

Newfound student aims to spread positivity with senior project

BY DONNA RHODES
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BRISTOL – Mackenzie Davis of Alexandria is a senior at Newfound Regional High School who decided to leave something positive behind for students in the future when she graduates this spring.

When it came time for Davis to decide on what to do for her senior project, she asked permission to paint inspirational messages on the stalls of the boys' and girls' bathrooms.

"I had a tough high school experience, and throughout it all, I realized things that worked to help me, so I wanted to use my artistic talents to help others, too," she said.

Davis said when her project was approved,



NRHS Senior Mackenzie Davis and Extended Learning Opportunities Coordinator Amy Yeakel showed off some of the positive messages Davis painted in six of the school's bathrooms for her Senior Project.

Election season begins this weekend with local deliberative sessions

BY DONNA RHODES
drhodes@salmonpress.news

REGION – March town elections are just around the corner, and from Jan. 23 through Feb. 1, those interested in running for office in their communities were asked to stop by their local town offices to fill out candidacy forms.

Leading up to voting day in March, SB2 towns such as Ashland, Alexandria, Danbury and New Hampton will be holding their First Deliberative Sessions this month. At that time, all articles on the 2019 town warrants will be read, discussed and amended should those present at the session so choose. The importance of the deliberative session cannot be stressed enough, town officials say. Last year, Alexandria had a low turnout for theirs, and those present decided to remove all funding for highway equipment from the

warrant, placing a zero-dollar amount on those articles. That move left voters with no input on whether or not they were willing to make those purchases when they got to the polls in March.

This year, everyone in SB2 communities is encouraged to attend these sessions to learn more about their town budget, any additional expenditures and new regulations that will be presented at that time.

As for elected officials, candidates for

she began searching the Internet for words she wanted to express to fellow high school students. Having learned calligraphy, she then began to plan what artistic writing style and what colors of

paint would be fitting for each.

"Smile" is a simple encouragement included in each of the three bathroom clusters where she spread her messages of hope and inspiration. Other

ers are statements like "Chill — It's only chaos," "There is no elevator to success. You have to take the stairs," and "Every day is a chance to be better." A few of her other favorites were "When it rains, look for

a rainbow" and "Throw kindness around like confetti."

"I found someone crying in the bathroom on Friday (just before the project got underway) and I was happy I could be there for them. I just hope this all helps now when no one's there for someone who's upset," said Davis.

That Friday afternoon, she began to paint, and worked until 11 p.m. that night, when the janitors were closing up the building. She returned on Saturday and spent another 10 hours spreading her messages, then due to a snowstorm the next day, spent a final six hours of the Civil Rights Day holiday on Monday finishing it all up.

Her biggest worry, she said, was that when students returned to school last Tuesday they, especially the boys would not like what she had done but it turned out to be just the opposite.

SEE **MACKENZIE**, PAGE A14

Newfound's Amy Yeakel recognized with statewide honor

BY DONNA RHODES
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BRISTOL – Newfound Regional High School was pleased to learn recently that Amy Yeakel, its Extended Learning Opportunities coordinator, has been named the 2019 ELO Coordinator of the Year for the State of New Hampshire.

"The committee was impressed by her experience, passion and dedication to every-

thing ELO, including program development, program enhancement, school/community relationship and partnership building, but most importantly her positive, memorable and life changing student impact," announced NRHS Principal Paul Hoiriis last Friday.

Hoiriis called Yeakel a woman of many hats who is involved with students over all four of their years in high

school. Each summer she begins by introducing incoming freshman to the school community through a fun yet informative "Bridge Academy," then continues to work with them right through their all-important Senior Projects four years later.

Yeakel said she was honored to receive the award and said her job is not only fun, but one where she actually

feels she can make a real difference in students' lives.

As the ELO coordinator, she gets to do many things and share many experiences with the students. Besides Bridge Academy and Senior Projects, throughout high school Yeakel leads them on educational tours, coordinates job-shadowing experiences and assists them with in-

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Allied Arts Night puts students in the spotlight at NMMS

BY DONNA RHODES
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BRISTOL – Wednesday, Jan. 23, was a night for the students at Newfound Memorial Middle School to shine as they displayed their many talents in the Allied Arts, from music, visual arts, robotics and computer graphics to foreign languages, physical education, culinary arts, health and wellness, and woodworking.

"We want to show parents and the community what these kids do here and how Allied Arts changes them," said Principal Jay Lewis.

One impact he has seen is that during lunch, students now often cut their break short and ask to go to



Moments before the Winter "Americana" Concert got underway at Newfound Memorial Middle School, music teacher Brett Branscombe was busy warming up the more than 60 singers under his choral direction.

one of their Allied Art classrooms to continue work on a project.

"Allied Arts have

changed over course of several years and the kids all love it," Lewis said. "It's gone

from 'This is a class I have to take,' to 'I want to do better.'" Allied Arts Night

was a complete showcase of work the students have done since

SEE **ARTS NIGHT**, PAGE A14

Petitioned articles pose critical decisions to Newfound School District voters

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The future direction of the Newfound Area School District hinges on two petitioned warrant articles that voters will be discussing at the Feb. 2 deliberative session and

voting on in March. One would give residents a chance to vote separately on large capital expenditures; the other would place responsibility for calculating the default budget — the one that would take effect if voters reject the proposed

budget — in the hands of the budget committee, rather than the school board.

The decision is important because if the articles do not pass, the Newfound Area School Board will have established a new path for-

ward in meeting the challenge of declining student enrollment, reduced state aid, and a 2 percent tax cap that limits the impact of school spending on taxpayers.

Having exhausted most of the traditional means of holding the line on budgets — reducing expenditures, renegotiating contracts, and seeking bulk purchasing agreements — administrators hit upon an innovative solution that allows them to act independently of the voters. A provision of the official ballot act, RSA 40:13, allows the school board to define what constitutes a one-time expenditure. They decided to exploit that language to redefine “one-time expenditure.”

When voters broke the tax cap two years ago to appropriate funds for the replacement of the high school roof, it increased the baseline figure for calculating the tax cap by nearly a million dollars. That figure coincided with what the district’s facilities committee was coming up with for a recommended spending level to catch up on building maintenance. The resulting capital improvement plan has the district spending nearly a million dollars a year for 10 years.

Last year, the school board included the capital improvement items on the plan not only in the proposed budget, but also in the default

budget, arguing that the high school roof was part of ongoing facilities maintenance included in the CIP plan. When voters rejected the proposed budget, the CIP projects still got funded through the default budget.

After the deliberative session, but prior to the vote, Bristol resident and former school administrator Archie Auger realized that they had redefined what constituted a one-time expenditure as it applies to the default budget and asked for a special meeting to address his concerns about the legality of the move. When the school board put off the discussion until after the vote and for several more months, a number of voters from the seven towns comprising the school district came out to complain, leading to a contentious year in which Superintendent Stacy Buckley at one point called in local police because of concerns that the meeting would turn violent.

The school district attorney supported the school board’s position, saying they would likely prevail in a court challenge because of the way the statute is worded.

No court challenge materialized, allowing the school board to set its new precedent for handling spending.

The advantages
The Newfound Area School District has long

had a tough time getting the residents of all seven towns to support building projects. In order to do a project in one town, it often became necessary to include renovations to the schools in each town to gain approval. Doing it that way, however, increased the overall cost of those projects, and through the years, building maintenance and improvements often got delayed or ignored.

Once the district approved a tax cap, it became even more difficult to keep up with the building maintenance. Under a tax cap, any spending below what is allowed can never be made up again without a vote to override the cap in a subsequent year — a rare occurrence.

By the time the school board formed its current facilities committee, not only had the buildings fallen into disrepair to the extent that safety issues were emerging, but school enrollment had started to drop, leading to questions about whether it made sense to maintain so many buildings. Yet when the school board attempted to address excess space by suggesting consolidation, parents were outraged at the thought, and the effort was dropped.

The establishment of a capital improvement program allowed the district to lay out a plan to address the largest of

SEE ARTICLES, PAGE A13

Organizers seek input on re-launch of Stand Up Newfound

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – After a brief hiatus, the organizers of Stand Up Newfound are re-launching their community initiative to help battle substance misuse in the Newfound Area through education and outreach.


“The rippling effects of addiction impact our loved ones, our homes and our communities. We understand and we want to help,” the group said.

S.U.N. is made up of local residents working together to bring an end to addiction

in the community. On Tuesday, Feb. 5, they invite the public to join them for discussions and a sharing of information that can help move them toward their goal.

The meeting will take place at 6:30 p.m. in the Minot-Sleeper Library on Pleasant Street in Bristol and residents of all area towns are encouraged to attend.

For more information on the organization, visit their Web site, www.standupnewfound.org, view their Facebook page, or contact them at standupnewfound@gmail.com with any questions, ideas or comments.



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Minot-Sleeper Library receives national American Creed grant

BRISTOL — The Minot-Sleeper Library has been selected by the American Library Association to participate in this year’s nationwide American Creed: Community Conversations project. The Minot-Sleeper Library was one of 50 libraries in the country, the sole library in New Hampshire, to be awarded this grant.

The library will host a series of events, beginning this spring, and invites those in the Newfound Region to think about and engage in conversations about our community’s values and explore the idea of a unifying set of beliefs.

The series will kick off with a screening of the film “American

Creed,” in which Condoleezza Rice, former U.S. Secretary of State, and David M. Kennedy, Pulitzer Prize-winning historian, come together from different points of view to investigate the idea of a unifying American creed. Their spirited inquiry frames the stories of people striving to bridge deepening divides in different communities around the country. The screening of the film will be held at the library and will be followed by a community conversation, facilitated by Meg Petersen of the National Writing Project in New Hampshire.

A separate program will feature students from Newfound Regional High School and their projects that explore their ideas of community values. To conclude the series, the library will host a roundtable discussion with deci-

sion-makers and other community members to communicate the beliefs and vision shared during earlier segments of the American Creed series.

The library invites all to participate in this exciting program, made possible by our country’s leading library organization, the American Library Association. Local organizations supporting this series include New Hampshire PBS, the National Writing Project in New Hampshire, and Newfound Regional High School.

More information about the American Creed series will be made available in the coming months on the library’s website at minot-sleeperlibrary.org. Those interested in the series may also call the library 744-3352 or email librarian@townofbristolnh.org with questions and comments.

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Paving budget generates discussion in Bristol

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The Bristol Budget Committee agrees that the highway department needs to have the funds to pave roads, but there is little consensus on how to ensure those funds are available. Traditionally, Highway Superintendent Mark Bucklin’s budget proposal includes money for specific roads he plans to pave in the coming year. Sometimes the budget gets cut at town meeting. Sometimes the selectmen divert part of the money to cover other

areas of the municipal budget that fall short of funding or where expenses are greater than anticipated. Sometimes Mother Nature throws a monkey wrench into the plans by washing out other roads that require immediate attention. In discussing the paving budget on Jan. 28, members of the budget committee suggested other ways to make sure Bucklin has the money he needs to pave the roads he wants to address. Paul Simard wants a separate warrant article that would ensure

the funding by stipulating that the state’s highway block grant would be used toward road work, as required by law, and that another \$250,000 would come from taxation of property. Simard pointed out that the law stipulates that the block grant can be used only for the maintenance and repair of Class IV and Class V roads, as well as vehicle maintenance and other costs associated with road work. He said last year’s grant of \$95,686 did not get spent, with \$43,000 of the funds being tar-

geted for the paving of the transfer station — which he maintains is not a legal use of the money — and he did not know what happened to the rest of the block grant. Because of delays in work at the transfer station and an early arrival of winter weather, there was no paving at the transfer station during 2018. Town Administrator Nik Coates said the remaining “\$55,000” (actually, \$52,686) in the block grant had been encumbered for this year’s road work. Simard said the only way to guarantee that

the paving gets done is to put it in a warrant article. If the selectmen do not place such an article on the warrant, he said he would gather the signatures for petitioned warrant article. John Sellers agreed that it should go on a warrant article and offered a motion to reduce the paving line on the budget from \$250,000 to \$1 with the hope that selectmen would put the money into a separate article on the town warrant. When others pointed out that the warrant article could get voted down, leaving Bucklin with no money for paving, Sellers said it could be divided into several warrant articles, one for each road on the paving plan. Bucklin said that, as far as he was concerned, “I don’t care how it gets funded as long as it gets funded.” Others, however, argued for the traditional approach of putting the money into the highway budget and supporting the expenditure at town meeting.

Shawn Lagueux commented, “Our job is to put in a number that we feel the department needs, and not to play games by guessing what people will do at town meeting.” Simard responded, “Except for Dave Carr, I’ve been on this budget committee longer than anyone else. Time and time again, Mark comes in with a schedule of roads he wants to do, and his budget gets robbed more than any other budget in town. In order to do that, we need to give Mark the money to pave the roads he wants to get paved. That’s what my warrant article would do.” Dave Carr commented, “We’ve done it this way for years. The public expects it to be in the budget, and I think that’s the way to handle it.” With that statement, the budget committee voted down Sellers’ motion to reduce the paving figure, and then recommended the department’s bottom line figure at \$310,001.

Clear your calendar for Hebron FD Poker Run

HEBRON — The Hebron Fire Department will be hosting their third annual Poker Run. You can participate by snowmobile or vehicle. This year’s funds will go towards purchasing a training mannequin (cost \$6,500). This mannequin will allow members to practice advanced skills such as IV therapy, airway management, chest rise, bi-lateral pneumothorax reduction, ECG pattern recognition, defibrillation and much more. The Dept. members feel we can substantially enhance our service to you by having a way

to practice our skills in house on a regular basis. Other monetary donations will also be accepted at the Station on that day. The fun day will begin with snowmobilers checking in at the Fire Station at 10 a.m. and vehicles at 11:30 a.m. Vehicles will form a caravan the Chief will lead to the stops with the fire department bright red Utility Pickup. There is a \$20 fee to play and you must be eighteen years old but younger youth are encouraged to join the fun. Prizes are \$100 for best hand at the end of the day, \$50 for second best and \$25 for third. There are several

stops to pick up cards along the way: Sculptured Rocks Road, Plain Jane’s Diner (where you can get lunch), Newfound Grocery a good place to refuel and Bridgewater Inn restaurant and lounge for your final card(s) and if your so inclined a cocktail before our Italian Night Lasagna Dinner which will be served at the Hebron Community Center (basement of the church) from 5-7 p.m. Adults are \$12, and children under 12 \$6. RSVPing for the dinner is encouraged. Call 744-6281 leave your name and number of people who will attend.

All the prizes will be awarded at the dinner. The 50/50 raffle will be drawn as well as drawings for many other items that have been donated. Raffle Tickets are available at the Hebron Store or from Fire Department Members. You do not have to be present to win the prizes. We encourage you to come and play for the day or just join us for dinner. This is a good opportunity to get to know the members of your Emergency Medical Services and Fire Rescue Teams. It is always nice to know the friendly faces who will show up at the door in an emergency.

Area residents named to dean's list for the Fall 2018 semester at Quinnipiac University

HAMDEN, Conn. — Shawna MacArthur of Bristol has been named to the dean's list for the Fall 2018 semester at Quinnipiac University: To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been

graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. **About Quinnipiac University** Quinnipiac is a private, coeducational, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 7,000

full-time undergraduate and 3,000 graduate and part-time students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinnipiac consistently ranks among the top regional universities in the North in U.S. News & World Report's "Best

Colleges" issue. Quinnipiac also is recognized in Princeton Review's "The Best 381 Colleges." The Chronicle of Higher Education has named Quinnipiac among the Great Colleges to Work For(r). For more information, please visit qu.edu. Connect with Quinnipiac on Facebook at facebook.com/quinnipiacunews and follow Quinnipiac on Twitter @QuinnipiacU.

New Hampton resident named to UMass Lowell dean’s list

LOWELL, Mass. — Michael Donnelly of New Hampton has been recognized for achieving academic distinction at the University of Massachusetts Lowell. Donnelly, majoring in business administration, was named to the dean’s list at UMass Lowell for the fall 2018

semester. To qualify for the dean’s list at UMass Lowell, a student must have completed no fewer than 12 graded credits for the semester and earned at least a 3.25 grade-point average with no grade lower than C and without any incompletes. UMass Lowell is a

national research university located on a high-energy campus in the heart of a global community. The university offers its more than 18,000 students bachelor’s, master’s and doctoral degrees in business, education, engineering, fine arts, health, humanities,

sciences and social sciences. UMass Lowell delivers high-quality educational programs, vigorous hands-on learning and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu

Local students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 473 students have been named to the Plymouth State University Dean's List for the Fall 2018 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2018 semester and must have attempted at least 12 credit hours during the semester. Ursula Hoyt of Holderness Willow Moulton of Bristol Dalton Puffer of Plymouth

Emery Ames of Plymouth Mackenzie Griffith of Rumney Lucien Pease of Alexandria Jelena Rich of Campton Powell Wilson of Plymouth Emma Woodbury of Rumney Hannah Gentile of Campton Emil Cederblad of Plymouth Sarah Chalmers of Ashland Remmi Ellis of Bristol

Mackenzie Palmer of Holderness Samantha Villamagna of Plymouth Kelly Wang of Ashland Olivia Palmiter of Ashland Emma Smith of Plymouth **About Plymouth State University** Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through ad-

vanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



Newfound graduate completes basic training

SAN ANTONIO, Texas — U.S. Air Force Airman Andrew-John Shepard graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. Shepard is the son of John Shepard of New Hampton. He is a 2019 graduate of Newfound Regional High School, Bristol.



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CADY Corner

The Doorway at LRGHealthcare is now open

BY DEB NARO
Contributor

The State of New Hampshire is building a newly integrated, client-centered substance use disorder system of care called the “Hub and Spoke” model. This new system is ready to respond to those seeking support and treatment for substance use disorders. The goal is to increase and standardize services for individuals with opioid use disorder (OUD) by strengthening the existing prevention, treatment and recovery programs, and ensuring access to critical services in order to reduce the number of opioid-related deaths in New Hampshire.

What is the Doorway at LRGHealthcare?

“The Doorway” at LRGHealthcare in Laconia is one of nine access points throughout the state for substance use services. Other hubs are located in Berlin, Concord, Dover, Hanover, Keene, Littleton, Manchester and Nashua. The Doorway at LRGHealthcare in Laconia is the access point or “hub” for the Central New Hampshire Region which includes the Pemi-Baker and Newfound area towns. The purpose of the model is to make access easier and to eliminate many of the barriers that prevent people from utilizing community services.

What is the Hub and Spoke Model?

The “Hub” provides a central access place for services. The hub does not provide treatment but can be an access point for people to connect to services that do provide treatment. The “Spokes” are the agencies in the community that can provide services based on referral information received from the Hub.

Where is the Doorway at LRGHealthcare located?

The Doorway at LRGHealthcare can be accessed by the front entrance to LRGHealthcare in Laconia between the hours of 8:00am and 5:00pm, Monday through Friday (excluding state holidays). It can also be accessed by calling 603-934-8905 during those same days/hours. People can also call 2-1-1 and can be connected to on-call services for resources or evaluations. 2-1-1 is a statewide service

that operates 24/7 to provide resources and information.

When is the Doorway at LRGHealthcare open?

The Doorway at LRGHealthcare is staffed from 8 a.m. to 5 p.m. Monday through Friday. A Recovery Coach will meet with any person who is seeking services. The Doorway is also staffed with a Substance Use Clinician who can provide evaluation for treatment if necessary. After hours and on weekends, people can call 2-1-1 and, if needed, they may have an assessment over the phone with an on-call clinician. They will then be connected back to their local hub when it opens.

How are the Hubs funded?

The Hubs are funded through the New Hampshire Department of Health and Human Services by a federal grant that is administered by the Substance Abuse and Mental Health Services Administration (SAMHSA). The State Opioid Response (SOR) Grant is specifically targeted to help decrease the problems associated with Opioid Use Disorders.

Who will the Hubs serve?

The Hubs are located throughout the state and positioned specifically to make sure that people do not have to travel more than 1 hour for services. Hub locations can be found on the NH DHHS Web site: <http://www.dhhs.nh.gov/media/pr/2018/doorway.htm>.

Anyone can call and/or go to the Doorway locations, even if they are just looking for information about resources in order to help a loved one. The SOR grant was developed in order to target Opioid Use Disorders, but the hub locations are prepared to help people with Substance Use Disorders and can provide information and referral resources, even if it is ultimately determined that an Opioid Use Disorder is not the primary diagnosis.

If you, or someone you know, struggles with addiction or substance use, seek help by calling the 2-1-1 or reaching out to your local Hub location for more information on how to be directed to treatment services.

PET of the Week Roam with Montey!

While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentlemen who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him. That person would find that Montey makes the ideal running/hiking buddy! He has bonded wonderfully with staff and volunteers and blossomed



into a warm, happy, silly dog who adores food and trips to get chicken McNuggets! He would love an active home with a big couch to curl up on with you and a pa-

tient owner that can give him all the time he needs to build his confidence back up. He'll need an adult only home with no other animals, but at this point he deserves

to have his people all to himself! Montey can't wait to spend his golden with his people. For more information visit NHHumane.org or call 524-3252.

Strategies for Living

The price of success

BY LARRY SCOTT

In the New Testament book of Hebrews, we read: “By faith Moses, when he had grown up, refused to be known as the son of Pharaoh’s daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of

greater value than the treasures of Egypt.” Of Hebrew origin, he was the grandson of society’s most powerful and wealthy man ... and everything life had to offer was available to him.

One cannot imagine the sumptuous lifestyle that was his to enjoy. The wealth, the power, a life of “wine, women and song” was his for the taking. But

it was not to be. By the time we find him on Mt. Sinai in personal conversation with God, producing the Ten Commandments and the law that was to guide the nation of Israel, Moses had gone through a traumatic and life-changing transition.

Despite the ease and comfort available to him as an Egyptian Prince, Moses chose

instead to be identified with his Hebrew family. When he was 40 years old, things finally came to a head. He killed an Egyptian who was abusing one of the Hebrews and had to flee for his life. For the next 40 years, giving up on any dreams of greatness he might have had, he became a shepherd to his father-in-law in

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Letters to the Editor

Northern Pass was wrong for NH then, and it's wrong now

To the Editor:

The bright orange t-shirt I own showing my opposition to the Northern Pass project is becoming thread bare as Eversource's efforts to push the project through against the will of the people continue into 2019.

We are fortunate to have in our state and country a rigorous process to determine which projects are viable, desirable, and in the interest of our state. These processes are carefully designed to allow for the consideration of scientific evidence, economic projections, ecological considerations, and the benefit to the folks who will bear the burden of the project.

Stand up for sensible spending at Newfound Deliberative Session

To the Editor:

The Newfound area Deliberative Session is this Saturday, Feb. 2 at 10 a.m. at the high school.

It is a new year, and along comes our responsibility to control what the Newfound school district spends. We live in a great school district and we appreciate the teachers and staff, but we must control the spending.

Over a year ago, money was added for a one-time expense to replace the high school roof; job well done and completed. This money is now in the budget forever. Then, last year's budget was never fully spent — great

The SEC process was complete, methodical, and thorough. Ninety-five percent of public comments submitted to the SEC were opposed to the project. This, along with all other considerations, led the SEC to unanimously reject the proposal. With so much money at stake, however, Eversource is hoping that the people of New Hampshire run out of steam before they run out of cash.

Let's all commit to being clear: this project is wrong for New Hampshire — it was yesterday, and it will be tomorrow.

Eric Oliver
Hebron

job SAU/school board, saving us a bunch of money to the tune of \$1.5 million, but now it is time to give it back.

The deliberative session is where we can control the spending and let the SAU/school board know what we can afford. Stand up for many in our district that are poor and less fortunate and our seniors that are trying to survive on fixed incomes. Deliberative Session is this Saturday, Feb. 2 at 10 a.m. at the high school.

John Sellers
Bristol

Find out the truth about Newfound's budget

To the Editor:

This Saturday, Feb. 2, starting at 10 a.m., the Newfound Area School District will be holding its deliberative session at the Newfound High School.

If you are a voter in the communities of New Hampton, Bristol, Alexandria, Bridgewater, Danbury, Hebron or Groton, you need to attend and contribute your input as to how you would have your tax money spent.

Several months ago, the school administration

submitted a letter to this paper expounding on all the curriculum and equipment cuts that were necessitated due to a lack of funding. A couple weeks ago, in this paper, a member of the School Board stated that the School District had \$1.5 million left over from this year's budget. One of these statements is true, one is not! Come to the meeting to find out what is going on.

Paul Simard
Bristol

How too much television can be a dangerous thing

In recent times, I've been watching way too much TV. Sure, there are the usual daily chores, and writing, and mail to take care of, some from the mailbox across the road, but these days most of it over the Information Highway.

With too much TV, you begin noticing certain things. The volume on commercials, for instance. Years back, the Not-Just-Urban Legend goes, the FCC is supposed to have addressed this by adopting and enforcing a rule that a TV commercial could be no louder than its surrounding fare. Thus, if you were watching Oliver and Hardy get into another fine mess, the ensuing commercial for, say, Rice Krispies, could be no louder.

Quite obviously, the FCC moguls haven't been watching very much TV

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



lately. When a commercial comes on, a body wants to reach for the earplugs.

+++++

Meanwhile, when no one was looking, the line of demarcation between commercials vanished, "went missing" in the lexicon of people who are so anxious to adopt anything sounding British, which magically makes it sound smart and superior (I know, I know, "Get off your soapbox, Harrigan").

However, as one word-watcher noted, "gone missing" is not quite the same as "gone fishing," the difference



JOHN HARRIGAN

The astronomy gurus tell us we're gaining about two and a half minutes a day now. All we know is that come the Summer Solstice, the setting sun will be far to the right, over Lower Quebec.

being intent. Many people might elect to go fishing, but most people wouldn't intentionally go missing. This is why, during my days as an editor, I always struck the phrase out, unless the reporter was around to

defend herself.

For some reason, perhaps because of something I gleaned from some book years ago, I think of "gone missing" as an Australia-New Zealand term, more or less akin to "gone for a walk-

about."

+++++

Getting at the derivation of a word is both work and fun for me, almost the epitome of a non-consumptive sport,

as my anti-hunting friends would say.

I try not to let anyone get away with this righteous "non-consumptive" business. Non-hunters are often quick to use it. But even the keep-to-the-path hiker who kills nothing, takes nothing but pictures, and brings home nothing but trash is a consumer of myriad things, for which something, somewhere, paid the ultimate price - steel, gas, bread, the human cost of the microchip in camera and car.

Neither do I let people get away with the word "harvest" when they mean "kill," as in "She harvested her first deer, a fat spikehorn." No, she didn't, she took it, got it, shot it, killed it, anything but "harvest."

It is a weasel-word in the extreme, with apologies to the weasels.

+++++

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Water, water everywhere, and most of it nearly frozen. It certainly makes for a mess, doesn't it? I'm sure our road crew would rather see more snow than rain at this point. Have patience, Spring is coming, and we'll have a prediction on Saturday, which is Groundhog Day.

Town

Last day to file for Public Office Friday, Feb. 1 from 3 until 5 p.m. at the Town Clerk's Office in the Municipal Building.

Board of Selectmen Meeting Tuesday, Feb. 5 at 6 p.m. in the Municipal Building.

Wednesday, Feb. 6, Photography Class taught by Dave Redman and sponsored by the Alexandria Conservation Commission at the Alexandria Village School from 6 until 7 p.m.

Saturday, Feb. 9 at 10 a.m. is the First Deliberative Session at the Town Hall, Washburn Road, Alexandria. Please be there to ask questions, discuss and debate the Warrant Articles.

Alexandria UMC

Office hours Thursday, Jan. 31 from 11 a.m. until 6 p.m. Book Study begins at 6 p.m.

Community Dinner Saturday, Feb. 2 at 5 p.m. in the Vestry. On the menu is ham, beans, coleslaw, brown bread, beverages and desserts. Good food, a toasty fire to warm the hands and friendly conversation and laughter to make your heart smile. All proceeds this month will go to Bristol Community Services, so please feel free to bring something non-perishable.

I hear there was a very lucky person who

captured a video of at least one deer that took a liking to one of our shrubs in front of the Vestry. I did see tracks, but that's not as much fun as seeing the animal itself. Bon appetit!

That's it for this week folks. If you have an event coming up you'd like me to add to the column, please feel free to e-mail me, or give me a call. I'd be happy to add it. My column goes in by noon on Tuesday of each week, and I'd appreciate at least a weeks notice to be sure it gets out there in a timely fashion. Have a great week ahead, may your travels be safe and your words kind.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church Sunday worship services at 11 a.m. will continue through the winter, weather permitting.

On stormy Sundays, call or text to 491-3196 to be sure there will be a service at the church, or if instead there will be "virtual worship" through a (free) conference call. If you would like to receive their weekly email news, or to be notified of church events, please send a short message to south-danburychurch@gmail.com.

Danbury Winter Market

This Saturday, Feb. 2,

from 9 a.m.-1 p.m., is the Danbury Winter Market at the grange hall. In celebration of National Eat Ice Cream for Breakfast Day, the kitchen crew is whipping up homemade yeast waffle upon which you can add ice cream and toppings for a breakfast treat that is unique to the first Saturday in February. It's also your chance to do some shopping for your valentine with chocolates by Nancy Parker, jewelry by Brownie's Beads and 50 percent off all red items made by Judy Evans. Free valentine craft projects upstairs for families. Shopping local allows you to take in a good dose of community while supporting your local farms, cottage industries and specialty food producers. The market runs every first Saturday through April.

Groton

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

The next Select Board Meeting is Feb. 5, with a Public Budget and Warrant Article Hearing on that day at 6 p.m. at the Town House. There will be a Hazard Mitigation Plan Meeting before this hearing at 4 p.m., and a Select Board Meeting afterwards at 7 p.m.

There are several positions open for the upcoming elections as listed below:

Select Persons - 2 positions, one for 1 year and the other for 3 years. Planning Board Members - 2 positions for 3 years. Cemetery Trustee - 1

position for 3 years

Local Auditor - 1 position for 1 year

Moderator - 1 position for 2 years

Library Trustees - 1 position for 1 year and 1 position for 3 years

Zoning Board Members - 1 position for 1 year, 2 positions for 2 years and 2 positions for 3 years.

If any of these positions sound interesting to you, please come to the Town Clerk's Office between Jan. 23 and Feb. 1 during regular business hours and become a candidate. There is a \$1 Candidate's fee.

A copy of the School Budget from the budget hearing is available at the Town Clerk's Office and is also available online at <http://www.sau4.org/schoolboardmembers/2019-2020schoolbudgetinformation> or just search for Newfound Area School 2019 budget. The Deliberative Session will be held Feb. 2 at 10 a.m. at the Newfound Regional High School.

The transfer station has asked that anyone bringing in cardboard please break boxes down and collapse them in order to make room in the dumpster. It is too costly and time consuming for the transfer station attendants to use the loader for crushing boxes.

Scheduled Meetings and Office Closures

Select Board Work Sessions - Tuesdays, Feb. 5 and 19 at 4 p.m. at the Town House

Select Board Meetings (open to the public) - Tuesdays, Feb. 5 and 19 at 7 p.m. at the Town House

Public Budget and Warrant Article Hearing at the Town House, Feb. 5 at 6 p.m.

Hazard Mitigation Plan Meetings on Feb. 5 and 19 at 4 p.m. at the Town House

Road Committee Meeting on Feb. 12 at 7 p.m. at the Town House

Conservation Commission Meeting on Feb. 14 at 7 p.m. at the Town House

The Town Offices will be closed on Feb. 18 for President's Day.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Community Breakfast

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

Newfound Area School District Deliberative Session Saturday, Feb. 2, 10 a.m.

Please be sure to attend the NASD Deliberative Session on Saturday Feb. 2 starting at 10 a.m. at Newfound
SEE TOWNS, PAGE A13

The telephone call was interesting, to say the least. A young male voice called me "Grandpa" - okay so far, although the voice wasn't quite right - but then said he'd been injured in an accident.

Already on alert, because I knew what was coming, I listened to the pitch. Nope, he wasn't my grandson, and yup, he needed money, for bail to get out of jail and airfare home. "You guys are sleazebag crooks," I said, and hung up.

Every other month, it seems, one North Country police report or another contains a warning about yet another form of scam. So and so is marooned in Southeast Asia and needs airfare home. Someone wants to pave your driveway for a ridiculously low price. Or fix a roof that doesn't need fixing.

Many of these scams are aimed squarely at the elderly, who make up an overly large percentage of northern New England's population. Too many of our old folks have lost their life's savings.

Children and grandchildren, warn your elders about these cruel hoaxes. Grandfathers and grandmothers, listen to the children.

This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Catch us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.



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Pastor Ernie Mad-
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Phone: 968-9464
Email: [accernie@
hotmail.com](mailto:accernie@hotmail.com)
Website: [ashland-
communitychurch.
com](http://ashland-communitychurch.com)

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

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

Anonymous Group:
Monday's at 8 p.m.
in the church dining
room.

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Pastor: Rev. Andrew
MacLeod
Intergenerational Ser-
vice: 10 a.m.

A.A. Step meeting –

The ukelele band is

Sundays: 8 a.m. at
Griswold Hall, 263
Highland St., Plymouth
9:30 a.m. St. Mark's
Church, 18 Highland
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	Hammond Hill Road	Forest Use	\$50,000	Garrett and Lorette Gilpatric	John Ockenga
Bridgewater	271 Hammond Hill Rd.	Single-Family Residence	\$135,000	Stephen & Francine Mills Fiscal Trust	Richard L. and Andrea L. Chistensen
Bristol	20 Lake St.	Commercial Building	\$350,000	Shackett Holdings LLC	Joseph J. Santamaria
Bristol	30 Lake St.	Commercial Building	\$350,000	Shackett Holdings LLC	Joseph J. Santamaria
Bristol	56 Lakeside Rd., Unit 56	Condominium	\$136,333	Craig S. and Carmen I. Hogan	Daniel and Michelle L. Stebbings
Campton	34 Condo Rd., Unit 1	Condominium	\$125,000	Rsbrothers LLC	Edward F. Gillis and Heather Fortin
Hebron	N/A (Lot 10-1)	N/A	\$160,000	Bruce and Kate Curtis-McLane	Douglas and Susan McLane
Holderness	US Route 3	N/A	\$55,000	Squam Lakeside Farm Inc.	Eric R. and Jennifer M. Howland
Holderness	US Route 3, Unit 56	Condominium	\$48,000	Squam Lakeside Farm Inc.	Mary P. Purcell and Susan Hoodlet
Plymouth	12 Ivy Lane	Single-Family Residence	\$180,000	Dwight A. and Aleta G. Devork	Guy Mathieu
Plymouth	313 Mayhew Turnpike	Single-Family Residence	\$88,000	Susan E. Parker and Bank of New Hampshire	James Lintner
Plymouth	Ski Lift Lane	Residential Developed Land	\$37,000	Allan and Susan C. Wilayto	Christina Hillery
Rumney	38 Quincy Bog Rd.	Single-Family Residence	\$64,000	Todd E. and Kelli. K. Young	Nathaniel D. Myles
Thornton	36 Brookside Rd., Unit 6	Condominium	\$181,533	DTE Investments LLC	Carol A. Peltier
Thornton	74 Pointe Of View Dr.	Single-Family Residence	\$545,000	Edward L. and Pauline J. Fleury	Trairong P. Thomas and Minhui Nie
Thornton	N/A	N/A	\$12,333	Thomas Thibeault and Gerald McGracht	John A. and Karen Pagano
Warren	65 Moses Rd.	Single-Family Residence	\$87,500	Eugene L. VanHouten RT	Charles C. and Anna M. Rivers
Waterville Valley	28 Packards Rd., Unit 726	Condominium	\$185,000	Kevin Dill	Douglas A. and Dolores B. Fierro

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



BY MARK PATTERSON

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does your advisor or firm have any "revenue-sharing" arrangements with any insurance or fund company? This is important because the advisors firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small

Five questions for your financial advisor

print of a long and technical document.

Question two: Do you or your firm promote "proprietary products?" Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who holds custody of my money? This is a question you would want to ask an investment advisor representative of an RIA (Registered Investment Advisor) firm. TD Ameritrade, Charles Schwab and Fidelity are popular custodians for registered investment advisory firms. The investment advisory firm should only have limited power of attorney for them to direct your money into proper investment allocations and to extract their fee from your account. Shortly after opening an ac-

count at one of these custodians, you should receive a letter from the custodian acknowledging your account.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages

personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

There was legislation that was set to go in effect on April 10 of

2017, that apparently will not happen. This legislation would have required that any advisor, broker or insurance agent working with retirement money would have to act in the client's best interest. Advisors like myself are obligated to act as a fiduciary by law. So, you can probably imagine that it is my opinion as well as other investment advisors that the brokers at the broker-dealers and banks and insurance agents should view their jobs as advisors and not salespeople and they

should be held to the much higher standard of a fiduciary, not just a suitability standard that they are held to presently.

I realize I've already listed five questions for you, however I will give you a bonus sixth question to ask: How and how much are you compensated for your services?

Mark Patterson is a fiduciary investment advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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How aging affects our feet

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

What Changes with Age?

Henry David Thoreau once wrote, “An early-morning walk is a blessing for the whole day.” From sun-up to sundown, we rely on our feet constantly to get us wherever we need to go. They are undoubtedly the unsung heroes of the human body, but over time, age-related changes – not to mention normal wear and tear – can take their toll. And for some older adults, being able to walk at all is a blessing in and of itself. So, what exactly changes with our feet as we get older?

To start with, there’s a decrease in collagen production which causes the natural cushioning of the feet to diminish. Without this padding, the feet lose their ability to absorb shocks, often leading to severe soreness and pain when walking. Blood circulation can also begin to slow as we age, especially for those dealing with diabetes, vein disease, or other conditions. Proper circulation is crucial

in keeping the human body healthy, and when the feet don’t get the blood supply they need, several problems can arise – severe swelling being chief among them. Arthritis, particularly in the big toe or top of the foot, can lead to stiffness, dull aches, and decreased range of motion.

While all of these changes are certainly common, seniors should not assume that foot pain is to be simply tolerated. Seniors can take steps to care for their feet, reduce their risk of the aforementioned problems, and maintain their independence. With these tips, seniors can embrace Thoreau’s words and enjoy all that the day has to offer.

Foot Care Tips for Seniors

Invest in proper footwear that conforms to the foot (not the other way around). Comfort is certainly key, but flexibility is also important. It’s highly recommended that seniors buy shoes that have a half-inch gap between the tip and the longest toe.

Take regular walks,

paying particular attention to proper posture (head erect, back straight, and arms swinging).

Have feet checked frequently by a podiatrist, especially if diagnosed with diabetes.

Wash feet thoroughly with soap and water, especially between the toes. It’s also imperative that they are dried thoroughly to help prevent fungal infections.

Use lotion after washing/drying to reduce the risk of the skin becoming dry and cracked.

Avoid walking while barefoot, to help avoid cuts and scrapes.

Ensure proper toenail maintenance by cutting across the nail and avoiding trimming the corners.

Promote proper circulation by stretching daily, keeping the feet propped up, and wiggling toes after sitting for long periods of time.

For any acute foot pain, apply the RICE treatment: rest, ice, compression, and elevation. Seniors should get off their feet, put ice on the injury for 20 minutes every hour, wrap it with a bandage, and keep the foot above the knee.

How Comfort Keepers® Can Help

It’s easy to take our feet for granted, but there’s no denying that they play an essential role in maintaining our overall independence. At Comfort Keepers®, our goal is to help seniors and other adults live happier, healthier lives and enjoy the things that give them joy. Our caregivers can help clients care for their feet by reinforcing the best practices listed above. And if walking is difficult,

we can provide mobility assistance as well as transportation to and from places around town.

For more information about how we can elevate the human spirit for senior clients, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

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

“The Doorway at LRGH” now open as part of state initiative for substance use disorder treatment

LACONIA — LRG-Healthcare recently hosted a public forum to discuss its participation in “Doorway – NH,” the state’s initiative to assist those seeking help with substance use disorder. Before a crowd of almost 200 people, LRGHealthcare shared that it has been selected as one of nine recipients of a two year grant through the New Hampshire Department of Health and Human Services (DHHS) as part of this initiative.

The Doorways will serve as the “hub” in a “hub and spoke” model, working with local providers (“spokes”) to implement regional approaches to the opioid crisis. The win-

dow of opportunity for someone who decides they want help is often very small, so any delay could cause them to change their mind. The Doorway will help these individuals keep that window open by getting them in contact with a recovery coach immediately.

The Doorway at Lakes Region General Hospital will have a recovery coach on site Monday through Friday, 8 a.m. – 5 p.m. Any person seeking help for him or herself, or a loved one, can just walk through the front door at LRGH and ask for “the Doorway.” The recovery coach will then be paged to meet with him or her right away. After assessing his or

her individual situation, the recovery coach will help establish the best next step for this person to get treatment.

Any of the nine statewide Doorways can be accessed by calling 2-1-1 at any time. During normal business hours, Monday through Friday, 8 am – 5pm, you will be connected directly to the Doorway nearest you. During these same hours, you may also reach the Doorway at LRG-Healthcare directly by calling 934-8905. For those seeking help after hours, the state has enlisted the services of Dartmouth-Hitchcock to handle after hours and weekend coverage of these services through 2-1-1.

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Ice jam upstream triggers flooding on Holderness/Plymouth town line

BY DONNA RHODES
drhodes@salmonpress.news

HOLDERNESS – Emergency response teams were called out to the Diczno Bridge between Holderness and Plymouth once again last Thursday, when waters of the Pemigewasset River rose rapidly and caused some minor flooding in the area.

Holderness Fire Chief Eleanor Mardin said that at approximately 11:30 p.m. on Jan. 24 her department was notified of the situation and responded accordingly.

Mardin said the situation began when an ice jam formed on the river in Woodstock, then began backing up water and ice south of that location.

“It rose 14 feet overnight, then neared 16



DONNA RHODES

An upstream ice jam in Woodstock caused the Pemigewasset River to back up onto Route 175A in Holderness last week, keeping DOT crews out all day Friday to clean up both the state highway and ramps to and from Interstate 93.

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 831 students have been named to the Plymouth State University President's List for the Fall 2018 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2018 semester and must have attempted at least 12 credit hours during the semester.

Cameron Brand of Plymouth
Victoria Jollimore of Plymouth
Denee Jones of Campton
Ian Kim of Plymouth
Sheyenne Lester of Campton
Mary Patten of Plymouth
Thomas Perkins of Holderness
Sydney Pogue of Holderness
Ethan Pruett of Alexandria
Nicole Reynolds of Ashland
Rebecca Turmel of Alexandria
William Von Iderstine of Ashland
Ruthie White of Campton

Robyn Boisvert of Alexandria
Abigail Clark of Warren
Emily Haselton of Wentworth
Lauren Hughes of Campton
Michael McLaughlin of Holderness
Jessica Ouellette of Plymouth
Randall Scroggins of Rumney
Maria Bode of Plymouth
Macallan Camara of Plymouth
Justin Campbell of Campton
Delaney Chabot of Campton
Christopher Cox of Bristol
Julie Cunningham of Plymouth
Sage Haring of Wentworth
Kyle Manning of Plymouth
Zachary Patten of Bristol
Brooke Robinson of Ashland
Montana Bassett of Bristol
Lauren Boisvert of Alexandria
Todd Gustaitis

of Plymouth
Katelyn Heath of Wentworth
Ashley Hoyt of Campton
Julianne Lewis of Plymouth
Nicole Lheureux of Campton
Jin Lyi Mah of Plymouth
Morgan Maxner of Plymouth
Kelsey Wang of Ashland
Melker Blomberg of Plymouth
Hailey Botelho of Rumney
Megan Gebhardt of Hebron
Zachary Hofland of Holderness
Joni Hongisto of Plymouth
Maya Infascelli of Campton
Madison Lust of Ashland
Isabella McDonald of Bristol
Alyssa Michaud of Plymouth
Tate Miller of Hebron
Nolan Swanson of Holderness
Jasmine Patten of Bristol

Shannon Brunelle of Rumney
Bridget McCarthy of Thornton
Grace Page of Bristol
Clayton Titus of Holderness
Olyvia van Loon of Rumney

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

feet as the day wore on,” she said. “With the amount of rain we had (estimated to be one-and-a-half to two inches), we didn’t think we’d have that much of a problem.”


Due to high snow banks and other winter obstacles, however, water and ice chunks began to fill fields south of Plymouth then worked north, threatening the parking lots behind the Plymouth State University Ice Arena and Welcome Center.

Mardin said PSU’s Campus Police Chief Steven Temperino sent out a notice to the students, who had just returned to campus from their winter break, advising that vehicles parked in the campus lot would need to be moved right away. She said that for the most part the students complied with the directive but approximately 30 cars still had to be towed from the area before they sustained any water damage.

And while businesses along the Route 175A corridor were closed on Friday, Mardin reported that fortunately neither they nor the university buildings on that side of the Pemigewasset River received any water damage due to the flooding.

“The bridge was mainly closed down because the Exit 25 ramp was closed and we didn’t want people to drive over there to only have to turn around again,” she said. “We kept one side of the bridge open though so university maintenance crews could go back and forth to clean up the parking lots at the sports buildings because they had some athletic events scheduled that night.”

Throughout the day on Friday, crews from the DOT were also hard at work clearing chunks of ice from the state roadway but everything was back to normal by 9 p.m. that Friday evening.



How to Submit Obituaries & Announcements To Salmon Press Publications

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SLA to host guided hike to Red Hill via Eagle Cliff Trail

HOLDERNESS — Every season provides a new perspective in the lakes region and mountains. Join the Squam Lakes Association (SLA) on Wednesday, Feb. 6 from 10 a.m.-3 p.m. for a winter hike to the historic Red Hill fire tower summit via the Eagle Cliff trail.

This hike (possibly snowshoe/micro-spike) is about five miles roundtrip. We will meet at 10 a.m. at the Eagle Cliff Trail trail head (located off of Squam Lake Road in Sandwich). The Eagle Cliff Trail to Eagle Cliff summit is six

tenths of a mile long, and provides a fantastic view. As we climb the side of Red Hill, we will travel about another two miles to the summit. At the top we will take a break, have lunch and enjoy the view.

This hike is for all ages, but is of moderate intensity and may increase in difficulty with any icy or rainy weather. Participants should bring extra layers that can be taken off/added on to stay warm and dry, rain gear, a hat, an extra pair of socks, hiking boots, a packed lunch

and snacks, and plenty of water. The SLA can provide snowshoes for up to six participants.

This hike is one of the Squam Rangers hikes, so if you have not checked it off your list or are interested in completing all of trails in the Squam Lakes network this is a hike not to miss. In addition, there are a number of new and ongoing opportunities for members of the community to get involved in the conservation of the watershed. Participants will get to hear about the conservation work being

done around Squam Lake, and ways that they can get involved in the coming months as they hike up to the summits.

For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA offers Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are

presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful

character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

Rey Center to host story time & adventure at the Squam Lakes Association

HOLDERNESS — Once a month throughout the winter the Margret and H.A. Rey Center brings the spirit of Curious George to the Squam Lakes Association (SLA) through their Story Time & Adventure program. This month's program will be held on Friday, Feb. 8 from 10:30 a.m. to noon. Do you enjoy listening to a good story and playing outside? If so head over to the SLA and get swept away in a story and then go outside for an adventure connected to the story that just captured your imagination. All ages welcome and children must be accompanied by an adult.

Please register before noon on the Thursday prior to the program. If no one is signed up, the program will be canceled so please call the SLA before showing up the day of the event if you have not registered. Be

sure to bring appropriate clothing & gear (snow pants & snow boots) to go outside for the adventure after the story. This program is free and open to the public. Donations are welcome and will support both the SLA's mission "to conserve for public benefit the natural beauty, peaceful character and resources of the watershed" and the Rey Center's mission "to honor the Reys' spirit of curiosity and discovery by increasing understanding & participation in art, science & nature through programs for youth, adults & families."

For more information about this program and to register, please visit the SLA Web site (squamlakes.org), or contact the SLA directly at 968-7336. The Squam Lakes Association is located at 534 US Route 3 in Holderness.

Volunteers give generously to Science Center

HOLDERNESS — Each year, volunteers at Squam Lakes Natural Science Center donate their time, energy, and expertise to support the education mission of the Science Center. Volunteers help in various capacities and areas including animal care; education docents; education programs; exhibits; trails and campus; Kirkwood Gardens; greeters; office; special events; First Guides teen volunteer program; and more. In addition, volunteer groups from local businesses, schools, and organization provide assistance on individually scheduled projects throughout the year.



A Science Center docent shows an animal pelt to school visitors on the live animal exhibit trail.

For people looking to get involved with the Science Center, volunteering is a great way to become part of the community.

In 2018, a total of 311 volunteers gave 8,632 hours to Squam Lakes Natural Science Center. According to the Independent Sector*, a nonprofit organization that calculates the value of volunteer hour state by state, the Science Center volunteer service hours have a monetary value of over \$220,000 for the year.

Approximately 63 million people volunteer in the United States annually donating about 8 billion hours of time. The value of volunteers in the U.S. is approximately \$197.5 billion. Volunteering at Squam Lakes Natural Science Center is personally rewarding but also offers benefits for the volunteer including monthly luncheons

and educational programs, a gift shop discount, a membership discount, free trail admission on the days a volunteer is volunteering, use of the education library, volunteer newsletter, and an invitation to the annual Parsons Volunteer Recognition Dinner.

"Our volunteers give so generously of their time and expertise," said Carol Raymond, Volunteer Manager at Squam Lakes Natural Science Center. "Because of them, the Science Center can do its good work throughout the region."

As spring approaches the Science Center begins various volunteer trainings to prepare for the public trail season beginning May 1. In April, Volunteer Instructors learn to assist educators in school programs and Lake Education Assistants learn to assist school programs aboard pontoon boats. Adult Docent Training

takes place in June for volunteers looking to become more deeply

involved with the Science Center. Docents SEE VOLUNTEERS, PAGE A13

2019 SALMON PRESS

Plymouth Community Guide

Published April 29th, 2019

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Election

FROM PAGE A1

the following openings will also be presented to voters in March.

The Town of Alexandria, an SB2 town, will be electing one selectman, two members of the Planning Board, a Town Treasurer, Cemetery Trustee and a Trustee of the Trust Funds for three-year terms. There are also two three-year terms open on the Budget Committee along with one two-year term. Their First Deliberative Session will take place on Sat., Feb. 2, at 10 a.m. in the Alexandria Town Hall.

Ashland, which is also an SB2 town, has openings this year for one Selectman, one Budget Committee member, one Trustee of the Trust Funds, one Library Trustee, a Cemetery Trustee, a Water and Sewer Commissioner, and an Electric Commissioner. Each are three-year po-

sitions. Ashland's First Deliberative Session will also take place this Sat., Feb. 2, at 10 a.m. in the Ashland Elementary School gym, across from the town offices.

Bristol this year will be looking to fill openings for two selectmen, two one-year seats on the Budget Committee along with two other two-year seats and two three-year seats on that committee. There is also one opening for Trustee of Trust Funds, one for a Cemetery Trustee, and two seats available for Library Trustees. Each are of those are three-year terms.

The Town of Camp-ton is looking for three selectmen, one to serve a one-year vacancy and two to fill three-year openings on the board. Voters will also cast their ballots for two Trustees of the Trust Funds, one Library Trustee and one Supt. & Sexton of Cemeteries, which is a one-year position.

As an SB2 community, the Town of Danbury will hold their First Deliberative Session on Thurs., Feb. 7, at 7 p.m. At the polls in March they will also be selecting people to fill the following positions: Selectman (three years), two Auditors, one each for a one-year and a two-year term, two Budget Committee members and two Planning Board members, serving three years each. The Zoning Board has both a three-year and a two-year opening this time around, and voters will also be selecting a Police Chief and a Road Agent for one-year terms, as well as a Supervisor of the Checklist for a five-year opening. There are also three-year openings for Recreation, a Cemetery Trustee, Library Trustee and a Trustee of the Trust Funds.

In Dorchester, voters will be deciding who they want to fill a vacancy on the Select

Board and two openings for the Planning Board, all of which are three-year positions. There is a one-year term available as Treasurer, and two Cemetery Trustee openings (one three-year and one two-year position), a one-year vacancy for Auditor along with a two-year Auditor position, and openings for both one- and three-year terms as Trustees of the Trust Fund.

Voters in the Town of Hill will select one Selectman and there are three three-year openings for Budget Committee, with a two-year seat also available. Other vacancies are Town Treasurer (a one-year term), Cemetery Trustee (three-years), Checklist Supervisor (six years), Library Trustee (three years) and Trustee of the Trust Funds, which has a one-year opening.

The Town of Holderness will be electing two Selectmen (three

years), a Moderator (two-year term), two Library Trustees, a Trustee of the Trust Funds and a Fire Warden, each three-year terms.

In Groton, there a number of openings this year including one seat on the Board of Selectmen for one year with a second three-year seat available. The Planning Board has two three-year positions up for grabs; there is one three-year opening for Cemetery Trustee, a one-year term for Local Auditor, and a two-year term for Moderator. The Library Trustees have both a one-year and a three-year seat available while the Zoning Board has five slots open, one for one-year, two two-year terms, and two three-year terms.

The SB2 town of New Hampton will be holding their First Deliberative Session on Tuesday, Feb. 5, at 7 p.m. in the New Hampton Public Safety Building. Offices up for election this March include one Selectman, Town Clerk/Tax Collector, Trustee of the Trust Funds and a representative for the Sarah MacGregor Scholarship Fund. Each of the four positions carry a three-year term.

In Plymouth, there are two three-year seats available on the Board of Selectmen as well as an opening for Town Clerk and one for Tax Collector. Other positions up for election this year are Moderator (two-years), Cemetery Trustee (three years), Library Trustee (three years), a three-year term for Trustee of the Trust Funds and a five-year term balance on a vacated seat for Supervisor of the Checklist.

Voters in Rumney will be electing one Selectman, a Town Clerk/Tax Collector and a Fire Commissioner for three-year terms in March. The Rumney Planning Board also has two three-year seats to fill in addition to a one-

year term. The Cemetery Trustees have three openings as well, one each for three-year, two-year and one-year terms. There is a three-year term to be decided on for Trustee of the Trust Funds and finally, a four-year opening for Supervisor of the Checklist.

Thornton voters will be choosing one selectman, two Planning Board members, a Cemetery Trustee and a Library Trustee for three-year terms. There are both a three-year and two-year opening for Trustee of the Trust Funds, a one-year term for Overseer of Public Welfare, and a six-year position for Supervisor of the Checklist. They will also be filling a partial one-year term for Town Clerk due to an early vacancy in that position.

In Waterville Valley, openings there include one each for the Board of Selectmen, Town Clerk, Trustee of the Trust Funds and Library Trustee. Each are three-year terms, with the exception of Town Clerk, which is available for one year.

It will be a busy day for voters in Wentworth this March as they look to fill many elected positions. For the Board of Selectmen there are three openings, one each for a one-, two- and three-year term. The Planning Board has three openings as well, two for three years and one for two years. Residents will also be asked to elect three Fire Commissioners to one-year terms, a Treasurer (three-years) and Auditor (one year). Other terms are three years as a Library Trustee, both a two-year and three-year seat as Town Trustee, one-year and three-year terms as Cemetery Trustee, and finally, a one-year term as Supervisor of the Checklist.

Information was not available at press time from the Town of Warren, and in Hebron, elections will not be held until May.

Articles

FROM PAGE A2

the facilities needs and to plot the expenditures over a period of years. Not only does the plan even out the spending, it also allows each town to see when it would benefit from the spending. This year, for instance, the district did parking lot reconstruction at Danbury Elementary School and New Hampton Community School and replaced the high school track, while Newfound Road reconstruction and window replacement at the middle school in Bristol are on the plan for the coming year.

CIP plans serve as a road map for spending, but the projects identified do not always get funded in the year they are proposed, forcing an adjustment to the spending plan. The Newfound Area School Board got around that problem with its broad definition of "one-time expenditure" and by including that spending in its general operating budget, rather than breaking out those costs

in separate warrant articles where there is a better chance of them getting defeated.

When residents voiced their opposition to the way the school board was handling spending, Bridgewater member Vincent Paul Migliore suggested that they could appease people and avoid a backlash at the next deliberative session by establishing a policy that would give residents a chance to vote on CIP projects in separate warrant articles. Other board members disagreed, with some going as far as to say they should not pay attention to the ballot vote because there are many other residents in the district who do not cast ballots — people who might favor those projects.

As a result, Migliore started the petition to ask the school board to place capital improvement projects (defined as exceeding \$24,999) on the warrant as separate articles — a move that School Board Chair Jeff Levesque of Groton termed "a temper tantrum."

The opposition

Because the school board's solution makes it more difficult for residents to control the budget or eliminates their ability to say no to spending, the predicted backlash materialized in a sufficient number of signatures for Migliore's petition to appear on the warrant, and for another one, by Bristol Selectman Don Milbrand, to suggest transferring the responsibility for the calculation of the default budget to the Newfound Area School District Budget Committee.

Milbrand's reasoning is simple: The school board's definition of "one-time expenditure" runs against the common understanding of what constitutes a one-time cost, and giving that responsibility to the budget committee will restore the common definition.

Default budgets have been criticized since the original Official Ballot Act was passed as Senate Bill 2. Attempts by the New Hampshire

State Legislature to clarify the law have generated new problems, including last year's amendments that allow the inclusion of some contractual obligations but eliminate others. For instance, although the default budget can include increases for health insurance premiums, it cannot include increases built into contracts for transportation, software licensing fees, and utility increases.

The disputes over how a default budget is calculated may remain if a different body takes over the calculation, but Milbrand said it is time to give it a try.

Passage of the two petitioned articles would be a reprimand to the school board and would restore the traditional democratic process.

It will be up to the voters to decide if it is time to give up some rights in order to see the progress that administrators are seeking, or to rein in their elected officials and remind them who they are serving.

Towns

FROM PAGE A5

Regional High School. School Budget Information can be found on the SAU4 website by clicking on the 2019-2020 School Budget Information Icon (on the top left hand side of the Home page) or by obtaining a copy of the budget at

the Town Office or at the Town Clerk's office. Hope to see you there!

Hebron Fire Department Third Annual Poker Run Saturday, Feb. 16

Come join the Hebron Fire Department's third annual poker run. All sites are accessible by automobile and

snow machine. First prize \$100, second \$50, third \$25. Prizes sponsored by Bridgewater Inn, Sculptured Rocks Bed and Breakfast and Plain Jane's Dinner. We have 50/50 tickets available from any fire dept member as well as Hebron Village Store being sold now. (Do not need to be present to win.)

Sled sign up at 10 a.m. at Hebron Fire Dept, Cars leave at 11. Italian supper at 5 at Hebron Church adults \$12 under 12 \$6. Reservations recommended but not needed. All proceeds go towards a mannequin that can be used for many different types of training. Donations also accepted for this cause.

Volunteers

FROM PAGE A11

are trained to interpret the live animal exhibit trail and New

Hampshire's natural world and act as a welcoming and informative presence for visitors. Teen First Guide training will be in late

June for ages 14 to 17. First Guides assist docents and participate in a Community Action project during the season.

To learn more about volunteering at Squam Lakes Natural Science Center, please visit www.nhnature.org/who/volunteer.php.

Not the time to check your child's car seat.

safercar.gov/TheRightSeat

Child Car Safety

Yeakel

FROM PAGE A1

dependent studies opportunities that aren't typically offered in the school's curriculum.

"I think it's important to connect with a student's passions, to find out where their interests lie and help them build on that.

Through ELO we allow them to pursue those individual interests and support them in that," said Yeakel.

Yeakel's achievements, along with those of other schools and educators statewide, will be officially recognized at the EDies Awards on June 8 in Manchester.

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Arts Night

FROM PAGE A1

September. The cafeteria was filled with paintings, sketches, sculptures and even student-made calendars and posters of dream homes or vacations, which were scripted in either French or Spanish.

“I like art because you can imagine other things, then make them,” said Caleb, who included a painting of Chef Gordon Ramsey, whom he admires, among his entries.

Computers were set up so students could also demonstrate the coding skills they have learned and the Web sites they have designed. There is now even a “Code Club” at the school where students work with programs like Scratch, Python and HTML for further enrichment.

“It’s amazing to see what they come up with and their problem-solving skills,” said Computer Arts teacher Erin Edwards.

A spotlighted display for the night came from Scott Maxner’s woodworking classes where both boys and girls built benches, storage boxes, wooden cars, and created



DONNA RHODES

Furniture made by students in the woodworking classes at Newfound Memorial Middle School had several finely crafted pieces on display during the school’s Allied Arts celebration last week.

wood-burnt signs or plaques.

Allied Arts Team Leader Hannah Kingsbury, also the Health and Wellness educator, presented vision boards from her students. While each board showed a part of each child’s interests and depicted some of the long-term goals they have set for themselves, Kingsbury said there were more that could have been displayed for Allied Arts Night but weren’t.

“I sent some of them home already because they were so personal. I felt that the more the students can look at those goals, the more

apt they are to obtain them,” she explained.

Newfound Area Superintendent Stacy Buckley attended the event and was quite pleased with all she saw.

“I think this is a really strong program. The fact that the community is giving the students all these options as a middle school kid is awesome and they’re all really looking forward to Allied Arts programs both here and at the high school level now,” said Buckley.

Music was another big focal point of the evening and students were eager for their

concert performances in chorus and band. Seventh grade student Olivia is a percussionist in the school band and said she really enjoys playing a variety of instruments, such as timpani, bass drum, snare drum and cymbals. Her friend Karma is an alto singer in the school chorus and said she has been singing since fifth grade.

“I really like singing at the top of my lungs,” she said with a smile.

That night both girls had the opportunity to show off their talents with several musical selections as the



DONNA RHODES

Allied Arts programs at Newfound Memorial Middle School include cultural classes, such as foreign languages, and students in Darlene Oake’s Spanish and French classes presented colorful posters of dream homes, dream vacations and colorful calendars, each completely captioned in one of the two languages.

Winter “Americana” Concert rounded off a night of great talent.

Among the many performance selections were “Old Joe Clark,” “The Water is Wide,” and “My Favorite Things” by the Sixth Grade Chorus, while the Sixth Grade band played “First Light (A Fanfare for Band),” “Chester” and “The Explorers March.”

Seventh and Eighth Grade Chorus, assisted by Alex Alger, sang American classics like “Me and My Shadow,” “Wade in the Water” and “Summertime” as two of their vocal performances.

On the instrumental side, the Jazz Band presented Rick Stitzel’s “In the Zone!” and, keeping with the concert’s theme, the Seven and Eighth Grade Band played “Bridges,” Appalachian Suite,” and “American Frontier.”

Rounding out the evening was a joint performance of “An American Celebration for Band and Choir” by the Seventh and Eighth Grade Band and Chorus.

Leading the groups for each of the performances was Choral Director Brett Branscombe and Band Director Jenn Stevens.

Mackenzie

FROM PAGE A1

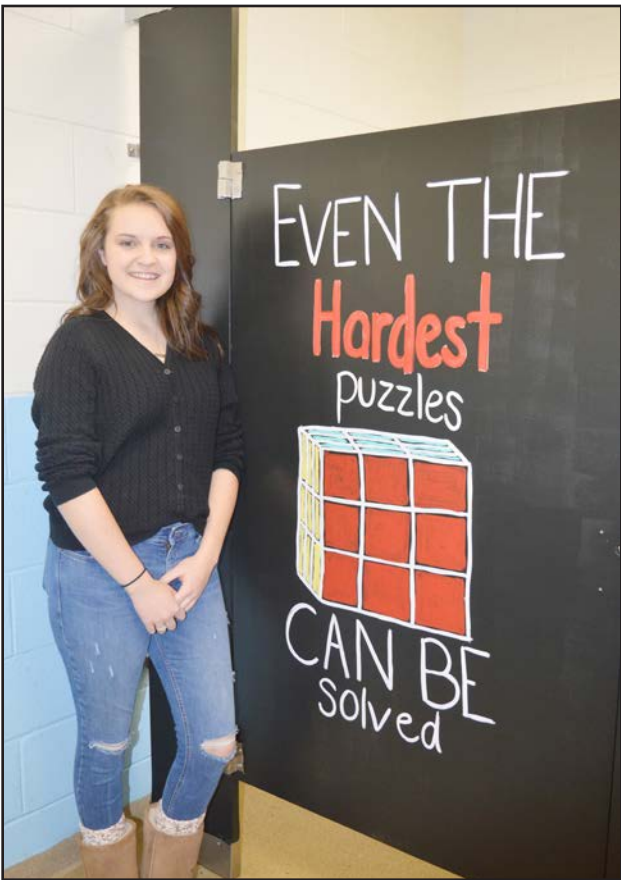
DONNA RHODES

(Right) Mackenzie Davis painted words of encouragement and positivity in bathrooms for her Senior Project and is shown here with one of her favorite messages

site.

“I’ve actually received a lot of positive reactions and that made me feel good,” she said.

Davis is a gifted artist who this year even took on an Independent Study Class in Ceramics III, a course not generally offered at the school. She plans to study psychology in college as she works toward a career in art therapy where her talents can continue to help others.



Strategies

FROM PAGE A4

southern Arabia. The “pleasures of sin,” the sumptuous life-style, the educational opportunities, the benefits of power – all lay behind him.

But God had not abandoned him. At 80 years of age, God called on him to lead the Hebrew people out of Egypt into a 40-year journey through the wilderness of Arabia, to the land promised to Abraham centuries before. Moses, who had spent forty years in Egypt thinking he was somebody, spent 40 years shepherding sheep thinking he was a nobody, only to discover that God

can take a nobody and make a somebody out of him – so long as he is willing to pay the price for his success.

But that is God’s way. He is more than able – and willing – to take us as we are and where we are and help make us the best that we can be. That I believe to be true whether we acknowledge Him or not. But taking Him seriously and following the guidelines He has laid out for us, changes everything. A godly life may demand self-discipline and surrender to His will, something that unfortunately most people do not find the least bit appetizing, but as Moses discovered for himself, it beats any-

thing a self-centered and godless life has to offer.

God’s plan for our life, however, can only be discovered “from the inside out.” In Jesus Christ we find enough evidence to substantiate the fact that our faith in God is not misplaced. It is to our advantage, far above anything life without God has to offer, to take a step of faith, accept Jesus Christ as the Lord of our life, and discover for ourselves that the promises of God have not been exaggerated; God is as good as His word!

You will find more thoughts like this on my blog at indefenseof-truth.net.

What’s Happening at Plymouth State University

UPCOMING EVENTS AT THE SILVER CENTER FOR THE ARTS



ACCLAIMED PIANIST PETER MACK SUNDAY, FEBRUARY 10, 4 P.M.

Award-winning Irish pianist Peter Mack is celebrated internationally for his moving playing and easy rapport with audiences. He serves on the faculty at Cornish College of the Arts in Seattle. The *Los Angeles Times* says, “His technique is all but infallible, he has boundless temperament, style and taste, and above all, he communicates directly.”

SIDORE LECTURE FEATURING DR. ADRIENNE KOVACH TUESDAY, FEBRUARY 19, 7 P.M.

Dr. Kovach will present *From Mountains to Sea: How Climate Change Impacts New Hampshire’s Wildlife* and will consider climate change impacts, features of ecosystems that are more resilient, and human actions that may facilitate species’ adaptations in New Hampshire.

Dr. Kovach is a faculty member of the UNH Wildlife and Conservation Biology Program.



Both events will take place in the Silver Center for the Arts. Peter Mack tickets can be purchased at the box office, online through plymouth.edu/silver-center, or by calling (603) 535-ARTS (2787). All Sidore lectures are free and open to the public.

See further up here.



Newfound Landing Sports

Section **B**
Thursday,
Thursday, January 31, 2019

What's On Tap

The local high school teams will be in action in the coming week with a full slate of games.

At Newfound, the boys' and girls' basketball teams will both be at Mascoma on Friday, Feb. 1, with the girls at 5 p.m. and the boys at 6:30 p.m. The boys will be at Berlin on Tuesday, Feb. 5, and the girls will be hosting Berlin on the same night, both at 6:30 p.m.

The Newfound alpine ski team is at Gunstock on Friday, Feb. 1, at 10 a.m.

The unified Bears will be in action on Thursday, Feb. 7, at 3:30 p.m. at home against Berlin.

The Plymouth Nordic ski team will be at Kennett today, Jan. 31, at 2:30 p.m. and will be at Souhegan at 10 a.m. on Saturday, Feb. 2.

The Plymouth gymnastics team will be at Goffstown today, Jan. 31, at 7 p.m.

The Bobcats alpine ski team will be hosting a meet at Waterville Valley on Friday, Feb. 1, at 10 a.m.

The Bobcat hoop girls will be hosting Stevens on Friday, Feb. 1, at 6 p.m. and will be at Laconia at 6 p.m. on Tuesday, Feb. 5.

The Plymouth boys' basketball team will be at Stevens on Friday, Feb. 1, at 7 p.m., will be hosting Laconia at 6 p.m. on Tuesday, Feb. 5, and will be hosting Sanborn at 6:30 p.m. on Thursday, Feb. 7.

The Kearsarge-Plymouth hockey team will be hosting Moultonborough-Inter-Lakes at Plymouth State on Saturday, Feb. 2, at 4:30 p.m. and will be hosting Monadnock at 8 p.m. at Proctor Academy on Wednesday, Feb. 6.

The wrestling Bobcats will be hosting the Plymouth Invitational on Saturday, Feb. 2, at 9 a.m. and will be hosting Bow at 6 p.m. on Wednesday, Feb. 6.

The Plymouth ski jumpers will be hosting a meet on Wednesday, Feb. 6, at 6 p.m.

The Bobcat unified basketball team will be at Kennett for a 3 p.m. game on Tuesday, Feb. 5.

Bears withstand late Timber Wolf rally

BY JOSHUA SPAULDING
Sports Editor

ALTON — When Prospect Mountain High School opened more than a decade ago, Kammi Williams was the school's first athletic director.

On Tuesday, Jan. 22, she returned to the school for the first time as a varsity coach and her Newfound girls' hoop team got quite a scare from the host Timber Wolves.

However, despite multiple chances down the stretch, the Timber Wolves were unable to take the lead away from the Bears and Newfound left town with a 41-40 win after taking a 14-point lead to the halftime break.

"That was a horrible second half for us," said Williams. "They (PMHS) played well in the second half and hit a lot of big shots and had a chance to win it."

"We had a bad first half," said Prospect coach Rick Burley. "At the half we came out with a game plan we weren't going to let 20 (Paulina Huckins) get to the hoop for layup after layup."

"That was the big adjustment," the Timber Wolf coach added.

The Bears, who have a strong inside presence with freshman Huckins and 1,000-point scorer Ashlee Dukette, started the game with outside shooting, as Dukette and fellow senior Madi Dalphonse hit back-to-back three-pointers to start the scoring.

After Mackenzie Burke got Prospect on the board in the paint, Bailey Fair-



JOSHUA SPAULDING

Newfound's Ashlee Dukette and Prospect's Ava Misiaszek go up for a rebound in action last week.

bank hit Newfound's third three-pointer of the quarter for the 9-2 lead. Sam Weir hit two free throws for the Timber Wolves, cutting the lead to 9-4 but Huckins got Newfound's first field goal inside the arc to push the lead to 11-4.

After a free throw from Burke, Huckins hit another hoop in close and then Dukette drained another three-pointer to stretch the lead to 16-5.

Burke and Weir closed out the first quarter with hoops for the Timber Wolves, cutting the lead to 16-9 after the first eight minutes.

Weir hit the first basket of the second quarter to get the Timber Wolves within five

but the Bears responded by scoring the next 12 points.

Huckins started the run with three free throws and a bucket and then Mackenzie Bohlmann drained a hoop for the Bears. Fairbank followed with a basket and then Huckins sunk another free throw and Tiffany Doan hit a hoop, opening up Newfound's lead to 28-11.

Hannah Capsalis finally got the Timber Wolves back on the board in the final minute of the half, as the freshman drained a three-pointer to make it 28-14 at the break.

The start of the second half saw the teams exchange baskets, with Burke getting the first one for the Tim-



JOSHUA SPAULDING

Bailey Fairbank brings the ball up the court during her team's game in Alton last week.

ber Wolves and Dalphonse responding at the other end for the Bears. Hannah Racine answered with a field goal for the Timber Wolves and then teammate Nadia Huggard drained a three-pointer to cut the lead to 30-21.

Huckins quickly put the lead back to double digits with a basket but Ava Misiaszek followed with a basket for the hosts to get them within nine again. A Doan free throw made it a 10-point game at 33-23.

Capsalis drained her second three-pointer of the night to cut Newfound's lead to seven but consecutive hoops from Huckins and a bucket from Fairbank got the Bears back out to a 13-point lead at 39-26 after three quarters of play.

Prospect came charging out of the gate in the fourth quarter and quickly cut into the lead. Huggard started the scoring with a three-pointer and then Capsalis hit a total of three from the charity stripe.

A Bekah Wheeler three-pointer with 5:11 to go got the Timber Wolves within four at 39-35 but Doan came back and hit two free throws to push the lead back to 41-35 with 4:24 to go.

A Burke bucket with 3:30 to play got the Timber Wolves within four and then Capsalis sank another three-pointer with 2:07 to go to cut the lead to just one.

Dukette and Wheeler both had defensive rebounds and Dukette and Capsalis each had steals as the clock ticked down but neither team could put any more points on the board. Burke's heave at the buzzer came up short and Newfound escaped with the 41-40 win.

"The other girls need to help out," Williams said. "Once Ashlee got in foul trouble, we got hardly anything accomplished."

"Everyone was caught standing around a lot in the second half," she continued. "If we don't play better we'll certainly lose to St. Thomas on Thursday."

She noted that she expected a good game from the Timber Wolves but was pleased with her team's response out of the gate. She also praised the play of Huckins and Fairbank in the win.

"Paulina did really well," the Bear coach said. "And Bailey played well, she did a lot of good things, pressuring on defense and making sure things weren't easy for them."

"Our game plan was to lay off her (Huckins) and not let her beat us to the basket," Burley said of his team's second half. "We said at the half that we had to play better defense and hit some shots."

"In the first half, we didn't hit any shots," he continued. "But we hit shots in the second half that we didn't in the first."

Burley also noted he believed the defense was much better in the second half, which allowed his team to get extra possessions to get back in the game.

"I couldn't be more proud of my girls," he said, noting that Capsalis had a great game and Huggard hit a couple of big shots as well.

Huckins led all scorers with 16 points on the night while Capsalis finished with 12 to lead the Timber Wolves.

Newfound is back in action on Fridays, Feb. 1, at Mascoma at 5 p.m.

SEE HOOPS PAGE B2

Big third quarter pushes PMHS past Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound and Prospect Mountain hoop boys played a fairly even first half on Tuesday, Jan. 22.

However, the Timber Wolves put together a monster third quarter and pulled away for a 70-46 win.

"Right mentality coming in," said Prospect Mountain coach Joe Faragher. "Closest thing to a full game we've seen all year. But got a lot of work to do still."

"We had a great first half," said Newfound coach Jesse Mitchell. "In the second half, we allowed different calls and plays to dictate the way we played and it took us out of the game."

"We fought hard the entire game but simple mistakes and turnovers allowed them get the lead and keep it," Mitchell added.

The two teams were separated by just four points at halftime, with Prospect holding on to



RC GREENWOOD

Colby Miles pulls down a rebound in action against Prospect Mountain last week.

the 35-31 lead.

However, the Timber Wolves came out with a 21-5 third quarter to pull ahead 56-36 heading to the final quarter.

Keegan Unzen led Prospect Mountain with 22 points on the night and Brandon Stellon added 16 points

for the Timber Wolves. Mason Dalphonse led the way for the Bears with 17 points and six rebounds.

Newfound will be at Mascoma on Friday, Feb. 1, at 6:30 p.m. and will be at Berlin for a 6:30 p.m. game on Tuesday, Feb. 5.

Prospect Mountain will be at Monadnock today, Jan. 31 at 6:30 p.m. and will be hosting St. Thomas at 6 p.m. on Tuesday, Feb. 5.

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

Broome, Wilkins, Karkheck bank top 10 finishes

BY JOSHUA SPAULDING

Sports Editor

GILFORD — Members of the Newfound alpine ski team competed in a race at Gunstock on Friday, Jan. 22.

In the morning giant slalom Matt Karkheck

led the way for the Bears, finishing in a time of 1:02.07 for eighth place overall.

Owen Henry finished in 26th place overall with his time of 1:17.68 and Jacob Pfister finished 34th in a time of

1:29.91.

Reid Wilkins led the way for the Bears in the afternoon slalom, finishing in a time of 1:15.95 for 10th place overall.

Karkheck was not far behind, finishing in 11th place with his com-

bined time of 1:17.58 and Henry rounded out the field of Bears completing both runs, finishing in 1:43.68 for 23rd place overall.

Hayse Broome was the lone Newfound girl competing in the meet.

In the morning giant slalom, she finished in sixth place overall in 1:02.97 and in the afternoon slalom she finished in eighth place in 1:16.4.

The Bears are scheduled to take part in the

Winnepesaukee Alpine Race, which takes place at Gunstock on Friday, Feb. 1, at 10 a.m.

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



Nate St. Pierre looks up the ice during action on Saturday against Belmont-Gilford.



Trevan Sanborn clears the puck from the zone in action at Plymouth State.

Cats rally in third, but can't get past Bulldogs

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — In a game where both teams had chances, a few mistakes ended up costing the Kearsarge-Plymouth hockey team on Saturday afternoon at the Plymouth State University ice arena.

Belmont-Gilford scored three goals in the second period and then held on as the Cats rallied, finishing off a 3-1 win.

“In the second period, we had a couple of unfortunate mistakes,” said coach Justin Garzia. “And then in the last few seconds we gave up a power play goal.

“That was a great game,” the Cat coach continued.

K-P keeper Caden Lyman was tested early on, making a number of big saves in the net, while Cody Bannon and Jack Breault helped to turn pucks out of the zone. Tony Velez got a big in the zone that went wide of the net.

The Cats took a penalty with 11:40 to go in the first period but the visitors could not convert, thanks in large part to a couple of big saves by Lyman and good defensive stops from Bannon and Stephen Morrill and a big block from Jacob Mar-

coux.

Nathan St. Pierre made a great centering pass that just missed connecting with Kristian Nurme and then Lyman came through with another big save. Trevan Sanborn had a nice clear on the defensive end as well. Carter McLean had a shot that went wide and then Garrett Demas had a shot deflected away from the net.

The Cats got a power play chance with just less than three minutes to go in the period and Bannon and Marcoux had chances. Morrill had a trio of shots blocked and then another shot turned away by the Bulldog keeper.

Demas had a shot go wide as the penalty was killed off and then Lyman turned away a bid in the final minute to send the game to the end of the first period with no score on the board.

Tony Velez had a nice defensive start for the Cats in the second period but the visitors were able to convert on a shot from the top of the circle with 12:40 to go for the 1-0 lead.

The Cats got a couple of chances, with Nurme’s shot being blocked and both Bannon and Velez having shots turned away by

the Bulldog keeper. Marcoux had a block and Lyman had a save as the period continued along.

The Cats got a power play chance and McLean had a couple of good bids. The first one was a centering pass that just missed Demas and the second was a shot that was stopped by the keeper. Morrill had a shot go wide and St. Pierre pounced on the rebound but it was turned away. Bannon also made a great defensive play on a short-handed breakaway chance as the penalty was killed off.

The Bulldogs were able to up their lead to 2-0 with 7:13 to go when a pass into the zone accidentally slipped past Lyman for the 2-0 lead.

The Cats got a five-minute power play with 6:24 to go in the period and attacked in the zone with good chances from Velez, Breckin Bates, St. Pierre and Bannon but they were all turned away by the Belmont-Gilford keeper. Morrill and Nick Therrien also had shots denied.

The Cats took a penalty with 2:20 to go in the period for a four-vs.-four situation for 57 seconds. Therrien had a good bid stopped by the B-G keeper and when the Bulldog pen-

alty expired, St. Pierre had a good penalty kill.

The Cats took a penalty with 48 seconds to go, giving the visitors a five-on-three for 28 seconds. Lyman stopped a shot before one penalty was killed off and then made another save, with Morrill clearing the rebound.

However, with five seconds to go in the period, the Bulldogs capitalized for a 3-0 lead after two periods of play.

Lyman had a number of solid saves to kick off the third period and Emma Tryder had a bid in the offensive zone that went wide. The Cats went on the power play with 11:02 to go in the game and Bannon had a shot denied and Demas just missed the rebound chance.

However, with 10:21 to go in the game, the Cats were able to get their first goal, with Demas firing a shot to the back of the net on

an assist from Morrill to cut the lead to 3-1.

Nurme had a bid denied then took a pass from McLean on another chance that just missed connecting. Lyman made a couple of saves and Sanborn turned in a solid defensive play in front of the net. The Cats pulled Lyman in the final few minutes but could not generate an offensive attack and the Bulldogs came out with the 3-1 win.

Garzia was happy to see his team come out with fight in the third period, something that has been lacking throughout the season.

“To see them come out in the third period, that’s really been our problem all season,” Garzia said. “We scored a goal and made it a close game, so I was real happy with the team.

“Overall, our second period was good from a play standpoint,”

the Cat coach said. “We said in the locker room, we were playing good hockey and we wanted to keep it up.”

The first-year coach noted that there were some good things to take from the loss as well.

“They didn’t quit,” he emphasized. “We had a senior get the goal, so upperclassmen leading by example is always something we like to see.

“Now we want to start to put three good periods together,” Garzia added.

The Cats will be hosting Moultonborough-Inter-Lakes on Saturday, Feb. 2, at 4:30 p.m. at Plymouth State and on Wednesday, Feb. 6, they will be hosting Monadnock at 8 p.m. at Proctor Academy.

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

HIGH SCHOOL SLATE

Thursday, Jan. 31
PLYMOUTH
Gymnastics at Goffstown; 7
Nordic Skiing at Kennett; 2:30

Friday, Feb. 1
NEWFOUND
Boys’ Hoops at Mascoma; 6:30
Girls’ Hoops at Mascoma; 5
Skiing at Gunstock; 10

PLYMOUTH
Alpine Skiing at Waterville Valley; 10
Boys’ Hoops at Stevens; 7
Girls’ Hoops vs. Ste-

vens; 6

Saturday, Feb. 2
PLYMOUTH
Hockey vs. MAIL (PSU); 4:30
Nordic Skiing at Souhegan; 10
Wrestling Home Meet; 9

Tuesday, Feb. 5
NEWFOUND
Boys’ Hoops at Berlin; 6:30
Girls’ Hoops vs. Berlin; 6:30

PLYMOUTH
Boys’ Hoops vs. Laco-

nia; 6
Nordic Skiing at Kingswood; 2
Unified Hoops at Kennett; 3

Wednesday, Feb. 6
PLYMOUTH
Hockey vs. Monadnock; 8
Ski Jumping Home Meet; 6
Wrestling vs. Bow; 6

Thursday, Feb. 7
NEWFOUND
Unified Hoops vs. Berlin; 3:30

PLYMOUTH
Boys’ Hoops vs. Sanborn; 6:30

Hoops

FROM PAGE B1
and on Tuesday, Feb. 5, they host Berlin at 6:30 p.m.

Prospect will be hosting Monadnock today, Jan. 31, at 6 p.m. and will be at St. Thomas at 6:30 p.m. on

Tuesday, Feb. 5.

NRHS 16-12-11-2-41
PMHS 9-5-12-14-40

Newfound 41
Dalphonse 2-0-5, Fairbank 3-0-7, Doan 1-3-5, Bohlmann 1-0-2, Huckins 6-4-16, Dukette 2-0-6, Totals 15-7-41

Prospect 40
Capsalis 3-3-12, Weir 2-2-6, Wheeler 1-0-3, Hugard 2-0-6, Racine 1-0-2, Misiaszek 1-0-2, Burke 4-1-9, Totals 14-6-40

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

Ebner, Wilcox pace Bobcats in NH Coaches Series race

BY JOSHUA SPAULDING
Sports Editor

HOLDERNESS — The Plymouth Nordic team made the short trek across the river to the Holderness School on Saturday to join the rest of the state's Nordic ski teams in the first New Hampshire Nordic Coaches Series race of the season.

The freestyle race featured A races for both the boys and the girls, B races for both the boys and the girls and a middle school race.

In the A race for the boys, Carter Wilcox was the top finisher for Plymouth, crossing in a time of 13:21 for 19th place overall.

Henry Green was next in for Plymouth, finishing with a time of 14:49 for 45th place and Nate Hixon skied to 78th place with a time of 16:13.

Connor Greene was Plymouth's final scorer, finishing in 92nd place in a time of 16:42.

Will Golden was 94th overall in 16:56, Douglas Cassarino finished in 97th place in 17:05 and Ben Parsons finished in 106th place with a time of 18:08 to round out the field of Bobcats in the A race.

Megan Ebner was the top finisher for the Plymouth girls in the A race, finishing in a time of 17:24 for 41st place overall.

Lily Derosier finished next for the Bobcats, putting in a time of 18:28 for 62nd place and Libby Van DeMoere was the third finisher for Plymouth, putting in a time of 19:32 for 84th place.

Valerie Johnston rounded out the scoring for the Bobcat girls with



JOSHUA SPAULDING
Henry Green races toward the finish line of Saturday's race in Holderness.



JOSHUA SPAULDING
Kelsey Johnston races for Plymouth during action on Saturday in Holderness.

a time of 19:45 for 87th place.

Maisy Mure was 95th in a time of 20:03, Kelsey Johnston skied to 104th place in a time of 21:04, Appalachia Kunz was 110th in 21:57 and Calie

McLeod finished 122nd overall in a time of 23:43.

In the B race for the boys, Hunter McLeod finished in 43rd overall in 21:04, John Ulricson skied to 52nd overall in 22:52, Kyle Dimick was 66th



JOSHUA SPAULDING
Megan Ebner led the way for the Plymouth girls in Holderness on Saturday.



JOSHUA SPAULDING
Douglas Cassarino finishes up Saturday's Coaches Series race at Holderness School.

overall in 25:14 and Sam Smith finished out the field of Bobcats in 25:56 for 67th place.

Lydia Marunowski was 18th to lead the way for the girls in the B race with a time of 20:58, with

Ashley Ulricson finishing in 21st overall in 21:18. Lauren Cassarino was 43rd overall in 22:46, Tabby Lopes was 51st in 23:49, Holly Mason skied to 52nd in 23:53, Alex Dunstan was 56th in a time

of 24:20, Laurel Mason finished 60th in 25:15 and Kayla Dimick finished in a time of 28:01 for 77th place.

Middle school
The middle school race featured racers from both Plymouth Elementary and Holderness Central School.

In the girls' race, Addison Englund of Plymouth was fourth in 17:00, Ella Ronci of Holderness finished 10th in 18:22, Reid Donovan of Holderness was 12th in 18:55, Ani Flynn of Plymouth placed 18th in 19:56, Meg Macclaury of Holderness was 20th in 20:21, Plymouth's Emma Smith finished 22nd in 20:28, Leah Ines of Holderness was 31st in 22:13, Lia Bisson of Plymouth placed 42nd in 24:28, Natalie Payne of Holderness finished in 51st place in 26:38 and Kelsey Maine of Plymouth finished 53rd in 27:39.

For the middle school boys, Leo Ebner of Plymouth was 11th overall in 15:42, Nathaniel Gervez of Plymouth was 18th in 16:27, Nicholas Ring of Holderness placed 37th in 18:54, Paul Mason of Plymouth finished 79th in 24:09 and Maddox Allain finished in 95th place in a time of 29:39.

The Bobcats will be racing today, Jan. 31, at Whitaker Woods in North Conway, at 2 p.m., will be at Souhegan on Saturday, Feb. 2, at 10 a.m. and at Abenaki Ski Area in Wolfeboro on Tuesday, Feb. 5, at 2 p.m.

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

Lammivaara wins NH Nordic Series race



JOSHUA SPAULDING
Olivia Lammivaara skied to the win in the New Hampshire Coaches Series race on Saturday.



JOSHUA SPAULDING
Buzz Fisher led the way for the Holderness boys on Saturday.



JOSHUA SPAULDING
Amanda Vansant finished third on Saturday in the NH Coaches Series race.

BY JOSHUA SPAULDING
Sports Editor

HOLDERNESS — The Holderness School played host to the first New Hampshire Nordic Coaches Series race on Saturday. The race draws cross-country skiers from every school in New Hampshire that has a Nordic program and the freestyle event featured A and B races for boys and girls.

And as it turns out, Holderness is home to the top female high school freestyle skier in the state, as Olivia Lammivaara won the A race in a time of 14:31, leading the charge of three Bulls in the first five skiers.

Amanda Vansant was next for Holderness, finishing third overall in a time of 14:38 and Mae Whitcomb skied to fifth place in a time of 14:53.



JOSHUA SPAULDING
Gus Whitcomb was second for the Bull boys on Saturday.

Lilly Magnus skied to 29th overall with a time of 16:54 to round out the scoring for Holderness.

Emerson Glusker was

32nd in 17:00 and Kitt Ur dang was 112th overall in 22:07.

For the boys, Buzz Fisher led the way for the



Bulls, finishing in fourth place overall in 12:29.

Gus Whitcomb finished in seventh place

in a time of 12:40 and Samuel Walzak skied to 16th place in a time of 13:13.

EMILY MAGNUS – COURTESY PHOTO
(Left) Olivia Lammivaara, Amanda Vansant, and Charlotte Mae Whitcomb from Holderness School celebrate their first, third and fourth place finishes.

Rudy Beer finished in a time of 18:24 for 109th place and Tom Tang finished in 114th place in 18:59.

The race organizers were faced with a massive challenge after the rain on Thursday. The groomers didn't touch the course on Friday due to the slush. They then ran sump pumps on Friday afternoon and started grooming before 4 a.m. on Saturday to get the course ready.

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



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9 Main Street. Former site of
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available. Security deposit
required. Available immediately.

Please call Brian at 536-2300.

Public Notices

TOWN OF GROTON
754 N Groton Rd, Groton, NH
03241
Any registered voter living in the
Town of Groton, NH who wishes to
file a declaration of candidacy for
the following Town Offices, may
do so between January 23rd
- February 1, 2019 at the
Town Clerk's office during
normal business hours:
Monday, Wednesday, Friday from
9:00am - 4:00pm Tuesday
4:00pm - 6:00pm ending
February 1st at 5:00pm.
The following positions are open:
Select Person - 1 position for 1
year, 1 position for 3 years.
Planning Board Members - 2
positions for 3 years
Cemetery Trustee - 1 position for 3
years
Local Auditor - 1 position for 1 year
Moderator - 1 position for 2 years
Library Trustee - 1 position for 1
year and 1 position for 3 years
Zoning Board Members - 1 position
for 1 year, 2 positions for 2 years,
2 positions for 3 years
Submitted by Ruth Millett,
Town Clerk



AUCTION

#3 - View from Ore Hill Road, Warren, NH

3 Land Parcels
Commercial & Residential Bristol,
Plymouth and Warren, NH
Thursday, February 7th, 2019

• **FIRST AUCTION** at 11:00 a.m. - Auction Location: River Road, Bristol, NH

#1: River Road is a 10.97± acre parcel of vacant land with frontage on River Road totaling 256'±. The lot overlooks the Pemigewasset River which is directly across the street from the lot. Tax Map 220, Lot 008

• **SECOND AUCTION** (2 Properties) at 1:00 p.m. - Auction Location for both properties: 758 Tenney Mountain Highway, Plymouth, NH

#2: 758 Tenney Mountain Highway, Plymouth, NH is a 10.4± acre parcel of vacant land with 675'± of frontage on the Tenney Mountain Highway.Town sewer at street. Commercial Industrial zone. Tax Map 213, Lot 029. Assessed Value: \$185,800

#3: Ore Hill Road, Warren, NH is a 45± acre parcel of vacant land with 180-degree views of Mount Moosilauke and the White Mountain National Forest. Tax Map 235, Lot 004

TERMS: Five thousand-dollar (\$5,000.00) deposit per property in cash, certified check, bank check, or other instrument deemed acceptable to mortgagee at time and place of sale. Balance due at closing within forty-five (45) days of sale. Subject to all terms of mortgagee's notice of sale. Properties #2 & #3 will be sold from 758 Tenney Mountain Highway, Plymouth, NH.

Broker Participation Invited

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Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must.

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Hardware Sales

We are looking for a full-time hardware sales person who enjoys people and has good customer service skills. Knowledge of paint, plumbing and electrical as well as a basic understanding and knowledge of hardware preferred but not required. Weekend hours required on a rotating basis.

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

Rick Ash, Hardware Manager
20 West Street, Ashland, NH 03217
or you may email to rash@belletetes.com.

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Delivery Driver

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a driver application from our website. All applications should be submitted to:

Dan Uhlman, Manager, Ashland Lumber
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

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Division of BELLETETES, INC.

Boom Truck Driver

You will be a member of a team responsible for delivering and off-loading product at construction and residential sites. Heavy lifting is required and previous boom or other hydraulics experience is necessary. CDL-B License is required along with a safe and clear driving record. Job includes other duties as assigned. Weekend hours required on a rotating basis.

You may apply in person at the Ashland Lumber location or download a driver application from our website. All applications should be submitted to:

Dan Uhlman, Manager, Ashland Lumber
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

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Lumber Counter

We are looking for full time (or possibly a part time person) to work at the lumber counter at our Moultonborough store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Weekend hours required on a rotating basis.

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

Leigh Duquet, Store Manager, A&B Lumber/Barns
121 Whittier Highway, Moultonborough, NH 03254
or you may email to lduquet@belletetes.com

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Upper Connecticut Valley Hospital

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SIGN-ON BONUS

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181 Corliss Lane, Colebrook, NH 03576
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Upper Connecticut Valley Hospital

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- ENVIRONMENTAL SERVICES TECH (HOUSEKEEPER) 40 hours (M-F, 12:00pm - 8:30pm)
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- ULTRASOUND/ECHO TECHNOLOGIST - 40 hours
- RN M-S/CHARGE (Day Shift)
- RN M-S - 36 hours (Night Shift)
- RN CHARGE - 36 hours (Night Shift)
- RN CHARGE/M-S - 36 hours (Night Shift)
- RN CHARGE/E.D. - 36 hours (Night Shift)

PART TIME OPPORTUNITIES

- RADIOLOGY TECHNOLOGIST (32) hours (Day Shift)

PER DIEM OPPORTUNITIES

- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
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ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session on January 26, 2019 from 11:00 to 11:30 a.m. for additions and corrections to the checklist, in preparation for the Newfound Area School District Deliberative Session at Newfound Regional High School on February 2, 2019

The Supervisors will also be in session on February 2, 2019, from 3:00 to 3:30 p.m. at the Alexandria Town Hall, for additions and corrections to the checklist, in preparation for the Deliberative Session of the Town of Alexandria on February 9, 2019, at the Alexandria Town Hall.

George Whittaker
Loretta Brouillard
Suzanne Cheney

TOWN OF ALEXANDRIA

First Day to file for candidacy
January 23, 2019

Positions to be filled this year:

- Selectman 3-year term
- Treasurer 3-year term
- Cemetery Trustee 3-year term
- Trustee of Trust Funds 3-year term
- Planning Board 3-year term
- Planning Board 3-year term
- Budget Committee 3-year term
- Budget Committee 3-year term
- Budget Committee 1-year term

Last Day to File for candidacy
February 1, 2019

Town Clerk's Office will be open from
3 to 5 pm on Friday, February 1, 2019



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Newfound spirit team ready for competition season

BRISTOL — The Newfound Regional High School spirit team has been practicing to get ready for its upcoming competitions. Even with the bad weather, the team members feel they will have a fine showing at their first competition.

The team is comprised of five seniors, Rachel Manita, Cheyenne Reilly, Haley Young and captains Kasey Basford and Lilly Wright. Juniors on the squad include Riley Pierce, Elveena Shedd and captain Gracelyn Huntoon. First-year team members include Wyatt Day, Jamie Norton, Emalie Ruiter, Emma Tucker, Daisya Basford, Abby Bauer, Alana Frame, Sabrina Alan and Stephanie McDonald. Entering her seventh year as Bears coach is Katie Linkkila, assisted by Jenny Wyatt and former team member Bethany Basford.

They will be a coed



COURTESY PHOTO

The Newfound spirit team is gearing up for its competition season.

team for the third year in a row and have three members with tumbling experience. Their first competition

will have 12 athletes with support from five non-compete members.

The NHIAA divisions have been reduced from four to three classifications for this year, which means there are now 19 teams in their division.

The team will open its competition season

at Hollis on Feb. 10 and then the very popular AstroBlast at Pinkerton Academy on Feb. 16. This competition is exciting as it is run like the national tournaments, under the lights with live scoring.

Feb. 23 they will return to the 'Battle at the Capital' in Concord before the state pre-

lims on March 3. The top five teams of the 19 will then advance to the state championship on March 10. Last year, the team just missed out on advancing to the New England by percentage points.

The team members are up for the challenge, although they know it will be more

difficult with the increased number of teams in their division. This is the height of their season and they are training hard to be ready for the tough competition. Their motto this year is "We dream without fear, stunt without limits and will leave the mat without regrets."

Day of races at Abenaki Attack on July 6

WOLFEBORO — Bring the kids, bring the dogs and bring your friends, there's something for everyone at the Abenaki Attack, set for July 6 at Abenaki Ski Area in Wolfeboro.

Abenaki Attack is a day of racing to benefit Lakes Region Humane Society, Masons Morning Star Lodge 17 and the Wolfeboro XC Ski Association.

The day will feature a trail race, a 5K, a 10K, a 5K canicross

(bring the dogs) and a one-mile fun run/walk. There will also be a post-race picnic with plenty of food and water for humans and dogs.

This day of family-friendly, canine-friendly, competitive events will be taking place on Saturday, July 6 with a 9 a.m. start time at Abenaki Ski Area.

Visit rockhopper-races.com for more information.

Newfound seeking JV softball coach

BRISTOL — Newfound Regional High School is looking for a JV softball coach. If interested, please forward resume and

names and phone numbers of three references to Peter Cofran, Athletic Director at pcofrn@sau4.org or call 744-6006 ext. 1507.

Kingswood to host Tom Lovett Football Jamboree

WOLFEBORO — The Kingswood football team's preseason jamboree has officially been named after former coach Tom Lovett.

This year's tournament will be taking place at Kingswood Regional High School in late August.

New coach Paul

Landry hopes to have 16 teams divided among three different divisions, with four from Division II north, four from Division II south, four from Division III and four from Division IV. Each team will play four games, two on grass and two on turf, with each game lasting 25 minutes.

SPORTING CHANCE

By JOSHUA SPAULDING

There were a number of news items in the sports world last week that caught my eye, for one reason or another. I thought I'd weigh in.

The first item is the most minor of them, but one that was probably the most surprising. I'm talking, of course, about the fact that the Atlanta Falcons owners are not raising concession prices on items when their stadium hosts the Super Bowl this Sunday. I've read numerous stories over the years about the outrageous prices for concessions at previous title games and it was refreshing to see the Atlanta owner making this decision. Granted, many of the people who go to the game probably don't need the lower prices, but I know there are many people who do and who will appreciate it.

The second story is the Baseball Hall of Fame se-



JOSHUA SPAULDING

IT WAS A PLEASURE to see the great Lindsey Vonn compete in PyeongChang last February.

lection.

The fact that Mariano Rivera is the first unanimous Hall of Fame inductee in history is pretty impressive. And while he is a Yankee, I can easily admit that he was the best of all time at what he did. It was no surprise that he got elected to Cooperstown, but I was sure there would be someone out there in the voters who would leave him off the ballot for one reason or another.

I also don't have much of a problem with Roy Halladay getting in. Same goes for Edgar Martinez. Both of them were dominant players in their time

and probably deserve to be in the hallowed halls in upstate New York. And while I respect Mike Mussina's career record, I really have to wonder whether he is an elite enough player to be in the Hall of Fame. In fact, with Mussina in, there should be no question that Curt Schilling should be in as well. Mussina was 270-153 with a 3.68 ERA with 2,813 strikeouts over an 18-year career. Schilling had fewer wins (216) and fewer losses (146) with a lower ERA (3.46) and more strikeouts (3,116) over a 20-year career. However, I believe Schilling should be in (if Mussina is) on his postseason heroics alone.

I can live with those four, but the fact that Harold Baines was selected by a separate committee is just a disgrace to the Hall of Fame. The Hall of Fame should be for the best of the best and Baines, while a good player, does not fall in that category. Word has it that his selection was pushed through by White Sox ownership, though that's only a report I read.

The final story that I want to weigh in on is the possibility of the career of one of the greatest of all time coming to a close.

I am speaking of the incredible Lindsey Vonn, who has etched her name into the history books as one of the best alpine skiers of all time.

While racing in Cortina, Italy, Vonn was unable to complete a run and expressed serious concern over her repaired knee being able to hold up under racing pressure. In an Instagram post since that original concern, she noted that she and her team are going through all options.

I know from her speaking at the PyeongChang Olympics that she was really hoping to finish off her career this year by surpassing the all-time World Cup win mark set by Ingemar Stenmark at 86. Lindsey is four wins away but it appears that the years of racing have taken a toll on her body so much that she may step away before the season is over, though officially no decision has been made.

I consider myself lucky to have seen Lindsey compete and while it would be disappointing if this was indeed the end, but there's no doubt that she's made her mark.

Finally, have a great day Mike and Sara Potenza.

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.

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