

# Edwards, Karkheck lead Bears at Gunstock



Jackson Ehmann races for Newfound during action at Gunstock on Friday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Newfound alpine ski team traveled to Gilford on Friday for a meet hosted by Prospect Mountain and also featuring skiers from Lebanon, Belmont, Gilford, St. Thomas, Inter-Lakes, Bishop Brady and Laconia.

The skiers raced two runs of giant slalom in the morning and two runs of slalom in the afternoon.

In the morning giant slalom, the Bear boys finished in fifth place, led by Broderick Edwards leading the way in a time of 1:09.15 for 10th place.

Jackson Ehmann was 22nd overall in a time of 1:14.11 and Beckett Van Lenten was 27th overall in a tie of 1:17.26.

Josh Blouin rounded out the scoring with a

time of 1:18.15 for 30th place overall.

Trevor Sanschagrin was 37th overall in a time of 1:22.32 and Dalton Dion rounded out the field of Bears with a time of 1:41.39.

Edwards again led the way for the Bears in the afternoon slalom, finishing in a time of 1:45.1 for 11th place overall.

Ehmann was 24th with a time of 2:08.11 and Sanschagrin was 32nd overall with a time of 2:23.79.

Van Lenten rounded out the scoring with a time of 2:27.27 for 34th place.

Blouin finished in 37th place in a time of 2:29.08, Dion was 41st in 2:53.13, Quinn Van Lenten was 42nd in 2:55.25 and Thomas Talamini placed 45th in 3:27.66.

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## Explore “The Secrets of Cellar Holes” with New Hampton Historical Society

NEW HAMPTON — The New Hampton Historical Society presents “A Walk Back in Time: The Secrets of Cellar Holes” Tuesday, Feb. 8 at 7 p.m. at the Gordon-Nash Library, 69 Main St.

Northern New England is full of reminders of past lives: stone walls, old foundations, a century-old lilac

struggling to survive as the forest reclaims a once-sunny dooryard. It is a rich story about how one town set out to create an inventory of its cellar holes, piecing together clues in the landscape, a project that can help landowners know what to do if they have archeological sites on their land, and help stimulate interest in a

town’s future through its past.

Presenter Adair Muligan has a runaway curiosity about the natural and cultural history of northern New England. Author of “The Gunstock Parish, A History of Gilford, New Hampshire,” she has also contributed to a number of publications, including

SEE **HOLES** PAGE A9

## Pay it forward . . . “Keep The Heat On!”

PLYMOUTH — Have a plan yet to support the Plymouth Area Community Closet’s “Keep The Heat On” annual fundraiser? If so, kudos to you; if not, now’s the time: the virtual “Un-Event” is just days away on Jan. 26 at 7 p.m. . . . It’s time to visit the website --www.32auctions.com/KTHO2022 -- to buy your ticket, and to submit your bids for the auction. Indeed, it’s time to “pay it forward!”

Pay It Forward . . . You’ve undoubtedly heard the phrase since the movie of the same

name was launched in 2000. Perhaps you’ve read a story in the newspaper about a stranger “paying it forward” by covering the bill for someone else’s meal at a local diner. Or maybe you’ve had the experience of another shopper letting you get ahead of her in the line at the grocery store when you have just one item and her cart is full. But what does “pay it forward” really mean? And, could it actually have

benefits for the giver as well as the receiver?

When someone does

us a good deed — such as a neighbor shoveling the snow from our sidewalk as well as his own -- we typically want to reciprocate, to do something good for him, to “pay him back.” In contrast, when we “pay it forward,” the sequence starts with us: we initiate the “good deed.” And instead of the typical “pay back,” we trust that the receiver in turn does good for someone else in the future. And so on, such that one good deed generates others exponentially. In the process, the world becomes a bet-

SEE **KTHO** PAGE A9

## Pemi-Baker Hospice & Home Health offering free series “Loss & Grief: Some Basics”

### PROCESSING PERSONAL GRIEF

BY GUY TILLSON  
Bereavement Coordinator  
PEMI-BAKER HOSPICE & HOME HEALTH

PLYMOUTH — Pemi-Baker Hospice & Home Health is offering a free grief and loss support series starting Tuesday, Feb. 15 running through March 29. Late morning and early evening times will accommodate all schedules and we invite anyone experiencing a personal loss to join us.

Since Elizabeth Kubler-Ross’ pioneering work On Death and Dying in 1969, research and study on the very human experiences of grief and loss have come a very long way. The “five stages of grief” entered quickly into the storehouse of wisdom in the popular culture. Many people can tick off “Denial, anger, bargaining, depression, and acceptance” when

SEE **SERIES** PAGE A9



RC GREENWOOD

### Bears fall to champs

Demetri Raymond pulls down a rebound during Newfound’s 79-35 loss to the defending Division III champion Gilford Golden Eagles last week. The Bears rebounded with a 62-29 win over Newport and saw their game with White Mountains postponed. The Bears are scheduled to be hosting Inter-Lakes on Friday, Jan. 21, at 6 p.m., will be at Winnisquam on Monday, Jan. 24, and at Inter-Lakes on Tuesday, Jan. 25.



# Biederman’s Deli and Pub celebrates 45 years!



Scott and Patti Biederman are celebrating 45 years in business as owners of Biederman’s Deli and Pub this year.

COURTESY

PLYMOUTH — Biederman’s has been the go-to sandwich-and-a-beer spot for students, sports fans, families, artists, athletes, locals, and visitors for four and a half decades; with a cozy atmosphere for casual dining and drinks. Inventive and mouth-watering menu items such

as the Balboa and the Cellar Dweller keep folks coming back for more.

So many of Biederman’s sandwiches come from local innovation and creativity. That’s why we’re announcing A Sandwich Showdown — Design Our Next Signature Sammi. To en-

ter your masterpiece, visit [www.biedermans.com](http://www.biedermans.com) for details. Winners will be announced at our 45th Birthday Bash on April 1!

The story of Biederman’s Deli and Pub is inseparable from the story of Patti and Scott Biederman. This dynamic duo has been putting their heart and soul into their work since 1976, when they took a leap of

faith and purchased The Cellar Pub, located right where Biederman’s is today.

What has kept Biederman’s in business?

“Our ties to the community,” says Patti. “Our connections to people and groups in Plymouth keep us going.”

“The ability to change with the times and stay

ahead of the curve,” says Scott.

Indeed, Biederman’s has faced its share of curves, from the raising of the drinking age to a catastrophic fire: they have literally risen from the ashes again and again. Most recently, they faced COVID-19: masks, scarce supplies, and scared customers. Scott and Patti handled it all with creativity and compassion for their employees and customers.

Since the beginning, loyal customers have always been a mix of town and gown. When Plymouth State reopens for Fall semester, Biederman’s is there for traffic-weary locals, frazzled families, and famished first-years.

“When the students arrive, the game is the same; we make good food for hungry people. It’s only the faces that change, and we love being here to meet them,” says Scott.

“It’s not just university traffic, though,” says Patti. “We have Bike Week, 4th of July, people looking for a cold drink on a hot day... and before you know it, it’s fall. We stay busy through the holiday season, ski season, mud season... We have always been an oasis in the hubbub.”

Folks who spend any amount of time at the pub know that Patti and Scott have an amazingly

strong work ethic. They jump right in, doing what needs to be done in the moment to get your fresh food prepared, wrapped, and ready. They run the register, grab the broom, wipe the counter, and pour the drinks. They lead by example, and that leadership is another aspect of running Biederman’s that both Patti and Scott find especially fulfilling.

“Mentoring staff has always been important to me,” Patti says. “Creating a safe place for employees to learn and grow, helping them develop life skills, and being a second family... that means the world in this business.”

Visit Biederman’s to embrace the sandwich, celebrate the beer, and kiss the moose. Follow them on social media @biedermansnh, check out their Web site, [www.biedermans.com](http://www.biedermans.com), or call (603) 536-3354 for more information.

About Biederman’s For staff and customers alike, Biederman’s isn’t just the name on the sign; it’s an invitation to be a part of the family. Their salads and sandwiches are more than a meal; they’re a promise of quality, care, and appreciation. After 45 years, they’re still feeding the spirit of the spirited, serving handmade, hand-held food and beers both craft and traditional.

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**Bears of the Week**  
Newfound Memorial Middle School’s Bear of the Week Student & Staff Winners for the week of Jan. 14 are Logan Gilbert and Brenday Carney. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week’s winners!

## SLA to host virtual Squam Lakes Trivia Night

HOLDERNESS — Join the Squam Lakes Association (SLA) and Lakes Region Conservation Corps members Kaela and Bri on Jan. 29 from 6 to 8 p.m. for an evening of trivia. Questions will range from Leave No Trace to local wildlife and at the end of the night you could be crowned the Squam Trivia Champion. Gather your brainiest buddies and login to zoom for trivia night!

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 (603-968-7336). 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.

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.

## A CHILDREN’S CONCERT

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# Comfort Keepers

## Winter health risks for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to con-

sider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness – There are a variety of ways that seniors can be physically affected by the winter season.

Pneumonia: Pneumo-

nia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase

blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, 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,

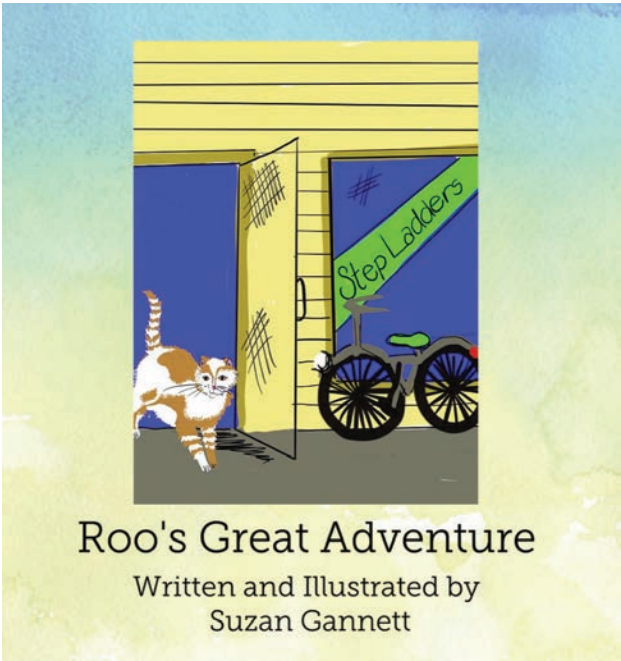
transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

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 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## Suzan Gannett's latest available at Artistic Roots



Author Suzan Gannett has written a second book about StepLadder's cat, Roo. It is available at Artistic Roots, 73 Main St. and StepLadders, 16 Main St.

PLYMOUTH — Children's author and illustrator, Suzan Gannett has just published her 33rd book. This book is

about StepLadder's famous cat, Roo and his great adventure. You may remember that last summer, Roo made a

brief escape from StepLadders. Mrs. Gannett had fun deciding where and what Roo would do on his adventure! Roo spends time in the flower garden in front of the store, makes his way over to Six Burner Bistro to taste some of the treats left behind by its patrons. Roo hears people calling his name, but decides to keep going. Climbing a tree for a bird's eye view of the area, Roo spots the Pemi River! That is his destination! He crosses through woods, parking lots and the railroad tracks to get there. After a nap in the sunshine, Roo makes his way back to StepLadders where he is well loved and cared for. You can get a copy of this title at Artistic Roots at 73 Main Street, in Plymouth or at Step-

Ladders at 16 Main Street in Plymouth.

Mrs. Gannett's other work is available at Artistic Roots and on her Web site, Suzan Gannett Creations. Ladders and StepLadders are wonderful thrift shops that support the work

of Bridge House. Bridge House provides information and referral, emergency shelter, food, job training, transitional living support, and aftercare to more than 175 individuals and families each year, representing between 5,000 and 7,000 bed nights plus count-

less support visits to the area communities. The more than 20 bed facility is located on the Whole Village Family Resource Center campus in Plymouth, and serves both single adults (male and female) and families with one or two parents.

## Squam Speaker Series kicks off Jan. 26

H O L D E R N E S S — Our Squam Speaker Series is held throughout the year on Wednesday evenings. Join us for the first virtual talk of 2022 on Wednesday, Jan. 26 from 7-8 p.m. via Zoom, to learn about Native Plant Trust's volunteer program. Started in 1993, the Plant Conservation Volunteer (PCV) program is the first rare plant monitoring program in the country and engages conservation-minded volunteers in rare plant monitoring, seed collection, and habitat management. During this event, Micah will discuss the conservation need that led to the creation of this program, some of the discoveries made by PCVs, and discuss upcoming changes to improve our

capabilities to protect native plant species.

Micah Jasny grew up in Northern Virginia, where he found his love for native species hiking in the Shenandoah's. Micah pursued this passion in graduate school where he received his masters in Environmental Management from the Duke Nicholas School for the Environment with a focus on Ecosystem Science and Conservation. Upon receiving his master's degree, Micah moved up to Massachusetts where he worked for the Esplanade Association, overseeing volunteers removing invasive species along the Charles River. In 2019, he joined Native Plant Trust as the Botanical Coordinator where he oversees the Plant

Conservation Volunteer program and manages the data for roughly 25,000 rare plant populations scattered across New England.

For more information, or to sign up for this event, visit the SLA website ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336).

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## SNHU announces Fall 2021 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2021 President's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Alicia Ladouceur of Campton  
Reid Wilkins of Bristol  
Kyle Rosendahl of Bristol  
Benjamin Prive of Bristol  
Madison Kiley of Plymouth  
David James of Plymouth  
Megan Rebele of Plymouth  
Lindsey Betts of Campton

Russell Weeks of Bristol  
Stella Smith of Campton  
Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 160,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

If you would like to learn about the honeybee and the art of beekeeping - the Pemi-Baker Beekeepers' Assn. have a BEE SCHOOL for you!

Dates: Saturdays: Jan 29; Feb 5, 12, & 19, 2022

Time: 9:00am to 2:00pm

Location: American Legion Post 15; 37 Main Street, Ashland, NH

Cost: \$60 for initial registrant (Includes Study Guide; Beekeeping for Dummies; one year membership to PBBA). There will be a \$15 fee for an immediate family member who wishes to attend the classes (no extra materials available). (Children under 16 are free).

Refresher Class: Space Availability Basis/Donation only

Method of payment: By check or PayPal via our website: <http://www.pemibakerba.org>

COVID-19 disclaimer: We continue to closely monitor the COVID-19 situation. In the event we feel that gathering for Bee School would not be safe, it will be cancelled and full refunds will be given.



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## CADY Corner

### What you need to know about marijuana and your health

BY DEB NARO  
Contributor

Marijuana is the most used illegal drug in the United States, but it begs the question: Is it safe?

Marijuana use directly affects brain function — specifically the parts of the brain responsible for memory, learning, attention, decision-making, coordination, emotions, and reaction time. Using marijuana before age 18 may affect how the brain builds connections for functions like attention, memory, and learning. Marijuana's effects on attention, memory, and learning may last a long time or even be permanent. Youth who use marijuana may not do as well in school and may have trouble remembering things.

Marijuana can make the heart beat faster and can make blood pressure higher immediately after use. It could also lead to increased risk of stroke, heart disease, and other vascular diseases. Most of the scientific studies linking marijuana to heart attacks and strokes are based on reports from people who smoked marijuana (as opposed to other methods of using). Smoked marijuana delivers tetrahydrocannabinol (THC) and other cannabinoids to the body. Marijuana smoke also delivers many of the same substances researchers have found in tobacco smoke—these substances are harmful to the lungs and cardiovascular system.

Smoked marijuana, regardless of how it is smoked, can harm lung tissues and cause scarring and damage to small blood vessels. Smoke from marijuana has many of the same toxins, irritants, and carcinogens (cancer-causing chemicals) as tobacco smoke. Smoking marijuana can also lead to a greater risk of bronchitis, cough, and mucus production, though these symptoms generally improve when marijuana smokers quit.

Marijuana use, especially frequently (daily or nearly daily) and in high doses, can cause disorientation and sometimes unpleasant thoughts or feelings of anxiety and paranoia. People who use marijuana are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia (a type of mental illness where people might see or hear things that are not based in reality). The association between marijuana and schizophrenia is stronger in people who start using marijuana at an earlier age and use the drug more frequently. Marijuana use has also been linked to depression; social anxiety; and thoughts of suicide, suicide attempts, and suicide.

Edibles, or food and drink products infused with marijuana, have some different risks than smoked marijuana, including a greater risk of poisoning. Children, adults, and pets can mistake high-potency marijuana products, particularly edibles, for regular food or candy. Consuming marijuana can make children very sick. They may have problems walking or sitting up, difficulty breathing and in more severe cases may experience seizures or coma. Since marijuana use has been legalized in some states, accidental marijuana poisonings in children have increased, sometimes requiring visits to the emergency room or hospitalization. Last year, four toddlers were admitted to Spaulding Memorial Hospital in THC-induced comas after accidentally ingesting gummies.

Some people who use marijuana will develop marijuana use disorder, meaning that they are unable to stop using marijuana even though it is causing health and social problems in their lives. One study estimated that approximately three in 10 people who use marijuana have marijuana use disorder. Another study estimated that people who use marijuana have a 10 percent likelihood of becoming addicted. The risk of developing marijuana use disorder is greater in people who start using marijuana during youth or adolescence and who use marijuana more frequently.

Talk to your child early and often about the harms of marijuana use. For tips on how to talk to your child about drug and alcohol use, visit [cadyinc.org](http://cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. For referral information with treatment or recovery services go to [FindWellNH.org](http://FindWellNH.org) or connect directly with Plymouth Area Recovery Connection (PARC) located at Whole Village Family Resource Center in Plymouth at [info@parcnh.org](mailto:info@parcnh.org) or 238-3555.



COURTESY

#### DAR installs new officers

On Saturday, Jan. 8, Pemigewasset Valley Chapter Daughters of the American Revolution met at the Pease Public Library to install their new officers. New Hampshire State Regent Trish Jackson conducted the installation of officers and welcomed new member Jeannine Wheeler. Outgoing Chapter Regent Paula Woodward was honored by the Chapter for her dedication and efforts in starting the chapter six years ago and growing the membership from the initial 14 to the current 26 members. Congratulations to the new Chapter Officers: Deborah Plimmer, Cathy Hargreaves, Kathy Grabiek, Carol Lenahan, Kristin Hand, and Paula Woodward. The Daughters of the American Revolution is a nonprofit, nonpolitical volunteer women's service organization dedicated to promoting historic preservation, education and patriotism. Membership is open to any woman 18 years or older, regardless of race, religion, or ethnic background, who can prove lineal descent from a Patriot of the American Revolution. For more information about the Pemigewasset Valley Chapter, and to contact us, please see our Web site: <http://pemigewassetvalley.nhsodar.org/index.html>. Pictured, left to right: Vice Regent Cathy Hargreaves; Registrar Paula Woodward; Chapter Regent Deborah Plimmer; Chaplain Kathy Grabiek; Treasurer Kristin Hand; Recording Secretary Carol Lenahan.

## Letters to the Editor

### Faith Hope and Love Foundation celebrates Sweet Sixteen

To the Editor:

The Faith Hope and Love Foundation wanted to thank our supporters, fans, and community members for sixteen years of helping children and youth suffering from hunger, homelessness and poverty.

On Jan. 11, 2006, the Faith Hope and Love Foundation was started by two New Hampshire women, Ms. Laura Brusseau and Dr. Jessica Dutilleul. The two women met while at Plymouth State College on a trip volunteering for Habitat for Humanity. After graduation, both women began their teaching careers and saw the faces of hunger in some of their children, not only hunger for food but for love, for acceptance, and for hope in a brighter future. The two women knew they couldn't help all children but they could help one child at a time! Fast forward sixteen years and the foundation has given out dozens of college scholarships, thousands of dollars in grants for survival and enrichment needs, hosted many creative fundraisers such as fashion shows, and food challenges, and given out free prom attire to

young men and women that may not have been able to afford that special night.

The Faith, Hope, and Love Foundation is successful because of so many random acts of kindness and putting love into action! The foundation couldn't do it without you! Thank you to our amazing volunteers, over the last sixteen years, who have served on our board and volunteered at our fundraisers and signature events. We are so grateful for our past presidents who continued to move FHL's mission and impact forward and further. Thank you to all of the local businesses that have donated raffle items and/or prizes for our numerous events over the years. Thank you to businesses that have been drop off locations for our fancy affair events. Thank you to local media outlets that have spread the word of FHL and how those needing assistance can find us. Thank you to all of our donors. The foundation is not a grant run organization and every dollar goes to help children and youth in need. The foundation has little overhead expenses, and no paid employees. The

board and anonymous donors help pay for our website and mailings. And thank you to everyone who has supported the foundation and its board in some manner over the past sixteen years. It is because of your trust, your support, and your love that we are able to continue to serve the children and youth of New Hampshire.

We are excited to announce as we go into 2022, our new board President Naomi Hastings. Naomi has been a volunteer with Faith, Hope, and Love since 2006. Naomi has helped with the FHL golf tournament, at our Benefit Dinner, and has helped teach youth how to style hair for prom at our Fancy Affair event. Naomi was born and raised in Lebanon, and now raises her three beautiful girls with her husband Justin, just up the road in Grantham! Naomi is a water operator and administrative assistant in Eastman, she is very active in her local fire department, her church, the local summer camps and she is a passionate volunteer with the FCS Foundation (Familial Chylomicronemia Syndrome). This foundation supports those with a

rare lipid disease. Naomi's passion for youth, her leadership style, her work ethic, and her drive make her a great candidate to bring the foundation to the next level.

The Faith, Hope, and Love Foundation board has been hard at work planning out the year. We look forward to our virtual birthday party on the Faith, Hope, and Love Foundation Facebook page on Tuesday, Jan. 11.

For updates on the FHL Scholarships and upcoming events please visit the website [www.faithhopeandlovefoundation.org](http://www.faithhopeandlovefoundation.org), find them on Facebook The Faith Hope and Love Foundation, on Instagram @faithhopeandlovenh, and on Linked In-The Faith Hope and Love Foundation.

For grant applications please visit the website. To reach Naomi, please reach out via Facebook messenger, Instagram messenger or [faithhopeandlovefoundationnh@gmail.com](mailto:faithhopeandlovefoundationnh@gmail.com). Monetary donations can be sent to FHL, PO Box 795, Plymouth, NH 03264.

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Faith, Hope and Love  
Foundation  
Plymouth

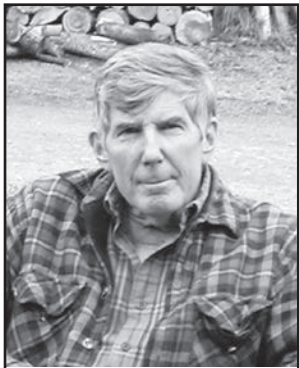
  
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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A wandering discourse on the burning of wood



off tremendous heat. Often, the front door of the house was open a crack or two, and perhaps, in March, a window.

For the occupants, heating with wood was a matter of course, and they hardly gave it a thought. Rarely did they let the fire go out, so kindling was rarely needed. When it was, they went out to the woodshed to get a few slivers, coinciding with a warm day for cleaning out the ashes.

Kindling was not a matter of great concern. Huge piles of it magically took shape, the result of warm days and cold nights in the spring and fall, when there were weighty topics to discuss in woodshed and shop. These seldom resolved anything, but not for want of trying.

+++++

Some wood-heating statistics:

---Only about 1.9 percent of U.S. homes are heated by wood.

---Maine, New Hampshire and Vermont are consistently among the top ten states in which firewood is a major part of home heating. The rankings change along with fluctuations in the cost of oil and gas.

---Use of wood stoves to augment heat from oil or gas may be triple the use of wood as a primary source.

---The top ten counties in the U.S. for wood heat tend to be in the Southwest and the Pacific Northwest. However, other counties, even in the Northeast, are so close as to be “no statistically different,” says the Census Bureau. Among them are Aroostook County, Maine; Franklin County, Mass.; and Cheshire County, New Hampshire.

(Note: These figures are geared for counties with populations of 65,000 or more.)

A somewhat dated photograph: firewood rounds to be split; a small part of a huge pile; the garden; horses across the road.

JOHN HARRIGAN

The Achilles heel for many northern New England homes heated by wood continues to be electricity. That’s because an increasing number of homes rely on pellet stoves, or use fans to move air, both of which require power. Well, okay, some fans don’t. If anyone ever figures out how to move electricity by radio-wave or something, the problem will be solved, but for now, that’s out.

There has been a huge movement to pellet stoves in recent years, as people accustomed to burning firewood have aged, and sought out the convenience of pellets instead. This movement has been exacerbated by the aging of Baby Boomers, which found many post-World War II babies hitting “the wall” at about the same time. (Why anyone should have been surprised at this, least of all health-care planners, remains a mystery.)

With pellet stoves, bags of compressed wood pellets are dumped into a hopper and fed into a combustion chamber, which requires electricity. But it is a heck of a lot easier to move bags of dry pellets around than to cut, split, pile, “season,” move in, re-pile, and then bring in firewood to burn. Besides, every time you move wood you have to sweep up.

The goal with “seasoning,” by the way, is to get your firewood to about 20 percent moisture, or put another way, 80 percent dry. This requires a full summer season--hence the term. This is why many people buy their firewood before the sap rises from the roots, and get right to cutting it into stove-length and splitting it

early in the spring.

Quite often, in the yards of many a home, you’ll see entire families out there taking care of a pile of logs and reducing it to firewood, to be piled in the yard to season before moving it into a shed or the like before winter. That alone could make the spring my favorite time of year--seeing families, out there doing that--if other seasons, even Deep Winter, didn’t have so much to offer.

+++++

Before we move on to other things, a bit more about this business of using fans and other tactics to move air:

---Some fans use convection of hot air right on the stovetop to move air, and these heat-driven fans of course require no electricity. I’ve used one of these rigs, and they’re great. I’ve got one medium-sized wood stove that heats my spare living room like a champ, and I’d have the convection fan atop it all the time if it didn’t smell so good all through the house to have a Boston Butt roast on there instead. Careful use of bricks, however, can allow both.

---When moving warm air, a slow fan is best. For this, you need a rheostat between outlet and fan. Computer fans--typically used in upper doorways--turn too fast, and cool the air.

---The most fortunate homeowners are the ones whose air moves around the house all by itself. Houses oriented north-south seem the best for this. Hot air seems to want to go north, and cold air south, with the front stairway often serving

as the automatic cold air return. In my house, the stairway cascades like a waterfall.

---When kindling a fire, an old trick is to open a door to the outside, to let the cold air find a way in. This will let the warm air push the cold air up the chimney, and start the draft your fire needs to get going.

---Many wood-burning furnaces rely on electronically driven systems to test water or air temperature, and to operate thermostatically controlled dampers to fire up combustion chambers. The saving grace for some such homes may be that we are still a nation of tinkerers. Many homeowners have found ways to get around power-requiring components, and jury-rig them until the power returns.

+++++

Most homes heated with wood have backed up oil furnaces, and occupants burn wood because they’re used to it, and like it, or cannot afford the oil.

I like going into homes where burning wood is a force of habit acquired over generations. Often these have been older farmhouses that never had any real central heating but have relied on a succession of fireplaces and free-standing stoves, with cellars mainly serving as protection for potatoes and root-crops.

Many of these houses were quite small, to conserve heat, and had an Ashley Heater (or one of their many modern equivalents) huffing away in the kitchen, and throwing a tremendous amount of heat. Typically, you removed layers of clothing in the kitchen, and put them back on the farther away you got.

Many of these homes had drying-racks of various ingenious aspects in use above the stoves. Likewise, foot-gear was set on the stairway to dry. The whole scene was redolent of wool, wet cotton and canvas, and hot rubber boots. Often, something was simmering on a corner of the stove (covered, of course). Occasionally,

a cribbage board, a jug of hooch, and perhaps a plate of cheese and crackers graced the table.

Sometimes, it was hard to leave such a place. Supper was always implicit. A bunk for the night was a saving grace.

+++++

For some houses set up just right for a ground-floor heater, the Ashley (or its equivalent) was the greatest thing since sliced bread.

These stoves, which are (or were recently) still being manufactured, had a childproof outer shell, and a deadly serious burning unit within. This consisted of an air-tight steel and firebrick combustion chamber, the only air-intake being a small gravity-operated damper controlled by a magnesium coil.

These small intakes were often jury-rigged to stay open just a crack--a small screwdriver, a bent nail, or some baling wire--and thus the stove was usually throwing

<



Gerald J. Lauther, 80

Gerald “Jerry” James Lauther, of Hebron, NH, passed away at home on Sunday, January 2, 2022, surrounded by children and his wife.

Jerry was born in Parkland, PA, to Ida and John Lauther, the fourth of five children. He was an altar boy and also played on the State Championship Neshaminy High School football team. As a young adult, he moved to South Jersey. Jerry earned a degree in Criminal Justice from Camden County Community College.

In 1964, Jerry was accepted into the New Jersey State Police. Initially a road trooper in South Jersey, Jerry soon was transferred to the Bureau of Narcotics, where he served for 19 years with many promotions in rank. As Lieutenant Lauther, he first supervised the Central Region of the Narcotics Bureau and later the Southern Unit of Alcoholic Beverage Control. Jerry retired in 1991 and subsequently worked for a pharmaceutical company.

Jerry served with honor and distinction. In 1985, following an 11-month investigation, Jerry led a team in the execution of a search warrant on a sophisticated methamphetamine lab in South Jersey. The team was met immediately with gunfire. In the bloody shootout that ensued, a Narcotics Bureau detective was fatally shot and a trooper wounded. Jerry shot and severely wounded the operator of the lab, who later was convicted on murder and drug charges. For his actions, Jerry was awarded the State Police Distinguished Service Medal “for a deed of bravery or self-sacrifice by a sworn Member of the Division that involves the risk of the Member’s own life above and beyond the



performance of duty.” He also was presented with the Public Safety Valor Award by The Two Hundred Club of Essex County, NJ.

While in the Narcotics Bureau, Jerry worked with his future wife, Ileana N. Saros, then Deputy Attorney General with the NJ Division of Criminal Justice. Their romance followed years later. In 2006, they retired from their respective positions, were married at St. Nicholas Greek Orthodox Church in Newark, NJ, and relocated to Hebron, NH. They loved the views from their home of the lake and mountains and engaged in year-round outdoor activities that included golfing, fishing, hiking, kayaking, gardening, snowshoeing and cross-country skiing. Dancing was a passion and they took ballroom dancing lessons. They derived great pleasure from cooking together and prepared a gourmet meal almost daily. They enthusiastically embraced the major holidays, especially Christmas. Their traveling took them to areas of New England and Canada and also to Greece, South America and Southeast Asia, where they attended a cooking school in Bangkok. They enjoyed warm friendships in New Hampshire. Jerry also pursued his life-long interest in watercolor painting and sketching. For many years, Jerry painted their annual

Christmas cards from Ileana’s ideas.

Jerry was a devoted father to his four children from a prior marriage. The children, now long grown, cherish memories of their frequent camping trips and other adventures. During his illness, they gave him strength and abiding love.

A man of deep faith, Jerry will be remembered for his decency, calmness and humility. One of his and Ileana’s favorite Christmastime movies was “It’s a Wonderful Life” and, like George Bailey, his truly was a wonderful life. He is survived by his wife Ileana; twin daughters Darcy Drechsler (husband Paul) and Denise Ryder (husband Michael) of NJ; son Gerald J. Lauther, Jr., and wife Linda of HI; youngest daughter Heather Hernandez of FL; grandchildren Brittany Ryder and daughter Gabrielle of NJ, Robert Drechsler, wife Yzah and sons Jacen and Myles of NJ, Dylann Mantilla and husband Dennis of NJ, Tori Drechsler of NJ, and twins Paige and Skylar Hernandez of FL; sister Margaret Ramos and husband John of CA, and sister-in-law Catherine Lauther of CA. Jerry is predeceased by his beloved and first grandchild Steven C. Lauther, and brothers Jack and wife Lottie, James and wife Marion, and Richard.

Emmons Funeral Home, Bristol, NH, is assisting the family. A memorial mass will be held on Saturday, February 5, 2022, at 1:30 pm at Our Lady of Grace Chapel of Holy Trinity Parish, 2 West Shore Road, Bristol, NH. A reception will follow at the church’s Marian Center. To leave online condolences or memories, kindly go to [www.EmmonsFuneralHome.com](http://www.EmmonsFuneralHome.com)

Hayden Leland Martz, 93



Hayden Leland Martz, 93, born April 22, 1928 of Hill, formerly from Danbury, went to be with his Lord and Savior on January 6, 2022 at his home, peacefully with family at his side. Philippians 1:21 “For me to live is Christ and to die is gain”. II Timothy 4:7 “I have fought a good fight, I have finished my course, I have kept the faith.”

Hayden was born in Searsmont, Maine to Leland Martz and Lillian Heald Martz. He was the second oldest of six children. Hayden served in the Navy during WWII. He was stationed at Argentia Navel Base in Newfoundland, Canada. That is where he met the love of his life, Phyllis Snooks. They were married Sept 20, 1947. They had a life of 72 years together. They have three children.

They moved to Danbury from Maine in 1951. Hayden started out raising broilers and then took on chainsaw and clearing jobs. He worked on clearing for Interstate 93. He cleared trails for what is now known as Ragged Mountain Ski Area.

In 1965 he bought his first snowmobile a Motoski. From that point on Sno-Bug Village was born. In 1967, the 200 year old 40’ x 40’ barn

was moved in a dramatic way in one piece up the back hill to settle on a natural foundation of ledge to become the lodge. He created 22 miles of trails on the 200 acres which were numbered and named, Gospel Trail, Hell’s Bend, Satan’s Drop and others.

Hayden and Phyllis were pioneers in the start of trail riding and recreational concept of snowmobiling. He also had his own construction business which lasted for about 30 years. During this time Hayden had many opportunities to share his faith in Jesus Christ to all that would listen. He demonstrated kindness and generosity.

At retirement they would head to Texas for the winter in their motorhome, in between traveling from NH to Newfoundland to Montana and Georgia then back to NH. They eventually settled in Brownsville,

TX year-round until moving to Hill, NH in 2015 with their daughter Mitzi and son-in-law, Vinnie Corneau.

Hayden is predeceased by his parents, Leland Martz and Lillian (Heald) Wentworth of Maine. The love of his life, Phyllis Snooks Martz from St. John’s Newfoundland, Canada. His sister Genevra Nickerson and husband Paul and brother Donald Martz Sr. both from Maine. Hayden is survived by his sister Ruby Sleeper from Dover, FL; his brother Charles Martz Sr. and his wife Virginia from Osteen, FL and brother Leland Martz from Maine. Also survived by their children: Maxine Brookshire and husband Michael Victor from Perry, GA; Maxwell Martz and wife Debbie from Corvallis, MT; and Mitzi Corneau and husband Vinnie from Hill; seven grandchildren, 17 great grandchildren and three great great grandchildren; and a “short bus load” of nieces and nephews.

A memorial service will be held April 22, 2022 at 4pm at the Hill Village Bible Church. All are welcome. To share a memory or leave an online condolence please go to [www.EmmonsFuneralHome.com](http://www.EmmonsFuneralHome.com).

Marjorie L. O’Brien, 91



Bristol, NH- Marjorie L. O’Brien, 91, died Monday, January 3, 2022, at the Morton Hospital in Taunton, MA. Born in Taunton on March 7, 1930 the daughter of Walter “Duke” Wilbur and Ethel M. (Hathaway) Wilbur. She married “Bill” O’Brien of Raynham, MA in 1948. She worked at the Paul A Dever State School as an attendant for 10 year and 9 years as an LPN. She and Bill moved to Alexandria, NH from Raynham, MA in 1985. On July 4, 2004 they moved to Bristol, NH and on May 18, 2005 her husband died due to a hip infection.

She belonged to the Baker Pemi Senior Club in Plymouth, NH for 29 years and the Newfound

Senior Center in Bristol which she enjoyed very much.

She leaves three children: William H. O’Brien, Jr. and wife Barbara of Alexandria, NH; Marjorie (Midge) O’Brien of Taunton, MA; John F. O’Brien and wife JoAnn of Raynham, MA; six grandchildren; 11 great grand-

children and one great great grandchildren; two sisters: Jane Whaley of Tennessee; Deborah Brown of Taunton, MA; nieces and nephews. She was predeceased by two brothers Harry F. Wilbur of Dennisport, MA and William H. Wilbur of Taunton, MA.

A memorial service will be held in the spring. In lieu of flowers, donations may be made to the Bristol Baptist Church, 30 Summer St., Bristol, NH 03222 or the Lakes Region VNA & Hospice; 214 Lake St., Bristol, NH 03222. To share a memory, leave an online condolence or watch for updated service information, please go to [www.EmmonsFuneralHome.com](http://www.EmmonsFuneralHome.com)

Squam Speaker Series kicks off Jan. 26

H O L D E R N E S S —Our Squam Speaker Series is held throughout the year on Wednesday evenings. Join us for the first virtual talk of 2022 on Wednesday, Jan. 26 from 7-8 p.m. via Zoom, to learn about Native Plant Trust’s volunteer program. Started in 1993, the Plant Conservation Volunteer (PCV) program is the first rare plant monitoring program in the country and engages conservation-minded volunteers in rare plant monitoring, seed collection, and habitat management. During this event, Micah

will discuss the conservation need that led to the creation of this program, some of the discoveries made by PCVs, and discuss upcoming changes to improve our capabilities to protect native plant species.


Micah Jasny grew up in Northern Virginia, where he found his love for native species hiking in the Shenandoah’s. Micah pursued this passion in graduate school where he received his masters in Environmental Management from the Duke Nicholas School for the Environment with a focus on

Ecosystem Science and Conservation. Upon receiving his master’s degree, Micah moved up to Massachusetts where he worked for the Esplanade Association, overseeing volunteers removing invasive species along the Charles River. In 2019, he joined Native Plant Trust as the Botanical Coordinator where he oversees the Plant Conservation Volunteer program and manages the data for roughly 25,000 rare plant populations scattered across New England.

For more information, or to sign up for this

event, visit the SLA website ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336).

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.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	W. Shore Road	N/A	\$279,000	Richard and Leslie McPartland	Margaret W. and Stephen F. Manney
Ashland	21 North Ave.	Single-Family Residence	\$220,000	RE'Tta L. Brown	Crystal L. Bitetto and Ryan A. Tsantoulis
Campton	Eastern Corner Road, Lot 5N/A		\$55,000	Shane M. Marrer	Design & Development LLC
Campton	Eastern Corner Road, Lot 4N/A		\$55,000	Shane M. Marrer	Design & Development LLC
Campton	Eastern Corner Road, Lot 8N/A		\$55,000	Shane M. Marrer	Design & Development LLC
Campton	Eastern Corner Road, Lot 6N/A		\$55,000	Shane M. Marrer	Design & Development LLC
Campton	Eastern Corner Road, Lot 7N/A		\$55,000	Shane M. Marrer	Design & Development LLC
Groton	N/A	N/A	\$50,000	Maxam North East LLC	Spruce Ridge LLC
Hebron	Dana Place, Lot 52	N/A	\$3,350,000	Maxam North East LLC	Spruce Ridge LLC
Hebron	Dana Road	N/A	\$3,350,000	Maxam North East LLC	Spruce Ridge LLC
Hebron	Moses Place, Lot 50	N/A	\$3,350,000	Maxam North East LLC	Spruce Ridge LLC
Hebron	Peters Place, Lot 51	N/A	\$3,350,000	Maxam North East LLC	Spruce Ridge LLC
Hebron	Woodbury Road	N/A	\$3,350,000	Maxam North East LLC	Spruce Ridge LLC
Holderness	64 Black Bear Trail	Single-Family Residence	\$264,000	P. & Robert Bourque Fiscal Trust	Joseph and Erica R. Bourque
Holderness	784 US Route 3, Unit 1	Condominium	\$1,375,000	Geraldine L. Monti RET	Rae L. Andrews and Cindy A. Foster
Plymouth	Chaisson Road	N/A	\$362,533	Kenneth D. Decosta	Aleksey Zinger
Plymouth	141 Smith Bridge Rd.	Warehouse	\$100,000	Richard M. Piper RET 2001	R.M. Piper Inc.
Plymouth	143 Smith Bridge Rd.	Residential Developed Land	\$100,000	Richard M. Piper RET 2001	R.M. Piper Inc.
Rumney	867 Rumney Route 25	Single-Family Residence	\$269,933	MDP Realty Associates LLC	Alan Vomacka
Thornton	Sapphire Street, Lot 26	N/A	\$265,000	Kenneth E. Larson and Katherine Mannen-Manizza	Barbara J. Lojko
Thornton	62 Waterthorn Rd.	Single-Family Residence	\$164,000	Donna M. Shamberger	Dana M. Gagnon
Waterville	Valley 23 Black Bear Rd., Unit 1504b	Condominium	\$139,000	Stephen W. Johnson Fiscal Trust	Melissa and John Ings
Wentworth	Route 25a	N/A	\$156,533	R.J. Steil RET and Barry J. Steil	Stacey F. Thomson

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)

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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

So, has it been cold enough for ya? I cannot imagine skiing in sub-zero temperatures! I admire the brave souls who venture out and take part in outdoor activities in the winter, remembering the nights I used to walk home from the skating pond crying my eyes out because we had stayed on the ice so long, we couldn't feel our fingers and toes! I was reminded that today's winter clothing is so much better for the cold winter weather, but I'm sure there are levels of cold that I would not enjoy!

TTCC youth basketball players have been invited to the high school by NRHS Athletics to watch and cheer on the high school teams! All TTCC basketball players and their families will be admitted free of charge to games on Friday, Jan. 21 when the boys will play Interlakes at 4:30

p.m. for the JV tilt and the Varsity will play at 6 p.m., and on Friday, February, 4 the girls will play St. Thomas at 4:30 p.m. for the JV and the Varsity will follow at 6 p.m. TTCC players in attendance may get a chance to play in some fun half time contests, so please wear your TTCC basketball shirt!

A reminder that there is a lot going on at the TTCC: Dance, Yoga and Karate Lessons, Middle and High School Teen nights, Li'l Hoops basketball all underway this month. A reminder that there is the Shape Up Newfound Exercise Classes on Mondays, Thursdays and Saturdays, Hannaford's has the Bloomin' 4 Good Program this month as well as there is the Lakes Region Epoxy raffle underway to benefit the TTCC building repairs as well.

The Minot-Sleeper Library has recurring events that include Knot Only Knitters, Mahjong and Tech Help Drop In weekly. There are Up-

coming Events that include: Nonfiction Book Group and the Board of Trustees Meeting. Youth and Family Events include: Sensory Story Time, Let's Learn About Braille, and the Home School Support Group.

I have been very impressed with the response to the 90-Day Winter Challenge here in the Newfound Region as there are more than 70 people signed up on the TTCC team and the posts I've read on FaceBook have been so positive about the results folks have received from their involvement. There is still time to sign up if you are interested in joining in on the fun!

The NH Governor's Council on Physical Activity & Health is sponsoring a Granite State 90-day Winter Challenge that will run from January 1 through March 31, 2022. This is a free program where all participants will have chances to win some great prizes. The challenge involves competing the different

daily wellness challenges. Overall, the challenge is to move for at least 30 minutes a day. The TTCC has a team and asks that you join the challenge on their team.

Just put 'TTCC' as the team name in the company name box when registering. The Web site is: <https://nhmoves.org/90daychallenge/>. The TTCC will reach out to you after you register.

I would remind you all to check on dates and times of meetings and events, as there have been so many postponements and cancellations lately. I don't envy those folks who have to deal with changing schedules and trying to notify every one of those changes. You 'taxi-parents' must be tearing your hair out trying to arrange rides to and from for your families. Remembering when I had to be in charge of such events, I don't envy those who still do.

Groton

Ann Joyce  
AMJ8347@gmail.com

The upcoming Select Board Meetings are Tuesday, Feb. 1 after the

public budget hearing at 6 p.m. & Tuesday, Feb. 15 at 7 p.m. The Select Board Work Sessions are Feb. 1 & Feb. 15 at 5 p.m.

The Planning Board meeting is scheduled for Wednesday, Jan.26 at 7 p.m.

The filing period for the March 8 election of officers is Jan. 19 - Jan. 28 at the Town Clerk's Office. The open positions are:

The filing period for the March 8 election of officers is Jan. 19 - Jan 28,2022 at the Town Clerk's office. The open positions are:

- (1) Board of Selectmen 3-year term
- (1) Moderator 2-year term
- (1) Trustee of the Trust Fund 3-year term
- (2) Planning Board 2-year terms
- (1) Cemetery Trustee 2-year term
- (1) Cemetery Trustee 3-year term
- (1) Supervisor of the Checklist 6-year term
- (2) Zoning Board 2-year terms
- (1) Local Auditor 1-year term

The Groton Planning Board will hold a final public hearing to take public comments on a proposed zoning ordinance on Jan. 26 at 7 p.m. At the Groton Town

Offices. A weather-related cancellation will reschedule the hearing to Wednesday, Jan. 31.

The proposed zoning will establish districts, uses within each district & integrate existing zoning. The proposed districts are:

- A. Residential, Forestry, Agricultural
- B. Rural residential, Forestry, Agricultural
- C. Renewable Energy/Other Business, Forestry/Agricultural & Conservation Cluster Developments.

The proposed zoning ordinance draft is posted on the front page of the Groton Website & also under the planning board tab. The Maps for these districts are located under Appendix A. The Planning Board requests you review this amendment before the scheduled meeting. Written Comments can be sent to the Town of Groton, 754 N. Groton Rd., Groton, NH 03241 or e-mailed to [planning-board@grotonnh.org](mailto:planning-board@grotonnh.org).

A public hearing for this Planning Board Zoning Ordinance will have already occurred on Jan. 17, weather permitting. Update in next week's column.

Local DAR chapter to screen documentary on NH-born composer

PLYMOUTH — Amy Marcy Cheney Beach was born Sept. 5, 1867 in Henniker. She would become one of the most respected and accomplished American composers of her time. As a pianist, she had her debut at 17 with the Boston Symphony Orchestra performing the "Chopin Piano Concerto #1." At the age of 29, her "Gaelic Symphony" was premiered by the Boston Symphony Orchestra, the first symphony composed and published by an American woman.

Come learn more about this fascinating composer as we listen to/watch a music-filled one hour, 15 minute documentary entitled, "Composer Amy Beach." This program is open to the public and is being sponsored by the Pemigewasset Valley Chapter Daughters of the American Revolution. Date: Pease Public Library, Saturday, Feb. 5 at 10 a.m.

Any woman interested in joining Daughters of the American Revolution is encouraged contact Paula Woodward at [woodwardpm1@gmail.com](mailto:woodwardpm1@gmail.com) or call 536-4778 for information on requirements.



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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

**NEW HAMPTON:**

Mobil Gas Station  
Irving Gas Station  
Gordon Nash Library

**PLYMOUTH:**

Tenney Mt. Store

**RUMNEY:**

Common Café  
Stinson Lake Store

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Alpine

FROM PAGE A1

Newfound had two girls that completed all four runs.

Lily Karkheck finished in 31st place in the giant slalom in a time of

1:25.59 and Rebecca Dillon was 39th overall in 1:35.58.

Karkheck was 25th in the slalom with a time of 2:30.02 and Dillon was 31st overall in a time of 2:45.14.

The Bears will race at

Gunstock again on Friday, Jan. 21.

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



Rebecca Dillon skis during the giant slalom last Friday at Gunstock.



Broderick Edwards led the Newfound alpine team at Gunstock last week.



Lily Karkheck races during last Friday's race at Gunstock.

Holes

FROM PAGE A1

"Proud to Live Here in the Connecticut River Valley of Vermont" and "New Hampshire, Where the Great River Rises: An Atlas of the Upper Connecticut River," and "Beyond the Notches: Stories of Place in New Hampshire's North Country." Adair

writes the quarterly Lyme Historian newsletter and is the author of several publications about Lyme's past. She is co-leading a project to survey the town's many cellar holes. Mulligan is Executive Director of the Hanover Conservancy, and holds a Master's degree in Environmental Biology from Smith College.

The Historical Society thanks New Hampshire Humanities for providing our 2021-2022 Presenters and Programs.

Our programs are free and open to the public. Please note: Masks will be required at this indoor presentation.

KTHO

FROM PAGE A1

ter place in small increments; kindness begets kindness. So you don't have to wait for something good to happen to you - you start the process by "paying it forward." Why wait when studies show that "giving support" to others is also good for your own health?

Decades ago, social psychologists began to study recipients' responses to altruistic behavioral and social support systems. Later studies demonstrated that being "generous" to others is also associated with improving the giver's emotional and physical health. Research at the University of Michigan (Brown, 2003) reveals that "the positive effects of generosity include improving one's mental and physical health and promoting longevity. According to Dr. Lara Firestone, Ph.D., generosity "can help reduce stress and enhance one's sense of purpose." (2010). Another benefit of generosity is our increased sensitivity to the plight of others as our focus expands beyond ourselves. Moreover, acts of generosity often spark an altruistic spirit in others who in turn "pay it forward." We are all warmed by the experience of giving.

When you support the KTHO program through a private donation, or you purchase a ticket and participate in the fun of the auction and door prize "UnEvent," it enables PACC to provide eligible residents in need with a one-time

purchase of 150 gallons of heating oil (or its equivalent in wood, pellets, or propane). Although you may not have a personal connection to any of those who receive your generosity, you can be assured that your giving has a profound effect on those families, those neighbors. And when their time comes, they can pay it forward.

Your purchased ticket automatically enters you into the raffle and drawings. Tickets are available for purchase now at www.32auctions.com/KTHO22. Previews of the auction items are online now, and bids may be submitted now and until the close of the auction on 26 January. Auction bids will also be accepted during the live webcast. Current displays of some auction items are located at Rand's Hardware and Newberry's Café in Plymouth. The live stream of the auction "UnEvent" and raffle giveaway will be emceed by AJ Coppola from the Squam Lakes Science Center in Holderness. AJ will draw door prizes and provide auction bidding updates until the auction closes at 7:45

p.m. So, get take out from your favorite restaurant, grab a beverage, and join us on YouTube: <https://www.youtube.com/channel/UCdhzilqv3cp2On-n2WCksNQ>; or Facebook: <https://www.facebook.com/KeepTheHeatOn>.

The KTHO volunteer committee partners with the Plymouth Area Community Closet in their continued mission to aid our neighbors. Keep the Heat On—and the assistance it helps provide—is entirely non-partisan.

PACC is located at 5 South Main St., Plymouth. Fuel Assistance is available by phone on Tuesdays and Thursdays 9 a.m. to noon, 603-536-1101. The PACC Food Depot is open Tuesdays and Thursdays 8-10 a.m., 603-536-9889. PACC serves residents of Alexandria, Ashland, Bridgewater, Ellsworth, Campton, Dorchester, Groton, Plymouth, Rumney, Hebron, Holderness, Waterville Valley, Thornton, Wentworth, and Warren.



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# HELP WANTED

## FRAMERS AND LABORERS WANTED FOR INDOOR WORK

Do you have construction framing or laborer experience but don't want to be out in the cold this winter? Wallace Building Products is a 100% employee-owned business looking to hire for our Danbury NH facility. This position will work with other employees to build rough-framed walls for the construction industry in a shop environment.

We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future. We will also train those who don't yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.



## Town of Danbury Help Wanted Highway Driver/Laborer

The Town Danbury is seeking a qualified individual to fill the position of Highway Driver/Laborer. Qualifications include a valid CDL-B license and the ability to run heavy equipment. Snowplowing experience on town roads a plus. This position is full-time, year-round. Must pass a physical and a drug & alcohol test.

Applications are available online at [www.townofdanburynh.com](http://www.townofdanburynh.com).  
Call 603 768-3313 or [danbury\\_selectmen@comcast.net](mailto:danbury_selectmen@comcast.net) for more information.

The Town of Danbury is an Equal Opportunity Employer.

# LEGAL NOTICES

## Fiber-Optic Network: Design, Engineering, Permitting and Construction

The Town of Hebron in partnership with the Town of Bristol is inviting qualified companies to submit proposals for design, engineering, permitting, construction, and construction management for a fiber-optic network. The network will have two priorities: functioning as a municipal and County network and a FTTX network. The project must be completely constructed, fully operational and tested, paid for and paperwork closed out by February 28, 2023.

It is expected that the project will deliver high speed symmetrical fiber optic internet: minimum 100mb synchronous, 1 gig available. The service is for businesses, municipal and school buildings and residences along the corridor who need fast, reliable internet for everyday operations, home needs, telework, telemedicine, distance learning, and research. The selected company is expected to technical assistance in other aspects of the project which will be determined after the company is chosen.

Proposals are due no later than January 31, 2022, 12:00pm. For additional information, go to the Bids & Proposals section of the Town of Bristol website, [www.townofbristolnh.org](http://www.townofbristolnh.org).

### Town of Groton

754 North Groton Road, Groton, N.H. 03241 (603) 744-8849

Any resident of the Town of Groton who wishes to file a Declaration of Candidacy for any of the following Town Offices may do so between January 22 - January 31, 2020 at the Town Clerk's office during normal business hours;  
**Monday, Wednesday, Thursday 9am -4pm, Tuesday 12pm - 7pm**  
The office will be open January 31, 2020 from noon to 5:00pm.

The following positions are available:

SELECT BOARD MEMBER 3 year term  
TREASURER 3 year term  
PLANNING BOARD 3 year term  
PLANNING BOARD 3 year term  
CEMETERY TRUSTEE 1 year term  
LOCAL/TOWN AUDITOR 1 year term  
MODERATOR 2 year term  
TRUSTEE OF THE TRUST FUND 3 year term  
TRUSTEE OF THE TRUST FUND 3 year term  
LIBRARY TRUSTEE 3 year term  
LIBRARY TRUSTEE 3 year term  
ZONING BOARD 3 year term  
ZONING BOARD 3 year term  
SUPERVISOR OF THE CHECKLIST 6 year term

Submitted by Ruth Millett, Town Clerk

### HEBRON PLANNING BOARD Notice of Hearing

APPLICATION FOR SITE PLAN REVIEW  
Newfound Serenity RV Park  
Matthews Lane, Hebron, NH 03241

You are hereby notified that the following Application for Site Plan Review will be heard at a Public Hearing to be held on Wednesday, February 2, 2022 at 7:00 PM. To be held at the Hebron Town Office, Second Floor, 7 School Street, Hebron, NH 03241

Application for Site Plan Review for Newfound Serenity RV Park to be located on Matthews Lane, Hebron, NH 03241 Tax Map #24 Lot #25-1. The purpose of the application is for a seasonal RV Park with full hookups containing nine (9) sites.

To join Hebron Planning Board remotely on GoTo from your computer using the Chrome browser. <https://app.goto.com/meet/598805965>

### NOTICE TO THE RESIDENTS OF BRISTOL

FILING PERIOD FOR  
TOWN ELECTIONS

Anyone wishing to file for any of the following openings in the Town of Bristol must sign up with the Town Clerk at 5 School St. Bristol, NH starting January 19, 2022 - January 28, 2022 by 5:00 PM.

- 2 Selectmen for 3 years
- 1 Moderator for 2 years
- 1 Trustee of the Trust Funds for 3 years
- 1 Cemetery Trustee for 2 years
- 1 Cemetery Trustee for 3 years
- 1 Supervisor of the Checklist for 6 years
- 1 Budget Committee member for 1 year
- 2 Budget Committee members for 3 years
- 3 Library Trustees for 3 years

Regular Business Hours: Monday, Tuesday, Thursday and Friday 8:00am-4:00pm; Wednesday 8:00am-7:00pm. The office will be open until 5:00 pm on January 28, 2022. Warrant articles must be in by February 1, 2022. The office will be open until 5:00 pm.

Raymah Simpson  
Town Clerk/Tax Collector

salmonpress.com

### FILING FOR SCHOOL DISTRICT OFFICES

#### Newfound Area School District

The Newfound Area School Board announces that anyone filing for district offices must do so between **January 19 and January 28, 2022.**

Individuals filing for School Board, Budget Committee, or Moderator should file with their respective Town Clerks by January 28, 2022. Town Clerks will, in turn, inform the School District Clerk of their intent.

<b>School Board positions to be filled this year are:</b>	<b>Budget Committee positions to be filled this year are:</b>
• Alexandria 3-year term	• Alexandria 3-year term
• Bridgewater 3-year term	• Bridgewater 3-year term

**Moderator** 1 – year term

*All candidates for the above positions will be voted upon by all towns of the district at the polls on Election Day, March 8, 2022.*

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# HELP WANTED



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**Machine Operators – 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$14.50**

**Process Technician – 2<sup>nd</sup> Shift - Starting Pay \$19.00**

**Spray Painters – 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$16.00**

**Sanders 1<sup>st</sup> Shift - Starting Pay \$14.50**

**\$.75 per hour shift differential on 2<sup>nd</sup> shift.**

**\$1.50 per hour shift differential on 3<sup>rd</sup> shift.**

**\*\*\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES**

**\*\*\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES**

**\*\*SUBJECT TO TERMS AND CONDITIONS\*\***

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at [www.psimp.com](http://www.psimp.com).

You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

**PSIMP an Equal Opportunity Employer.**  
**ISO 9001:2015 Registered.**

# JOB POSTING Deputy Town Clerk

## Town of Plymouth, NH

The Town of Plymouth seeks to fill a permanent, part-time (34 hours/week) Deputy Town Clerk position. Under the general direction and supervision of the Town Clerk, the Deputy Town Clerk is responsible for helping to administer motor vehicle and boat registrations, dog licenses, vital statistics and elections. The Deputy Town Clerk also provides support to the Town Clerk in certifying the actions of the Select Board and other Town Officials, making official reports and collecting fees; acts as an assistant for all Town Clerk duties and is therefore subject to statutory requirements.

Applicants must have strong office and interpersonal skills with an emphasis on customer service, an ability to multitask and other basic computer knowledge in Microsoft Office, email management, data entry, digital calendar, and social media management. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment, and must be able to work extra hours per the request of the Town Clerk.

Grade 4 pay range is \$17.78 to \$24.89/hour with a competitive benefit package. Must be a Plymouth resident due to statutory requirements. The position will remain open until Friday, February 4, 2022.

Please submit a cover letter and resume with 3 references included to Town Clerk Jaseya Ewing at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.



## Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is 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:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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| ▶ Health Insurance  | ▶ Profit Sharing | ▶ Store Discounts | ▶ 401k          |



## Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. 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:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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|---------------------|------------------|-------------------|-----------------|
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[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)



# MVSB donates \$3,000 to nonprofits, collects nearly 1,500 cold-weather items through Mitten Tree drive

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to provide financial support to selected nonprofits as a result of this year's 2021 Annual Mitten Tree Drive. The donation of mittens, hats, gloves and scarves allowed MVSB branches to distribute warm clothing items to local organizations that support families in need this winter. For each donation, the Bank contributed \$2 to local nonprofits. This year's matching contribution, totaling \$3,000, was split evenly among Interlakes Community Caregivers, GOT LUNCH! Laconia and GOT LUNCH! Ashland and Holderness.

"This is a wonderful

MVSB holiday tradition since 1979 and we are grateful for the donations we have received this year," said Rick Wyman, President of MVSB. "It has been a difficult year for many in our community and we are appreciative of our 13 branch locations for stepping up to collect donations for families. We are also excited to offer this matching contribution to local nonprofits."

Numerous groups and individuals participated in the distribution of donated items, including the Moultonborough Women's Club and Moultonborough United Methodist Church, who donated and distributed more than 200 items this year. Lucienne Boisvert,

94-year-old mother of Mike Boisvert, former Internal Audit Liason for MVSB, also donated 134 hand-knit scarves, and over the past 11 years, she has donated 1,769 items to the Mitten Tree Drive.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of



The Moultonborough Women's Club graciously donated more than 175 items to the Mitten Tree Drive. From left to right, members Pam King, Julie Osgood, Janet Schurko, and Elaine Rider.

Central NH. MVSB and its employees are guided

by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton,

Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

## SLA to host morning hike to learn about the trees and the freeze!

HOLDERNES — Join the Squam Lakes Association (SLA) for a morning hike through Whitten Woods on Saturday, Jan. 22, at 9:30 a.m. and learn about how trees adapt to the winter climate! Led by Lakes Region Conservation Corps (LRCC) AmeriCorps member Kyle Wolz, this hike will focus primarily on winter adaptations of our multi-limbed friends, however we will also touch on some changes that happen in the fall and spring seasons. For those unfamiliar with Whitten Woods, we will be hiking out to the North Peak trail loop

for a roughly two and a half mile round-trip outing.

Participants will meet at the Whitten Woods parking lot at 9:30 a.m., and should plan for a two and a half hour excursion. This hike is accessible to hikers of all experience levels, but participants should expect areas of uneven terrain and gradual elevation changes. Participants should bring water, trail snacks, microspikes - depending on the conditions (the SLA can provide microspikes for up to six participants), and warm, comfortable clothing and

shoes for hiking. Additional items participants may bring if they'd like include a thermos with warm drinks or soup, trail guides, and anything else needed for a two-hour outing.

For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). 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.

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.

## HIGH SCHOOL SLATE

### Friday, Jan. 21

NEWFOUND  
Alpine Skiing at Gunstock; 10  
Boys' Hoops vs. Inter-Lakes; 6  
PLYMOUTH  
Boys' Hoops at Pelham; 6:30  
Girls' Hoops vs. Pelham; 6:30  
Ski Jumping at Kennett; 6

### Saturday, Jan. 22

PLYMOUTH  
Gymnastics Home Meet; 1  
Hockey at Hollis-Brookline-Derryfield; 4:20  
Nordic Skiing at White Mountains; 10  
Wrestling at Concord; 9

### Monday, Jan. 24

NEWFOUND  
Boys' Hoops at Winnisquam; 7  
Girls' Hoops at Inter-Lakes; 4:30  
PLYMOUTH  
Boys' Hoops vs. Coe-Brown; 6:30  
Girls' Hoops at Coe-Brown; 6:30

### Tuesday, Jan. 25

NEWFOUND  
Boys' Hoops at Inter-Lakes; 6  
Girls' Hoops vs. Inter-Lakes; 6

### Wednesday, Jan. 26

NEWFOUND  
Alpine Skiing at Sunapee; 12  
PLYMOUTH  
Boys' Hoops at Kennett; 6:30  
Girls' Hoops vs. Kennett; 6:30  
Hockey vs. John Stark-Hopkinton (Proctor); 7:45  
Nordic Skiing at Plainfield; 2  
Ski Jumping at Berlin; 6  
Unified Hoops vs. Kennett; 3

### Thursday, Jan. 27

NEWFOUND  
Boys' Hoops vs. Somersworth; 6  
PLYMOUTH  
Wrestling vs. White Mountains; 6

All schedules are subject to change.

## 2022 To Your Health

In this special section, local healthcare providers and businesses will provide information on the latest advancements and practices.

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- Berlin Reporter,
- Plymouth Record Enterprise
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