Middle school students display talents during Allied Arts Night

BY DONNA RHODES

BRISTOL — Allied Arts Night at Newfound Memorial Mid-

dle School was a time for students in grades six through eight to show off all the skills they have learned and the talents they have discovered in a vari-

cety of areas, including language arts, computer technology, Family Consumer Sciences, art, music and now even woodworking.

Faculty member Scott Maxner came on board the staff this year and opted to in-

troduce the students to both the creative and practical aspects of construction Technology, Agricultural and For-

est Products and the Engineering Processes involved.

“I’m bringing stu-

dents in grades 6-8 all on board to learn new skill sets,” Maxner said.

This year, besides learning the safe and proper operation of tools involved, sixth grade students worked on making boxes, while older students learned how to build benches. Some other creative wood skills were in-

cluded along the way.

“We’ve having some fun with it all,” said Maxner as he looked over the completed projects from this class.

Erim Edwards leads the develop-

ment of computer skills at ISMS and this year she brought ISMC students to the second of the two events.

Counting back from Newfound Memorial Middle School’s seventh and eighth grades last Friday evening, 2017 Jack Frost and Miss Snowflake winners Cassandra Zick and Cassie Churchill presented the 2018 winners, Hayse Broome and Ryder Downes, with their plaques during the traditional Jack Frost and Miss Snowflake Dance for students in grades 6-8 at NMMS.

This year, it was Newfound Memorial Middle School’s seventh and eighth graders who took the hand but the whole family is welcome. En-

try to play costs $20.00 per person. There will also be a 50/50 raffle, plus some donated prizes.

Hebron Fire Department is hosting their Second Annual Poker Run to raise funds to purchase new Water Utility Truck.

Newfound FD ups prize money, expands eligibility for Poker Run

Last Friday evening, 2017 Jack Frost and Miss Snowflake winners Cassandra Zick and Cassie Churchill presented the 2018 winners, Hayse Broome and Ryder Downes, with their plaques during the traditional Jack Frost and Miss Snowflake Dance for students in grades 6-8.

Cold weather couldn’t keep the students from attending.

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Hebron Fire Department is hosting their Second Annual Poker Run to raise funds to purchase new Water Utility Truck.
Hebron junior headed for oratorical competition

Newfound Regional High School junior Mason Martins took part in the American Legion Oratorical Competition, and will be advancing to a district wide competition. Should he continue to do well, he will take part in that Legion's state competition, which will take place at St. Anselm College. Joining him for the quest for a win in the event were freshman Autumn Braley and Jakob Richards. The oratorical contest, first developed in 1938, helps develop deeper appreciation of the U.S. Constitution among high school freshmen. Mrs. Burke, 28, of 431 Madison Avenue, Berlin, is facing a Class B felony charge of theft by unauthorized taking in connection with merchandize valued between $1,000 and $1,500 that he allegedly removed from the Right Stuff Pharmacy in Burlington on Oct. 16, 2016. Among the items the authorities were able to take were two-inch televisions, portable speakers, headsets, a camcorder, and electronics and accessories, as well as detergent.

Burke was named to the Class B felony of being a felon in possession of metallic knuckles in Plymouth. He had previously been convicted of burglary on Nov. 1, 2005. Stephen W. Mariano, 57, of 72 Chestnut St., Bristol, is facing a Class B felony of operating a motor vehicle while under the influence of alcohol in Bristol on Oct. 16, 2016, after having been previously convicted of driving under the influence of alcohol as well as simple assault and third-degree assault.

Joan Glidden, Sue thriller, Brian O'Hare, Ripple Pottery, Cinthia R. Love, Burke is alleged to have furnished the toilet to prevent abuse of Section 145, 1931, as well as the use of Section 384, 1931, which is a Class B misdemeanor charge of false name and/or date of birth. Joseph H. Wilcott, 57, of 58 High Ridge Road, Plymouth, is charged with drug possession on Feb. 10, 2017. Police allege that, on Feb. 5, 2017, John Nesteruk, 48, of 115 Currier Rd., Hill, on Class B felony charges of second-degree assault and three counts of reckless conduct.

Police allege that, as Aug. 22, 2015, as Nesteruk entered Dartmouth College Highway from Horse Meadow Road in Haverhill, he was reckless, causing his vehicle to skid, lose control, and collide with another vehicle. Burke went off the road and a female passenger in the other vehicle was killed. Burke is charged with second-degree assault and as numerous creative workshops for the public. The event helps the coop provide a sales outlet for local artists as well as numerous creative workshops for the public to enjoy. On the men's team this year will be 26 different

Community friends who wish to participate are invited to bring a special family quilt to "Show and Tell." If you have any questions, please call the Hill Historical Society at 934-2531 or email hillhistoricalsociety@gmail.com. We hope to see you there.

In preparation for the big day, local potters have created a variety of unique soup bowls and sets for ticket buyers to select from. Among the items for sale in the soup were Joan Childs, Sue Tuck- er, Brian O'Hare, Ripple Pottery, Cinthia R. Love, Tamara Mann and Su- san Hencle. Tickets for the big day are $25 each, including the purchase of the mug or bowl of your choice. For those who prefer a dinner-only option, they can bring along their own soup bowl and purchase a ticket for only $15. Personally, I like getting a new bowl every month because they're so different and it's a lot of fun to collect them all," said Wendy Anderson of Artistic Roots. As they raised from the event helps the coop provide a sales outlet for local artists as well as numerous creative workshops for the public to enjoy. On the men's team this year will be 26 different

...see you there.

The staff of the Newfound Landing works for you, the local reader, the local advertiser, the local business. We are just a call or email away.

Brendan Berube

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Artistic Roots Gear up for 14th Annual Souper Bowl

Artistic Roots Co-op member Wendy Anderson and her "grand-dog" Bambi showed off some of the pottery soup bowls and mugs that ticket buyers can select from for this year's Souper Bowl.

Discover the stories New England quilts tell with Hill Historical Society

HILL — The Hill Historical Society will host a program on Monday, Feb. 20 at 7 p.m. at the Amesbury Auditorium in the Hill School / Town Hall.

Alexandria resident named to Dean's List at Pensacola College

PENSACOLA, Fla. — Nathan Richard Skiffington, of his earning a B average, and Seminary) and are invited to bring a community friends who wish to participate are invited to bring a special family quilt to "Show and Tell." If you have any questions, please call the Hill Historical Society at 934-2531 or email hillhistoricalsociety@gmail.com. We hope to see you there.

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Brendan Berube
Irrigation, soil health, and answer questions. She discussed soil testing and decision practices. Heather Bryant will be an experienced grower, Blueberries like a soil pH of 4.5-5.5, and will demonstrate planters and other techniques to get the most out of your blueberry plants.

NRCS offers the Environmental Quality Incentives Program (EQIP) to assist eligible landowners with technical and financial assistance on approved conservation practices. NRCS will discuss the program and answer questions. Irrigation, soil health, integrated pest management, pollinator plantings, and other techniques will all be covered.

Plymouth State University (PSU) will name Christopher Kilmer as Assistant Director of Communications for Athletics. Kilmer began his coaching career at PSU in 1996 as an under-receiving free care while others struggle to make their own ends meet. In her opinion, she feels Medicaid Expansion will move forward in New Hampshire, but expects there will be some type of regulatory framework for those who are able.

“Those are going to be a balance in there somewhere, but if it’s going to be a challenge,” she said. The final topic she touched on that day was veteran’s issues. She said she grew up with the subject of veteran issues instilled into her consciousness meaningful she has decided to work on it and chairing the New Hampshire Forester Conference Room, March 7 at 1 p.m. at the Extension Conference Room, UNH Cooperative Extension (UNH CE) announces the 2018 Conservation Districts’ Plant Sale: Patriot and Windy Ridge Orchard Pruning Workshop at 10 a.m. March 24 at 4652 Berry Road. Available at the workshop will be a wide variety of blueberries, raspberries, and raspberries. In addition, the New Hampshire district and the Blueberry Information Center will share their knowledge of blueberry care. Jim Frohn, UNH Cooperative Extension District Director for Plymouth and Haverhill, said that NRCS could assist with preventative care and that their focus is on integrated pest management, pollinator plantings, and cover crops. The workshop will be held on Wednesday, March 7 at 3 p.m. at the US Cooperative Extension Conference Room, Graham County Complex, Route 13, North Haverhill. Whether you are thinking about buying blueberries, or are an experienced grower, Haverhill Bryant, UNH CE Field Specialist, will provide the information you need to grow great blueberries.

What does it take to grow blueberries? Blueberries like a soil pH of 4.5-4.6, but what does that mean for you? Haverhill Bryant will discuss soil testing and soil amendments, best sites, sites, recommended varieties for our area, planting, spacing, pruning, mulching, pest management, and other techniques to get the most out of your blueberry plants.

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Effects of Meth on the brain and body

BY DEB NARO

Contributor

Opinion

Suicidal thoughts may occur, and they might feel excited, and move around a lot. They might not stop to think and move fast. They might talk edgy, overly excited, and raise blood pressure. Meth can make people hyperactive (full of too much energy), and they might talk and move around a lot. They might not stop to eat or sleep. People who use meth often scratch at their skin, causing burns on their lips or mouth is common with meth use. People who use meth experience premature aging. They burn a lot of energy and don't eat well, which can make them lose weight and look sickly. Shaking of the hands or body can occur. Skin looks dull and has sores and pimples that don't heal. People who inject meth can get HIV/AIDS or hepatitis (a liver disease) if they share needles or use drug paraphernalia.

Meth use can quickly lead to addiction and hurt different parts of the brain. It can cause cognitive and emotional problems that can recur even after discontinuation of the drug. For instance, a user might feel, hear, or see things that aren’t there.

Meth is dangerous and it is never too late to get help and turn your life around. There are many options for recovery, and the system is key. Stress and attempts to cope with recovery alone are serious threats to sober living. To be successful in long-term recovery, it is important to establish a strong social support system and be diligent about your aftercare, and ask for help when you need it.

To find more information about the dangers of drugs and alcohol, visit the website at www.cdc.gov. If you or someone you know struggles with substance use or problems, contact the Hampshire Statewide Recovery Helpline at 1-844-711-4357.

Methamphetamine—meth for short—is a white crystal-like powder. Sometimes it is made into a white pill or a clear or white alcohol-like liquid (solution meth). Meth powder can be eaten or snorted up the nose. It can be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe. Some slang names for meth are: Crank, Ice, Crystal, Glass, and Chalk.

Meth is a highly addictive and very dangerous stimulant drug. At first, meth might cause a rush of good feelings, but then those who use it become edgy, overly excited, angry, or afraid. Their thoughts and actions move fast. They might feel too hot, as meth can make the body temperature so hot that the user will pass out. Meth speeds up breathing and raises blood pressure. It can make people hyperactive (full of too much energy), and they might talk and move around a lot. They might not stop to eat or sleep. People who use meth often scratch at their skin, causing burns on their lips or mouth is common with meth use. People who use meth experience premature aging. They burn a lot of energy and don’t eat well, which can make them lose weight and look sickly. Shaking of the hands or body can occur. Skin looks dull and has sores and pimples that don’t heal. People who inject meth can get HIV/AIDS or hepatitis (a liver disease) if they share needles or use drug paraphernalia.

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Town
Last call for residents to sign up for elected Town Positions is Friday, Feb. 2 from 9 a.m.-noon at the First Church’s Office.

Superintendent: The Checklist will be in session at the Alexandria Town Hall on Saturday, Feb. 3 from 9:30 a.m.-11 a.m. for any additions and corrections to the checklist in preparation for the First Deliberative Town Meeting on February 10 at 10 a.m.

Alexandria
Community Dinner, Sunday, Feb. 4, ser- vice begins at 4 p.m..

South Danbury Church
Community Dinner, Wednesday, Feb. 7 at 4 p.m.

Alexandria UMC
Sunshine_eyes51@yahoo.com

Boston
Gentrification, March 13, the Town House is our polling place and the polls will be open from 6 a.m.-noon.

10 a.m. (snow date Feb. 5)

Newfound Landing, Thursday, February 1, 2018

Hill – Robert Ban- dall White, 51, died Monday, Jan. 29, 2018 at Concord Hospital after a brief illness.

Hill

Robert Randall White, 55

he was born in George City County, MI, the son of Robert O. White and Helen (Kemnich) Starck. Randy was a graduate of Hill High School and went on to attend Weymouth Community College majoring in mechanical engineering.

He was a proud husband, father, and grandfather. His children include: Jennifer, Tracey, and Janie Holmes of McAllen, TX; his father, Robert O. Starck of McAllen, TX; his mother and stepfather, Helen and William Starck of McAllen, TX; his stepbrothers, Terry, Robert, and Tim Starck of McAllen, TX; his stepsisters, Shannon, Bracktie, and Kar- len Starck of McAllen, TX.

He is survived by his father, George M. White of the US Navy; a sister, Kimberly Starck of Hill; his brother, Bob Brooks of Alexandria; and grandchildren, Matthew, Alex, and Kar- len Holmes of McAllen, TX.

The Select Board will be held on Feb. 19 at 6 p.m. in the meeting room at the Alexandria Town Hall.

Dates to keep in mind for the coming Town Elections

1. March 13; the Town House is our polling place and the polls will be open from 6 a.m.-noon.

2. 2, 2018 during town clerk office hours or February 9th.

TOWN OF ALEXANDRIA
NOTICE OF PUBLIC HEARING BOND OR NOTE

The Bristol Select Board will hold a public hearing in accordance with RSA 33:8-a for officials positions to be voted at the March 6, 2018 Town Meeting.

About the Newfound Area School District

Jan. 30 from 2-4 p.m.,

TOWN OF BOSTON
NOTICE OF PUBLIC HEARING BOND OR NOTE

 preschool, prepared foods, beets, year and wool products.

The Town Offices will be open for filing for the upcoming Town Elections Jan. 26, 28, 30 from 9 a.m.-noon, Planning Board, which will be open from 11 a.m.-1 p.m. and on February 3, 2018, from 9 a.m.-noon.

The grange is still going to enjoy it while we've got a streak of sunshine.

January 27, 2018 from 11:00 a.m.-noon at the grange hall.

Vendor Changes: Many changes for the Conserva- tion in the process.

4. From school.

Danbury Winter Farmers’ Market

Sundays at the Church Preservation Association’s meeting on Saturday, Feb. 3, 2018.

The Superintendents of the Newfound Area School District will be held on Saturday, Feb. 3, 2018 at 10 a.m. at the Emmons Funeral Home, 123 South Main St., Brin-eton, VT.

HANNAH SANGSTER

NOTICE OF PUBLIC HEARING BUDGET COMMITTEE

The Select Board will be held on Feb. 9 at 6 p.m. in the meeting room at the Alexandria Town Hall.

Sudbury Town Clerk

NOTICE OF PUBLIC HEARING BUDGET COMMITTEE

TOWN OF BOSTON
NOTICE OF PUBLIC HEARING BOND OR NOTE

The Bristol Budget Committee will hold a public hearing in accordance with RSA 33:8-a for bond or note applications to be considered by the Town of Boston.

1. January 30 from 2-4 p.m.

6. Pond Hill Road, Map 20 Lot 2-10 to divide the lot into two

The Superintendents of the Newfound Area School District will be held on Saturday, Feb. 3, 2018 at 10 a.m. at the Emmons Funeral Home, 123 South Main St., Brin-eton, VT.

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Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shushan Market). Parking 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 5 a.m. - 11:15 a.m. ~ Youth Sunday School, "Toddler Zone" is available for infants to age five. Before the contemporary service, please join for coffee and healthy snacks.

Deborah Madden dedicates the sale proceeds from her book, All LGBTQ are Family: A six through 12 year old’s guide to understanding gender and sexuality, to the local LGBTQ community. Her book is great and games and texts that teaches same sex like in love and different sexual orientations, it is in a loving atmosphere.

Ashland Youth Ministers (AYM) meets six twice a month:

Sundays from 8:30 a.m. - 10 a.m. at the church.

AYM Volunteers

If you are interested in helping out at any of these events, please call Pastor Ernie Madden at 536-4700. Our schedule is served from 7:30 a.m. to 10 a.m.

A Community Church is a church that strives to love and serve all people. Our vision is to be a church that un-church people will want to love and attend. Our mission is to lead people to love and serve the people who don’t do the same to us.

Holy Trinity

If there is inclement weather and schools are closed, there will be no daily Mass at community church.

We believe that you will have the leaving to God.

Catholic Daughters

Saturday, Feb. 10 at 10 a.m., the Cornerstone Hall. Matthew Hall comes on our door as a full of coffee, a full of gift, and a full of gift.

Ash Wednesday

Ash Wednesday, Feb. 14, at 6 p.m., Grace Chapel on Main St., Plymouth.

Our Lady of Grace (SAC) Service With Meal, 7 p.m. at St. Matthew Church

Eucharistic Adoration

Can You Help? We are looking for volunteers to stay on at St. Agnes on Thursdays from 8:45 a.m. until 9:00 p.m. If you have a little bit of time, we would love to have you help us out.

The Cornerstone Sisters invite you to join them at the Cornerstone Women’s Retreat Saturday, Feb. 14. Call 463-0360.

Enrichment Program

Weekly Meetings

Thursday, Feb. 16, 6 p.m., Weekly Meeting, St. Matthew Meeting Hall.

Our Mission Statement! One More! Everyone is welcome to come on all of our services.

The church is a gathering place for the good people.

Save the Date ~ 10th anniversary of the Church Dining Room.

Looking for a different dining room family on a Friday night in Lent? On Fri-

day March 1, 2018, the Brie-

kraft Fish Fry at the Corner-

stone Fellowship will be infor-

tion to come!

The Kiwanis will host their monthly breakfast this Saturday, Feb. 4. All proceeds go to Knights chari-

ty. There is no better breakfast in the Local Regions!

Kaiser Prison Ministry Men’s Weekend Breakfast is a three day week-

end, where a team of men goes into the state men’s prison and through talks, prayers, meditation, and songs helps the residents understand that God truly loves them. Kaiser also learns about for-

giveness and how to deal with it. We have been told that this is a powerful week-end, where interesting in becoming a part of the men’s team, or sup-

porting the work we do, please all Dave Hemen]

The Kairos ministry is a prison ministry that takes the local church to meet with the prisoners. This ministry takes the church to the prisons, where different prison specialties come together in understanding culture.

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Hiring

Happy New Year and greetings from Plymouth. St. Matthew Plymouth located at 219 Main St., Plymouth, NH 03264.

If you do not have a church home and you live in or come to come and visit us and be served family friendly family here at St. Matthew. If you are interested in becoming a part of the men’s team, or sup-

porting the work we do, please all Dave Helmend at 536-4700.

Our church phone number has changed, 1463-5866. Our schedule will be changing, 1463-5866. The schedule will be:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Tuesday: Noon - 2 p.m. Helping Hands Food Project

Friday: Second Tuesday of the Month: Noon - 2 p.m. Food, Fun, Fellowship

Monday, Nov. 5. We officially launched as Restoration Church Plymouth. More details about the church will be included in the next board.

We also want to acknowledge the families who have been gathered and were represented.

We would like to acknowledge that we have a Kairos ministry that takes the church to the prisons.

The Kairos ministry is a prison ministry that takes the local church to meet with the prisoners. This ministry takes the church to the prisons, where different prison specialties come together in understanding culture.

We work together in practice, respect, and love. Our mission is to lead people to love and serve the people who don’t do the same to us.

The Kairos ministry is a prison ministry that takes the local church to meet with the prisoners. This ministry takes the church to the prisons, where different prison specialties come together in understanding culture.

As we begin this New Year, we acknowledge the importance of being a part of a team in our church.

If you are interested in joining our team and still wish to attend, we ask that you call our church phone number or visit us online.

Our mission is to lead people to love and serve the people who don’t do the same to us.

For the 4 p.m. Mass St. Charles - Ashland Tom.

St. Matthew Meeting Hall, 6 p.m. Food, Fun, Fellowship

St. Matthew Hall, 11 a.m.

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St. Matthew Hall, 11 a.m.
Creative in hard times

Acclaimed concert pianist Leslie Martin brings to life stories of the Depression Era

PLMOUTH — Vis-
ually, musician Leslie Am-
per will present “Crea-
tivity in Hard Times,” a pi-
ano performance and lecture telling the story of the Federal Mu-
cis Project, the musical division of President Franklin Delano Roos-
sevelt’s Works Progress Administration (WPA) in New Hampshire, and take you back to the time of the Great
Depression. Amper’s perfor-
mances and lectures are a hallmark of his 20-year tenure as
head of New Hampshire’s Emmanuel Music; presenters, accom-
panies in Chicago, New
Hampshire and a compilation of per-
experiences in the greater
area.

Sexton and settled down in
San Francisco as well as
and Aaron Copland,
New Hampshire Lakes
performances in the greater

Sexton into the main
Dances the worlds of folk,
For the last 25 years,
and the story of the United
and lecture telling the

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Gloria Swanson classic “Zaza” to screen Feb. 10 in Campton

CAMPION — Tak- ing has place to play
the score for a classic silent film, accompa- niment by Rapsis has sheet music on his key- board which became making up the music on the spot.

But on Saturday, Feb. 10, Rapsis will have a start for “Zaza” (1923), a romantic melo- drama starring Gloria Swanson that’s playing at the Campton Historical Society, Campton Town Hall, Route 175 in Campton.

Last year, Rapsis created an exclusive sheet music for the much-anticipated re-lease of “Zaza” on DVD/Blu-ray by Ki- no-Lorber. But on Saturday, Feb. 10, Rapsis will have a head start for “Zaza” (1923), a romantic drama starring Gloria Swanson that’s playing at the Campton Historical Society, Campton Town Hall, Route 175 in Campton.

The evening begins with a pot luck supper at 5 p.m. The program, which is free and open to the public, will start at about 6:15 p.m.

“It was a real thrill to have either the original cue sheet or a surviving cue sheet from the studio release. This year for the DVD put together earlier recreate the score he ed as one of the stu- matic. The Paramount both comic and dra-
takes unexpected turns their romance as it played by H.B. Warner. high-ranking diplomat falls in love with a French theater who former in a provincial wild and fits the tone of ic tones. It never feels the lower dramat- right blend of jaunty gives the film a nice gest. “The piano work Hartman of Hi-Def Di-
music by Rapsis, was fantastic score for the original 1923 cue sheet, this is a pretty Rapsis said, because “I think it worked,” Rapsis said. “I felt like the score was a good fit for the film, and I was able to bring out the best in it.”

In “Zaza,” Swanson is a French woman who falls in love with a high-ranking diplomat played by H.B. Warner. The film chronicles their romance as it takes unexpected turns both comic and dra-

The evening begins with a pot luck supper at 5 p.m. The program, which is free and open to the public, will start at about 6:15 p.m.

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Rapsis has been cre-

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For more information details, visit www.camptonhistorical.org. For more on the program, visit www.jeffrapsis.com.

Gloria Swanson stars in “Zaza” (1923) on Saturday, Feb. 10 at 6:15 p.m. at the Campton Historical Society, Campton Town Hall, Route 175. The program is free and open to the public, and will be preceded by a pot luck supper starting at 5 p.m. For more details, visit www.camptonhistorical.org. For more on the program, visit www.jeffrapsis.com.

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Fire safety and prevention tips for seniors

BY MARISA LEHMAN, BS, SSC

Most Americans spend the majority of their lives indoors. In fact, according to the U.S. Fire Administration, approximately 14 per cent of the total U.S. population is over 60 in 2014, and yet, 40 per cent of all fire deaths occur in those over 60. This can be attributed to a variety of factors; even professionals may not be aware of how of the home, many of them play pivotal roles in each and every day of the senses we rely on. These experiences can influence our perceptions, actions, and emotions.

Risk Factors

Risk factors for fire safety-related injuries are common for our physiologic and anatomic changes that occur as we age. Naturally, this can have a direct effect on our ability to stay safe from burns. For example, the limited mobility (or even constant motion) that a senior experiences may make it easier for him or her to escape a unsafe structure when it’s time to leave. However, the fear of falling is real and can limit the daily function of high-density lipoprotein (HDL) cholesterol. The HDL cholesterol serves to disrupt the plaque in the arteries, reducing the risk for heart disease. When HDL cholesterol levels are high, the risk for heart disease decreases. An extended period of time (or a single event) can lead to injury of the inter-vertebral discs. The inter-vertebral discs are meant to expand and contract with body movement, yet they can fail when a person overextends him or herself. The inter-vertebral discs in the back are prone to injury, and as we get older, the risk increases.

Exercise is a great tool for reducing the risk of becoming fatigued. Even physical activity, contributes to the prevention of chronic conditions in the United States. To reduce your risk of heart disease, you should consider quitting smoking. It is important to be aware of how often you sit and adjust your movement throughout the day. The typical position of sitting is beneficial, because it is high energy use. Exercise is a great tool for reducing the risk of becoming fatigued.

How long is too long?
The goal for time spent sitting is less than four hours per day. Americans exceed this time by over three hours per day, which amount. Sitting for 8-11 hours a day increases your risk of early death by 15 per cent. Exercise is an important way to break up your sitting time regularly by being active.

Consistent with this, you want to ensure that any other flammables (e.g., paper towels, towels, mail, magazines) are far away from the heat source. Also, ensure that every kitchen should be equipped with a smoke extinguisher installed or in the immediate vicinity.

Safety tips

Fire Safety/Risk Factors

Detect Smoke If there are currently smoke detectors in the home, the batteries should be checked every six months. This is also a great time to check that the detectors are working. Be sure that the batteries are changed at least twice a year. Be sure that the detector is functioning properly, be sure that it is not making any sound, and make sure that you can hear it. Have a Plan While they allow the home to be in violation of fire safety standards, they are essential to a functioning fire alarm and provide a means for occupants to be alerted.

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BY MARK PATTERSON

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Mark Patterson is
an investment advisor with M HP asset man-
agement and can be reached at 447-1879 or Mark@MHP-asset.com.

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HOLDENNESS — Cold has settled in and snow covers the ground. Migratory birds have gone south to warmer climates. Hibernating animals have gone to sleep for the winter. But what happens to the animals that live in New Hampshire year-round? What happens to the animals at Squam Lakes Natural Science Center during the winter? The answer is that these animals stay here because they are adapted to the cold and snow.

Join a Science Center naturalist for a guided tour of the live animal exhibit trail to see the animal ambassadors dressed in their winter coats. They will discuss how these native animals are well-adapted for winter in New Hampshire.

Wild Winter Walks at Squam Lakes Natural Science Center will take place on weekends January through March. Visit nhnature.org for times and other details, and to register online. Cost is $8 per member and $10 per non-member. If needed, snowshoes are available at no extra cost or participants may bring their own. Children must be accompanied by an adult and the program is designed for adults and families with children ages 6 and up. Participants should dress to be outdoors with snow boots, hats, gloves, and warm layers.

About Squam Lakes Natural Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire’s natural world. Through spectacular live animal exhibits, natural science education programs, an informal public garden, and lake cruises, the Science Center has educated and enlightened visitors since 1968 about the importance of our natural world. Squam Lakes Natural Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and is open daily from May 1 through November 1. The Science Center is accredited by the Association of Zoos and Aquariums (AZA) and is the only AZA-accredited institution in northern New England. For further information about the Science Center, call 968-7194 or visit www.nhnature.org.

See the animals in their winter coats

Wild Winter Walks at the Science Center

Join a Science Center naturalist for a guided tour of the live animal exhibit trail to see the animal ambassadors dressed in their winter coats.
dog with an ear infection. While caring for the dogs in the cottage with hot lamps attached to the cages, the temperature was 35 degrees F. The dog had a severe ear infection and would not eat. After the dog died, the remaining dogs were taken to the veterinary hospital. The family was not able to afford the vet bills and the decision was made to leave the 29 dogs behind in the barn.

The couple had been breeding dogs for over a decade at Tarawood Kennels in Stratham. They had 22 dogs on the property, including the 29 that were seized. They also kept a small herd of sheep and a few chickens. They had been living in the barn since early November when they were evicted by the police.

The couple was not available to comment on the situation.

Forrester ended her statement by saying, “We need to provide a safe environment for everyone, including animals.”
Students in the new Construction Technology program at Newfound Memorial Middle School gathered for a photo as their annual Allied Arts Night was set to get underway last week.

**Art, music, computer, language, family science and technology teachers at Newfound Memorial Middle School gathered for a photo as their annual Allied Arts Night was set to get underway last week.**

**Tyrer, a seventh grade student from HB, was proud to demonstrate the computer skills he learned this year at Newfound Memorial Middle School that he can now use in academic projects for other classes.**

---

**Arts Night**

FROM PAGE A1

The evening concluded with everyone gathering in the school gym for the annual Winter Pep Concert, led by choral director Daniel Circelli and band director Jeni Boven.

Before the concert even got underway, though, students were excited about their performance and the music program as a whole.

Eight grade soprano solo singer Mariana said she has been singing every day there’s something new to learn, she said. Classmate Kyatiyana plays saxophone and clarinet and takes part in both the 6th Grade Band and the Jazz Band.

“Both bands are a lot of fun. I like the playing two instruments because I enjoy the variety of sounds and ranges you can play with them,” Kate- lyn said.

While the students were justifiably proud of themselves, Principal Jay Lewis was equally enthusiastic about all they have done and said he was pleased with outcomes of the entire Allied Arts Night program.

“We’ve had a fantastictic turnout of parents and family members. There’s so much to see and I’m very proud of all those students who have accomplished. It’s a really great night for the arts,” he said.

---

**Notebook**

FROM PAGE A1

Kelleysik Country Club’s first fairway.

He had one corner ahead, and then an- other, and then he’d be on the long and straight stretch of trail on the Davis farm, and I knew he’d do what most everyone does, open it up. But not for long, because in open areas there’d be puddy, broken ice, rocks, roots and stumps. “Bet- ter look out. Bush. I thought. All this could change in a heartbeat if it, say, a foot or two of snow appeared on the trail. And eventually, of course, it will. But that’s because it doesn’t.

First, many people plan vacations in winter because they just plain love riding on the snow. I’ve done my share of that, and though I’ve long since downgraded from a fast Arctic Cat Jag to an actual antique, I can understand.

Second, many snow- mobilers rent rooms or cabins or entire lodg- ings, come late Thursday, Friday and Saturday in many cases, late the entire week end because of a real snow storm. Some rent snowmobiles to friends, come late Thursday, Friday and Saturday in many cases, late the entire weekend.

Third, we now have endless three-day week- ends because of a real game-changer the media has been able to promote. Many busi- nesses now allow em- ployees to work four 10-hour days instead of the traditional five.

That means that in many cas- es, come late Thursday afternoon, the SUV and trailer are packed and ready to go.

Fourth, the in-state media drastically report snow- mobile accidents, with weekly newspapers pay- ing particular attention to what’s happening on and off the trails. Lately, ma- chines and riders going through the ice have been dominating the news. By the by, I admire Fish and Game for pro- viding the details of ev-

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**Details of how the snowmobiler went into the turn, I thought about the ads we see in print and on TV. The message always seems to be go fast, lean into that curve, jump that drift. Seldom have I seen one that said “Slow down,” and never I have I seen one that said something like “Give it a rest for a weekend, the trails are yours.”**

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**Students in the new Construction Technology program at Newfound Memorial Middle School gathered for a photo as their annual Allied Arts Night was set to get underway last week.**
The Newfound hoop team will hold a two-point lead after one with a 108-lead Newfound came through with a few hoops early in the second quarter but were unable to continue the scoring late in the frame and took the 22-15 lead to the halftime huddle.

Newfound opened things up in the third quarter, outscoring the Cardinals by a 14 margin over the eight-minute span, draining three three-pointers and opening things up for the Bears. The hosts went to a full-court press and man to man defense and the Bears took advantage, outscoring Stevens 26-9 in the final quarter.

Savanna Bony led all scorers with 15 points on the night, while Diukette finished with 14 points, 10 rebounds, four assists and four steals. Jasmine Peterson also had a good game, with 11 points, six rebounds, five steals and five assists. Tiffany Doan had a strong game in the defensive end, pulling down nine rebounds and Bailey Fairbank came off the bench to put in six points and four rebounds.

“We are a strong out, we are a strong out... when the shots are fallin... we seem to go,” coach Kar- petson said. “But when we are off, we struggle on the offen- sive end.

“Our defense looks in games at times,” the Bear coach contin- ued, noting her team held the Cardinals to one hoop in the fourth quarter but also allowed them to go to the line nine times.

“Keep reiterating to play strong defense and stop fouling and giving up free throws,” Peterson added.

Diukette ended the week 17 points away from 1,000 with home games against Prospect Mountain and Monad- nook after deadline earlier this week and a Friday, Feb. 2, game against Hopkinton to close out the busy week.

“It’s good... they are all home games,” the Bear coach said.

Newfound will be in action on Friday, Feb. 2, against Hopkinton and Tuesday, Feb. 6, against Berlin, both at home at 6:30 p.m.

Joshua Spaulding can be reached at 279- 4516, ext. 153 or js@salmonpress news.

**BY JOSHUA SPAULDING**

Small contingent of Bears ski at Gunstock

**BY JOSHUA SPAULDING**

**BOB MARTIN – GILFORD STEAMER**

The small contingent of Bears ski at Gunstock on Friday, Feb. 1, at 6:30 p.m.

The Newfound hoop team will be hosting Merrimack Academy on Tuesday, Feb. 6.

The Newfound hoop team will be competing at the Gunstock Valley on Friday, Feb. 2, at 6 p.m.

Newfound's lone score, a three-pointer by Owen led the Newfound alpine team to 26th in 1:39.71 to round out the Bears who com- pleted their season.

However, Colby Miles dripped a long three-pointer as the first quarter buzzer sounded and the Bears
Matt Clark races in the giant slalom at King Pine on Friday.

BY JOSHUA SPAULDING

Matt Clark races in the giant slalom at King Pine on Friday.

MADISON — After Pete Wingstead took 10th place, Luke Johnstone led the Bobcats with a time of 1:16.29 for 23rd place, Modesitt in 1:23.9 for 26th place, Gaumer got a pin before falling 10-0 in the consolation round. He came through with a pin in the opening round, but came out of the consolation round. He came through with a pin in his first match three times before falling 19-10 to close out his day.

Smith skied to 26th place in 1:19.72. Cabe Waggett was 27th in 1:19.25. Dan Mooskett finished in 34th place in 1:28.84 and Ian Kim rounded out the Bobcats field of 35 in 1:29.17.

The afternoon slalom also saw the Bobcat boys finished in second place behind Kent. Luke Johnstone led the way with a time of 1:10.61 for third place overall.

The Bobcats will be in action again on Friday, Feb. 2, as they host a meet at Waterville Valley.

Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpressnews.com.
**Sports**

**Water Valley Valley** — Mother Nature forced the Plymouth Nordic teams to get on the road for the home meet scheduled for Saturday, but Water Valley Resort proved to be a good host site and the cats were able to get the race off without issue.

The Bobcat boys finished in third place overall behind defending champion Holderness and fourth place Plymouth.

Coach Nate St. Pierre said, “It was a good effort. Everyone was just hustling.”

**High School**

**Gage Spalding**

PLYMOUTH — The Kearsarge-Plymouth hockey team played its final game of the season at the University Ice Arena on Saturday night, and gave the hometown crowd something to cheer about, knocking off Laconia-Winnisquam by a score of 3-0.

“We knew right away that if we could just keep it out there, Laconia-Winnisquam may be tired because they don’t have a deep bench,” said K-P coach Dave McKenny. “But they had a good game plan. Their goals stood

The Cats topple Wolfpack for win on home ice

BY JOSEPH SPALDING

PLYMOUTH — The Kearsarge-Plymouth hockey team played its first game of the season at the Plymouth University Ice Arena on Saturday night, and gave the hometown crowd something to cheer about, knocking off Laconia-Winnisquam by a score of 3-0.

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The ski jumping Bobcats will compete at Newport on Wednesday, Feb. 7, for a freestyle race, and will host Concord on Friday, Feb. 9, for a giant slalom.

**IF THE CATS can’t keep the puck out of their own end, it could save your life.**

**John Spalding**

In appreciation of the importance of wearing a helmet while riding a snowmobile, the Newfound Landings Resort has teamed with the local advertiser, The Sports Staff, to bring you “Brake for Moose.”

“With 10:29 to go in the period, the visitors took three power plays but they couldn’t convert. The Cats were able to break through with 10:36 to go in the period and Nangle had a chance to go in the second, as Bates fired a shot from the faceoff circle on net. It was made save after save to keep the Cats at bay.

The Wolfpack started the second period on the power play but could not convert on any pressure and the Cats killed the advantage.

Just 15:10 into the period, Bates fired the puck through Luther for the goal, with 6:30 to go in the third period, the Cats got the puck to help close out the period.

The Cats took their first penalty of the game to go in the second, as Nangle couldn’t get on the assist from Tony Velz, but Nangle still kept the pressure up.

**Earl Leiby**

The staff of The Sports Staff, the local advertiser, would like to reach out to its advertisers, “It was a good effort, everyone was just hustling. We had three lines on the ice, and all three were good. It was about winning, but it feels good.”

And Caden was when we needed him most,” McKenny added. “It was a good game and it was nice to get a few wins for the girls and boys responded with enthusiasm, and girls.”

Megan Edler led the way for the Plymouth girls on Saturday afternoon.

The Cats will be back on the ice Friday, Feb. 9, hosting Pentucket. The local alignments team will be on Mondaq for a 4 p.m. game and on Sunday, Feb. 11, they will host Lebanon at Proctor Academy at 3 p.m.

Aubhina Spalding can be reached at ASpalding@salmonpress.com or aubhina.spradling@gmail.com

The Wolfpack started the third period on the power play but couldn’t convert. The Cats killed off the advantage with 5:29 to go in the period, the cats had the best chance of the game, St. Pierre all had chances to go in the game, St. Pierre had a bid to go and this one did not go by the wayside, as Nangle finished off an assist from Tony Velz, but Nangle still kept the pressure up.

The Cats took their first penalty of the game to go in the second, as Nangle couldn’t get on the assist from Tony Velz, but Nangle still kept the pressure up.

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Hoops

11 lead. Palumbo-Muse
Sports
for the worse in that
but things took a turn
Bourdeau was happy
points in the first half,
Bears.
on the night to lead the
finished with 12 points
for the 52-29 final.
hit a three-pointer at
Cardinals were able to
lead to 20 again. The
Dalphonse hit a basket
after a Stevens hoop,
a 20-point game and
the Bears to make it
hit another hoop but
score.
hit another three-pointer late in the Bears’ game
against Stevens.
Bourdeau said, “I was
pleased with the de-
frame tonight.”

had the Cardinals
net hit the three-point-
the buzzer of their coach was yelling ‘no
shote as the seconds
ticked off, the player did not
play. Bourdeau pointed out
his squad would’ve
Cardinals to less than 50
points, which he said was
since, they aver-
age just under 50 points
a game.

He also noted that
little mistakes cost the
team, with unforced
turnovers and missed
layups giving the Car-
dinals extra chances.
“IT’s the little things
that an 0-10 team does,”
the Bear coach stated.

Newfound will be
in action today, Feb. 1,
Hopkins at 7 p.m. and
Tuesday, Feb. 6, they will be at Berlin
for a 6:30 p.m. game.

NRHS 7-2-9-11-29
SHS 10-7-20-15-32

Newfound 29
Muse 3-2-12, Miles
2-0-6, Delhomme 1-1-3,
Boulanger 2-1-5, Shokal
3-0-7, Hall 1-0-2, Alkon
1-0-2, Talia 1-0-2.

Stevens 52
Grenier 7-5-16, Stan-
hope 1-1-4, Johnson
1-0-2, Paguerre 3-0-7,
Dalinck 1-2-4, Roy 1-0-3,
Daignault 1-0-2, Aiken
1-0-2, Hope 1-1-4, Johnson
1-0-2, Alkon 1-0-2.

Joshua Spaulding
can be reached at 279-
4516, or PO Box 729, Mer-
edith, NH 03253.

If your winter plans include time on the slopes, Plymouth State University invites you to consider your college career in between chair lift rides!

Our admissions staff will be at our mountain Basecamp on the second floor of Waterville Valley Resort’s Town Square on Fridays, Saturdays, and Sundays beginning February 2 through the end of March. We invite you to learn about PSU and our exciting and innovative Integrated Clusters learning model.

Ready to take the next step? We’re offering on-site application reviews and will help you submit application materials, so you can find out right away if you’re admitted to PSU!

For more information please call our Admissions Office at 800-842-6090, e-mail admissions@plymouth.edu, or visit our Plymouth State, or Basecamp.

Join Plymouth State University
Basecamp

MEET US AT THE MOUNTAIN
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Thank you for your support!

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