

# Proposed budget cuts challenged at Newfound Deliberative Session

BY DONNA RHODES  
Contributing Writer

BRISTOL – Voters from the seven towns in the Newfound Area School District met for their First Deliberative Session last Saturday, where they were initially presented with a proposed operating budget of \$24,585,245 for the 2021-22 school year. That proposal was down \$640,793 from the 2020-21 budget.

Among the decreases recommended by the committee last week for the high school was \$30,202 for all JV sports, \$29,7248 for the elimination of an In School Suspension position, and \$49,891 for the removal of a position for a Drug and Alcohol Counselor.

Freshman Broderick Edwards of Hebron was among many students permitted to speak about the cuts. Edwards took exception to the number of reductions in programs and voiced his concern for students who need drug and alco-



DONNA RHODES

**Newfound Area School District Superintendent Pierre Couture explained a requested increase to the Contingency Fund to participants in last weekend’s First Deliberative Session for the district.**

he asked.

Among several other cuts from the Budget Committee was \$72,959 for the removal of all Newfound Memorial Middle School sports, an estimated \$168,174 for the removal of two

sic and sports can be in a student’s life. She said those activities are not only an outlet for many students, but in some cases, they are the reason they come to school.

“This is a safe place. They have a team, they have people who care,” she said. “If you take that away you’re taking away a lot of hope for some.”

She said if it weren’t for her introduction to music in middle school, she would not have found her passion in life as she now looks forward to a future career in music therapy.

Stressing her belief in the importance of the arts and athletics, Braley added, “I’ve never met a person who said they wished they hadn’t played sports or been in the band in high school. What kind of future are you going to see if you don’t invest in your children’s future?”

Adults met each student’s remarks with

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Bear girls return to action with a win

TD Bank announces Store Manager in Bristol

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — After more than a week away from competition, the Newfound girls’ basketball team got a last-minute game with Gilford on Thursday, Jan. 28.

The Bears worked through some struggles to come away with a 37-33 win over the Golden Eagles.

“We honestly looked tired and slow and will really address ball movement this week,” said

coach Kammi Williams. “We also missed so many layups.

“We will continue to work hard and hope to see it translate on the court,” she added.

Tiffany Doan led all scorers with 12 points on the day while Paulina Huckins scored nine points and hauled in 10 rebounds. Malina Bohlmann added eighth points and Mackenzie Bohlmann put in seven points.

The Bears had their game with Franklin earlier this week rescheduled to Friday, Feb. 5, at home at 6 p.m. Next week they play Inter-Lakes, at home on Monday, Feb. 8, and on the road on Thursday, Feb. 11, both at 6 p.m.

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

BRISTOL — TD Bank, America’s Most Convenient Bank, welcomes Barbara Rosendahl as Store Manager of our Bristol Store.

Rosendahl began her career with TD Bank in Bristol in 2018 as a part time Teller. With 25 years of leadership experience in both retail banking (most recently as Store Manager in Gilford) and in the medical field, she is excited to return to Bristol, where

she lives and has raised her son for the past 18 years.

Since 2002, Rosendahl has enjoyed coaching youth soccer, serving as a leader for local Cub Scouts and Boy Scouts troops, and coordinating cultural opportunities with foreign exchange students from Germany, Ukraine, China, Belgium, Tajikistan, Brazil, Spain, France, Republic of Georgia, and many other countries.



Barbara Rosendahl

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## Alpine Bears return to action at Sunapee

BY JOSHUA SPAULDING  
Sports Editor

NEWBURY — The Newfound alpine ski team returned to action

last week with a meet at Sunapee on Wednesday, Jan. 27.

For the Bear boys in the giant slalom, Matt

Karkheck led the way with a time of 49.77 for his two runs, finishing 11th overall.

Jacob Blouin was

next for the Bears, finishing in 52.73 seconds for 17th place and Dalton Dion was the third scorer with a time of 55.92 seconds for 27th place.

Broderick Edwards rounded out the scoring for Newfound with a time of 55.96 seconds for 28th place overall.

Owen Henry was 33rd in 57.67, Jack Ehmann finished in 34th place in 57.79, Beckett Van Lenten finished 35th in 58.8 seconds and Hayden Reynolds finished in 44th place in 1:05.83 to round out the field of Bears completing both runs.

Karkheck again led the way for the Bears in the slalom, finishing in a time of 1:14.99 for ninth place overall.

“The future is very bright for TD Bank in Bristol with an excellent team eager to enrich the lives of our customers and community,” states Jessica Campbell, Retail Market Manager. “Please join us in welcoming Barb back to our Bristol Store.”

About TD Bank, America’s Most Convenient Bank®

TD Bank, America’s Most Convenient Bank®, is one of the 10 largest banks in the U.S., with over 27,000 Colleagues and deep roots in the community dating back more than 150 years. TD Bank offers a broad array of retail, small business and commercial banking products and services to more than 9 million customers through our extensive network of about 1,250



JOSHUA SPAULDING

Dalton Dion scored for the Newfound ski team in last week’s race at Sunapee.

SEE **ALPINE** PAGE A7



# PSU releases third annual New Hampshire Globalization Report



**Plymouth State University recently released its third annual New Hampshire Globalization Report which includes findings on globalization and foreign direct investment trends in the Granite State, potential impact on economy, workforce development. PSU researchers Roxana Wright, Ph.D. and Chen Wu, Ph.D. (shown in photo) presented their findings at a recent virtual forum.**

PLYMOUTH — The impact of COVID-19 has presented New Hampshire organizations and policymakers with an unprecedented challenge, yet the time may be ideal for promoting New Hampshire to foreign businesses. This opportunity is among the findings of the 2020 New Hampshire Globalization Report prepared by researchers at Plymouth State University (PSU). Highlights from the third-annual study were shared at a virtual forum hosted by PSU and the New Hampshire Department of Business and Economic Affairs

(NHBEA) on Tuesday, Jan. 19. The 2020 New Hampshire Globalization Report features research and analysis by Plymouth State Business Professors Roxana Wright, Ph.D., and Chen Wu, Ph.D. It builds on 2018 and 2019 PSU studies concerning foreign direct investment (FDI) conducted by Wright and Wu, along with Professor Jonathan Dapra. The 2020 report examines COVID-19's impact on trade, FDI and the New Hampshire economy, and touches on the state's particular advantages, opportunities and

challenges in attracting foreign companies to do business in the state post-COVID. "The impact of the COVID-19 pandemic makes networking, communication, and strategic thinking more crucial than ever for investment promotion professionals, economic developers, and international business researchers," said Professor Wright. "The 2020 report reveals new areas of business opportunity and an evaluation of foreign firms' activities in the state within the context of rising challenges to globalization before

and during the pandemic. It sheds light on the future of foreign direct investment and opportunities for enhanced state-wide development." Highlights of the 2020 New Hampshire Globalization Report include: 2019 saw rising risks in globalization before the pandemic began. The U.S. exports and imports both declined in 2019 due to trade disputes between the U.S. and major trade partners. Its FDI inflows have been declining since 2016. Opposite to the national performance, New Hampshire exports continued to grow since 2015 and expenditures of foreign businesses continued to grow since 2017. COVID was a shock to the global economy – the pandemic escalated risks of international trade and transportation was hampered, further disrupting supply chains. The New Hampshire economy grew by 40.9 percent in the third quarter of 2020, ranking 8th in the U.S. New Hampshire exporters showed stable performance and resilience during the pandemic. During the pandemic, foreign firms engaged in a number of noteworthy projects and strategic activities with a significant meaning for the Granite State. Reverting to domes-

tic production, regionalization of production networks and trade, and increasing 'safety' inventory stock are emerging trends in supply chain activities for 2021. Introduced in 2018 as the New Hampshire Foreign Direct Investment Report, the research is conducted annually by professors Wright and Wu and provides a complete picture of foreign business presence in New Hampshire and analysis of the countries of origin of foreign subsidiaries represented across the state's counties and industries. The pair created innovative indices to help state policymakers strategically allocate resources to attract FDI from various countries, and to estimate the New Hampshire jobs that could potentially be created by companies headquartered in other countries. "We appreciate the work of Drs. Wright and Wu," said Taylor Caswell, Commissioner, New Hampshire Department of Business and Economic Affairs. "The data and insights provided enables the state to strategically move forward and informs companies who are growing. This partnership helps aid other companies looking to expand." More than 80 scholars from higher education

institutions across the globe, as well as economic development professionals, government agents and business representatives from New England, attended the January 19 virtual forum. Professors Wright and Wu were joined by Cynthia Harrington, Business Development Manager; and Tina Kasim, Program Manager, BEA; Tom Taylor, President and CEO, Foxx Life Sciences in Londonderry, New Hampshire; and Brian Ward, Vice President, Sales and Marketing, Jewell Instruments in Manchester, New Hampshire. Both Foxx and Jewell do considerable business with overseas markets, but most of their manufacturing is done in New Hampshire. Both cited ongoing challenges in hiring manufacturing workers to keep up with demand, especially since the pandemic, but credit the state and BEA for their support. "We brought participants together in a virtual exchange to share perspectives on FDI, trade development and building business resilience, integrating general knowledge and global and regional trends into a holistic understanding of how global investments impact local economies," said Professor Wu.

## NHEC announces 18 percent reduction in electric supply rate

PLYMOUTH — New Hampshire Electric Cooperative's (NHEC) Board of Directors has unanimously approved an 18 percent reduction to the Co-op Power portion of members' bills effective Feb. 1. The change will re-

sult in an overall bill decrease of more than \$7 for the average residential member using 500 kilowatt-hours (kWh) per month. NHEC typically adjusts its Co-op Power rate in November and May every year, however for the second straight year the Co-op is making an out of cycle reduction to its energy service rate. Co-op Power reflects the cost NHEC pays to purchase electricity from the New England power market on behalf of its members. The price NHEC pays for this power is directly passed through to NHEC members who do not purchase electricity from a competitive supplier. The Co-op Power rate was set by NHEC in November 2020 for the winter period based on market forecasts. Since that time the market price of

electricity has steadily decreased in New England, below what was forecast, allowing NHEC to procure electricity for its members at a lower cost than anticipated. NHEC is adjusting its Co-op Power rate outside of the normal cycle to reflect the lower than projected market costs. This immediate adjustment will provide the benefit of these lower market prices back to members as soon as possible. Several factors have contributed to the lower than expected market prices in New England, including the mild temperatures this winter. Temperature is closely linked to the price of electricity, as it drives the demand for more energy during the cold, dark months of winter, and hot, humid summer months. As a result of the

Board of Directors' vote, NHEC's Co-op Power rate will drop from 7.8 cents per kWh to 6.4 cents per kWh. NHEC's members will see the benefits from this rate reduction beginning with their February bills. "As a member-owned cooperative, NHEC is able to react quickly to changes in the electricity market and pass those savings back to our members," said Steve Camerino, President and CEO of NHEC. "Many of our members have been financially impacted by the COVID-19 pandemic. We hope that moving quickly to reduce rates and pass savings on to them will help ease the financial burden they may be facing during this challenging time." NHEC members receiving Co-op Power do not need to take any ac-

tion to receive the new rate. The reduction is only available to NHEC members. NHEC does not call its members or the customers of other utilities to enroll in Co-op Power; so members of the public receiving any such call should be careful not to provide any personal or financial information. About New Hampshire Electric Cooperative NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118 New Hampshire communities. Headquartered in Plymouth, our business is to maintain and service our 6,000 miles of energized line in order to provide our members with the highest level of service.



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## SKUUF hosting virtual workshop racial justice

PLYMOUTH — Please join Starr King's Unitarian Universalist Black Lives Matter Task Force on Sunday, Feb. 14 at 2 p.m. for the fourth virtual workshop in our series on racial equity and justice, "Racism: A Public Health Crisis." Our guest speaker will be Dr. Erick Lansigan. Dr. Lansigan is the Principal for Diversity, Equity, and Inclusion in the Department of Medicine at Dartmouth-Hitchcock. He specializes in Hematology and Oncology and is interested in inequities in health care and medical education. You can find the Zoom link for the workshop at the Starr King Web site ([starrkingfellowship.org](http://starrkingfellowship.org)). Click on 'Calendar,' then select 'Zoom Calendar.' We hope you'll join us!



# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Bristol Hill Road	N/A	\$206,000	Maxwell W. and Darlene L. MacPherson	Kenneth A. and Kristen Twitchell
Alexandria	17 Juniper Ridge, Unit 651	Condominium	\$460,000		Douglas A. Kerr and Lisa I. Nogelo
Alexandria	N/A (Lot 465-21)	N/A	\$59,333	Steven Hering	Daniel A. Buzard
Alexandria	N/A	N/A	\$10,000	Aaron F. Kennedy and Tina Valone	John F. and Carolyn L. Penzone
Ashland	River Street	N/A	\$534,266	A.C. & K.L. Tremblay RET and Andre C. Tremblay	Gary E. Muldoon and Jin Yuan
Bristol	Route 3A	N/A	\$685,000	Silvka Fiscal Trust and Karl J. Silvka	S.F. & S. Lynn White RET
Bristol	185 Pikes Point Rd.	Single-Family Residence	\$1,280,000	Newfound RT and Barry C. Schuster	Peter J. and Ann K. Lyons
Bristol	140 School St.	Multi-Family Residence	\$158,000	Cedar Brick LLC	Tucker Raney and Shawn Winslow
Campton	Ellsworth Hill Road	N/A	\$95,600	Elaine D. Burkham RET	123 Ellsworth Hill LLC
Campton	50 Mad River Rd.	Single-Family Residence	\$300,000	Jeffrey T. Reisert	Deborah Brien
Campton	NH Route 175	N/A	\$20,000	Patrick C. and Amy S. Clark	Erich A. and Annie Kikel
Campton	N/A	N/A	\$29,000	Frank Neuberger	Don P. Moyer
Campton	N/A	N/A	\$289,933	Scott M. and Michelle F. Zoltowski	Roygirl Properties LLC
Campton	Bent Pine Drive (Lot)	Residential Open Land	\$84,933	Michael P. and Elizabeth A. Dibenadetto	Cecile M. Roberti
Campton	60 Briarcliff Circle	Single-Family Residence	\$210,000	Simon and Ashley Simou	Joy M. Langdon
Campton	10 Ellsworth Hill Rd.	Single-Family Residence	\$275,000	Lester K. and Suzanne A. Schwartz	James Toner-Shriner
Campton	3 Knotts Rd., Unit A1	Condominium	\$118,000	Joseph and Jean Monagle	Joshua Miron and Stephanie Lallet-Miron
Campton	5 Knotts Rd., Unit B1	Condominium	\$75,000	R&E Realty LLC	Peter and Marie Murphy
Campton	720 NH Route 175	Single-Family Residence	\$270,000	Ann L. Minarelli	Allan H. and Kellie A. Esty
Campton	1365 NH Route 175	Single-Family Residence	\$114,933	Rebecca A. Noonan RET	Kayla M. Noonan and Billy R. Carbino
Campton	23 NH Route 49, Unit 1	Condominium	\$109,000	Lee N. Williams	Megan Rousseau
Campton	18 Tripplewood Rd., Unit 16	Condominium	\$147,533	Charles F. and Ronda L. Reilly	Nina M. and Eric J. Sargent
Campton	US Route 3	N/A	\$40,000	Green Acre Woodlands Inc.	Exit 29 Sand & Gravel LLC
Campton	Willis Ct.	N/A	\$42,933	Frederick R. Cyr	Dave M. and Michaela A. Fenochetti
Campton	N/A	N/A	\$182,733	Woodlot & Grange LLC	Timothy W. McCormack
Campton	N/A	N/A	\$37,200	Peter Fiore	Timothy W. McCormack
Dorchester	N. Dorchester Road	N/A	\$190,000	Adam R. and Emelia A. Cushing	Green Woodlands LP
Hebron	N/A (Lot 1)	N/A	\$78,000	John R. and Carol D. Bergin	Diane M. and Peter J. Smyth
Holderness	85 Coxboro Rd.	Single-Family Residence	\$440,000	Robert L. & Lili Young LT	Heidi G. Emmons
Holderness	Daniel Webster Highway	N/A	\$125,000	Jonathan A. Sheldon	Dustin Farnsworth-Sheldon
Plymouth	5 Appalossa Way, Unit 3	Condominium	\$67,533	Banville 1 Fiscal Trust and Terence E. Banville	Kenneth Welsh and Karen Welsh
Plymouth	22 Crescent St.	Single-Family Residence	\$106,333	Patricia E. and Michael L. Dunlap	Patrick R. Dunlap
Plymouth	Ski Lift Lane	N/A	\$375,000	Robert E. Laffer and Allison Williams	Katarzyna Jerynska
Plymouth	43 Tenney Brook Rd., Unit 1	Condominium	\$145,000	Stephen J. Grzywacz	Jeremy J. Cote
Plymouth	N/A	N/A	\$240,800	Janis L. Ahern 2003 RET and Bruce D. Ahern	Randwest Inc.
Plymouth	Route 3A	N/A	\$550,000	Balker Singh	APR 1 LLC
Rumney	1525 E. Rumney Rd.	Single-Family Residence	\$77,533	Joseph P. and Penelope G. Conlon	Eric Vieira
Rumney	Stinson Lake Road	N/A	\$52,533	Samuel and Janice J. Faulkner	James Kalweit
Thornton	Mill Brook Road	N/A	\$397,933	Precision Applications	Lennhoff Fiscal Trust and John Lennhoff
Thornton	Mill Brook Road Ext.	N/A	\$55,000	Roman P. and Stephanie Sywenkyj	Peter F. and Janet A. Vandermeulen
Thornton	2632 NH Route 175	Single-Family Residence	\$399,000	Rjs Consulting LLC	Michele and Michael Maltby
Thornton	US Route 3	N/A	\$125,000	Diane Nericcio	Benjamin J. Carlson and Kelly E. Snyder
Thornton	Woodwinds Drive	N/A	\$50,000	Jeffrey A. King	Lorraine Fitzmaurice
Thornton	N/A (Lot 1)	N/A	\$89,533	Kilmer NH Holdings LLC	Benjamin E. Harrison
Thornton	36 Brookside Rd., Unit 5	Condominium	\$220,000	Cheong-Hwan and Doreen M. Kim	Richard F. and Ellen M. Collamore
Thornton	Edgewater Lane (Lot)	Acc. Land Imp.	\$110,000	ET Realty Corp.	Quan Shi and Dongyuan Li
Thornton	26 Horizon Dr., Unit 2	Condominium	\$480,000	White Mtn. Escapes LLC	David R. Goodman and Kathleen Kennedy
Thornton	289 Upper Mad River Rd.	Single-Family Residence	\$235,000	Allan H. and Kellie A. Esty	Genevieve Lebel
Thornton	N/A (Lot 13)	N/A	\$27,000	R.W. Potter, Jr. Trust	Richard and Denise M. McDonough
Warren	103 Pine Hill Rd.	Single-Family Residence	\$199,000	Jessie A. Lambert LT and Vincent Lambert	Kimberly N. Gibson and Alex W. Gibson
Warren	N/A	N/A	\$45,000	James J. and Karen L. Carnivale	Sommerfeld RT and William F. Sommerfeld
Waterville Valley	Black Bear Lodge Condo Unit 505a	Condominium	\$100,000	Bosco Fiscal Trust and James R. Bosco	Lynn S. Evans
Waterville Valley	28 Packards Rd., Unit 402	Condominium	\$85,000	Shula Levy RET	Mary E. Dawley
Waterville Valley	42 Forest Knoll Way, Unit H2	Condominium	\$340,000	Matthew J. Flynn and Margaret Mcenna-Flynn	Nina Resetkova and Adam G. Ray
Waterville Valley	3 Windsor Hill Way, Unit 32	Condominium	\$128,000	R. Dougan and Kate Sherwood	Jenifer L. Hamel
Waterville Valley	N/A (Lot 22)	N/A	\$250,000	Paul J. and Tamsin S. Zimbone	Francis J. and Kristen Mulcahy
Wentworth	657 Mount Moosilauke Highway	Acc. Land Imp.	\$290,000	Deborah L. Mauchly	Daniel and Amanda Gleason
Wentworth	E. Side Road	N/A	\$3,011,000	King Forest Industries	LJD Holdings LLC
Wentworth	E. Side Road, Lot 10-2	N/A	\$189,000	N. Precision Instruments	LJD Holdings LLC

## ABOUT THE REAL REPORT

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

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

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# Pemi-Baker Community Health’s CEO celebrating well-deserved retirement



Chandra Engelbert

BY ANNA SWANSON  
Pemi-Baker Community Health

PLYMOUTH — We are at once happy and sad to announce the retirement of our CEO, Chandra Engelbert. She has been an outstanding leader for more than 12 years of dedicated service at Pemi-Baker Community Health and a true inspiration for all of us.

The entire Central New Hampshire/Plymouth community has benefitted from Chandra’s leadership for much longer than that

though. Chandra began her career earning a B.S. in Nursing at Northeastern University in Boston, Mass. and her MBA from UNH’s Whittemore School of Business and Economics. Chandra’s professional expertise included: Nursing in Medical Surgery, Intensive Care Unit, Emergency Department, Recovery Room, Home care and Hospice. Profit and nonprofit administrative background included management of home care and hospice, Vice President of Diagnostic Services at LRGHealthcare and ICU/ED Manager at Weeks Medical Center in Lancaster.

Over the years, she served on the Home Care, Palliative Care and Hospice Alliance of NH and the Central New Hampshire Chamber of Commerce Boards, Central NH Health Partnership, Rural Healthcare Association, Plymouth State University Nursing Honor Society and Nursing Advisory Board

and the Central Service Health Network; participating in emergency preparedness efforts and public health initiatives in New Hampshire.

Creating a collaborative effort between PBCH, Mid-State Health Center and Speare Memorial Hospital is one of her most proud accomplishments and instilling the ‘Ubuntu’ philosophy for the employees of Pemi-Baker Community Health, creating a culture for them filled with respect, honesty and value.

She will be deeply missed but we can only feel happy for her after many years of service to our community and hope that she enjoys her well-deserved retirement.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services

include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-de-

gree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232

or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our Web site: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4.

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## CADY Corner

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

### Save the date

*“Tre Maison Dasan” free  
virtual movie screening  
and panel discussion on  
Feb. 10!*

BY DEB NARO  
Contributor

On Feb. 10 from 4-6 p.m., CADY is partnering with New Futures and the Family Connections Center to host a free virtual screening of the documentary “Tre Maison Dasan” followed by a panel discussion with local experts in school counseling, corrections, and prevention. A special youth panel member will also share his powerful story of resilience.

“Tre Maison Dasan” is an intimate portrait of three boys growing up, each with a parent who is incarcerated. Directly told through the child’s perspective, the film is an exploration of relationships and separation, masculinity, and coming of age in America when a parent is behind bars.

Tre, Maison, and Dasan are three very different boys. Tre is a spirited 13-year-old who hides his emotions behind a mask of tough talk and hard edges. Maison is a bright eyed 11-year-old with an encyclopedic mind and deep love for those around him. Dasan is a sensitive six-year-old with an incredible capacity for empathy and curiosity. Their parents are not incarcerated for the low-level offenses that have become infamous in conversations around mass-incarceration, but their histories and relationships beg many questions about Justice and the lasting and rippling effects of a system at large.

Did you know that negative experiences in childhood and the teenage years, like having a parent or family member who is incarcerated, may put children at risk for chronic health problems, mental illness, and substance use in adulthood? Known as Adverse Childhood Experiences (ACEs), life events such as these can have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Working together, we can help create neighborhoods, communities, and a world in which every child can thrive.

You don’t want to miss this event! To register, visit our website at [cadyinc.org](http://cadyinc.org) and click “Upcoming Events” or use the QR code below. To access the QR code, simply open your cell phone camera and place it over the image and the registration page will open in your Internet browser. Questions? Contact Emily Shanahan at [eshanahan@cadyinc.org](mailto:eshanahan@cadyinc.org).



## Letters to the Editor

### Do we govern from our town meetings or not?

To the Editor:

Do we govern from our town meetings, or no? The state considers it beyond our legal authority when we attempt to use our local governing process to protect our communities from state-issued permits that allow any number of harmful activities such as water extraction, landfill expansions, waste to energy incinerators, sludge application,

mining, fossil fuel pipeline infrastructure, even unsustainable “renewable” energy projects; or when our communities attempt to create sanctuary and equity for all inhabitants, including rights for nature.

Why are we denied the right to protect our health and safety, and not able to create the kind of communities we envision at the local level? New Hampshire’s

state governing structure follows the Dillon’s Rule doctrine; which is to say that the legal relationship between the state and any municipality (town, village, city, district) is as a parent to a child. A municipality may exercise only the authority the state determines it should have. This is why municipalities are referred to as merely, “an administrative arm of the state.” We

need to alter this present framework of our state government and establish a new framework for community self-governance where the state is an administrative arm of the municipality. What we need is for government to serve the people, not the other way around.

How can we change the status of our municipalities from that of servitude to empowered,

self-governing communities? Demand state constitutional change that recognizes our right to locally self-govern in matters of health and safety, and ecosystem rights. Advocate for an amendment to the NH Bill of Rights that establishes state law as a floor upon which people can use the Town Meeting process to locally increase, but not decrease protections. Support

and join the NH Community Rights Network (NHCRN) in the effort to reintroduce the Community Self-Government Amendment. Contact the NHCRN at [info@nhcommunityrights.org](mailto:info@nhcommunityrights.org) and visit our website at [www.nhcommunityrights.org](http://www.nhcommunityrights.org) to learn more.

MICHELLE SANBORN  
ALEXANDRIA

### Imagine the North Atlantic, at the whimsies of the wind



A contemporary sketch of the Clermont, sarcastically called “Fulton’s Folly” until paying passengers proved them all wrong. (Courtesy Cyclopedia of America)

The days of sail have always intrigued me, perhaps because of my maternal grandfather’s habit of whistling doleful sea-chanties he heard from his family Down East. They were what back-woods Yankees called “herring-chokers,” and proud of it.

“Two Years Before the Mast,” the 1840 account of a boy who signs on with a ship bound for California, is one of my favorite books. Richard Dana’s description of Tierra del Fuego and rounding Cape Horn were enough to make me want to never go there. For that kind of wind and cold, we have the Presidentials.

There was a certain age of innocence that went along with the wind ruling the waves, just as there was when grass and horsepower still ruled the world on terra firma.

The number and variety of jobs and products that sail and horsepower enabled and required boggle the mind. Every coastal city and town had its purveyors of provisions, sailmakers and rope-walks for ships’ rigging. Every town up the rivers had blacksmiths, harness-makers, and the means to make myriad products from wood.

Still, no human had yet traveled beyond the speed of a fast horse.

+++++

The displacement of horsepower and the wind was already underway as Dana and the trading and cargo vessel he crewed on, the Pilgrim, set sail. Looking back from this end of the spectrum, going from wind and horse to steam and beyond seems almost an overnight transition. But it re-

ally spanned several generations as new methods proved tried and true, in an age when information still traveled slowly.

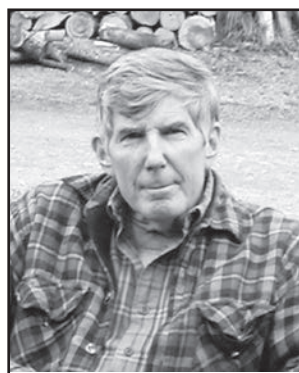
Thomas Savery brought a centuries-old idea—the use of vapor from boiling water to power something—to fruition in 1698 with his invention of a steam-driven engine to pump water out of coal mines. A bit more than a century later, English inventors were setting up the first steam locomotive to run on steel tracks.

Our own Robert Fulton is credited with inventing the steam-powered ship, a doubtful claim. That honor probably goes to a French inventor who ran a steam-powered paddleboat in 1783. Oddly enough, he had demonstrated one powering oars in 1776, a contraption hard to fathom.

Nonetheless, Fulton is credited with inventing the first practical, commercially viable steamship in America with the Clermont. In 1807, he took passengers up the Hudson River to Albany and back. The round-trip was about 300 miles, and took 62 hours.

+++++

Steam spelled the end of commercial sail, at least on a grand scale. Still, the wind was free,



and coal or wood had to be brought from afar and was difficult to load and handle. Small wind-powered vessels are still used for subsistence and commercial fishing all over the world.

Many old hulls, stripped of their masts, were used as coastal cargo barges well into the 1900s. As these hulks were beached and rotted away, they became favorite subjects for artists and tourist photographers.

None were more famous than the two old sailing vessels beached just downriver from Route 1 in Wiscasset, Maine. Both were launched before the First World War, and had brief commercial careers before being bought at auction in the 1930s and towed to Wiscasset. For much of my adult life they were still there, ghosts of a past that survives only in movies and books.

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

## Sustainable Bristol

### Sustainable Valentine’s Day

BY LAUREN THERIAULT

Valentine’s Day is right around the corner. If you, or more realistically your significant other, like this holiday, I thought giving some ideas for less wasteful ways to celebrate would be helpful.

Skip the flowers? Shipping roses from South America isn’t really the best thing for the environment. Ask the florist for more locally grown flowers, not the easiest thing to attain in February in New

England, but maybe it’s possible. Maybe flower seeds would suffice? Or a house plant that will clean the air and last longer than a week. Definitely skip the balloons.

Skip the card? Make your own or send an ecard. Who cares what the card looks like, it’s the sentimental writing that really matters. Better yet film a video of yourself telling someone how much they mean to you. If you must buy one, make sure it’s recyclable or made from recycled paper and does

not have glitter.

Stay home. It’s the safest option and also will save you money and gas. Staying home doesn’t have to be the same old same old though, plan a fun activity or meal for yourself or significant other. Take an online cooking class, rent a movie that just came out, eat somewhere else in the house for a change, wear fancy clothes, play some dance music and boogie.

Skip the present? Make your own gift instead of buying one,

thrift something, give a gift card, or gift booklet with coupons to use throughout the year (foot massage, doing the dishes, etc.).

Skip the chocolate? Heavens no! Just buy organic, fair trade chocolates wrapped without plastic.

Tell people you love them, if 2020 taught us anything it’s that life is short, and you should let people know how you feel.







HIGH SCHOOL SLATE

Thursday, Feb. 4

NEWFOUND  
Boys' Hoops vs. Franklin; 6  
Girls' Hoops at Franklin; 7  
PLYMOUTH  
Alpine Skiing at Cranmore; 10  
Boys' Hoops vs. Kennett; 6  
Girls' Hoops at Kennett; 7  
Friday, Feb. 5

NEWFOUND  
Skiing at Gunstock; 10  
PLYMOUTH  
Ski Jumping at Proctor; 6  
Saturday, Feb. 6

PLYMOUTH  
Wrestling vs. Mascoma; 10



ANIMAL FACT:

DURING COLDER MONTHS BIRDS WILL NEED EXTRA HELP FINDING FOOD. PUTTING OUT BIRDSEED CAN HELP, BUT THIS FATTY FOOD CAN HELP BIRDS STAY WARM.

ANSWER: SUET

How they SAY that in...

ENGLISH: Bird

SPANISH: Pájaro

ITALIAN: Uccello

FRENCH: Oiseau

GERMAN: Vogel

Monday, Feb. 8

NEWFOUND  
Boys' Hoops at Inter-Lakes; 6  
Girls' Hoops vs. Inter-Lakes; 6  
Skiing at Gunstock (Girls' State Meet); 10  
Unified Hoops vs. Berlin; TBD  
PLYMOUTH  
Alpine Skiing at Gunstock (Girls' State Meet); 10  
Boys' Hoops at Laconia; 6  
Girls' Hoops vs. Laconia; 6  
Unified Hoops at Laconia; 3  
Tuesday, Feb. 9

NEWFOUND  
Skiing at Gunstock (Boys' State Meet); 10  
PLYMOUTH  
Alpine Skiing at Gunstock (Boys' State Meet); 10

Math Blocks

Fill in the missing blocks with numbers between 0-7.  
The numbers in each row add up to the totals to the right.  
The numbers in each column add up to the totals on the bottom.

	3	5	9
	2		10
3		4	14
10	12	11	

4	7	3
2	2	6
5	3	1

Solution

Get Scrambled

Unscramble the words to determine the phrase.

D B I R E F D E R E

Answer: Bird Feeder

Hockey vs. John Stark-Hopkinton; 7:45  
Wednesday, Feb. 10  
PLYMOUTH  
Wrestling at Pelham; 6  
Thursday, Feb. 11

NEWFOUND  
Boys' Hoops vs. Inter-Lakes; 6  
Girls' Hoops at Inter-Lakes; 6  
PLYMOUTH  
Boys' Hoops at Laconia; 6  
Girls' Hoops vs. Laconia; 6  
Ski Jumping at Proctor (State Meet); 6

All schedules are subject to change.

THIS DAY IN... HISTORY

FEB 6

- 1862: FORCES LED BY ULYSSES S. GRANT AND ANDREW H. FOOTE GIVE THE UNION ITS FIRST VICTORY DURING THE AMERICAN CIVIL WAR.
- 1952: ELIZABETH II BECOMES QUEEN OF THE UNITED KINGDOM.
- 1988: MICHAEL JORDAN MAKES HIS SIGNATURE SLAM DUNK FROM THE FREE THROW LINE, INSPIRING THE AIR JORDAN LOGO.

New Word

DOWN

a layer of fine, silky feathers found under tougher feathers

Lakes Region Lacrosse Club spring registration is open

REGION — Lakes Region Lacrosse Club (LRLC) is calling all first-eighth grade lacrosse fans present and future to join their spring 2021 season. It's hard to imagine, but spring is right around the corner, and with it will come the opportunity for first through eighth grade girls and boys to head outside to play lacrosse, dubbed "the fastest game on two feet." LRLC offers US Lacrosse-certified coaches committed to providing a safe, organized and fun environment for all participants as they all anxiously await relief from the pandemic. LRLC's spring 2021 program is open to most towns around the Lakes Region, with Laconia being the notable exception as it has its own Laconia Lacrosse Club. LRLC is always looking for coaches/assistants looking to help create a positive experience as well. Check out [www.lrlacrosse.org](http://www.lrlacrosse.org) for registration info and other details.

Did You Know?

BIRD ENTHUSIASTS CAN OBSERVE THE TYPES OF BIRDS THAT VISIT THEIR YARDS AND SELECT SEEDS TO OFFER AS FOOD THAT WILL APPEAL TO THOSE SPECIES.

NATIONAL BIRD-FEEDING MONTH

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BIRD FEEDER

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to tea. Each number corresponds to a letter. (Hint: 12 = E)

A. 19 12 25 6 12 26  
Clue: Parts of a plant

B. 18 24 12 1  
Clue: Make by soaking or boiling

C. 23 5 11  
Clue: Vessel

D. 18 2 16 19 12 8  
Clue: Heated water

Answers: A. leaves B. brew C. cup D. boiled

SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:

One Too Many, once again?

Don't Let Alcohol Put Your Life on the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit [ncadd.org](http://ncadd.org) for more information.



# SLA to host nature wood whittling Zoom program

HOLDERNESS — Join the Squam Lakes Association (SLA) on Saturday, Feb. 6 to learn how to whittle wood carvings of New Hampshire plants and animals during a virtual Zoom call! During the call, which is scheduled for 11 a.m. to noon, you will learn about the basics of different wood carving techniques and how to maintain wood carving tools. Lakes Region Conservation Corps (LRCC) AmeriCorps member Daniel Hill will lead the discussion. For those whittling along with him, you should have time to complete a simple whittled owl and flower during the call!

This Adventure Ecology program will take place over Zoom, so all participants should have access to a computer and a reliable internet connection. Participants are free to join the discussion without whittling, but if you want to give it a try you'll need a sharp wood-carving knife, some cut-resistant gloves, and some wood (basswood is great for whittling).

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



## Plymouth hoop girls return to action

PLYMOUTH — Sophomore Jalen Cook (Bristol, Vt.) matched a career high with 25 points, but Plymouth State University fell to Rhode Island College, 73-43, in a season-opening Little East Conference (LEC) women's basketball game at Foley Gymnasium on Saturday afternoon. The contest was PSU's first home intercollegiate competition in 329 days.

RIC led throughout, though Cook's back-to-

back three-pointers late in the second quarter kept the Panthers close. PSU trailed 38-24 at the half, but the Anchorwomen pulled away in the third quarter to pick up the win.

Plymouth State drops to 0-1 (0-1 LEC), while Rhode Island College remains unbeaten at 3-0 (3-0 LEC).

The Anchorwomen built a 17-6 advantage after the first quarter. Sophomore Autumn Nel-

son (Weare) scored all six of PSU's points on driving layups.

Nelson got to the basket again to open the second quarter, but RIC extended the lead to 15.

Cook hit from long range on consecutive possessions to trim the margin to 29-22 with 2:28 left in the half, but the visitors went 4-of-5 from the field the rest of the way and junior Maire Gallagher (Worcester, Mass.) banked in a triple

at the buzzer to give the Anchorwomen a 38-24 lead at the intermission.

RIC took advantage of its interior strength to outscore the Panthers, 24-6, in the third.

Cook caught fire in the final 10 minutes, making 5-of-6 from the

floor, including all three of her attempts from distance, but the margin was too big to overcome.

Cook's only other 25-point game came in the Panthers' season finale last Feb. 22 against UMass Boston. She also sank five three-pointers

in that contest.

The Anchorwomen held a slight 41-35 advantage on the glass.

The Panthers head to in-state rival Keene State Saturday, Feb. 6, for a noon tip-off.

## University of New Hampshire announces Dean's List for the Fall 2020 Semester

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2020 semester:

Mary Shannon O'Hara of Ashland, earning Highest Honors  
Janessa Terry of Ashland, earning High Honors  
Mckenna Wilson of Bristol, earning High Honors  
Matthew Libby of Bristol, earning Highest Honors  
Jessie DeLouis of Bristol, earning Honors  
Alexander Mann of Bristol, earning Highest Honors  
Liam Cate of Alexandria, earning High Honors  
Madison Gould of Bristol, earning Highest Honors  
Robert Newton of Campton, earning High Honors  
Gordon Hoyt of Campton, earning Highest Honors  
Odin Bickford of Campton, earning Honors  
Katherine Legier of Campton, earning Highest Honors  
Garrett Macedonia of Campton, earning High Honors  
Appalachia Kunz of Campton, earning Highest Honors  
Bert Prince of Campton, earning Highest Honors  
Treat Hardy of Hebron, earning Highest Honors  
Graham Pogue of Holderness, earning Honors  
Aurora Desmarais of Holderness, earning High Honors  
Lilly Friedman of Holderness, earning Highest Honors  
Nathaniel Hixon of Holderness, earning Highest Honors  
Kate Ogden of Holderness, earning High Honors  
Christiana Barber of Holderness, earning Highest Honors  
Isabel Cole of Plymouth, earning Highest Honors  
Joy Woolley of Plymouth, earning Highest Honors  
Maya Coykendall of Plymouth, earning Highest Honors  
Hayden Dahl of Plymouth, earning High Honors  
Marisa Sabbia of Plymouth, earning Honors  
Emily Miller of Plymouth, earning Highest Honors  
Benjamin Olmstead of Rumney, earning Highest Honors  
Nicholas Crosby of Rumney, earning High Honors

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: [www.unh.edu](http://www.unh.edu).

## Alpine

FROM PAGE A1

Edwards skied his way to 25th place in a time of 1:35.08 and Van Lenten was the third scorer in a time of 1:38.47 for 27th place.

Ehmann rounded out the scoring for Newfound with a time of 1:39.2 for 29th place.

Dion finished in a time of 1:44.81 for 33rd place, Henry was 34th in 1:47.07, Trevor Sanschagrin finished in 39th

place in 1:55.16 and Reynolds was 40th in 1:59.05.

For the Newfound girls, Hannah Owen led the way in the giant slalom with a time of 1:00.14 for 20th place overall.

Lily Karkheck finished in 24th place with a time of 1:08.63.

In the slalom, Owen finished in 16th place overall in a time of 1:39.28 and Karkheck finished in 1:56.69 for 21st place.

The Bears are scheduled to finish out the regular season on Friday, Feb. 5, at Gunstock. The Division III girls' state meet is Monday, Feb. 8, and the boys' state meet is Tuesday, Feb. 9, both at Gunstock.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*



At last weekend's First Deliberative Session for Newfound Area School District, where the proposed budget sought to cut many school sports programs, high school volleyball coach Amy Fairbank explained the importance of physical exercise as well as the life lessons and sense of pride students receive from participation in school sports.

## Newfound

FROM PAGE A1

rounds of applause, and many expressed concerns about children turning to bad behavior with nothing positive to fill their time.

Some senior residents, however, were also concerned about the rise in taxes that they said is threatening to force them from their homes.

"You're asking people to pay more when they're going to the food bank," one woman said.

A year without sports, she felt, would do children no harm.

At the elementary school level, other proposed decreases from the committee included eliminating the Danbury Elementary School Principal position (a net savings of \$93,960), doing away with elementary instrumental programs and removing one para-professional position from Bridgewater-Hebron Village School. Decreases were also proposed for all library books, field trips, technology as well as a total of \$476,545 for district facilities.

Throughout the meeting, two dozen people in all approached the mi-

crophone to voice their support or argue against Alper's amendment to the budget.

Budget Committee member John Sellers had another idea, though.

"Just vote for the (\$25,226,038) default budget," he said.

When Alexandria's School Board Representative, Sue Cheney, had her turn to speak, however, she cautioned that voting against the budget in hopes of forcing the district to move to the default budget would be taking a really big chance at the polls. Cheney said she had done some research into past budgets for the district and since the 2010-11 school year the budget has only gone up 12.5-percent. That works out to be an annual increase of only 1.1-percent. Putting things in perspective, she felt it only seemed fair to add the \$999,181 back into the 2021-22 budget.

After the lengthy debate, the amendment passed by a vote of 237-14 and Article 3 will now be presented as a \$25,584,426 operating budget, with \$25,226,038 remaining as the default budget should the article fail.

Receiving little comment were articles requesting \$350,000 to be added to the Expendable Trust Fund: Building Maintenance (not included in the operating budget) along with a request to increase the amount of money that can be deposited in the Contingency Fund from 2.5-percent to 5-percent, per RSA 198:4-b II. Those monies are to come from the unassigned fund balance at the end of a fiscal year. Changes in the RSA also state the fund may now be used for any unexpected expenses in the district, rather than only for emergencies, as required in the past. A public hearing must be held prior to use though.

Finally, two petitioned articles that will also be on the warrant are, first, one to increase the district's tax cap from two- to three-percent; the second asks to rescind the tax cap altogether. Should both articles pass, the final article to rescind the cap will prevail.

NASD voters will now be asked to cast their final decisions on these articles on Tuesday, March 9, when they head to the polls in their respective towns.



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Wizard of Wash

## DANBURY:

Danbury Country Store

## HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

## HILL:

Hill Public Library

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# Learning a new skill

BY LEAH BARON  
RehabFIT  
Plymouth

PLYMOUTH — The great Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eight.” The truth is most people get to a certain stage in life where “learning” is no longer a priority. As we mature in our chosen career paths, or prioritize the well-being of our families, learning a new skill becomes a childhood memory. However, if we are consistently educating ourselves throughout the duration of our lives, it provides lasting health benefits that indicate a better quality of life as you age. As a person gets old-

er the brain starts to endure changes. These changes can start to occur quicker when not regularly engaging the brain in new and engrossing material. Normal age-related changes include a decrease in communication between nerve cells, a decrease of blood flow in the brain, inflammation, and certain parts of the brain tend to shrink, especially those important to learning. These changes would negatively impact overall mental function, even in seemingly healthy older adults. Typically, as we age, learning becomes increasingly difficult. However, when we strengthen the engagement of our brains, this

increases the density of white matter. As the white matter, or Myelin increases, the rate of learning is amplified. This occurs due to more neural pathways that are created, and electric pulses that are able to travel faster. This function tends to improve cognitive changes as we age. By instituting learning regularly you improve your ability to plan and organize, make thoughtful decisions, and remember coherently. Recent studies have shown that regular physical activity and maintaining healthy blood pressure rates may also aid in preventing Dementia as you get older. The process of learning something new can

be a discomforting notion for most people. When you focus on the benefits, instead of the challenges, it's a great way to increase your objectives. Devising a plan will help you realize those aspirations. It will encourage follow through, even during some of the most difficult tasks. As children, we were relentless in the urge to learn and experience. You can employ this same approach as a curiosity in learning something new while still possessing the wisdom of adulthood. Ask yourself questions about attributes you would like to attain, and how it may be beneficial for you in the future. Maybe, there are ways to expand on

your chosen career field that you may have been too novice to attempt when you were younger? But the initial step is to put yourself out there in order to learn a new skill set. Great learners allow themselves to be vulnerable in the beginning stage. When in the learning process, you find you are able to become a more diverse person, often times having the ability to meet new people, and see new things, which can really be a lot of fun! Remember that learning can be difficult, and not to give up or lose your passion when it becomes challenging. There may be a time when you hit a plateau, remember what advantages we can re-


ceive from completing the task and know that there is no time restraint or pressure. Learning can happen at any age and will be life enhancing. Our brains are craving the ability to learn, and when we learn, we fight monotony, and improve our overall quality of life. RehabFIT is here to assist you in acquiring new skills in exercise! It is best not to be sitting around all winter; come take a tour and see what we have to offer. Plenty of equipment, classes, and exercise physiologists to assist in creating programs based on your needs and goals. Give us a call at 238-2225 or stop in at 103 Boulder Point Dr., Plymouth.

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Town of Bristol NH

NOTICE OF PUBLIC HEARING

The Bristol Budget Committee will hold a public hearing in accordance with RSA 32:5 on the proposed operating budget and warrant articles for 2021 on **Tuesday, February 9, 6:00 PM** via Zoom and at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. If a second public hearing is necessary, it will be held on Wednesday, February 12, at 6:00 PM at Town Office.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Bristol Town Office.



Town of Bristol NH

NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing for the purpose of discussing the proposed Power Purchase Agreement (PPA) for a term of 25 years, by which the Town will agree to purchase all electricity generated at a third-party owned solar powered electric generation facility to be located on a portion of property at 180 Ayers Island Road. The hearing will be held Thursday, February 18, 5:30 PM via Zoom and at the Bristol Town Office: Meeting Room A located at 5 School Street, Bristol, NH 03222. Snow date is Friday, February 19, at the Bristol Town Office at 5:30 PM.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Bristol Town Office.

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Town of Bristol NH

NOTICE

February 2, 2021 at 5:00 PM is the deadline for 25 or more voters or 2% of the total, whichever is less, but in no case fewer than 10 voters, to petition the Bristol Select Board to include an article in the warrant.

All related information is available for review at [www.townofbristolnh.org](http://www.townofbristolnh.org) or may be obtained at the Bristol Town Office located at 5 School Street, Bristol, NH 03222.

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TOWN OF ALEXANDRIA  
PUBLIC NOTICE

First Session of Town Meeting  
Deliberative Session

Saturday, February 6, 2021 at 10:00 am  
Held at the  
Newfound Regional High School  
150 Newfound Road, Bristol, NH





# Mid-State Dental Director offers tips on children’s dental health

BRISTOL — The most common chronic childhood disease is dental decay. The good news is, it’s preventable! February is National Children’s Dental Health Month and the staff at Mid-State Health Center want to help improve the oral health of our community with some simple tips for you and your family.

According to the Partnership for Healthy Mouths, Healthy Lives, there are “more than 16 million kids suffering from untreated tooth decay in the U.S.” This chronic condition “causes kids to miss 51 million school hours and their parents to lose 25 million work hours annually.” Tooth decay can lead to pain, sleep disturbances, difficulty eating, social anxiety, infection and possible long-term effects like tooth loss. Taking action to prevent dental decay can not only improve your child’s smile, but also impact their overall health and well-being.

Babies aren’t born with cavity-causing bacteria, they receive those germs from the saliva of their caregivers. Each time we share a spoon, or food, or place a pacifier in our mouths, we transmit our own oral bacteria to the baby. Caregivers should reduce saliva sharing to prevent transmission of germs and maintain healthy mouths by practicing good oral hygiene

and keeping up with regular dental visits.

Preventing tooth decay starts with a thorough oral hygiene routine at home. Children need instruction and supervision to learn the basics of good oral health. Modeling good oral hygiene behavior, showing enthusiasm and helping them develop an oral health routine is very important. As early as possible, begin an oral hygiene routine with your children. From birth, wipe their gums with a soft, moist washcloth after feedings. As soon as teeth appear (usually between 6-10 months), brush with a child-sized toothbrush and small smear of toothpaste. Dental professionals agree you should brush your child’s teeth two times daily with fluoride toothpaste for two minutes using a soft-bristled toothbrush.

Many children need help brushing and, after taking their turn, should have their teeth brushed by an adult. Replace your child’s toothbrush every three months, and each time s/he gets sick. Do not rinse out with water or eat after brushing. We want the fluoride from the toothpaste to have time (at least 30 minutes) to work to strengthen the teeth. The early stages of tooth decay are reversible and fluoride acts to remineralize (or strengthen) tooth structure that has

been weakened. The most important time to brush your child’s teeth is right before bedtime so that plaque does not sit on the teeth throughout the night. Flossing daily is also an important component of good oral health. Utilize flossers designed for children to help them develop their skills.

In addition to hygiene, nutrition plays a crucial role in oral health so it’s important to eat a healthy, balanced diet, avoiding sugary and acidic foods. Provide children with healthy snacks and avoid sippy cups filled with juice between meals. Encourage drinking water instead! Encourage the use of regular cups early and often. Do not put your baby to sleep with a bottle filled with juice or milk.

Another important piece of the oral health puzzle is visiting a dentist regularly. You should schedule your child’s first dental visit by their first birthday. Early detection of problems, preventative services like cleanings, and counseling from a dental provider can have profound impacts on a child’s oral health. During your child’s visits, ask about preventive treatments like fluoride varnishes and sealants.

We can all set a good example by showing enthusiasm for visiting our



own dental providers and discussing dental visits in a positive way.

Our dental team at Mid-State Health Center in Bristol is happy to answer any questions you might have about your own or your children’s

oral health. We are open Monday-Friday in Bristol and look forward to seeing you at your next dental visit! Please contact us at 744-6200 if you would like to come in to meet our dental providers Dr. Kelly Perry and Dr. Sunny Gaudet.

For more information, visit <http://www.midstatehealth.org/>, <http://www.mychildrensteeth.org/>, or <http://www.healthy-mouthshealthyhomes.org/>.

## New Hampton Community School celebrates excellence amid challenging times



NEW HAMPTON — When New Hampton Community School returned to full in-person learning last fall in the middle of a global pandemic, everyone expected things to be different.

As we all adjusted to the new normal of mask wearing and social distancing, we knew we wanted to keep things as typical as possible as well as keep traditions alive.

One of those traditions has been taking part in the annual Scripps Spelling Bee. New Hampton Community School held its annual Scripps Spelling Bee Thursday morning, and fifth grader Kathryn Braman emerged as the top speller.

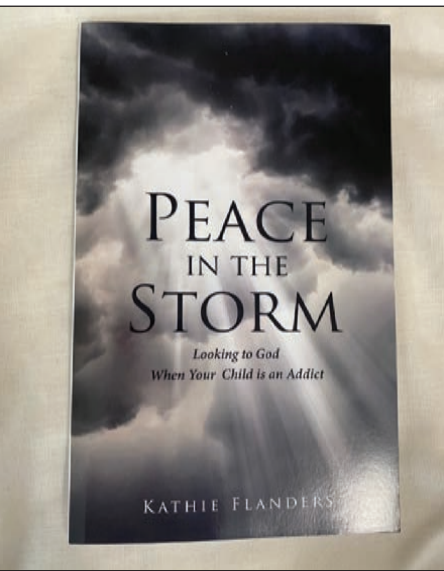
This year, the event was in-person in the school’s multipurpose room adhering to all Covid safety protocols. The student body, as well as families and community members, were invited to watch live on Principal Ann Holloran’s YouTube channel.

Loud cheers were heard throughout the building as classmates showed support for their grade level representatives.

After preliminary spelling bees were held in each classroom, ten students competed in the final round representing grades one through five. All students displayed amazing poise and sportsmanship. The spelling bee went 19 rounds before Katie was crowned champion with second grader Colin McCarty her runner-up. Due to the pandemic, Katie will participate in the state spelling bee using a virtual platform the week of March 1-5. The entire school community celebrates Katie’s accomplishment and wishes her the best of luck as she moves forward to the state competition.

### Local author releases new book

PLYMOUTH — Kathie Flanders, in “Peace in the Storm,” writes about her challenges as a mother of an adult addict. She shares how her faith has helped her find peace in the storm. A storm may be many different things in your life; cancer, chronic pain, a loved one’s death, or living in a challenging relationship. The book is organized so it could be read, one theme-based chapter a day. It is a thought-provoking meditation and a sincere, real world perspective.



Flanders’ past experience as a licensed Substance Abuse Counselor, although helpful, didn’t prepare her for being the parent of an addict. After many years of processing and learning, she communicates hope and direction in a discerning way. A Montana native, she resides with her husband in Plymouth.

Look for this book in your local bookstore. It is also available at Amazon and other online stores. Google “Peace in the Storm,” Kathie Flanders.

Flanders can be reached at [kflanders112@gmail.com](mailto:kflanders112@gmail.com)



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