming weeks. The efforts include support for residents of not only the Newfound Area but the Pemi-Baker Region as well. “We’re still looking for other seniors and families to be nominated and applications are available here at the store or at Bristol and Bridgewater-Hebron middle and elementary Schools,” she said. Besides gifts for the children, Kerouac and her crew are also putting

together holiday food baskets and donations of cash or food items are greatly appreciated. Those contributions may be dropped off at the store, located at 408 Mayhew Turnpike (Rte. 3A) in Bridgewater, between now and Dec. 15th so they can be ready for the Dec. 23rd pick-up date. Major sponsors for this year’s Turkey Trot were Speare Memorial Hospital, Franklin Savings Bank, Delta Dental, Dead River Company, R.P. Williams & Sons, West Shore Marine, Halls Excavation, Sharp Enterprises, The Inn on Newfound Lake, Squam Brewing, Goodrum Electric, NFP, Sanctuary ATC, and Newfound Grocery and Country Store. Kerouac said she and her staff are also grateful for the numerous local businesses who contributed to the raffles.

Roots

FROM PAGE A7

for members, \$35 for non-members. Each month, Artistic Roots also offers an open knitting class held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free, and all are

welcome to attend. All classes are offered in our newly renovated studio. Come and see what a great space Artistic Roots has for offering art classes to our communities. Please note that until a class is paid for, you are not officially enrolled. All classes should be paid for at least by the

day before the class. Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

Pop-Up Shop

FROM PAGE A7

standing on the street and encouraging people to come check us out! A very special thank you to everyone who donated their time to this cause including Kevin Maass from KTM Auto, Beth Musto, Sonia Gaudette, Alison Bagley, Paula Merrill, Kree Wooley, Audrey Drake, Luke Enlow, Greg Pouliot, Leah Cordero, Matt Smart, Erika Cushing, Jae Demers, Stacey Lucas and the store owners on Main Street who put up our flyers, let us put signs in their windows and handouts on their counters. A special thanks to Mickey and Ed at Café Monte Alto for being so helpful and providing us with much needed coffee.

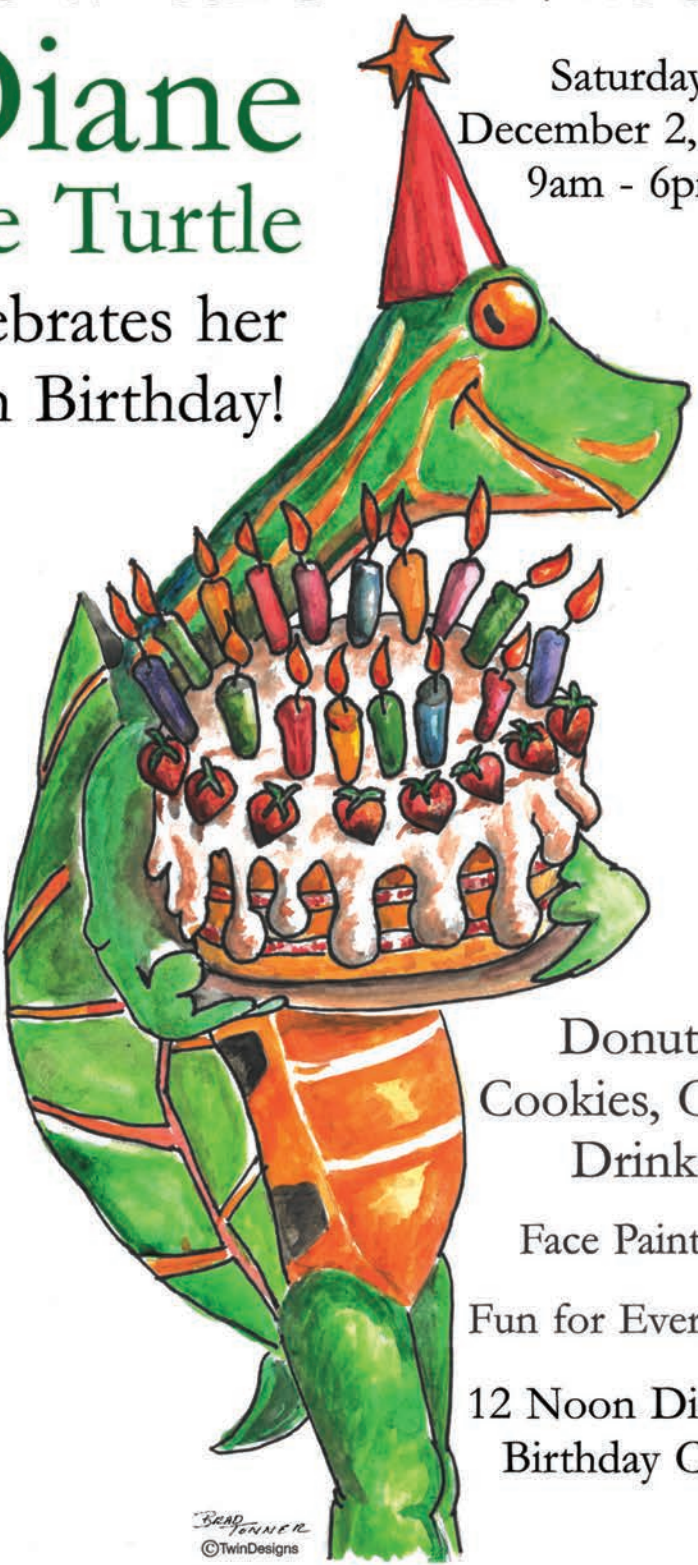
A big thank you to chuck Berhman, owner of The Lucky Dog restaurant for the use of his Underdog Event Space and Donna Sullivan from Blissful Lotus Yoga with a value of \$750 for the five days we were open. The total value of donations given including time by volunteers, venue, raffle items and music totaled \$4,828. Local musicians donated over 14 hours of their time to play music and entertain shoppers as they browsed local art and filled out raffle tickets to win great prizes. A special thank you to Luke Enlow for creating a pop up playlist and donating the use of his ipad so we could have music in between live music. Thank you to everyone who came out to sup-

port local art, music and Voices against Violence. We would not be able to continue to do this without the help of our generous and wonderful community. We look forward to seeing you next year. Michelle Dunn is a local artist and business woman. To learn more about being a part of the Local Art Pop up shop in 2018 email her at michelle@michelledunn.com. Voices against Violence is a free and confidential crisis service that provides service to victims and survivors, family members and community members as well as children who witness and experience domestic violence. To learn more about Voices or how you can help or become a volunteer, call 536-5999.

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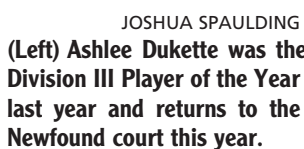
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BY JOSHUA SPAULDING
Sports Editor

Junior Madi Dalphonse will be in the starting lineup this year after coming off the bench with her three-point shooting skills. Sophomore Leah Bunnell saw limited time



Peterson pointed to Prospect Mountain. Ber-

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

COURTESY PHOTO

(Right) The Newfoundland field hockey team poses for a photo at McDonald's of Meredith. On the left of the picture is John Switzer McDonald's General Manager, on the right is McDonald's Brand Ambassador Larry Johnston and in the middle are the delighted team members of the 2017 state champions.



The Prospect Mountain hoop girls will open the season with two home games, hosting St. Thomas on Friday, Dec. 1, and Berlin on Tuesday, Dec. 5, both at 6 p.m.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — As the seconds ticked off on last year's Division II championship, Plymouth football coach Chris Sanborn knew that there was a good chance his team could be back in the

"We were pretty ex-

Sanborn pointed out that with the depth com-

This year, Sanborn noted that he is pretty sure the senior didn't even reach 1,000 yards, but not once did he complain about his time on the field.

With that in mind, the Bobcat coaches juggled things a little bit, moving some players

SEE **FOOTBALL** PAGE B4

Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news



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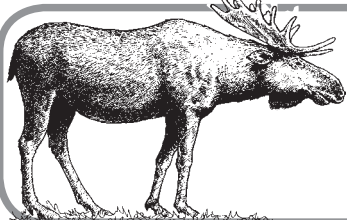
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Remembering a truly wonderful woman

One of the best things about this job is the many great people I get to meet. Be it the coaches, athletes, parents, grandparents or community members, it seems that no matter where I go, I am always running into interesting people, people who have great stories and live unique lives.

Last week, I was sad to learn of the passing of one of the truly wonderful people I have had the pleasure to know over the last 15 years doing this job.

I first met Marjorie Dow a number of years ago at the Granite Man Triathlon and over the years, it was always great to talk to her at the annual event in Wolfeboro. For those who don't know the story of the Granite Man Triathlon and its origins, that story alone would make you realize how impressive a person Marjorie really was.

Back in the early 1980s, Marjorie's son, Albert Dow III, was involved in a search and rescue mission in the Presidential Range, with a large group of people out looking for hikers who were stranded high in the mountains on a winter evening. While the missing hikers were eventually found, Albert was killed in an avalanche, giving the ulti-

SPORTING CHANCE



By JOSHUA SPAULDING

mate sacrifice while trying to help others.

A scholarship was started in Albert's name and now the Granite Man Triathlon, which has been held every year since then, is run in his honor, with all proceeds from the race going to support the Albert Dow III Scholarship, which is given to a Kingswood

student.

While Marjorie was the first person to tell you she did not start the Granite Man, she and her family were instrumental in continuing the tradition each year since then, volunteering at the Granite Man each year. Wolfeboro welcomes hundreds of athletes each summer and those athletes take to the waters at Carry Beach and the roads in and around the Wolfeboro area to swim, bike and run their way to glory in the Granite Man Triathlon.

Marjorie was absent at this year's Granite Man, but longtime friend Judy Drew, another of the great people I have the pleasure of getting to know through my job, made sure to mention her and her incredible family (who were there, volunteering as they traditionally do).

I have been lucky enough over the past 15 years to meet some great people. I've met professional and Olympic-caliber athletes, longtime veteran coaches and coaches making their

sideline debuts who have interesting stories. There are parents who have unique jobs and community members who have some incredible accomplishments under their belts. But sometimes, it's the quiet people who go about their lives every day who are some of the most interesting and wonderful people.

And Marjorie Dow was one of those people. Without a doubt, the Granite Man Triathlon won't be the same without her presence.

Finally, I send my condolences to Marjorie's family on the loss of a truly wonderful person.

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

Football

FROM PAGE B1

around, including starting tight end Jake Lamb moving to an exclusively defensive role, which Sanborn said led to him having a fantastic season while also opening up space to get other players on the offensive side of the ball.

"We knew we lost a lot of linemen and we had to replace them," Sanborn said. "That tempered a lot of the (preseason) excitement."

Despite the fact that almost the entire line graduated last year, Sanborn said the group that stepped in did their job and got better all season.

"The line came a long

ways and got better and better," Sanborn said. "And it really helps when you have guys like Macomber, Farina and others.

"Those guys were able to cover up the faults," the Bobcat coach added.

One thing that was certainly different for the Bobcats this year from last year was the play-calling, which this year featured more passing. Last year's championship game had just two passes by the Bobcat offense, including the last-minute winning touchdown pass to Macomber. This year, Plymouth had two passes on the first drive of the championship game.

"A lot of people won-

dered who would be the quarterback," Sanborn said, referencing the start of the season, with Brickley and Ben Olmstead both looking for snaps in the preseason.

"Ben played really well and earned the job," Sanborn said. "But we also knew that Owen could do more things for us in different roles.

"Ben had a great season," Sanborn said, while also pointing to the play of Docen at receiver as a big reason why the Bobcats passed a bit more this season.

"We knew we could throw the ball," the Bobcat coach said. "Jordan is a valuable target to throw to, one of the most talented receivers we've had.

"If they cover him one on one, we just said to throw it up to him and

he (Olmstead) did," Sanborn continued. "You have to take that shot."

The Bobcat coach noted that the team was prepared each and every week, which led to the undefeated season.

"The reason the scores were like they were was because the kids were prepared," Sanborn said. "They got it done."

He said this year's group of seniors, who were freshmen when he became head coach, saw teams lose a game here and there and miss the playoffs and their first goal was getting in to the playoffs.

And Sanborn said that looking back, it may have been something people could've seen coming a few years ago.

"I remember a game against Kearsarge two years ago, we started

seven sophomores," Sanborn said. "We won that game and the future looked good.

"Then the kids just got better and better," the Bobcat coach continued. "And this group of seniors, they improved from last year too."

And as the Bobcats celebrated on the town common following a parade led by fire trucks into the center of town on the night of the championship, Sanborn looked around and had a few words for his team.

"I told them, this is why you play football in a football town," he said. "When you win a championship in a football town, it's amazing."

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


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