



Newfound Landing

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COMPLIMENTARY

Local youngsters celebrate Valentine's Day at Hill Public Library

BY DONNA RHODES
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HILL – Lucille Natkiel brought a most fitting holiday project to Hill Public Library last week for children, teens and adults, when all were invited to make some sweet Valentine's treats for those they love.

Natkiel is the retired owner of Hill Design, renowned for her large cookies made from ceramic molds. The dough for each cookie she makes is pressed into a mold, leaving beautiful imprints such as the swans, doves and other decorations that were part of the cookies she brought to the library



DONNA RHODES

Four-year-old Oreyn carefully applied dabs of food color paint to his Valentine Cookie at Hill Public Library last week.

and girls who attend the library's weekly story time. They began by selecting their cookies from a number of the designs Natkiel brought before settling down to start "painting."

Many of the story time participants are home-schooled students while others are toddlers who just enjoy spending time with new friends. Each worked hard to make their Valentine cookie as pretty as it could be.

"Mine has real Victorian lace printed on the edges," said one proud girl as she dabbed paint onto her cookie.

Others pointed out over doves, flowers and other imprints on their cookies as well.

"Mine is three hearts, and I'm thinking I might break them apart so I can keep one for me and give the other two away," one

SEE VALENTINE'S, PAGE A10

Former Bristol police chief gets a reprieve from charges

BY THOMAS P. CALDWELL
Contributing Writer

H AVERHILL — Grafton County Attorney Martha Hornick has dropped the felony charges against former Bristol Police Chief Michael Lewis, but left open the possibility of refileing the indictments.

Lewis, who resigned as police chief on Oct.

4, 2017 after being on paid administrative leave for a month, was facing three felony counts of theft by deception for allegedly filing false time sheets for overtime patrols that used New Hampshire Highway Safety Agency grants.

The indictments, handed up on June 15, allege that, on three

occasions — between July and December 2012, between January 2013 and December 2014, and between January 2016 and December 2017 — Lewis falsely claimed overtime hours on time sheets he submitted for payment, each of them in excess of \$1,500.

The Bristol Board

SEE LEWIS, PAGE A10

last Thursday.

"The cookies are baked and then glazed with a thin clear glaze so watercolors can be used to paint them," Natkiel explained.

The watercolors are actually a variety of tinted icings, much

like a thick food coloring, that can be mixed with a dab of water to brush the colors on and bring out all the beauty imprinted upon the cookies.

First to try their hand at cookie art last week were the boys

Bristol officials hope to finally extend sewer lines to the lake

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — First, there were concerns

about the tax impact. Then there were questions about uncontrolled development. Then hoped-for grant funding did not materialize. Now, after more than three decades of delays, the Bristol Board of Selectmen is hoping to extend the municipal sewer lines to Newfound Lake.

The concerns are still there, as evidenced at a public hearing on Feb. 7. The presentation estimated that lake residents hooking into the new system would pay between \$2,000 and \$3,500 per year for 30 years if they were to bear the full \$19.5 million cost of phases one and two of the sewer expansion; \$1,200-\$2,200 if half the cost were paid through general taxation; and \$700-\$800 per year if the cost were spread among all of those on the sewer system.

To mitigate that cost and bring Bristol's share down to \$10 million, selectmen are hoping to obtain a United States Department of Agriculture grant, and indicated that, without a grant, they would not move forward with the project.

Resident Boake Morrison predicted explosive development around the lake if sewer were available.

"I want the system to go in," he said, "but there's going to be ho-

tels going up there."

Chair Rick Alpers said the planning board might need to update the zoning regulations to control development, but some protections already are in place because the ordinances were designed to limit the development that could occur when municipal water lines were installed.

The town last looked at a lake expansion in 2009, and used that engineering study as the basis for the current effort. Engineers have recommended a new route that takes the line between North Main Street and Hall Road, avoiding the downtown area where the work would disrupt Central Square and require replacing the recently installed sewer line. Using Hall Road would require pumping uphill, but it would be less expensive and less disruptive of the downtown area.

Alpers noted that the state of New Hampshire has shown interest in the project because Wellington State Park is a short distance from the Fowler River endpoint of the sewer expansion, and it may make sense for the park to tie into the line and share the cost.

If the project goes forward, Alpers said, "It will be a three- to

SEE SEWER, PAGE A10

Voters in Alexandria show support for slight increase in operating budget

BY DONNA RHODES
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ALEXANDRIA – Supervisors of the Checklist in Alexandria said that at least 120 people attended the First Deliberative Session for 2019, and this year, the only amendment to the warrant was to increase the Operating Budget by \$50,000 for winter sanding, with no articles "zeroed out" for equipment spending, as was seen last year when only 55 people took part in the session.



DONNA RHODES

In the final moments of last weekend's First Deliberative Session in Alexandria, resident Tom Moore presented Moderator Dennis Ford and Town Administrative Assistant Jennifer Dostie with an amendment to the 2019 Operating Budget.

Article 1 on the warrant called for a recommended \$1,724,005 for the 2019 Fiscal Year Operating Budget that was initially moved forward to the March ballot. As the meeting drew to a close two hours later, however, Tom Morrison asked to amend that figure to \$1,774,005 for the purchase of sand for winter maintenance on the roads. Since no one had previously requested a

vote to restrict reconsideration on any of the articles, that amendment was allowed, and passed by a near unanimous vote. Should voters next month reject Article 1, the default budget would be last year's amount of \$1,590,641.

Other articles that drew discussion involved the highway department. Many asked for continuation of previously approved lease

agreements on prior equipment acquisitions until Article 7 came to the floor.

Article 7 asks the legislative body for permission to purchase an angle broom, plow and wing for the highway department's loader, funding for which would come from the Highway Equipment fund. While the Budget Committee felt it was an ill advised

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Friends of Newfound Football hosting annual Chili/Chowder Cookoff this weekend

BY DONNA RHODES
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BRISTOL — The Friends of Newfound Football will be holding their annual Chili/

Chowder Cook-Off this weekend, and hope many from the community will come out in support of their cause. Friends of New-

found Football is a nonprofit organization filled with volunteers who helped not only build the field and concession stand

at Newfound Regional High School but continue to maintain it all. They also help with equipment for both the high school and mid-

dle school teams and provide them with any other needs as they arise.

The cook-off is a chance for the community to join them in their mission and all proceeds will benefit football programs in the area.

Those interested in entering their special chili or chowder recipes in the competition are asked to either download a registration form from the Friends of Newfound Football Facebook page or contact Sandi Pagani at 254-5852. The entry fee is \$25 for busi-

nesses, and \$10 for individuals or other nonprofit organizations.

The friendly competition will take place this Saturday, Feb. 16, at Tapply-Thompson Community and all entries must be brought to TTCC no later than 10:30 a.m. that day.

From 11 a.m. until 2 p.m., the public is then invited to sample the dishes and cast a vote for their favorite. The winning dish will not only hold bragging rights for the next year but will receive a cash prize that will be determined when registration closes.

Newfound Memorial Middle School honor roll

BRISTOL — Newfound Memorial Middle School has released its honor roll for the second term of the 2018-2019 school year.

8th Grade

High Honors: Leah Deuso, Romeo Dokus, Paige Fischer, Teagan Gilpatric, Jeffrey Huckins, Lillian Karkheck, Taylor Mooney, James Paratore, Brynn Sidelinger, Mikayla Ulwick

Honors: Alexis Braley, Emma Carlson, Reuben Carruth, Rebecca Dillon, Dalton Dion, Mattison Douville, Austin Fournier, Logan Hinton, Emily Huckins, Benjamin LaPlume, Brady Ma-

cLean, Molly Lu McKellar, Alexis Moore, Sydney Owen, Myles Perry, Gretchen Reynolds, Sophia Ritchie, Jillian Robie, Samuel H. Sanborn, Samuel S. Sanborn, Quinn Van Lingen, Danielle Walker, Elizabeth Wentworth, Hayden Wilkins, McGowan Willey, Sofia Wucher

7th Grade

High Honors: Mika Austin, William Bednaz, Joshua Blouin, Isabel Braley, Jolee Dumont, Evan Foster, Electra Heath, Chloe Jenness, Nicholas Mazur, Benjamin Smith, Kaitlyn Sweeney

Honors: Emily Avery, Ryleana Barney,

Lucie Beauchemin, Savannah Bradley, Sarah Buchanan, Abby Carlson, Angeliqe Collins, Hayden Dolloff, Tobias Eckert, Broderick Edwards, Mason Farmer, Brian Garrett, Soraya Glidden, Olivia Hanley, Talan Hannagan, Diana Hart, Dylan Hennessy, Sophia Jean, Isabelle LaPlume, Izabella Monroe, Ricky Moran, Tara Ness, Zoe North, Lauren Paige, Riley Porter, Isaac Robert, Moriah Smith, Kylee Stevenson, Beckett VanLenten, Samuel Worthen

6th Grade

High Honors: Whistler Broome, Maia Cutting, Mia DiFilippe,

Adeline Dolloff, Nicholas Gilbert, Josie Halle, Robert Jarvis, Skyler Lacasse, Carter Masteron, Alexandra Mooney, Isadora Robert, Tess Sumner, Amelia Tullar, Mikhaila Washburn

Honors: Charles Alan, Makayla Anair, Calvin Colby, Brayden Cullen, Tegan Drake, Jordan Edwards, Alexander Fleming, Vanessa Frasca, Emma Griffin, Molly Hunewill, Brayden Jenkins, Mia LeBrun, Ian MacDonald, Tucker Magrauth, Nickalus Narducci, Alexandra Normandin, Landon Sargent, Isabella Seefeld, Meadow Sharp, Devon Towne, Colin Van Lingen

Community forum planned as part of new pilot program

BRISTOL — A Bristol Community Forum for the Downtowns & Trails Pilot Program, made possible through the UNH Cooperative Extension, will take place next week and the public is encouraged to be a part of this unique discussion that can have an important impact on the economic development of the town.

The evening will begin with the findings of a group of volunteers who last spring took a look at ways in which the Bristol bike path and the downtown business district might be enhanced in order to attract more people

to the area. In addition to those revelations, participants will also be encouraged to share their own thoughts and ideas on how resources in and around Bristol might be improved or capitalized on.

The forum will take place on Wed., Feb 20, from 6-8 p.m. at Minot-Sleeper Library on Pleasant Street in Bristol. In the event of inclement weather, the date will be moved to Feb. 27 at the same time.

Those interested in attending are asked to RSVP to Town Administrator Nik Coates at townadmin@townof-bristolnh.org.

Alexandria police log

ALEXANDRIA — For the month of January 2019, the Alexandria Police Department made eight arrests, handled 22 miscellaneous calls for service and stopped 21 cars. Crimes investigat-

ed included theft, unauthorized use of a propelled vehicle, Financial Exploitation of Elderly, Criminal Trespass, Possession of a Controlled Drug/Narcotic, Hindering Apprehension, and Contempt of Court.

We also applied for and executed 4 search warrants in drug related cases.

Arrests were made for Possession of a controlled drug (four

counts), Hindering Apprehension, Contempt of Court (two counts-bail Violations) Bench warrant, Probation Warrant and Protective Custody.

Reece Sharps named to Dean's List at UNE

BIDDEFORD, Maine — The following student has been named to the Dean's List for the 2018 Fall semester at the University of New England (with campuses in Biddeford, Portland, Maine and Morocco):

Reece L. Sharps of Bridgewater and Ashland.

Dean's list students have attained

grade point average of 3.6 to 4.0. Sharps' announcement states

"Your excellent academic performance this semester has qualified you to be placed on the Dean's List for the Westbrook College of Health Professionals at the University of New England. UNE prides itself on the quality of its academic programs and

students and you have certainly added to that pride."

UNE is home to Maine's only medical college and a variety of other interprofessionally aligned health care programs and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the

arts.

Sharps recently returned from her fall semester in Tangier, Morocco earning five straight As. She is studying to become a nurse practitioner.

Sharps is the granddaughter of Leigh and Steve Sharps of Ashland and daughter and step-daughter of Kelly and Tate Conkey of Bridgewater.

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Fri.-Sat.: 12:15, 2:35 4:55, 7:15, 9:30 PM
Sun.-Tues.: 12:15, 2:35 4:55, 7:15 PM
ISN'T IT ROMANTIC PG-13
Wed.-Thurs.: 12:30, 2:50, 5:10, 7:30PM
Fri.-Sat.: 12:30, 2:50, 5:10, 7:30, 9:45PM
Sun.-Thurs.: 12:30, 2:50, 5:10, 7:30PM
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University of New Hampshire announces December 2018 graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2018. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after

the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Paige Bavis of Ashland
Karina Locke of Alexandria
Silas Murray of Plymouth
Kyle Reisert of Rumney

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Deeper Than The Skin to perform at Starr King Fellowship

PLYMOUTH — On Saturday, March 2, at 7 p.m., Starr King Unitarian Universalist Fellowship will present “Deeper Than The Skin,” a musical presentation on Race in America by Reggie Harris and Greg Greenway. The performance is sponsored by the Starr King Endowment Committee, and admission is free.

Reggie Harris and Greg Greenway have a unique story. They were born three days apart, with ancestry flowing through the same portal of history in Richmond, Va. Together, they are on a pilgrimage – one that began three decades ago.

The racial divisions that are the reality of America started them in two different worlds, but the amazing bonds of music, mutual respect and admiration, and a shared vision have brought them together as friends and colleagues.

Their stories together form the quintessential American story. The music that flows from these experiences is powered by unadorned truth, raw and riveting, beautiful and uplifting. Echoing Gandhi, they believe that, in telling our truths, we are able to rise up from the past and build bridges to each other and the future. Their presen-



COURTESY
On Saturday, March 2, at 7 p.m., Starr King Unitarian Universalist Fellowship will present “Deeper Than The Skin,” a musical presentation on Race in America by Reggie Harris and Greg Greenway.

tation will be interactive, and there will be time at the end for discussion.

Reggie Harris is a Woodrow Wilson schol-

ar and the Music Education Director of the Living Legacy Project of the Unitarian Universalist Association. He has co-led tours through the historic sites of the Civil Rights Movement in the South. Solo and in the duo Kim and Reggie Harris, Reggie has led hundreds of programs on Race and Social Justice.

Greg Greenway has been heard on NPR’s All Things Considered, Mountain Stage, and Car Talk. He has played

Carnegie Hall and had the honor for two years of having his song “Rosa Parks” play as the intro music on rosaparks.com. He was a member of the successful folk trio Brother Sun. Together and individually, Reggie and Greg have brought the issue of race before audiences around the world.

Starr King Unitarian Universalist Fellowship is located at 101 Fairgrounds Rd. in Plymouth.

Granite United Way opens Volunteer Income Tax Assistance (VITA) Program in Plymouth

PLYMOUTH — Granite United Way’s Volunteer Income Tax Assistance (VITA) Program opened for free tax preparation sites with the help of a \$50,000 contribution from Citizens Bank to support the program. A formal check presentation launched the program on Friday, Jan. 25. The day also marked the nationally recognized Earned Income Tax Credit (EITC) Day.

This free tax preparation program is available to Individuals and families with household incomes up to \$66,000 annually. Taxes are prepared by IRS-certified volunteers who assist low-to-moderate income residents of the state to access the greatest amount of refunds. Both Granite United Way and Citizens Bank share a common goal of encouraging financial stability and recognize the importance of programs like VITA to families and individuals.

The EITC is a support for working people who don’t make a lot of money. According to the IRS, about 1-in-5 eligible New Hampshire residents fail to file for the EITC, leaving an estimated \$37 million unclaimed.

“One of Granite United Way’s initiatives that delivers the greatest impact is the Volunteer Income Tax Assistance (VITA) program. This program has helped to lift more than 16,000 New Hampshire residents out of poverty on average over the past three years,” said Patrick Tufts, President and CEO of Granite United Way. “The support from Citizens Bank is critical in providing this free service to thousands each year. We are proud to partner with them in

this effort to build financial stability across our community.”

“Citizens Bank is proud to partner with the Granite United Way in supporting the 2019 VITA Program,” said Joe Carelli, President, Citizens Bank, New Hampshire and Vermont.

“While our communities continue to be noted as one the best in the country to live, we know that there are still many people living at the margins financially; inhibit-

SEE TAXES, PAGE A11



SLA to host 22nd Annual Winterfest celebration

HOLDERNESS — The Squam Lakes Association (SLA) will host their 22nd Annual Winterfest celebration on Saturday, Feb. 16 from noon to 3 p.m. Be a part of one of the most fun winter events around all while supporting the protection of the Squam Lakes Watershed.

Winterfest celebrates the beauty and wonders of winter on Squam Lake and offers many free outdoor family activities such as ice skating, pond hockey, cross country skiing, sledging, mini golf in Piper Cove, bonfire, winter sports demos, amazing raffle prizes, and loads of fun—this event is not to be missed!

Come enjoy the best of what the season has to offer. Also returning this year is the annual chili cook-off competi-

tion. Sample and vote on the region’s best chili donated by the following local restaurants; Six Burner Bistro, Walter’s Basin, The Manor on Golden Pond, The Common Cafe & Tavern in Rumney, Sunshine & Pa’s Restaurant, The Common Man in Ashland, and Hart’s Turkey Farm. The SLA will have custom-designed reusable Winterfest mugs and spoons for purchase. Special thanks to our Winterfest sponsors, Meredith Village Savings Bank and the Cottage Place on Squam Lake, for generously supporting this event.

Winterfest is a special event that supports the important mission-focused work of the Squam Lakes Association in conservation, education, watershed

wellness and low-impact access to the most beautiful lake and trails in New Hampshire. Bring your sled, skates, skis, and appetite. Play in the snow, warm up with hot cocoa by the bonfire, and retreat indoors to treat your taste buds by sampling chili from area restaurants. Please join us in keeping our Squam Lakes protected and preserved, and celebrate winter with our Squam community!

This event will take place at the SLA Resource Center, 534 Route 3 in Holderness. It’s free and open to the public. Winterfest is also a great way to connect with the Squam community. If you are interested in volunteering for this event, or would like more information, please contact the SLA at 968-7336.

Holderness Recreation presents:

SAFE SITTER Safe Sitter training – Feb. 26th
Ages 11 – 15. Register by Feb. 15th

Archery – March 5th, 19th & 26th
Youth and Women only classes, Register by Feb. 28th

Youth Basket class – Feb 25th & 27th
Ages 11 – 15. Please register by Feb. 18th

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From the Editor's Desk

Angels among us

Editor's note: This week's Editorial was written by our reporter, Donna Rhodes.

A 1944 hit song by the Inkspots said that "into each life a little rain must fall," and while I grew up constantly reminded of that message, the torrent that poured down on me last week reminded me to also look for the rainbow after the storm.

It all began on Friday, when I was heading to Union-Sanborn School in Northfield where I was asked to be a "Mystery Reader." Unfortunately, three miles from the school my car had an issue, leaving me stuck on the side of the road. Enter Angel #1.

I had not seen Sue in more than 15 years, but she recognized me and stopped to help. I didn't have a cell phone with me. She did. Not only that, she also knew my friend Chuck who lived down the road and soon Angel #2 came to my rescue. Chuck was able to roll my car down to his garage where he found the problem, gave me the keys to his truck and sent me back to work.

I went back at 5 p.m. that night to pick up my repaired vehicle and was gratefully heading back to Bristol when I realized there was another problem. I had a flat rear tire; a new tire at that.

It was now dark, with no room to pull off the road so I muscled the car seven miles into New Hampton where there were street lights and parking along the main street. Of course, by now, temperatures had dipped near that dreaded zero mark on the thermometer and I was not having a lot of fun as I rolled out the spare tire and grabbed the cheap jack. Enter Angel #3.

Eric works on the mountain crew at Ragged Mountain Ski Area. He had recently endured vehicle problems and in fact had just got his truck back that day. Feeling he needed to pay kindness forward from all who helped him during his trying times, he said he felt compelled to stop and help me out on a cold, dark night. When he was done, he held out his hand and said, "Donna, my name is Eric. I hope you have a safe trip home."

Crossing the street to where his truck was still running, the classic ballad "Hallelujah" could be heard on the radio as he opened the door. We looked at each other and agreed it was appropriate for the moment. As I pulled away though, the song took on a whole new meaning for me. I had never once mentioned my name to him. How did he know? I cried as I drove home, wondering if he really was an angel.

The next day, I spoke with yet another who added more colors to my rainbow. Matt Huppe is the manager of Wilson Tire in Plymouth and told me he would order a tire to match the other three on my car. When I told him how much I rely on my vehicle for work, Matt stepped up by finding me a "loaner" tire. Despite how busy they were that day, he grabbed my keys as soon as I arrived and had me back on the road in under 15 minutes. My gratitude was endless.

But hold on! My rainstorm wasn't over yet. Later that day, heading to Alexandria for another story, the front driver's side wheel had an argument with the axel and they parted ways. Thankfully I was only going 20 m.p.h. at the time and fortunately I was by Walker Farm in Bristol at the time. Angie helped me contact a nearby friend whose husband Mike rescued my Golden Retriever and I, then the "insurance angels" took over from there.

Many of you may find all of this as hard to believe as I did, but it truly did happen, and I surprisingly managed to stay calm throughout it all. Here is why.

We are blessed to live in an area full of people who are ready to reach out to one another in times of need. Look around you. Voices Against Violence helps those experiencing domestic violence. Circle Program and Mayhew Program draw in young girls and boys who need guidance and support. First Star Tonight and Make a Wish are there to assist people facing life-threatening illnesses. Community centers and senior centers reach out to residents, and if there is a catastrophic fire, flood or accident, people here in New Hampshire don't hesitate. They help in any way they can, just like my "angels" Sue, Chuck, Eric, Matt and Mike did last week. Bless all of you who reach out to neighbors and strangers alike. I hope that I, too, can be someone's angel one day.

PET of the Week Happy



Meet this absolutely purrrfect 6-year-old girl. Having been with us as a stray since the summer of 18, Happy wonderfully has maintained her sweet personality in keeping with her name. Mature and aloof like any good cat, Happy also enjoys a deep snuggle session and relishes rekindling her kitten days with a rousing game of laser point chase. She would do best in a family with



no young children, as she is a bit shy and tiny hands tend to be too exuberant for her. She's also an independent sort and prefers to be the only cat in the household. With the biggest heart holiday of the year quickly approaching, Happy would love to celebrate and share the love with you, her humans. Say hello and find that she is a cat that truly deserves her forever home with you.

Letters to the Editor

A pig by any other name is still a pig, and Bristol's budget is a pig

To the Editor:

Bristol, fake news? Well, maybe you should ask Selectman Don Milbrand, since he is now the expert on fake news. I'll let the facts speak for themselves and the voters and taxpayers decide. When looking at the budget, keep in mind you cannot compare the bottom line because debt was retired, and water and sewer is included, which operates as a stand-alone entity.

You can call a pig by any name, but it is still a pig. The 2019 select board budget that was presented to the budget committee is a pig. The select board should be ashamed of themselves of presenting this budget. Don can call it 'restoring' the budget, but in the end, over 50 line items have gone up significantly, new line items created, and employee hours increased. Seems Don and a couple others are having a very, very, very hard time managing a town of 3,100 with what they have already.

My letter to the editor a week or so ago called out several of these line items so you are aware of what the select board thinks is good financial policy. They add one-time capital projects into a budget when they

should be separate warrants for you to decide if they have warranted your money. This year, Don and a couple other select board members would like you to ante up \$602,000 in new operating spending, plus an additional \$640,000 for warrant articles expenditures.

Don Milbrand would like you to think he is just RESTORING the budget. Look at the numbers and ask yourself if this is restoration or an increase! You voted last year to save \$370,000 and Don wants it all back, plus \$232,000 more. Restoration? I think not.

Town Meeting is where everyone gets to speak their view points (which takes time), and where you can make final decisions on the budget and the additional \$640,000 in warrants by approving, amending or disapproving them. Money taken from reserve funds, unreserve funds or taxation is still your money. In the end, this is your budget and your warrants that you need to control. Do not leave it up few like Don Milbrand to decide for you.

*John Sellers
Bristol*

Sewer to the Lake project raises questions

To the Editor:

The Bristol Budget Committee held its annual public hearing to present the finalized version of its budget Monday night at the town Library. The largest item to be presented was a warrant item for the proposed \$20 million Sewer to the Lake project. This item garnered uninformed support by the committee.

Due to a lack of information, I chose to not support this expenditure. When asked if Newfound Lake has suffered degradation over the past 10 to 20 years and were there any studies to document this, the answer was yes, but no facts were presented.

When asked how it would be financed, the answer was through a combination of grants, user fees and general taxation.

When asked the amount of grants, the answer was, we hope to get \$10 million, when asked how much would be financed through user fees the answer was we don't know.

When asked how much would be raised through

taxation, we were told, we don't know.

When asked what the other communities on Newfound lake were going to contribute we were told "nothing." Is this one of those 'you'll have to vote for it to find out what's in it' moments?

Newfound Lake is a beautiful lake, and I would hate to see it spoiled, but there are numerous sources of potential pollution that threaten the pristine condition that currently exists. Fertilizer runoff from residential and agricultural uses, milfoil and other invasive species inadvertently introduced by boaters, e-coli and human waste introduced by humans at public beaches, swimmer's itch by water fowl.

Bristol is only one community that borders the lake; without the financial support and the commitment of other communities bordering Newfound Lake, our efforts will be futile.

*Paul Simard
Bristol*

Why we must repeal the death penalty

To the Editor:

As a former FBI agent, I sometimes dealt with people whose lives were grotesque compilations of terrible crimes that devastated families and communities. And for most of my life, I supported the death penalty. But several years ago, I changed my mind.

It's an irrefutable fact that people are sentenced to death for crimes they didn't commit. We know this because we continue to see death row inmates exonerated and released after years - sometimes decades - on death row. Our justice system isn't perfect, and it makes mistakes. No person should ever forfeit his or her life because of the imperfections in our system.

While all men are created equal, all lawyers are not. There's an adage that says, "You get the best justice money can buy." Like it or not, there's a significant disparity in the quality of legal counsel afforded to people from different economic backgrounds. Millionaires hire the best lawyers in the country; the indigent can't, and the quality of their legal representation is not the same.

The people who operate our justice system aren't perfect. Right here in New Hampshire, we have a secret list of 160 police officers who have compromised their integrity in the performance of their duties. They've lied under oath, withheld evidence, or done something else that places their integrity in question. Periodi-

cally, new officers are added to the list, and some are removed. Our men and women in blue are major players in the criminal justice system, and although most are people of courage and integrity, some are not. And sometimes their misdeeds are never unearthed.

Despite statements to the contrary, the death penalty is not a deterrent to committing murder. A person who commits premeditated murder has already made a conscious choice to do so, regardless of the penalty. And someone who kills in a fit of passion never took the time to think about the consequences. So there's really no way to know whether anyone didn't kill another human being because they feared the death penalty.

Finally, to those who have ever visited a prison, life in prison is a death sentence in another form. To spend the rest of your life in a cell, among a population of criminals of all sizes and shapes, is a grueling punishment.

At the end of the day, given the imperfections in our system, the imperfections in our human nature, the severity of the life sentence, and the ongoing exonerations of wrongly-convicted death row inmates, I believe "it's better that ten guilty men go free than one innocent man die."

*Sen. Bob Giuda
Warren*

A nation disembodied from the land

For years, I called a certain old opening on the headwaters of Deadwater Stream in Clarksville “Fairholding Opening” because, well, that’s what Rudy Shatney called it. He had a swell explanation for the origin of the name, too. Too bad. Not until many years later did I find out that its true name was “Thayer Holden opening,” in honor of its longtime owner.

This past Sunday, I had an afternoon visitor in the living room, a sight for sore eyes, and we talked our way around half the map of Coös County and beyond. Ferguson Brook, Mudget Mountain, Nathan Pond, a high-country bog, this or that flowage--we went all around.

We harked back to settlement times, and who and what were here before, and talked about rugged, versatile, knowledgeable people who thought nothing, back in the days of oxen and horsepower, of moving barns and houses to better places, and we wondered whether Indian Stream valley will ever again see so many cows. Not likely, with John Amey, a far-thinking farmer and a man of so many stories, gone away above the land.

And then came the worst of it, when we

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



talked about the possibility that we are the last generation to so easily talk of such stuff. The nation, already city-oriented, a place I call Asphalt America out of both awe and repugnance, is ever more so. Every day, fewer people can remember or speak about a very old way of life now just about gone. A time when people put their food by, and spent every waking moment, all the time, in all seasons, all year ‘round, getting ready for winter.

+++++

Rudy picked his manner of speaking up from his parents, of course, but perhaps more so from the people he lived and worked with after learning to pretty much fend for himself at 13. He told me once, during a rest from hammering our brains out on some rock maple, that when he was a teenager he had gone all the way from Clarksville Pond to Rumford, Maine, mostly through the woods, mostly on foot.

He was adrift at that age, and said he’d gone all that way into

northwestern Maine, maybe 40 miles as the Interstate Crow flies, because he’d been told he had people there, meaning family. I never had the heart to ask if he ever found them.

To Rudy, and hence to me, any cleared place in the woods was called an opening. I’ll probably always call a beautiful little clearing over the ridge from Clarksville Pond, on a side hill overlooking Deadwater Stream, the site of a subsistence farm long ago, the old Scott Opening. Once there was a pony mill set up nearby, about halfway up the road to Henry Ricker’s farm, and the wreckage was still right there, probably where it last ran.

I had quite a few questions for Robert Pike (“Spiked Boots” and its companion, “Tall Trees, Tough Men”) by the time I came on the writing scene, and actually got to ask him some, since we shared a brief time on the planet. “Pony mill” was one he couldn’t answer, although from the way it was used in conversation I figured it meant any portable sawmill, perhaps one small enough, broken down, for a pony to haul. And there were plenty of those little mills way back in the woods, sawing out

small orders of rough lumber for farms and little clusters of buildings along the edge of the Big Woods.

+++++

Jimmy Ricker, a tobacco-chewing dairy farmer just up the hill from Clarksville Pond, where I decided never to grow up, used “shan’t.” He also used “fetch,” and “can’t abide,” as in “I can’t abide it when I lose my frock.”

I was up in the territory once doing some kind of TV thing with Fritz Wetherbee when, wanting to ask Jimmy

something about an old Ford tractor I’d bought, we pulled into his doorway. (Jimmy ran Fords.) In a hot second, Fritz was waving wildly to his crew to get out and get this man on camera, because he couldn’t believe what was coming out of Jimmy’s mouth, and it wasn’t tobacco. “It’s almost Elizabethan,” Fritz said, eyes wide.

A frock was, to Rudy and Jimmy et al, any loose outside shirt of flannel or wool--substantial, but not too heavy. A frock was--well, nothing really serious like a jacket or a coat. Even though I know it’s inaccurate, I

still use it to mean any old light or heavy shirt for outdoors, because they did, all of them, everyone I knew in the countryside all around, speaking a dialect I spoke too for a brief time in my life, even the memory of it now almost gone.

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

CADY Corner

Words matter

BY DEB NARO

Contributor

What’s in a word? Some words in our everyday vocabulary hold a deeper, inexplicable meaning beyond their dictionary definition and become embedded in the way we think, feel, and act. “Stigma” is such a word that evokes a certain reaction when it is used. In general, it means a mark or a sign, usually of disapproval. In the context of mental illness or addiction, “stigma” can manifest itself in many ways.

Externally, those with mental health or substance use disorders often experience stereotyping, negative attitudes, and discrimination from the people around them, including their communities, families, and friends. Internally, they may start to believe these stereotypes and negative attitudes about themselves, harming their self-esteem and their chance for recovery.

The National Survey on Drug Use and Health cites the cost of care as the number one reason for not receiving mental health services. However, there are other reasons, such as negative public opinion, a negative effect on the job, being concerned about confidentiality, and not wanting others to find out. These are social concerns that, when combined, become the second most important reason why people who need help are reluctant to seek it.

In addition, people living with mental illness or substance use disorders often have to contend with “structural stigma,” where policies set by

private and public organizations — employers or landlords, for example — can intentionally or unintentionally limit their opportunities for jobs and housing. With regard to health care systems, structural stigma could also be why access to behavioral health care is so limited and underfunded.

Over the last few years, we have attempted to move the health care field toward strategies that change behaviors as well as attitudes in order to accomplish more direct and immediate progress. Programs like the “Recovery Friendly Workplace Initiative” led by Governor Chris Sununu are working to give business owners the resources they need to create a supportive workplace environment for their employees in recovery from substance abuse. They are working to support their communities by recognizing recovery from substance use disorders and be willing to hire and work intentionally with people in recovery. By creating a

SEE CADY, PAGE A11

MARK ON THE MARKETS

Cash is a position



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account, because I’m selling premium and collecting money. The other reason that I do it is to build positions of

stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time, you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale

out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion

you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Please visit my Web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

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



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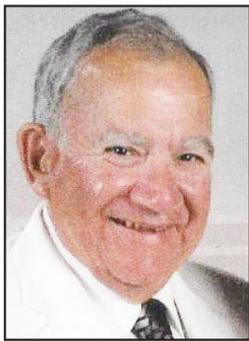
pgdentistry.com

Fredric C. Hering, 85

ORMOND BEACH, Fla. — Fredric C. Hering, 85, of Ormond Beach, Fla., formerly of Bridgewater, passed away peacefully on Friday, Feb. 1, 2019.

Fred was born Dec. 1, 1933, in Lawrence, Mass., the son of Paul and Elsie (Clausnitzer) Hering. He was a longtime resident of Methuen, Mass.

Fred raised his family in Methuen, Mass. and worked in the trades as a plumber, and in his later working years as an estimator. Fred took great pleasure in going 'up to the lake,' and enjoyed his years of retirement at both Newfound Lake and Ormond Beach,



Fla.

Fred was predeceased by his wife of 54 years, Joan (Renner) Hering, and his brother, Albert Hering.

His family members include two daughters, Sandra and her husband, Mark Joncas, and Susan and her husband, Dennis Breault, both of Laconia; his

son, Steven and his wife, Kristine Hering, of Bridgewater; his six grandchildren (Sean Joncas, Sara (Joncas) Gaudet, Scott Breault, Jeffrey Breault, Craig Hering, and Michael Hering); and two great-grandchildren, Tyler Joncas, and Jackson Gaudet.

Calling hours will be held on Saturday, Feb. 16 from 9:30 to 11 a.m. at the Goundrey and Dewhirst Funeral Home, 42 Main St., Salem. Funeral services will take place at 11 a.m. in the funeral home chapel. To send an online condolence, please visit, www.goundreydewhirstfuneral.com.

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

Sundays:

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

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

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

Kidzone:

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

Alcoholics

Anonymous Group:

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

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe,

but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays:

Pastor: Rev. Andrew MacLeod

Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service

Sunday School: 10 a.m.

Notes:

Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

Please note that services are being held in Fellowship Hall on Sundays at 10 a.m. through the end of February.

The Christian Education committee is bringing a labyrinth to our church during Lent. It will be on loan to us from March 12 to March 18. We are asking for help to put the labyrinth down in Fellowship Hall on Wednesday morning, March 13, and roll it up on March 18. The labyrinth will be made available to the community Thursday through Sunday, which means we will need someone in attendance when the church is open. If you can give a few hours to this project, talk to Rebecca Herr...744-6526 or email hatsherr@gmail.com. Prior to the above date, the hours for walking the labyrinth will be published.

Set aside Saturday, Feb. 23 from 8 a.m. to 4 p.m. At the Pembroke Academy for the New Hampshire

Conference U.C.C. Prepared To Serve workshops.

For more information/online registration, go to the

website nhcucc.org/caring-for-congregations/prepared-to-serve

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours:

Main Office - Monday through Friday - 9 a.m. to noon

Pastor's hours: Monday through Thursday - 9 a.m. to noon, and other time Email: pastorbucc@myfairpoint.net

Note: Office is closed on Pastor's Day, Feb. 18

Weekly Events:

Mondays: A.A. Step

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Bravo Alexandria for a fabulous turnout for the First Deliberative Session! Thank you to Jenny Tuthill and "crew" for putting up the signs out and about town as reminders and encouragement to attend. If you didn't have an opportunity to try the goodies from the Alexandria Town Hall Preservation Committee, don't worry, they'll have more come Election Day, for a donation. Stay tuned!

Town

Board of Selectmen Meeting Tuesday, Feb. 19

at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, Feb. 20 at 6 p.m. in the Municipal Building.

Photography Class sponsored by the Alexandria Conservation Commission Wednesday, Feb. 20 from 6 until 7 p.m. at the Alexandria Village School.

Alexandria Candidates for Town Offices on March 12, 2019.

Selectman: Bob Piehler
Treasurer: Melanie Marzola

Cemetery Trustee: Sue Hunt

Trustee of Trust Funds: Sue Hunt

Planning Board (3 year) vote for 2: Karen Demers and Ian MacInnes

Budget Committee (3 year) vote for 2: Ian MacInnes and Mike Provost

Budget Committee (1 year): Donald Paiva

Alexandria UMC

Sunday, Feb. 17, services begin at 9 a.m. Worship is based on 1 John:2:11. Sunday School follows at 10:15 a.m.

Sunday, Feb. 24, 2019 Lenten Prayer Partner sign-ups are due back for distribution.

Happy February Birthdays to Donna DeLuca, Feb. 1, Merry Ruggirello, February 3, and Doris Williams, Feb. 4.

Happy February Anniversary to Dave and Elsie Wilson, Feb. 24.

Over the last few weeks, Fire Chief George Clayman, Firefighter Amy Clayman and Police Chief Donald Sullivan have held safety lessons, and had most interesting conversations with the Sunday School children and adults. Thank you for your time in showing us what you do, and what we can do to keep ourselves safe from harm.

I hear we may have a storm of some sort coming soon, so I'm headed out and about to get ready for what may be coming. Warm sun, balmy breezes and receding snowbanks would be great! That's why they call me...a dreamer! Have a great week everyone!

Groton

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

The Public Hearing for the Town Budget and Warrant Articles went by quickly last night as did the Select Board Meeting. One of the budget items discussed was the Fire and Ambulance contracts with Hebron and Rumney which went up significantly. Questions were raised as to why. The explanation for this is that Rumney is making some upgrades on equipment and staffing, necessary repairs to their building as well, and Hebron has been covering a majority of calls in Groton. About 49 percent of Hebron's emergency calls were for their own town while about 51% were for Groton so we have been asked to increase the amount that we contribute to the Hebron

Fire and Rescue to equal about 50 percent of their operations. Along with this increase comes the ability for Groton to be able to comment concerning any major purchases or changes that might occur over the coming year. This will probably be discussed more during Town Meeting on March 16, beginning at 9 a.m. at the Town House.

There was some discussion also about several of the Warrant Articles which will come for a vote on the 16th as well. Please mark your calendar and come out for Town Meeting on March 16th beginning at 9 a.m.

The Town of Groton has two openings for positions within the Emergency Management Team. The Town is looking for an Emergency Management Director and a Deputy Emergency Management Director. Anyone interested should contact the Select Board Office by calling 744-9190, by emailing selectmen@grotonnh.org or by coming to the Select Board's Office at 754 North Groton Rd.

We have been asked by the Transfer Station employees to please collapse/break down cardboard boxes that are brought in as the bins are filling too quickly and the cost of using Town equipment to compress the boxes has become cost prohibitive and too time consuming.

Remember that we have use of the Hebron Town Library for library services. There is also a computer set up on the first floor of the Town House that may be used by Groton residents at any time the offices are open. The Hebron Library hours are Mondays, 4 - 6 p.m.; Wednesdays, 1 - 5 p.m. and Saturdays, 9 a.m. - 1 p.m.

Scheduled Meetings and Office Closures:

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

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

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

Planning Board Meeting Wednesday, Feb. 27 at 7 p.m. at the Town House

The Town Offices will be closed on Feb. 18 for Presidents Day.

Taxes due:

There are a total of 228 outstanding invoices with a total due of \$156,951.50. New tax bills will be released late in May. You may get the balance due on your taxes by looking at the NH Tax Kiosk. The link is available by clicking on the grey button on the Town Clerk/Tax Collector's page of the Town Web site: www.grotonnh.org

Payment may be made over the internet by clicking the RED button on the same page.

Thank you to all who have submitted your payments. This helps reduce everyone's taxes.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
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Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding the submission process.

Protecting the liver as we age

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

An Unsung Hero

The liver is one of the body's true powerhouses – an organ that performs a staggering number of important functions simultaneously. Not only does it convert nutrients into bile, a substance that helps with the digestion process, it also produces amino acids that play a key role in fighting infections. The list goes on and on when it comes to the liver. And while we certainly count on it

to maintain homeostasis throughout life, its health and functionality is especially vital as we get older, when the threat of liver failure becomes greater.

The Threats

There are more than one hundred known liver diseases, many of which can lead to liver failure, robbing the body of essential functions that keep it healthy. One of the most common causes of liver failure is alcohol abuse. Alcohol abuse often leads to cirrhosis, a condition

that sees the liver becoming scarred and deteriorated, ultimately leading to the loss of functioning cells. The overuse of painkillers, specifically acetaminophen, and certain prescription medications can also damage the liver and lead to a condition known as liver necrosis.

One of the other major causes of liver failure is viral hepatitis, a disease that has a number of forms. Hepatitis C, in particular, is quite dangerous and can lead to cirrhosis and liver cancer if un-

fortunately, most people with Hepatitis C don't know that they're actually infected as it can take years for symptoms to manifest. However, once detected, Hepatitis C is treatable, but it does become more difficult to fight with age. That's why screening as early as possible is vital, especially for baby boomers (those born from 1945 to 1965). It's believed that the transmission of Hepatitis C was highest around this time because many of the infection control procedures seen in the

healthcare industry today were simply not around.

Ways to Protect the Liver

There's no doubt that the liver is one of the hardest working organs in the human body, and a tough one at that. In fact, it's the only organ that has the ability to fully regenerate itself after surgery or injury. It's certainly not invincible though, and as we age it's important to take the right steps to protect the liver from the known threats. Below are a few tips that seniors can follow to help protect their livers:

Limit alcohol consumption, or don't drink at all.

Take acetaminophen in moderation (most medical experts recommend no more than 3,250 mg/day) and talk to your physician about the risk of current medications.

Research and consult with a physician before taking any supplements.

Ensure you are eating a balanced diet, complete with whole grains, vegetables, lean protein, and healthy fats.

Get tested for viral hepatitis, especially if you were born between 1945 and 1965.

Take caution when using cleaning products, as many of the active agents are known to damage the liver.

Incorporate coffee into your diet. Recent studies show that drinking coffee may help in preventing liver disease.

Managing Alcohol

While all of the tips listed are important for maintaining the health of the liver, the management of alcohol remains central. Alcohol abuse is common in seniors, often serving as a way to cope with the hardships associated with

aging, such as death of friends/family, physical pain, and isolation. And it can occur without anybody ever knowing. Click here to learn more about the effects of alcohol on seniors and how to identify when there's a problem. Understanding the dangerous potential of alcohol will help seniors not only reduce their risk of liver problems, but also brain damage, cancer, and even immune system disorders.

Comfort Keepers® Can Help

At Comfort Keepers®, we understand just how important it is to stay healthy as we age, and that seniors may have a hard time adapting to the ways in which their bodies adapt to age. Our team of caring professionals can help seniors make healthier choices, conducive to liver protection, and provide them with the support they need to live a healthy lifestyle. Our goal is to ensure that aging adults preserve their safety, independence, and positive well-being. Contact your local Comfort Keepers today to learn more about our services.

About Comfort Keepers

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

Exercise can be the best medicine

PLYMOUTH — When you begin to feel sick, the typical first response is to reach for the bottle of Advil or Tums to relieve discomfort. Cough drops are a quick and common way to battle the beginnings of a sore throat and cough. When you break a bone, the doctor will prescribe a recovery regimen of pain medication, rest, and protection for the area. Typically, exercise is not viewed as a form of medicine; but why not? Exercise is a natural alternative to fight against heart disease, obesity, type II diabetes, anxiety/depression, as well as many other illnesses. If we changed our mindset to view exercise as a form of medicine to improve the diseases, disorders, and overall quality of life that we battle each day, we may be more apt to get moving more often.

There has been recent research in the health field suggesting that exercise is able to replace medications and surgeries that would normally occur with many chronic diseases. Let's take a look at some of the diseases.

Cardiovascular Disease (CVD): CVD is the number one cause of death in the United States as it is responsible for nearly 610,000 deaths or one in four

deaths per year. Not only can exercise prevent this disease, exercise can also reverse some damage already caused. CVD is generally caused by a build-up of plaque in the arteries; exercise can break down plaque allowing for the proper amount of blood to arrive to its designated area (most importantly, the tissues of the heart). Think about that the next time you're exercising!

Diabetes (Type II): Type II diabetes is commonly caused by physical inactivity and dietary decisions. Being overweight has a high correlation to this disease. Typically, this disease is defined as the inability to properly use insulin as it is produced by the pancreas. This is a key factor in maintaining suitable blood glucose (sugar) levels; not having this regulation can cause a hypo/hyperglycemic event which results in dizziness, shaking, light-headedness, and can be life-threatening. Exercise can improve insulin function and help regulate blood glucose levels. If diabetic, it is important to measure your blood sugar levels before and after exercise, as well as keep a high carbohydrate snack on you in case of an event.

Depression and Anxiety: About 17-19 per-

cent of United States citizens are diagnosed with depression and/or anxiety, making it the most common mental illness in the country. Many studies have been conducted showing the positive effects exercise has on both anxiety and depression. Exercise can distract from negative thoughts common in mental illness and positive feedback resulting from exercise can improve symptoms.

Obesity: In 2017, roughly 44 percent of people aged 20 and older were reported as obese. There are many factors that cause a person's obesity, some factors are modifiable and some are not (i.e. genetics). Diet and exercise habits are two factors we can change. When losing weight, the key is to burn more calories than you are putting into your body. Tracking calories is a good way to begin the weight loss process. Utilizing the internet, downloading a mobile app, and tracking calorie intake in a notebook are a few ways to get started.

Common Cold/Flu: Exercise can prevent common colds and the flu by "flushing out" bacteria and improving white blood cell function. A study conducted with 1,000 people showed those who regularly exercised

nearly halved their odds of getting the cold or flu. There is no research confirming exercise will worsen or improve cold symptoms once the illness is already active. A common misconception is a cold or flu can be "sweat out" during activity. Congestion-like symptoms require fluid in order to break up mucus; when dehydration results from exercise the healing process may be prolonged. If you are well hydrated, exercising while having a cold could be beneficial. When regarding the flu, it is recommended to rest and return to the gym once the sickness has passed. Flu symptoms like muscle ache, fatigue, and nausea, all can be amplified when exercising.

Just as medications are prescribed from doctors, exercise can be prescribed by healthcare providers or exercise specialists. Rehab Fit, located at the Health Place at Boulder Point in Plymouth, have two highly qualified exercise specialists, Leah and Becky, who are eager and willing to help prescribe exercise. RehabFit features a clean facility with new exercise equipment and over ten group exercise classes per week. Becky and Leah create customized workout programs for all fitness levels. Stop by for a tour or call 238-2225 to get started healing your body today!

SLA to lead super full moon guided hike Tuesday

HOLDERNESS — Join Squam Lakes Association (SLA) on Feb. 19 at 5 p.m. for a super full moon night hike. We will have a leisurely evening hike by headlamp or moon light to the summit of Mt. Livermore where we will be able to see the super full moon rising. This month's full moon is a super full moon because it will be at the closest point to Earth in its rotation, so it will look larger and brighter than usual.

The group will meet at the maple sugar shack on Burleigh Farm Road off of Route 113 to hike up to Mt. Livermore. Bring a headlamp with extra batteries, a flash-

light, snowshoes or micro-spikes depending on the conditions, and lots of warm layers to stay warm while watching the moon at the summit. Participants can also bring hand and/or toe warmers, and a hot beverage in a thermos if desired. Participants must register online to attend this event.

For more information, or to sign up for this program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA offers 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 and Guided Hikes 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.



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The Music of Neil Young
2/16 - THROUGH THE DOORS
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2/22 - PINK TALKING FISH
2/23 - AWAKEN: *Tribute to YES*

Attend the Oscar Shorts Film Fest, guess who will take home to Oscar and you could win 10 FREE movie passes!

FlyingMonkeyNH.com - 39 Main Street, Plymouth NH 03264 (603) 536-2551

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"Mammals of the North Country: What Will Global Climate Change Mean for Them?"

PLYMOUTH — Susan Morse, Founder of Keeping Track in Vermont, will be in Plymouth on Feb. 16 and 17. On Saturday evening, Feb. 16 at 7 p.m. at the Common Man in Plymouth, Ms. Morse will captivate the audience with her exquisite slides and describe how northern wildlife species are already being affected by climate change – with more serious challenges ahead. Canada lynx, moose, American marten, caribou, polar bear, arctic fox, arctic marine mammals and waterfowl are some of the species covered in this stunningly beautiful slide show.

This program is sponsored by the Hebron Conservation Commission, the Newfound Keeping Track team and generous individuals. Ms. Morse promises not to overwhelm the audience with bad news! Instead, the program will devote equal time to sharing remarkable images and stories about plants and animals adapting to their northern habitats. The intent is to inspire all ages, old and young alike, about the vital crusade to conserve natural resources and important wildlife habitat.



COURTESY PHOTO

Plan to arrive early to get a good seat. A donation of \$5 is requested to support and encourage future programs of this caliber.

There will be many Keeping Track items for sale including Ms. Morse's newly updated and expanded book "Wildlife and Habitats," laminated five-by-seven-inch Mammal Track Field Rards, tracking rulers, wildlife track print bandanas, and logo hats. Please Note: Purchases require cash or checks. Credit cards

cannot be processed.

Wildlife Tracking Session. – Feb. 17

The next day, Sunday, Feb. 17, Morse will lead an Interpretive Tracking Walk (snowshoe) in Hebron. Morning Walk – 9 a.m. to noon. Group size is limited to 18. The fee is \$25/person. Rain, Snow or Shine! To reserve a place in the tracking session on Sunday and arrange directions and prepayment contact: Martha Twombly, marthamosaic@gmail.com or call 530-2606.

SLA to host February Adventure Vacation Camp

HOLDERNESS — Wondering what to do with the kids (third-12th grade) over school vacation week in February? Send them to Adventure Vacation Camp at the Squam Lakes Association (SLA) for a fun week of snowshoeing, cross country skiing, exploring the frozen lake, ice fishing, and a day at the Science Center. Camp

runs daily, Monday, Feb. 25 - Friday, March 1, with drop-off at 8:30 a.m. and pick-up at 3:30 p.m.

Campers are divided into groups (3rd-5th and 6th-8th), which offer slightly different activities. A camp schedule can be found on the SLA Web site (squamlakes.org) For students in grades 9th-12th there is the opportunity to be a leader in training in which they gain valuable leadership skills while inspiring a love of the outdoors in younger campers. Registration closes Feb. 15. Space is limited so register today!

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

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.

Speare Memorial Hospital names New CFO

PLYMOUTH — Speare Memorial Hospital is pleased to welcome Travis M. Boucher, of Concord, as the hospital's new chief financial officer.

Boucher has a wealth of experience in health administration and financial management. He earned his bachelor's degree from the health management and policy program at the University of New Hampshire and went on to earn his master's degree in business administration, with a focus on healthcare administration, from Wagner College in New York.

Boucher's career has taken him from a health system in Staten Island, New York to the Elliot Health System and the



COURTESY PHOTO

Travis Boucher

New Hampshire Hospital Association. He was most recently CFO at New Hampshire Hospital in Concord. While he may be new to

Speare, Boucher is not unfamiliar with New Hampshire.

Boucher has been a member and former president/board member of the New Hampshire/Vermont chapter of the Healthcare Financial Management Association for over a decade.

Speare Memorial Hospital — a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of Central New Hampshire—is nationally ranked as a Becker's Top Critical Access Hospitals to Know. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

90 90 90

CARD SHOWER

for *Bea Fligg*

We won't see her blow out the candles on her birthday cake but we still want to celebrate for goodness sake!

Please join with family and friends as we shower with cards to celebrate her 90th birthday
(February 20, 2019)
Cards may be sent to
**44 Smith Road
Hebron, NH 03241**

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Edward Jones: Financial Focus

Financial Gifts for Valentines...of All Ages

Valentine's Day is fast approaching. This year, consider going beyond the flowers and chocolates and think about providing financial-related gifts to your loved ones of all generations.

Here are some gift possibilities to consider:

For your spouse or partner – Your income – both today and in the future – may be essential to the ability of your spouse or partner to maintain his or her lifestyle and even to enjoy a comfortable retirement. Consequently, you need to protect that income

and be prepared to replace it. So, why not use Valentine's Day as an opportunity to review your disability and life insurance? Of course, you don't have to evaluate your insurance needs and add new coverage all in one day, but the sooner you act, the more you can relax in the knowledge that you've helped give your spouse or partner a more secure future.

For your children or grandchildren – If you want your children or grandchildren to go to college, or to receive some type of technical education that can help them

launch a good career, you may want to provide some type of financial assistance. And one education-funding vehicle you might want to consider is a 529 college savings plan, which offers tax advantages and high contribution limits. Plus, it gives you, as owner, considerable flexibility – you can always change beneficiaries if the child or grandchild you had in mind decides not to go to college or a technical school. (Be aware, though, that a 529 plan can have financial aid implications, so, at some point, you will want to discuss this issue with a finan-

cial aid counselor.) Another financial "gift" you could give to your children is a bit more indirect, but possibly just as valuable, as a 529 plan – and that's the gift of preserving your own financial independence throughout your life. If you were to someday need some type of long-term care, such as an extended nursing home stay or regular visits from a home health aide, you could find the costs extremely high. Medicare typically pays few of these costs, so you will likely need to come up with the funds on your own. You can go a long way toward

protecting yourself from these expenses – and avoid having to burden your grown children – by purchasing long-term care insurance or some type of life insurance with a long-term care provision.

For your parents – One of the best gifts you can give to elderly parents is to help make sure their estate plans are in order. This is never an easy topic to bring up, but it's essential that you know what responsibilities you might have, such as assuming power of attorney, to ensure that your parents' plans are car-

ried out, and their interests protected, in the way they'd want. Toward this end, you will need to communicate regularly with your parents – and if they haven't drawn up estate plans yet, you could arrange for them to meet with the legal, tax and financial professionals necessary to help create these plans.

Just as the definition of "love" is broad enough to include all the people most important to you, so is the range of financial gifts you can give your loved ones. Start thinking about these gifts on Valentine's Day – and beyond.

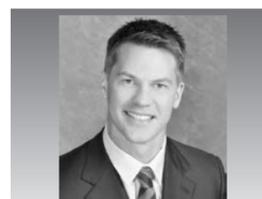
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Member SIPC

Valentine's

FROM PAGE A1

crafty youngster said. When they were done and the "paint" was dry, Natkiel and other volunteers helped the boys and girls wrap each cookie then tuck it into a special brown bag that was sealed with a satin ribbon.

"It really is a nice gift to give to someone," said Natkiel.

Overall most of the children didn't want to give away the cookies though, but mom Dawn

Reynolds held onto the hope that her children might consider giving a Valentine cookie to each other.

"That way they can have a gift for each other but still have a cookie to eat, too," she said.

Each week Hill Public Library offers programs such as their weekly story time for young children, enrichment time for students at Jenny D. Blake School and Dewey's Café for adults to enjoy. The library also has computers for public use, eBooks, communi-

ty programs for young and old, and many other events, like the toxin-free cleaning make and take workshop on Mon., Feb. 25 from 6-8 p.m.

For more information on a number of other upcoming events, visit www.hillpubliclibrary.com, or better yet, Librarian Lynn Christopher said, drop by and see what's new first hand.

The library is open Tuesdays from 9 a.m. to 5 p.m., Wednesday through Friday, 10 a.m. until 6 p.m.

Lewis

FROM PAGE A1

of Selectmen asked for an investigation by the New Hampshire Attorney General after Lewis' departure, and following a review of internal personnel practices. The Grafton County Attorney's Office confirmed that it was investigating allegations against Lewis in December 2017.

Hornick's decision to drop the charges came a day after the jury had been selected and one day before the

case was scheduled for trial.

Repeated calls to her office seeking an explanation for the reversal were not returned, and other Grafton County officials declined to comment, referring calls to the county attorney herself.

Lewis still faces

separate misdemeanor charges relating to an allegation that he grabbed a woman's buttocks while on duty. A final pretrial hearing in that case is scheduled for Feb. 27.

If Grafton County does re-indict Lewis, the case could take the time slot allocated for the lesser charges.

Budget

FROM PAGE A1

purchase that would only put stress on the loader and keep it away from the garage, where it is needed to load sand trucks during a storm, Highway Director Jeff Cantara disagreed. He said the added equipment for the loader would save the town time and money through snow removal in the village when necessary as well as spring and summer clean-up of area roads and the article was eventually moved forward to the March ballot.

Article 9, which was amended to a zero dollar amount last year, was back again on the 2019 warrant. It asked for \$150,000 for the construction of a sand shed for the highway department. Cantara explained that there is no room to properly store sand in the town and, left outside as it is each year, the sand freezes. That brings forth additional work from his crew to break that sand up so it can be spread properly on the roads during ice and snowstorms. With a proper storage place, Cantara said he can begin buying sand during the summer months when it is cheaper and has time to dry out.

"A shed will pay for itself in what we can save by buying sand and storing it earlier in the year," he said.

The proposed building would be a 60-by-120-foot post and beam structure with replaceable board planking on the inside and would hold up to 4,000 yards of sand.

Other highway department requests that will appear on the ballot will be a five-year, \$125,000 lease for a new dump truck with \$25,000 due in the first year (an estimated \$0.13 tax impact per thousand) and \$175,000 for repair and maintenance of paved roads (an estimated \$0.89 tax impact). Cantara also put in a \$240,000 request for the installation of a box culvert on Fowler River Road, of which \$180,000 would be offset through a 75/25 Hazard Mitigation Grant. Cantara said he was able to get the government to give the town an extension on that grant but if the article doesn't pass this year, the town would lose the 75-percent portion the federal government is offering. Residents of that area of the town asked voters to give the request serious consideration due to the number of times that bridge has washed out over the past several

years. Alexandria Fire Chief George Clayman also spoke on the matter from a safety standpoint.

"When that bridge fails, other roads (in the area) also fail and it creates a significant concern for residents. I encourage you to keep infrastructure safety in mind," Clayman said.

One female resident agreed, saying that when the bridge has washed out in the past she wasn't able to leave her home.

"This has been a huge safety concern for those of us living over there," she said.

Article 11 for that box culvert, would impact the tax rate by 30 cents per thousand.

Clayman later addressed Article 12, calling for \$28,000 for the third of four payments toward the lease of 12 self-contained breathing apparatus for the fire department. While some felt perhaps the department should have purchased the equipment outright, Clayman explained that the lease agreement is nearly the same as a purchase but allows the department an easier way to update the equipment in the future and does not require the town to pay for the equipment all at once.

An estimated \$0.14

sent tax impact for an equipment shed at the transfer station was also discussed. Regarding Article 16, Transfer Station Manager Tony Brown said his front-end loaders and other equipment is currently left outside in the elements. The shed he is proposing for the sum of \$28,000 will allow him to keep equipment protected yet could still be moved should the town ever decide to relocate the transfer station.

Other articles asked for deposits into previously established expendable trust funds, with the exception of one new fund for the Alexandria Town Hall restoration and preservation project now underway. Article 13 concerning the matter seeks \$4,000 to establish that fund, which the selectmen will oversee.

Excluding the proposed operating budget, the total tax impact from the other 16 articles on the warrant would be approximately \$2.86 per thousand. Voters in the town will be asked to take part in the Second Deliberative Session on Tuesday, March 12, when they will vote not only on the warrant articles, but for candidates who are running for openings on town boards, committees and trusts.

Sewer

FROM PAGE A1

four-year nightmare, because they'll be working during the summer, but when it's done, it'll be good for the area." The major benefit will be to protect the "gem" of the area: Newfound Lake.

Affordability

In promoting the project, the town has cited a median household income of \$54,015 in Bristol. That is in sharp contrast to the median income figure of \$35,000 cited when the town was looking to build a new town hall. Berkshire Hathaway's website states Bristol's median household income as being \$46,058, while joeshimkus.com says it's \$46,287. The New Hampshire state website lists Bristol's census-designated median household income — considered the most accurate — as being \$49,643.

The question is whether people will be willing to take on more debt so soon after the square revitalization effort — where 50 percent of the sewer cost has been borne by the users and 50 percent by general taxation — and the purchase and renovation of the former Newfound Family Practice building as a new town hall.

Selectmen heard proposals for the town hall that would bring some cost savings as renovations take place. Through a partnership with Energy Management Consultants of Portland, Maine, and Eversource, the town is looking at LED lighting that promises energy savings of \$4,000 per year. Eversource would pay half of the \$16,180

project cost, according to Carl Edin of EMC, who also said his company is doing an energy audit of all town buildings. Some buildings also would qualify for the 50 percent rebate, while others will see savings only in the ongoing energy costs.

Selectmen also heard a presentation on a new heating-ventilation-air conditioning system at the new town hall which would bring substantial savings and better heating than the existing electric heating system. The change would reduce projected heating costs from \$12,000 to \$3,000 per year.

The board gave the go-ahead to Town Administrator Nik Coates to pursue those options.

The studies have delayed the start of work on the building, but Coates said the delay will be worth it in terms of a more efficient, lower-cost building.

The selectmen also authorized a partnership with the Newfound Lake Region Association to improve and maintain the water runoff project at Cummings Beach, and to have the association oversee stormwater management.

Hebron selectmen asked for a change in their memorandum of understanding with Bristol for use of the transfer station to allow a commercial hauler who picks up trash from Hebron's elderly residents at no charge to use Bristol's facility. While sympathetic, the Bristol selectmen declined, noting that they do not allow haulers of Bristol's solid waste to use the transfer station.

2019 SALMON PRESS
Plymouth Community Guide

Published April 29th, 2019

This community guide is a reference to communities in the **PEMI-BAKER VALLEY, NEWFOUND & WATERVILLE REGIONS**

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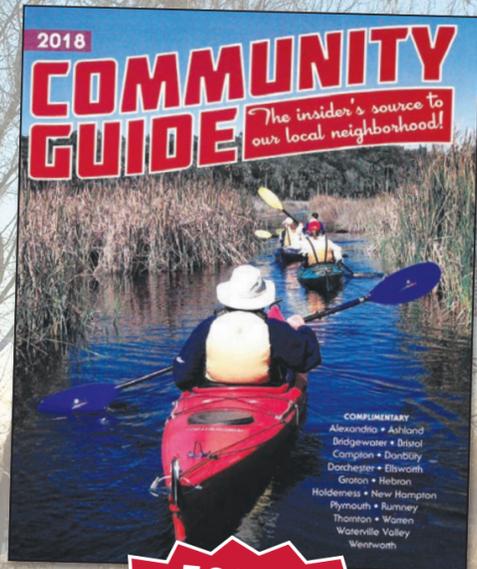
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NOTICE OF PUBLIC HEARING

The Bristol Select Board will hold a public hearing for the purpose of discussing Warrant Article 2: "By Petition: Shall we allow the operation of keno games within the town?" The hearing will be held **Thursday, February 21, 6:00 PM** at the Bristol Town Office downstairs meeting room located at 230 Lake Street, Bristol, NH 03222. Snow date is Friday, February 22, at the Bristol Town Office at 6:00 PM.

All related information is available for review at www.townofbristolnh.org or may be obtained at the Town Office.



Taxes

FROM PAGE A3

ing their ability to save for a home, a car, or even further their education. By partnering on the VITA program and providing both financial and volunteer support, we can help to build a path to financial sustainability for many Granite State residents," stated Carelli.

VITA sites are in Salem, Manchester, Concord, Laconia, Franklin, Gorham, Littleton and White River Junction and Windsor County (VT). Additional sites including the Seacoast area and Peterborough. A 'virtual' VITA site is also open this year in Plym-

outh.

"Granite United Way is proud to partner with Plymouth State University students in the accounting department. Students are earning educational credit completing the intakes for our Plymouth VITA site at Whole Village Family Resource Center. It serves as a drop off site where individuals can drop off their tax information and return the following week to pick up the prepared return," said Susan Amburg, Director of Whole Village Family Resource Center in Plymouth. "Students are IRS-certified volunteers, and every return is reviewed for accuracy by a second volunteer with

the same or higher level of certification."

Scheduling an appointment at one of the VITA sites is simple. Those interested can go to NHTaxHelp.org or call 2-1-1 and schedule their appointment.

"Our volunteers are the backbone of this program's success. They dedicate thousands of hours to providing tax preparation," said Tufts. "They not only provide free tax preparation for VITA clients, they help them access some of the tax credits they may not have been aware of."

VITA client Cassandra Tate knows first-hand how important the program can be.

"More people need to be aware of this program, and I often encourage everyone to look into it and take advantage of this service," said Tate. "It was a simple call to 2-1-1 and I scheduled an appointment. I've used this program for a few years now and really appreciate the volunteers who help prepare the tax

returns."

Granite United Way also encourages self-filers with internet access and a household income up to \$66,000 to take advantage of www.MyFreeTaxes.com. This provides access to filing software at no cost and a toll-free number to call for tax questions. It is sponsored by United Way World-

wide and H & R Block.

For more information on Granite United Way's VITA program, contact Cary Gladstone, Senior Director of Asset Building Strategies at 625-6939, ext. 128.

The VITA program is a partnership with United Way, Citizens Bank, the IRS and AARP Foundation Tax Aide.

Churches

FROM PAGE A6

through our work with other members of the United Church of Christ!

Episcopal Churches: Holy Spirit, Plymouth St. Mark's, Ashland

The power of love

Remember Episcopal Bishop Michael Curry's sermon at the wedding of Prince Harry and Meghan Markle back in May? Valentine's Day is a great day to be reminded of "the power of love ... to help and heal when nothing else can... to lift up and liberate when nothing else will... to show us the way to live." The full text (and video) of Bishop Curry's sermon can be found on many websites by searching "royal wedding sermon."

Faith at Home

Are you looking for a way to deepen your family's faith practices, especially if this is a season when you find it hard to attend Sunday services or Sunday school? Deacon Maryan Davis oversees our "Faith at Home" program, which provides all-age-friendly materials to folks in just those circumstances. Please connect with Deacon Maryan via the church office if you're curious about being a "Faith at Home" family for Lent, which begins on Ash Wednesday, March 6.

Ash Wednesday, Lent, Holy Week, and Easter 2019

Save the dates for these opportunities to gather for worship and fellowship during the coming holy season: a Shrove Tuesday pancake supper (March 5); Ash Wednesday liturgies (various times) and chowder lunch (March 6); a weeknight book study on forgiveness; and Easter services

including an all-age-friendly celebration of the Great Vigil of Easter (with a bonfire, singing, and storytelling) on the campus of the Holderness School (Saturday, March 20). Details of times and locations will be announced soon,

Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 to 9 a.m. in Sherrill Hall on Saturday, Feb. 23. Come join us and bring a friend!

Treasurer's Forums Wayne Trombly, treasurer of Holy Spirit and St. Mark's, will hold two Treasurer's Forums in the coming weeks: Sunday, Feb. 24, 9:15 a.m. in Griswold Hall (following 8 a.m. worship), and Sunday, March 10, 11 a.m., in Sherrill Hall (following 9:30 a.m. worship). Parishioners are warmly welcomed to join Wayne for a review and discussion of our 2019 budget and finances.

Worship Services

Sundays: 8 a.m. at Griswold Hall, 263 Highland St., Plymouth 9:30 a.m. St. Mark's Church, 18 Highland St., Ashland Thursdays, 11 a.m., with healing prayers, St Mark's, Ashland

Office Hours at 263 Highland St., Plymouth

Tuesday 10 a.m. - 1 p.m., Wednesday 9 a.m. - noon; Thursday 9 a.m. - 1 p.m. Phone: 536-1321 Email: holyspirit-nh@myfairpoint.net

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264.

If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More! Everyone is welcome

CADY

FROM PAGE A5

recovery friendly workplace, employers are sending a strong message to their communities about how to better understand and support the health and well-being of

their employees as well as working to diminish the stigma surrounding those actively in recovery.

Words matter. Actions also matter. If we are to overcome the prejudice against those with mental health and substance

use disorders and make progress on prevention, treatment, and recovery, we need a language of action and commitment.

For example, instead of using the word "addict" which often has a negative stigma attached, you can replace it with "a person with a substance use disorder;" a more person-first approach. For a full listing of person-first language refer Words First: Person-First Language on the CADY Web site at www.cadyinc.org.

A significant portion of all of us or members of our families will meet the criteria for one of these disorders at some point in our lives. Social acceptance and community support can make a difference in outcomes for all of us, especially those who have experienced or are living with mental illness or addiction.

If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealth-care (934-8905) for help.

alist minister, and Marguerite worked for the UUA for many years.

Despite their commitment to our faith, both Jeffrey and Marguerite faced racism and discrimination from Unitarians. Unitarian Universalists, and the institutions of our faith throughout their lives because they were black. We like to think that our spiritual ancestors have always been on the right side of history. Jeffrey and Marguerite's stories make it clear that this has not been the case.

Visit our Web site www.starrkingfellowship.org 536-8908

to all of our services. The church is handicapped accessible on the east entrance.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King: Sunday, Feb. 17 The Story of Rev. Jeffery and Marguerite Campbell

The Campbell Family Study Group, UU Church of Nashua and Paul Tierney, Worship Leaders

Sarah Dan Jones, Music Director

Rev. Campbell Jeffrey and Marguerite grew up in Nashua in the early 20th century and attended the Nashua Universalist Church with their mother, Lillian Campbell. As adults, Jeffrey became a Universalist, then a Unitarian Univer-

Town of Wentworth Road Agent

The Town of Wentworth is seeking applications for the following position: Road Agent.

Applicants must be able to perform duties of a Road Agent to include (but not limited to):

Seasonal duties: plowing, snow removal, and sanding; trimming trees, keeping culverts clear of debris; repairing and replacing pipe; placing/replacing road signs; patching roads; paving, maintaining, and reconstructing roads; and offering mutual aid when needed.

Perform repairs on town equipment as necessary, conduct maintenance on all Town equipment on a regular basis, and keep daily maintenance logs of repairs and jobs performed.

Supervision of other Highway Department employees, maintain a work schedule for all employees, prepare and submit various Town reports, and document, create and maintain a yearly budget.

The successful candidate must have a NH CDL and undergo a physical and drug testing, as well as a criminal background check.

Benefits include paid vacation, and single person premium medical insurance.

Please submit application letter, resume, copy of current license, and standard Town application to:

Town of Wentworth
Selectment's Office
PO Box 2
Wentworth, NH 03282

Applications can be found on the Town's website at www.wentworth-nh.org

TOWN OF RUMNEY

Part-time Police Officer Position

The Rumney Police Department has an opening for a part-time police officer. Experience Preferred Pay Commensurate with Experience

Send resume and cover letter by March 4, 2019 to:

Rumney Police Department
ATTN: Chief of Police
PO Box 175
Rumney, NH 03266

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2018-2019 School Year IMMEDIATE OPENING

Holderness Central School has an immediate opening for a paraprofessional for grades K-4. The primary duties will include assisting students with learning and physical challenges.

Interested applicants please submit a letter of intent, resume, and a list of three references to:

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Holderness Central School
19 School Road
Holderness, NH 03245
wvanbennekum@pemibaker.org

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2019-2020 School Year GUIDANCE COUNSELOR

Plymouth Regional High School is a high achieving public high school with students in grades 9-12, located in the beautiful White Mountains of New Hampshire in the college town of Plymouth. With robust academic, athletic and co-curricular programs we are looking for an enthusiastic person to fill an opening for a school counselor to join our team in August 2019.

This full-time position will carry primary duties in academic and college/career counseling for students in grades 10-12 as well as counseling in social/emotional welfare for students. A caseload of 170 students is anticipated. Competitive salary and benefits are based on experience. Interested applicants must hold or be eligible to hold New Hampshire School Counseling Certification for the 2019-2020 school year.

Resume, transcripts, 3 letters of reference, and a statement of interest should be mailed to:

Robert Price
Assistant Principal
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, New Hampshire 03264
rprice@pemibaker.org

Rotary Derby celebrates 40 years

Milford man wins grand prize

BY ERIN PLUMMER

MEREDITH — The Great Meredith Rotary Ice Fishing Derby celebrated its 40th birthday with big numbers, nice cold weather, and some big awards.

Anglers took to the ice of the state's lakes over the weekend with the hub of activity in Meredith Bay at derby headquarters with the scales and the board. At the end of the weekend, the grand prize of \$15,000 went to a Milford man who caught the biggest rainbow trout of the weekend.

Derby chair Reid said the weekend as going “absolutely great.”

Saturday had winds of 35 to 40 miles per hour, but Reid said the ice was still busy and a lot of people were out.

“The numbers are good, they’re better than last year and we had a good year last year,” Reid said.

The ice was in great shape for the derby.

“We’ve heard no problems, Fish and Game’s been out today doing their jobs making sure people are safe,” Reid said.

In honor of the derby’s 40th anniversary the derby committee presented special awards to Bruce Sanderson and John Sherman, the founding chairmen of the derby. The two received awards in the shape of the state made by Pepi Herrmann Glass and fleece vests with their name and “Founder.”

The weight line closed at 3 p.m. on Sunday, and after the final weighings, emcee Pat Kelly announced the biggest fish of the weekend. The top three winners were drawn at random from these seven winners.

Daniel Desmarais of Milford was the grand prize winner of \$15,000.

On Saturday morning around 9:30 a.m., Desmarais pulled a 3.63-pound



ERIN PLUMMER

Dan Desmarais of Milford was the grand prize winner at the Great Meredith Rotary Ice Fishing Derby.



ERIN PLUMMER

Derby co-founders John Sherman and Bruce Sanderson draw the derby’s winning ticket beside 2019 derby chair John Reid and emcee Pat Kelly.



ERIN PLUMMER

John Sherman and Bruce Sanderson (alongside derby chair Dave Reid on the left and emcee Pat Kelly on the right) receive special recognition for serving as the founding chairs for the first ever Rotary Derby 40 years ago.



ERIN PLUMMER

Spectators get a look at the board on Sunday.



ERIN PLUMMER

Anglers line up to get their catches weighed at derby HQ right before the line closed.

rainbow trout through the ice at Alton Bay.

“I was like a little kid on Christmas morning, I was dancing around and jumping around,” Desmarais said.

Desmarais said his dad brought him to the derby for the first time when he was three-years-old and took him when he was a kid and has been back many years since.

He took a five year break from the derby, but has been back for the past two years. Over the summer he won his first bass fishing tournament, winning around \$400.

Daniel Hall of Ashburnham, Mass., was the second place winner of \$5,000. He caught the weekend’s biggest pickerel, 4.63 pounds, from Winnepesaukee in Meredith around 9:30 a.m. on Sunday.

“I was very happy because in the same hole the day before I broke four lines,” Hall said.

He said he switched lines in that same hole and caught this pickerel.

His broken lines weren’t the only hardship of the weekend. His truck broke down and had to be towed back to Massachusetts. The win was a welcome change of tone for the weekend.

“I would have come up here ice fishing if there wasn’t a derby,” Hall said. “To win that kind of money, it’s outstanding.”

The third place winner was Steven Thompson of Milton, who caught the weekend’s largest yellow perch at 1.67 pounds. Thompson won \$3,000.

The top black crappie was caught by Josh Paine of Rochester weighing at 2.31 pounds. Beau Chase of Sanbornton caught the largest cusk at 8.63 pounds. Cory Fortier of Dover caught the top lake trout at 8.45 pounds. The largest white perch, weighing 2.68 pounds, was caught by Matt Bickford of Meredith.

Hourly drawings for \$100 took place throughout both days with one \$5,000 prize each day. Kevin McCarthy of Moultonborough won for Saturday and Tony Giamberardino of Medford, Mass., won for Sunday.

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What's On Tap

Postseason action is on the schedule for some teams in the coming week while other teams continue regular season play.

The Division III girls' hoop tournament kicks off on Wednesday, Feb. 20, at 7 p.m. at the home of the higher seed.

The wrestling Division III State Meet will take place on Saturday, Feb. 16, at 9:30 a.m. at Pelham High School.

Plymouth will be hosting the state ski jumping meet today, Feb. 14, at 6 p.m.

The Newfound hoop girls will wrap up the regular season on Friday, Feb. 15, at Somersworth at 6 p.m.

The Newfound hoop boys will be hosting Somersworth on Friday, Feb. 15, will be at White Mountains Regional on Monday, Feb. 18, and will be hosting Monadnock on Thursday, Feb. 21, all with 6:30 p.m. start times.

The Plymouth hoop boys will be hosting Merrimack Valley on Friday, Feb. 15, at 6:30 p.m., will be at Kingswood at 6 p.m. on Tuesday, Feb. 19, and will be hosting Kearsarge at 5 p.m. on Thursday, Feb. 21.

The Bobcat girls' basketball team will be at Merrimack Valley on Friday, Feb. 15, at 6 p.m., will be hosting Kingswood on Tuesday, Feb. 19, at 6 p.m. and will be hosting Kearsarge on Thursday, Feb. 21, at 6:30 p.m.

The Bobcat Nordic ski team will be at Bow for a 3:30 p.m. meet on Friday, Feb. 15.

The Kearsarge-Plymouth hockey team will be hosting Pembroke-Campbell at 6 p.m. on Saturday, Feb. 16.

Newfound seeking JV softball, baseball coaches

BRISTOL — Newfound Regional High School is looking for a JV softball coach and a JV baseball coach. If interested, please forward resume and names and phone numbers of three references to Peter Cofran, Athletic Director at pcofr@sau4.org or call 744-6006 ext. 1507.

Bears roll past Tigers for first win

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Everything came together for the Newfound hoop boys on Thursday, Feb. 7, as the Bears picked up their first win of the season, defeating Newport by a 63-33 score as part of a varsity double-header with the Bear girls.

"We truly played a great all around game," said coach Jesse Mitchell. "This is the first time all season we played a full game with passion and drive to win and play at our best ability."

The first-year Bear coach was quick to praise the entire team for its hard work throughout the season, which finally paid off in the win column.

"I'm so proud of my guys," Mitchell said. "They have been working hard all season and they truly deserved to win this game."

"For the seniors, it's their first win in over two years and they



Coach Jesse Mitchell led his team to its first victory of the season last week.

JOSHUA SPAULDING

couldn't be happier," the Bear coach continued. "We now need to ride this win to future success. I don't mean wins on our record but small wins on the court as a team to try to get the program to the next

level."

Mason Dalphonse led the way for the Bears, finishing with 20 points, seven rebounds, three assists and one block. Tyler Boulanger also had a nice day for Newfound, putting in

17 points and adding seven rebounds, one assist, two steals and two blocks.

The Bears will be hosting Somersworth on Friday, Feb. 15, visiting White Mountains Regional on Monday,

Feb. 18, and hosting Monadnock on Thursday, Feb. 21, all with 6:30 p.m. start times.

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

Bear girls just keep on rolling

Dukette grabs 1,000th rebound as Newfound wins three more

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound hoop girls continued their strong play with a pair of solid wins to kick off last week.

The Bears opened the week with a make-up game against St. Thomas and came out with a 54-19 win over the Saints.

The win saw another milestone for senior Ashlee Dukette, who joined the 1,000-point club last winter.

She became the first athlete in Newfound history to pull down 1,000 rebounds, pulling down 15 on the day.

"(We) jumped out to a quick start and never looked back," said coach

Kammi Williams.

To go along with her 15 rebounds, Dukette put in 24 points. Freshman Paulina Huckins came through with a double-double, putting in 10 points and grabbing 13 rebounds. Bailey Fairbank netted six points and both Madi Dalphonse and Tiffany Doan put in five points.

The Bears continued the following night, getting a 57-27 win over Berlin to run their win streak to nine in a row starting right before the holiday break, also against Berlin.

In that game, Doan had a big game, scoring 22 points, while Fairbank had a season high of 10 points. Dukette added nine and Leah



RC GREENWOOD

Ashlee Dukette is joined by family members after pulling down her 1,000th rebound in action last week against St. Thomas.



RC GREENWOOD

Madi Dalphonse puts up a shot in action against St. Thomas last week.

Bunnell put in eight points.

"The more balance we have on attack, the more difficult we become to defend," said Williams. "That's the key for tournament success."

The Bears finished the week with a 48-30 win over Newport on Thursday, Feb. 7.

Dukette had a double-double with 26 points and 20 rebounds to lead the charge for the Bears. Fairbank added eight points and Dalphonse put in five.

"When Ashlee is on, we are tough to beat," Williams said.

Newfound will finish up the regular season

on Friday, Feb. 15, at Somersworth at 6 p.m.

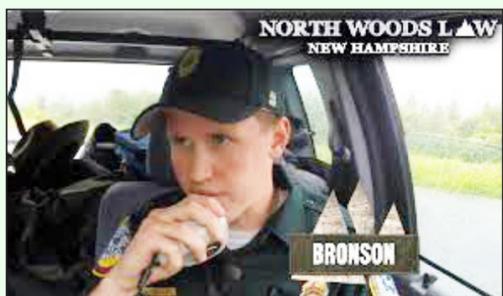
The first round of the Division III tournament will be on Wednesday, Feb. 20, at the home of the higher seed.

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

Conservation officer to address Trout Unlimited

PLYMOUTH — Come and meet Fish and Game Conservation Officer Kevin Bronson from Animal Planet's North Woods Law. You've watched him as he patrolled the southwestern district of New Hampshire. He will amuse you with some of his stories. Bronson has been a CO since 2013 and recently was awarded the Fish & Game Officer of the Year award.

The Pemigewasset Chapter of Trout Unlimited will feature Bronson at the Feb. 19 meeting, 7 p.m. at the Common Man Inn in Plymouth. Come early and meet Bronson and



COURTESY PHOTO

Conservation Officer Kevin Bronson will speak to the Pemigewasset Trout Unlimited group on Tuesday.

fellow anglers. There will be a raffle supporting sending a lucky boy or girl to the Barry Fishing Camp. Meetings are free and open to the public. Members are invited to sit in at the board of directors meeting starting at 5 p.m.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit www.pemigewasset.tu.org and like the group on Facebook.



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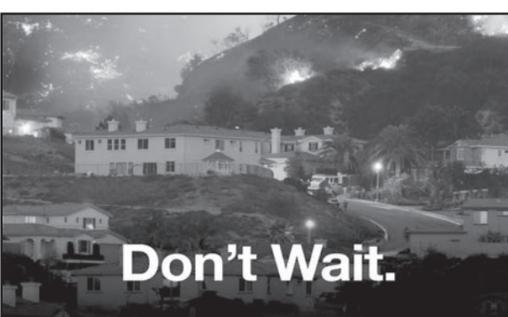


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FRANKLIN SCHOOL DISTRICT

Franklin School District is currently accepting applications for a School Secretary at Franklin Middle School. This is a school year position at 8 hours per day – 199 days per year. Position is eligible for benefits.

Responsibilities include, but not limited to:

Student Information Receptionist

If interested, send letter of intent, application, resume and 3 letters of reference to Ken Darsney, Principal, Franklin Middle School, 200 Sanborn Street, Franklin, NH 03235 or kdarsney@sau18.org

Newfound Area School District Spring Coaching Positions

- **JV softball coach** at Newfound Regional High School - Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x 1507 or pcofran@sau4.org.
- **Track & Field Assistant Coach** at Newfound Memorial Middle School - Questions should be directed to Shane Tucker, Athletic Director, at 744-8162, x 2504 or stucker@sau4.org.

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We are actively looking for participation from local subcontractors and vendors in all civil trades including but not limited to: Sitework, Demolition; Concrete; Masonry; Structural Steel; Miscellaneous metals; Carpentry; Framing; Millwork; Countertops; Paneling; Waterproofing; Wood siding; Roofing; Firestopping; Doors/ Hardware; Windows; Louver and Vents; ACT Ceiling; Flooring; Painting; Misc. specialties; Food service equipment; Elevators; Fire protection; HVAC & Plumbing; and Electrical.

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Bear skiers wrap up regular season

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Newfoundland alpine ski team wrapped up the regular season at Gunstock on Friday, Feb. 8.

For the girls in the giant slalom, Hayse

Broome led the way with a ninth place finish overall in a time of 1:21.5.

Hannah Owen was next, finishing in 1:31.86 for 16th place overall.

Stephanie Norton

rounded out the field of Bears with her time of 1:33.61 for 19th place.

Broome finished 11th overall in the slalom, putting up a combined time of 58.75 seconds.

Norton finished the slalom in 1:24.49 for

30th place overall. For the Newfoundland boys in the giant slalom, Matt Karkheck led the charge with a time of 1:19.41 for 10th place overall.

Owen Henry was next, finishing in 19th place in 1:28.69 and Tuan Nguyen placed 23rd in 1:32.59.

Reid Wilkins was Newfoundland's final scorer, finishing in 2:25.02 for 46th place overall.

Wilkins led the way in the slalom, finishing in 10th place in 53.73 seconds.

Karkheck was next, finishing in 56.43 seconds for 14th place and Nguyen was 22nd in 1:05.27.

Henry rounded out the field of Bears finishing both runs, crossing in 1:08.93 for 27th place overall.

The Bears took part in the Division III State Meet, which took place after deadline Monday at Gunstock.

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

BOB MARTIN – GILFORD STEAMER

(Right) Stephanie Norton skis in the slalom at Gunstock on Friday.



Bob Martin – Gilford Steamer
Matt Karkheck races through the slalom course Friday at Gunstock.



COURTESY PHOTO

There will be curling open houses on Feb. 24 and March 3 at Plymouth State University.

Plymouth State offering curling open houses

PLYMOUTH — What do the 2018 Olympic Winter Games and Plymouth State University have in common? One thing would be the enchanting sport of curling, of course. Curious locals who have watched the majesty of the game during last year's Olympics will be able to experience it firsthand as a spectator or eager competitor at the PSU Welcome Center and Ice Arena's Hanaway Rink. What has seen a rise in popularity since becoming a medal sport in the 1998 Winter Olympics, curling is an athletic Cinderella story. With an air of mystery, the sport has taken flight much like Harry Potter in a game of Quidditch. What is it exactly? Where did it come from? And more importantly, how do you play?

The Plymouth State University Ice Arena and the Plymouth Rocks Curling Club (PRCC) will be kicking off their

upcoming season by offering two free learn-to-curl, open houses.

The open houses will be from 1 to 3 p.m. on Sundays, Feb. 24 and March 3. These sessions are an opportunity for the public to learn what curling is all about and to get on the ice and give it a try. Members will be available to demonstrate the sport and will also assist anyone that would like to try "delivering a stone." Members will also answer any questions you have about curling like "what does sweeping do" or "how does the scoring system work" or "what is the hammer." Participants are asked to carry in a clean pair of rubber-soled athletic shoes and wear warm, loose-fitting clothing. Pre-registration is required to attend the open house, which can be done online at plymouth.edu/arena/curling.

If you catch the curling bug and would like

to participate in league play, the PRCC will be offering a four-week novice league for beginners. Novice league play will be on four Sundays from 3:30 to 5:30 p.m., starting on March 17. Staff will be on hand to teach skill development, rules and etiquette, and each session will have a pick-up game. You can register as a team or as an individual to be placed on a team. There will be space available for eight teams.

The regular Plymouth Rocks curling leagues, which play on Tuesdays, Thursdays and Sundays remain the club's main focus. League play begins on March 12 and consists of four regular season games and three play-off games.

For more information or to check the curling schedule, visit the PSU ice arena web site at plymouth.edu/arena/curling, email psu-icearena@plymouth.edu or call 535-2758.

One Super Bowl tradition I could do without

SPORTING CHANCE



By JOSHUA SPAULDING

It seems that the Patriots have made it a habit of getting to the Super Bowl, which means there's going to be a game on the first Sunday of February pretty much every year.

Of course, that's a good thing for anyone who is a Patriots fan. We've become accustomed to winning here in New England and that means we'll always have something to look forward to on Super Bowl Sunday.

In my world, however, a world that revolves around high school sports, the first Sunday in February means the indoor track state championships. The NHIAA championships are held at Dartmouth College's Leverone Fieldhouse every year and for one reason or another, the meet is held on Super Bowl Sunday. My prevailing theory in this situation is that the NHIAA gets a great rate on the rental of the fieldhouse because nobody else wants to use it on that day. But that's just my theory and really, what do I know?

There are two different divisions for indoor

England celebrated another championship.

I don't know that I need to watch the Super Bowl every year, but I like having the option, particularly if the Patriots are playing. But it's frustrating knowing that there's seemingly always going to be work to do on the first Sunday in February. But I am not sure I can come up with a way to convince the NHIAA to move the indoor track championships to a different day or maybe to a different, closer location, such as Plymouth State University.

That being said, Kevin Harlan, the radio play-by-play guy for Westwood One, did a fantastic job calling the game and an additional plus is that I didn't have to listen to the idiotic rantings of Scott Zolak.

But, it still would've been nice to see at least some of the game.

Finally, have a great day Mike and Dawn Shaw.

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

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All About the Bones

MATTHEW PROHASKA, MD
 BOARD-CERTIFIED ORTHOPAEDIC SURGEON,
 FOUR SEASONS ORTHOPAEDICS
 AT NORTHEASTERN VERMONT REGIONAL HOSPITAL



As people age, there are constant reminders about the importance of healthy living. Health care providers check your blood pressure, cholesterol, sugars for diabetes and make sure these vital systems are working as well as they can. Many times, the bones are not considered in this vital analysis; yet, they are vitally important to your health, function and quality of life. Bones give the body structure for walking, biking, skiing and hiking, as well as more general functions such as standing, sitting and moving. They store calcium, protect vital organs, provide the attachments for muscles to work and host bone marrow (responsible for the production of blood and cells).

Every year, more than 1.5 million older Americans suffer fractures due to weak bones. Hip fractures, wrist fractures and shoulder fractures are most common in people over the age of 65 and can lead to significant disability. While the bones age like the rest of the body, there are some things that can be done to maintain and even improve bone health.

Activity is absolutely important to maintaining good bone health. This activity should consist of strength-building and weight-bearing activities. Strength building focuses on making the muscles strong, which protects the bones and your body during all activities, including slips and falls. Weight-bearing activities are also essential to maintain good bone health; these activities cause stress to the bones, which the body reacts to by increasing bone production. It is recommended to have at least 30 minutes of daily activity.

Another aspect of bone health is to get enough calcium and vitamin D. Especially in northern New England where sun (the source of vitamin D) is at a premium, taking supplemental calcium and vitamin D is highly recommended. For people ages 51-70, 1000mg of calcium and 600IU of vitamin D is recommended. For post-menopausal females and people older than 70, 1200mg of calcium and 800IU of vitamin D is recommended.

Reduce your risk of falling. This sounds simple, but most falls, resulting in broken bones, can be avoided. Remove obstacles such as obtrusive furniture and rolled rugs; add safety features such as non-slip mats and grab bars; and take your time in slippery conditions.

Lastly, understand your personal bone risk. Each person's bones are different and have been shaped by genetics; other medical conditions and procedures; previous injuries and trauma; and use of tobacco and alcohol. For this reason, you should discuss your bones with your primary care provider. You may benefit from bone density testing and consideration of bone-boosting medications.

As an orthopaedic surgeon, a large part of my job is to fix the bones after they break. I love putting people back together, restoring function and activity and reducing pain through both surgical and non-surgical techniques. However, a much easier and fulfilling strategy is to avoid the break all together. It's all about the bones.



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- **Herbal Medicine** – Learn about ways simple herbs can improve your health
- **Stay Dry and Strengthen Your Pelvic Floor**
- **Pretty Feet** – Care and repair your toenails
- **Opioid Addiction and Women**
- **Osteoarthritis:** Taking good care of your joints throughout your life cycle

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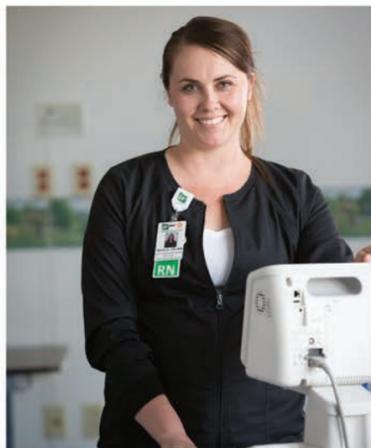
The North Country Health Consortium/ Northern New Hampshire Area Health Education Center is collaborating with Littleton Regional Healthcare to offer continuing education credit for nurses. Look for Continuing Nurse Education (CNE) information in the conference brochure!



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Yoga for your health

DONNA SULLIVAN
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Workout fads come and go, but virtually no other exercise program is as enduring as yoga. Yoga has lasted well into the 21st century as a popular form of activity. But, it does more than burn calories and tone muscles. It's a total mind-body practice that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga improves balance, flexibility, strength, daily energy level, sleep and calmness of mind.

If you're new to yoga and want to give it a try, find a teacher who can

help you understand what kind of yoga may be right for you.

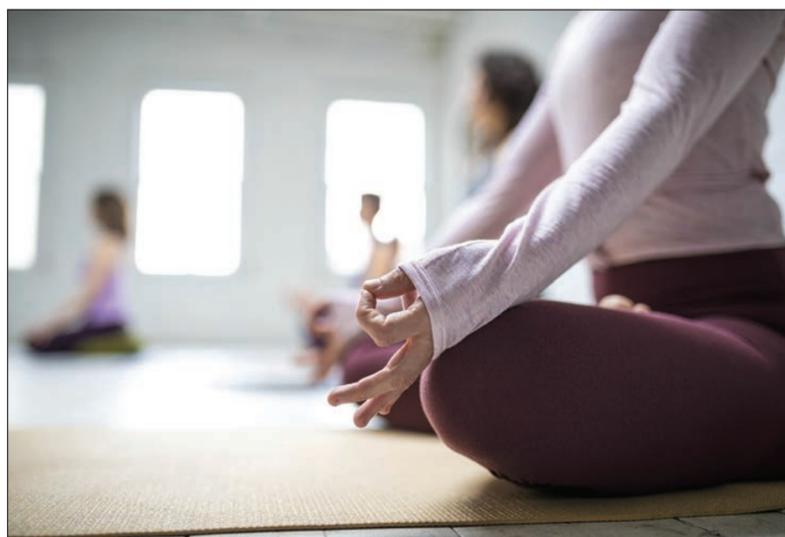
At Blissful Lotus, they invite students to come as they are. Their classes are a mix of men and women, young and old, and in various degrees of physical condition. "Yoga is for people of all ages and different body types. Yoga is a very personal experience, and it may take several practices with different teachers to find a fit," says owner Donna Sullivan. In a studio as opposed to a yoga video, students will be shown how to find support in certain poses with the use of foam wedges, blocks and blankets and are encouraged to find the best version of the pose for their body at that time.

Blissful Lotus offers

a warm, safe, space for students to practice and relax. They lead a variety of yoga sessions ranging from gentle to the more athletic vinyasa flow style. The teachers are dedicated, experienced and just plain nice to be around. You can see all the class descriptions on their website.

Opened in 2011, they are located in beautiful downtown Plymouth NH. The 600 square foot studio occupies space in a nicely renovated lower level of a former Main Street market. Directly across from the historic town common, the studio is surrounded by unique shops, art galleries and restaurants.

Clients of Blissful Lotus describe the studio, "an inviting, comprehensive introduction to



yoga with special care and instruction give to explain modifications to poses that may be difficult for a beginner to master. "I always feel so good after practicing at Blissful Lotus Yoga. I feel challenged and supported when trying new poses or perfecting a pose."

"I like that you have a variety of classes and times. I find benefit from gentle class and enjoy the challenge from the moderate class. The cost is reasonable enough that I can afford to attend 2 classes a week if my

schedule allows. I make your class a priority in my fitness routine. I can do yoga at home but it's not the same."

For more information and class schedule, go to www.yoga-nh.com or call Donna at 603-726-1013.

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DR. JOEL TUITE
HOMETOWN EYE CARE

Being lucky enough to live in the beautiful north country gives us pleasures others can only dream of. However, a rural lifestyle can present its own limitations as well. Rural health care is sometimes limited by availability and specialist access that the big cities enjoy at their disposal. We are fortunate that in the eye care field local optometrists will handle most cases of routine eye care and the treatment of eye disease without having to

rely on a referral to the large hospitals outside of the area.

As our population increases and ages many health issues come to the forefront of optometry and the care we provide to our patients is absolutely critical to their long term success and quality of life. Diabetes, hypertension, glaucoma, and macular degeneration are just a few conditions that we encounter every day. Having strong connections with local physicians of all specialties and an open line of communication allows access for patients with specific needs. Working with local veterans administrations to provide eye care for our veterans with the help of the VA system gives us the ability to manage directly with larger veterans services such as White River Junction

Veterans Administration. This further limits the patients travel expenses and loss of time. Many specialists within the state are more than willing to manage cases with local doctors knowing the travel restraints some patients endure. Certain eye conditions such as glaucoma, macular degeneration, and even dry eye can require multiple follow up appointments each year to maintain stability and increase success. Having access locally to the proper skills and technology to thoroughly monitor, document, and treat these conditions increases our ability to provide superior in-house care.

Providing full scope optometry to all ages is only available with prompt appointment times, clear communication with local pro-

viders, and the most up-to-date technology. A referral to a specialist may be in order for certain emergent or urgent eye care situations, however, local treatment and management of most ocular conditions and care is our number one priority. Your time is important and with new therapies ever changing, the future of eye care can be found at your doorstep right here in the North Country.

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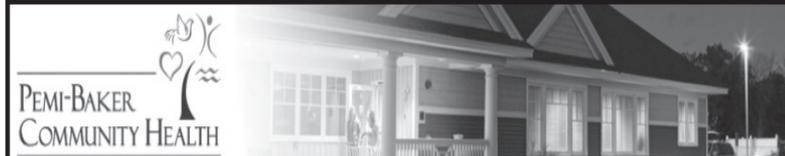
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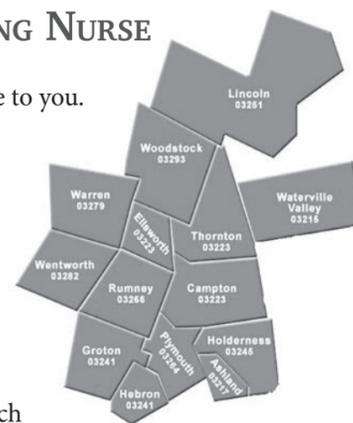
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BARBARA HATCH, APRN (left) earned her bachelor's degree in Nursing at Alfred University, then later a master's in Nursing at UNH. With over 23 years of experience as a Nurse Practitioner in primary care, she also trained in emergency medicine and urgent care. She loves all aspects of adult primary care but particularly enjoys geriatrics.

TODD KARALIUS, APRN (right) earned his bachelor's degree in Biology at the University of Massachusetts-Amherst. As a board certified Acute Care Nurse Practitioner, Todd is a well rounded provider with special interests in acute care, acute and chronic pain, neurology, rheumatology, and heart disease.

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“All disease begins in the gut”. This is a quote attributed to the Ancient Greek physician Hippocrates nearly 2500 years ago, and it’s so very true. With the current state of our food supply in

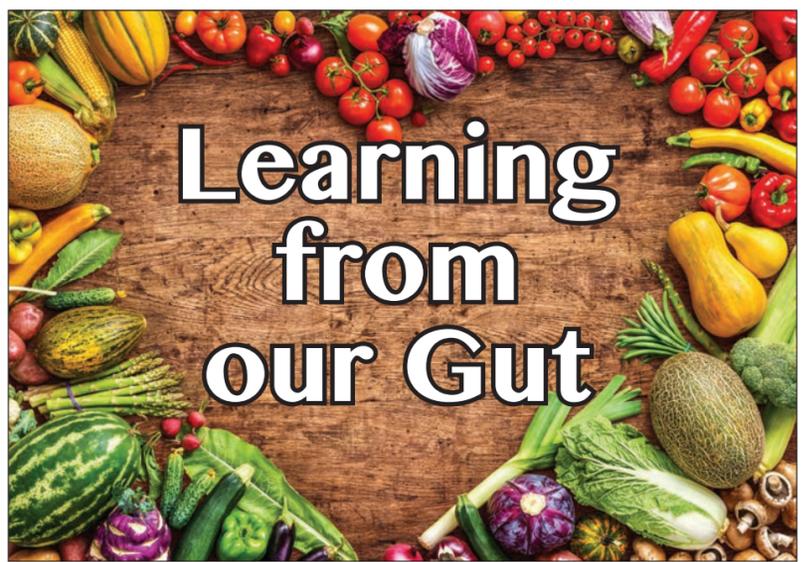
the 21st century, it’s a wonder every single one of us isn’t riddled with disease of one kind or another. At the same time, I’m sure if we personally, don’t have some major disease or another, then we do know someone who does. Just last week I spoke to or heard about 5 different people with newly

diagnosed cancer or recurring cancer. Sadly, too many of us are sick in one form or another.

Weight management is something most of us can relate to. Most of us have trouble keeping the weight off or some maybe can’t keep it on. There aren’t a lot of statistics on the later but look at these facts. One in three people in America are overweight, two in three are obese, and one in six of our children are now considered obese.

The National Institute of Diabetes, Digestive & Kidney Diseases estimates 30 million people have diabetes. That’s 9.4 percent of the US population. They also say that 84 million are pre-diabetic. That’s almost 40 percent of our population.

Kidney disease in the US is at 14% of all Americans. The majority of kidney disease patients acquire



the disease after long time struggles with high blood pressure. The American Heart Association say over 100 million Americans have High Blood pressure.

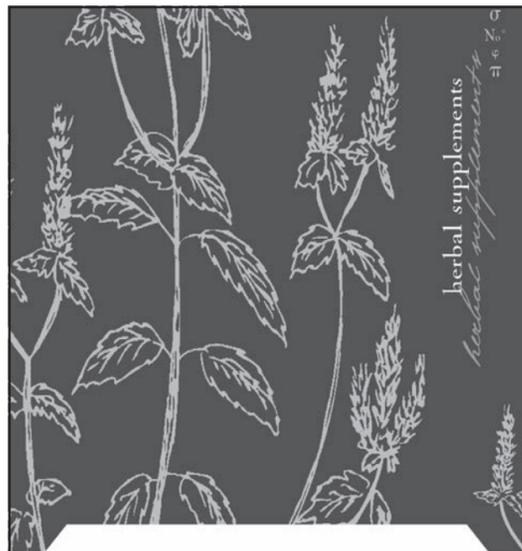
All of these diseases are eventual progressions of what probably started out in the gut. Some of these next statistics

are the warning signs and alarms which our bodies are trying to tell us something. In 2010 hospitalization numbers for chronic constipation were 1.1 million, Diverticulitis 814,000, Gallstones 675,000, Acid Reflux issues 4.7million, Gastrointestinal infections 487,000, Crohn’s Disease 187,000, Ulcerative Colitis 107,000, IBS 280,000, and Stomach Ulcers 358,000. These are some pretty scary signs and if left unattended can turn into even worse issues.

So what do we do about it? Prevention is key and the gut is the most logical place to start. Hippocrates knew this 2500 years ago. Ayurveda Guru’s knew this over 5000 years ago as Ayurveda is widely based in the digestive system. We need to take a holistic approach to our bodies and listen to what they are telling us. We must pay attention

to what we eat and how it makes us feel. Rid our bodies of the processed, toxic, and chemical laden foods that we put into our bodies every day. The Standard American Diet is clearly not working for us.

Though convenience is important in our busy lives, there are many ways to feed our bodies clean and nourishing foods that will help us flourish and shine. A quick snack can be as easy as a piece of fruit. Breakfasts and lunches can be prepared ahead of time when you have a busy week ahead. Feed our gut quality probiotics in fermented foods and feed those probiotics with naturally fibrous fruits and vegetables (prebiotics). Buy organic and non-gmo foods whenever possible. Making small sustainable changes can make a world of difference for your health. If we take care of our gut/ it will take care of us.



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Common Health Mistakes International Travelers Make

PEGGY PIETTE, APRN, MSN, NP-C
AT WHITE MOUNTAIN TRAVEL
HEALTH, PLLC

Most international travelers make sure to get the best travel deal, have all the right belongings, and that their passports and visas are in order. While these are important, it is critical to make sure to be in optimal health and take care of any precautions necessary before leaving.

Chronic conditions such as asthma, diabetes, and chronic obstructive pulmonary disease can be worsened when traveling due to changes in climate, dust, pollution, and traveling across time zones. Allowing time to have these conditions assessed and if necessary medication changes before travel can reduce the risk of flare ups. Working with a travel health specialist helps in planning for and working to prevent exacerbations by guiding self-treatment, knowing where to go for safe care, and how to time taking medications while away. Discussing planned activities helps to guide plans as well as medications for malaria and altitude illness pre-

vention. Having enough medications while traveling includes having enough for the time away even with travel delays or exacerbations of conditions.

Travelers often do not fully understand what vaccinations are needed. There is a lot to consider. A travel health specialist can help answer questions and provide an individualized approach for each individual and trip. Even routine vaccinations may require boosters depending on antibody levels, travel destination, age, and time since last booster. Required and recommend vaccines can vary depending on destinations, flight lay overs, and activities. Vaccines for travel can be financially costly, however the costs of serious debilitation or even death can be much higher. Having a holistic consultation with a travel special is vital in preventing illness in travelers while away or spreading the disease upon return such as the case often times with measles. The flu vaccine is recommended when traveling. In some locations this is a year round recommendation. Oth-

er parts of the world have a flu season that is in the opposite months of the US, while others the risk is year round.

Two other items travelers often neglect are travel medical and evacuation insurance and registering with US Embassies and Consulates in destination countries. These are crucial steps in planning for any emergency while away. It is helpful for these agencies to know which US citizens are in specific countries in the event of a natural or civil disaster requiring giving advice or evacuation. They can help with providing advice of where to get health care if needed. Travel medical and evacuation insurance provides peace of mind and assistance with getting safe medical care away. Not only does it assist in the details of evacuation but helps in covering the expenses involved in evacuation and the care while in another country. Most US insurances do not provide coverage outside of the US. Coverage varies from company to company so doing research into the best coverage is recommended. Travelers overlook

many details while planning to travel outside of the US. Making sure medical conditions are well controlled, planning on change in medical conditions, and bringing enough medications and supplies is key in having an uneventful trip. Having a consult with a travel health specialist is helpful to ensure proper vaccination, and other preventive medication conditions.

Notifying US Embassies and Consulates and having medical and evacua-

tion insurance is critical in the event of an emergency.

Between 1999-2016 people aged 25-34 years old had the highest increase in cirrhosis deaths.
*British Medical Journal



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Mid-State Health Center offers Infusion Therapy in its Plymouth location!

Plymouth, NH – Mid-State Health Center now offers infusion therapy in a state of the art infusion center in its Plymouth location at 101 Boulder Point Dr. Mid-State has partnered with OI Infusion Services, a New Hampshire-based infusion center management company, to help offer these services to patients. OI Infusion CEO Woody Baum

said, “our mission is to help providers offer high quality low cost infusion therapy and help lower the cost of infusion therapy for patients. Mid-State shares our vision of what healthcare should look like, so partnering with them was a no-brainer. We are very excited to help Mid-State offer this necessary service to the Grafton County community”.

The Mid-State infusion team specializes in providing a range of non-oncology infusion services and injections in Mid-State’s convenient primary care office setting and is welcoming new patients.

People who are currently traveling long distances to receive infusion therapy now have an option closer to home. These services are open to those who needs non-oncology infusion services and are conveniently located in Plymouth. Our infusion therapy room features comfortable massage chairs, personal televisions, tablets, and snacks.

Call Mid-State’s expert Infusion Team at 603-238-3500 today!

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Liver Disease Stealing the Lives of Millennials

CONTRIBUTED BY: DEB NARO, CADDY EXECUTIVE DIRECTOR

According to a study published by the British Medical Journal (BMJ), cirrhosis-related deaths increased by 65% from 1999 to 2016 driven mostly by alcohol-induced disease. Over this period, millennials, people aged 25-34, had the highest increase in cirrhosis deaths, around a 10% annual increase. Not only are the rise in cirrhosis deaths a huge concern for the millennial population but the biggest surge in liver cancer are in baby boomers, people aged 55-64 according to the Center for Disease Control and Prevention (CDC). Risk factors for liver cancer include people who have the hepatitis B or hepatitis C, cirrhosis, various inherited liver diseases and who consume an excessive amount of alcohol.

The liver is the main organ responsible for metabolizing alcohol and is especially vulnerable to alcohol-related injury. With high-risk individuals, those taking prescription medications, who may have poor diets and continue to consume alcohol, the liver can become overloaded with toxins and may develop scarring, ultimately reducing liver function. This can lead to alcohol-related diseases such as steatosis (fatty liver),

alcoholic hepatitis, fibrosis and cirrhosis. Binge drinking is also a primary cause of liver cancer reports the National Institute of Alcohol Abuse and Alcoholism (NIAAA). What can we do to reduce the incidence from alcohol-related diseases and deaths?

The lead author of the BMJ study Elliot Tapper, a liver specialist at the University of Michigan, explains that people who drink several drinks a night or have multiple nights of binge drinking are at risk for life-threatening diseases such as cirrhosis. The scar tissue that develops on the liver from extensive drinking is typically something that “the patients don’t know about and it becomes a big surprise.” Patients typically experience symptoms “all of a sudden” says Jessica Mellinger, a clinical lecturer at the University of Michigan. Symptoms such as jaundice or yellowing of the skin and a swollen abdomen are some of the first signs of cirrhosis.

A growing culture around binge drinking in millennials may often shield the problem. For example, popular craft beers and IPAs typically contain a higher percentage of alcohol than the standard 5% serving yet are being consumed at the same high rate. Many restaurant wine pours are not



measured, so it’s possible to have double a standard serving. Limited knowledge around what a standard drink is may also be to blame for the overconsumption of alcohol. What does one standard drink look like?

A 12 oz serving of beer with a 5% alcohol content;

A 5 oz glass of wine with a 12% alcohol content; or

1.5 ounces of distilled spirits with a 40% alcohol content.

Millennials suffering from acute liver disease should stop drinking alcohol immediately. Damage done to the liver will repair itself, but some may not know the damage is occurring until it’s too late.

Non-Alcoholic Fatty Liver Disease (NAFLD), affects up to 25% of people in the United States according to the National Liver Foundation. This disease which includes an elevated level of fat tissue on the liver (about 5-10%) can cause the liver to swell

and ultimately lead to scarring (cirrhosis) or even liver cancer later in life. Often having no symptoms, most people with NAFLD may not even realize they have it and don’t prioritize their liver health. Treatment for NAFLD includes, losing weight, exercising, maintaining a healthy diet and limiting the consumption of alcohol to reduce further damage. With an estimated 25% of the population in the U.S. having NAFLD along with the glamorization of binge drinking, the combination can be life-threatening.

According to NIAAA, an estimated 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. One of my dearest friends recently lost her 36-year old son to liver failure. This tragic disease progressed

so rapidly there was no chance of survival. My heart aches for my childhood friend and her family. Please take the time to talk to your children, including young adult children, about the risks of binge drinking, pharmaceuticals, poor diet, and liver disease. If you have concerns, speak to your health-care provider about ordering a liver enzymes test. Elevated liver enzymes may be discovered during routine blood testing. Elevated risks like NAFLD may be something that you don’t even know is there but can have serious health consequences should it be combined with binge drinking and poor overall health. For more information about starting the conversation with your child, visit our web site at cadyinc.org.

If you, or someone you know, struggles with addiction or substance use, seek help by calling 2-1-1.

Sarah P. McClennen Introduces North Woodstock to Advance Rolwing®

SARAH P. MCCLENNEN
PHONE: 603-520-5247
EMAIL: SARAH@FEELPEACEFUL.COM
WEB: WWW.FEELPEACEFUL.COM

North Woodstock, NH – Sarah P. McClennen of Feel Peaceful has recently completed Advanced Rolwing® Training. Rolwing®, also known as Structural integration, is a body work method that uses slow, steady pressure to release fascial restrictions in the body. This translates into increased flexibility, greater range of muscle movement and increased ease of motion. Rolwing® has proven especially ef-



fective for those recovering from injury or surgery. However, it is beneficial for anyone who wants to feel and move more comfortably.

Sarah is excited to go beyond basic bodywork and apply her advanced knowledge in helping neighbors in the community feel better. As a Certified Rolfer® with over 26 years of massage and Rolwing® experience, Sarah incorporates client education into sessions. A typical session begins with the person walking around the office, while Sarah observes, focusing on identifying areas

of tightness that may be inhibiting movement. Unlike massage, Rolwing® uses no oil and parts of the session may involve seated positions or side lying. Client feedback is an important part of the Rolwing® process, ensuring that the work is effective and not, contrary to popular myth, painful. “The trick,” Sarah says, “is to find just the right pressure for each individual client.” This feedback and the client relationship allow Sarah to make recommendations to learn new ways of movement with do not create or exacerbate areas

of tightness. A general place to start when organizing the body, the first 10 sessions of Rolwing® form the basis for future sessions, with each focusing on a certain area of the body (for example, opening the back or lining up the crown of the head). Rolwing® is unique in that a Rolfer® is not only interested in areas of restriction, but also how the body functions as a whole. One of Sarah’s clients says, “After a session my body feels taller, stronger and more confident with my feet firmly placed with each step. To my great delight, Rolwing® has replaced my needs for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking AND sitting. After two hip replacement surgeries and several Rolwing® sessions, I am feeling like a new woman at age 80 plus.”

In addition to being a Certified Advanced Rolfer®, Sarah is also a licensed massage therapist, trained in ear coning and Cranial Sacral Therapy. She is dedicated to continually educating herself so as to increase the benefits to her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.

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Upcoming Events
Online Opportunities

2/22 – Reducing Sugar in Your Diet-Online
A 6-week online group coaching opportunity. We’ll create a gradual but effective plan to get the sugar out of our lives, deconstruct cravings, and add good things to the diet vs just taking things away. A support system is key to success in breaking the cycle. We’ll meet online as a group every Friday at 6:30pm. EST.

4/5 – Attaining a Healthy Weight Naturally- Online
We’ll work through reasons we’ve failed in the past, and how to succeed this time. Over six weeks dig deep and learn how to deconstruct cravings and know where they come from. We’ll work toward a healthy weight for all in a holistic way. Register for these at wellnessrenewed4you.com/shop

Balance Bethlehem Events

2/25- Reducing Sugar in Your Diet Workshop at Balance Bethlehem
It’s not about deprivation. It’s about freedom/ the freedom to eat foods you love and have sweetness in your life without the side effects. If you are ready to have more energy, fewer cravings, take back control, & permanently change your relationship with sugar, then you won’t want to miss this workshop.

3/13 – Attaining a Healthy Weight Naturally
Is your weight keeping you from living fully? Are you fed up with the constant struggle, stress and deprivation of dieting? Can’t figure out why you can’t lose weight? We’ll discuss what’s weighing you down, the problem with diets, and the shocking mistakes we all make and how to really drop the pounds.

3/23 Cooking for Gut Health- Cooking for Weight Loss Success
Join local cookbook author Candace on Saturday in cooking a delicious and healthy meal. Weight management can feel challenging, but it is possible to eat for our waistline and still enjoy ourselves. You’ll help create a nourishing meal designed for a healthy gut and waistline while incorporating some discussion on nutrition and weight management while we’re at it. Saturday 11am – Noon. Register for these at www.balancebethlehem.com/workshops

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Main Street Dental Introduces Intraoral Scanner iTero® Scanner Improves Precision, Comfort and Efficiency

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Plymouth, NH. — Main Street Dental has incorporated the iTero® Intraoral Scanner into its dental practice.

This modern, innovative device delivers accurate scans of each patient's tooth or bite without the need to take traditional impressions. As many of us are aware, traditional impression materials can be unpredictable, inaccurate and messy. There are multiple steps involved in taking an impression, which takes a lot of time not only on the dental team's schedule, but from the patient's schedule, as well.

In order to better serve their patients, Main Street Dental has adapted the iTero® Intraoral Scanner. Since implementation, Carolyn Belyshev, DDS, and Patricia Hamdan, DMD,

have experienced increased efficiency and higher patient satisfaction. Once a patient is scanned, his or her smile is digitally recorded – that record is sent straight to the lab, where a custom crown, denture, or night guard is created specifically for that patient! No mess or fuss.

“Instead of using traditional impression putty and messy plaster, the iTero scanner takes a digital impression of

our patients' smiles,” said Dr. Belyshev of Main Street Dental. “We love it, because it provides a more comfortable experience for our patients. They can even take the digital record home with them to consider treatment plans and see their future smile!”

The inconsistent nature of traditional impression materials can be easily thrown off by factors like the length of time the impression

is kept in the patient's mouth, the temperature of the office, or even how carefully the model is poured. Any inconsistencies can result in a distorted impression, which often means the patient must come back in for a new impression to be taken.

The iTero® scanner is the perfect solution for any patients who may be curious about clear aligner therapy. Through instant sim-

ulation, patients can actually see what their personal smile would look like after Invisalign treatment. Dr. Belyshev is Invisalign Certified.

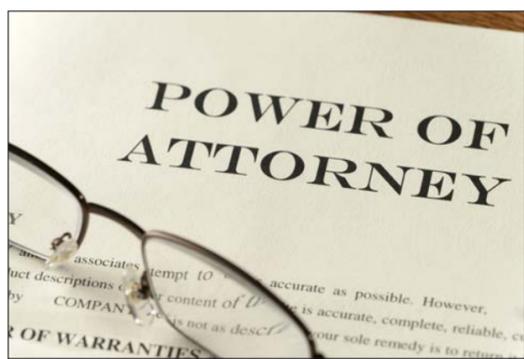
“The iTero® scanner has given us a way to deliver quick, accurate digital images of a patient's smile that can be used to create a more precise treatment plan,” said Dr. Hamdan of Main Street Dental.

This adoption of the iTero® Intraoral Scanner is just one example of Main Street Dental's commitment to continuously offering access, information and education on the most up-to-date technologies available. As a

standard of care, Main Street Dental provides a complimentary scan to each and every patient of their practice once a year. With each scan, the team hopes to proactively identify areas of concern, including chipping, wear, and gum recession.

The highly-trained team at Main Street Dental is happy to answer any questions you may have during your routine hygiene visits. For more information regarding the iTero® Intraoral Scanner, please call Main Street Dental at 603-536-4009 with any questions and to schedule an appointment.

You Need a Power of Attorney



EDWARD H. ADAMSKY

Everyone needs a Durable Power of Attorney in place. “Attorney” in the title refers to an “Agent” (someone who works for you) not a lawyer (who is a special agent who can represent you in court.) Your Agent can handle your legal and personal affairs for you if you cannot do so, as long as you have given them that authority. You need to set one up now while you are able to do so, do not wait.

Your well-drafted and

personalized Power of Attorney will provide many benefits to you and your family. You will choose the person who will do things for you, rather than leaving it up to a Judge. If you don't have a Power of Attorney, the Probate Court will have to appoint a guardian and you will have no choice in who it will be. With a Power of Attorney, you choose your Agent and you can nominate that same person (or another) to act as your Guardian if that really became nec-

essary. With a Power of Attorney, you probably won't need a Guardian, so you and your family will avoid that aggravation and expense.

The Power of Attorney will allow your family to take actions to protect assets or engage in proper planning if you become incapacitated, without the need for Court intervention. Your document can include directions and the power to engage in actions like setting up trusts or moving assets around among family members so your Agent can protect and preserve your family finances (within the bounds of the law).

Your Agent should be given the right powers to avoid the claims of family members that your Agent has engaged in improper transactions. Often, it is necessary to move money around

and change the title of assets (either for tax planning or Medicaid purposes). This can look suspicious and if the person doing it did not have the full authority to do so, it could be considered elder financial abuse. With this authority written into the document, your Agent is protected from false accusations.

When drafting your Power of Attorney, you have a great opportunity to discuss your wishes and future plans with your family, your Agent, and your alternates. You can outline how you would like the future to be. You can say if you want money preserved for family, or if you want it spent on your own needs. If the family knows how you feel and what you want, it helps to avoid fights and arguments about the right thing to do.

If you do not have a Power of Attorney in place now, you should meet with your Elder and Disability Law Attorney to discuss this important planning tool.

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The number of people in the US with diabetes has increased more than fourfold over the last several decades and now almost one in ten of Americans have diabetes. If you have diabetes, it's important to take care of and protect your vision from diabetic eye disease,

the most common type of which is diabetic retinopathy. Diabetic retinopathy can cause vision loss - it is one of the leading causes of preventable blindness in adults.

How does diabetes damage your eyes?

Advancing The Detection And Management Of Diabetic Eye Disease

The retina is part of the eye that senses light. We need a healthy retina for good vision. Chronic high blood sugar can damage the tiny blood vessels in our retinal. These blood vessels can then swell and get blocked. New, weaker blood vessels may grow to compensate for the damaged blood vessels. However, the weaker blood vessels can leak and cause bleeding in the back of the eyes. These changes are called diabetic retinopathy and left undetected and unmanaged, can lead to

loss of vision.

Ultra-widefield imaging in diabetic retinopathy detection

As eye doctors, we are continuously working to find new ways to diagnose eye disorders related to diabetes. Early signs of diabetic eye disease are often subtle and have no warning signs, so any new technology, along with getting yearly comprehensive eye examination, is helpful in improving patient outcome and earlier detection of eye

diseases.

One of the advancements our practice has adopted is the optomap, an ultra-widefield retinal imaging system that can capture 82% image of the retina. This means we can image not only the central area of the retina (which a traditional, small field retinal camera can do), but also beyond the central area and into the peripheral area of the retina. This is valuable since about two out of three retinal pathology, including diabetic retinopathy,

occurs or starts more towards the peripheral retina. The optomap image provides a permanent record of how your eyes are doing, serving a great tool for your eye doctor to monitor, track and manage your eye condition(s).

Thus, through a comprehensive eye exam, coupled by the optomap imaging, we can detect and manage diabetic retinopathy early to help protect your vision.

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Allergy Versus Intolerance: Knowing the Truth Behind Your Symptoms

SARAH A. WINANS, PHYSICIAN OFFICE MANAGER OF NORTH COUNTRY OTOLARYNGOLOGY & AUDIOLOGY AT NORTHEASTERN VERMONT REGIONAL HOSPITAL

Chances are you have heard and seen the increase in conversations and awareness regarding food allergies in our schools, daycares and public spaces.

A recent publication from The Journal of the American Medical Association, and republished by The American Academy of Otolaryngic Allergy, brought nationwide attention to allergies, specifically food allergies and how they impact our lives. This new study of more than 40,000 adults surveyed suggests Americans may be overdiagnosing themselves with food allergies without having a formal diagnosis from a medical professional. The findings estimated that nearly

19 percent of the adults surveyed thought they had a food allergy but 10.8 percent actually did.

"Knowing the difference between an intolerance and an allergy diagnosis is vital to creating the right care plan with our patients," said Melissa Blanchard, RN, of North Country Otolaryngology & Audiology at Northeastern Vermont Regional Hospital (NVRH). "When some people say they have an allergy, it may be an intolerance."

An allergic reaction can be life-threatening, and if not treated quickly, anaphylaxis can lead to death; whereas, an intolerance makes you feel bad, bloated, upset stomach, etc. Intolerances are dose dependent, meaning the more you eat the worse you will feel and are not life-threatening. An allergic reac-

tion, however, can be triggered by a trace amount of exposure and is life-threatening.

It is important that we educate ourselves and use the correct terminology when discussing an allergy versus an intolerance so the correct plan of action and care can be followed. If you feel you may have an allergy or an intolerance, it is important to see a medical professional who is trained to determine the difference. They will provide direction on how to avoid, manage and treat it based on your results. For some, it may mean learning what to avoid and what are the consequences if not. For others, it may mean avoiding something but, if they are exposed, knowing how to administer an Epi-pen and knowing to go to the emergency room.

How can you help?

First, everyone can take responsibility and be aware of the terminology they are using. Second, maybe you are unclear about whether you have an allergy or an intolerance. The good news is you can do something about it.

"We aim to provide high-quality, local allergy evaluations and treatment for all age ranges," said Patrick Fitzpatrick, DO, of North Country Otolaryngology & Audiology at NVRH. "All it takes is a referral to our office from your primary doctor. We are here to help."

References: JAMA Published: January 4, 2019. doi:10.1001/jama.networkopen.2018.5630, AAOA, CBS NEWS Millions of Americans incorrectly think they have food allergies, study finds January 8, 2019

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Mid-State Health Center Welcomes Dr. Carolyn Haskell

Plymouth, NH - Mid-State Health Center welcomed Dr. Carolyn Haskell to its team of family doctors in early February. Dr. Haskell is providing medical primary care services to all ages in Mid-State's Plymouth office on Boulder Point Drive.

Dr. Haskell received her Bachelor of Science degree from Adelphi University in 1985, and completed medical school at the New York Institute of Technology's College of Osteopathic Medicine in 1991. Dr. Haskell has served at the Dartmouth-Hitchcock Clinic, Tewksbury Medical Group, and Global Care Medical Group as a primary care physician and joins Mid-State with her a many years of experience in caring for patients. Dr. Haskell is a board-certified, highly-regarded Family Practice Physician whose schedule is now open to serve fam-

ilies and individuals in the Plymouth region.

CEO Bob MacLeod remarked, "We are fortunate to have Dr. Haskell join our patient-centered practice. With nearly 30 years of experience, we know that Carolyn will complement our existing team of skilled, compassionate providers, and continue our tradition of putting families and their needs first. We are delighted to welcome her to the Mid-State team."

Dr. Haskell added, "As an osteopathic doctor, I've been trained to take a whole-person approach to treatment and care. I look forward to meeting new clients in the Plymouth community and providing them with quality, personalized medical care."

Mid-State's Patient Services team offers a stress-free process to help families join our practice. Simply call



Dr. Carolyn Haskell

603-536-4000 and we will ensure you have everything you need to join Dr. Haskell and make Mid-State Health Center your new medical home. Please join us in welcoming Dr. Haskell to the Mid-State team!

Mid-State is accepting new patients of all ages and encourages anyone interested in

learning more about Dr. Haskell or any of Mid-State's clinical team and services, to visit them on the web at midstate-health.org or by calling 603-536-4000.

About Mid-State Health Center

Mid-State Health Center delivers primary health care and supportive services at both its Bristol and Plymouth offices, offering medical, dental, behavioral health, and substance use disorder treatment services along with care management for all ages. The mission of Mid-State Health Center is to provide sound primary health care to the community, accessible to all, regardless of the ability to pay.

Littleton Eye Care Center 104 Meadow Street Littleton, NH 03561 603.444.2592	Woodsville Eye Care Center 50 Smith Street Woodsville, NH 03785 603.747.3190	Lincoln Eye Care Center 78 Main Street, Suite 1 Lincoln, NH 03251 603.745.4882
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North Country Dentist to Become Youngest New Hampshire Dental Society President

North Conway, NH – January 30, 2019 – On May 17, 2019, Lindsey Jackson, D.M.D., of North Country Dental (Gorham NH and North Conway NH) will be installed as President of the New Hampshire Dental Society. She will become the youngest President in the prestigious Society's history.

Dr. Jackson has been a Member of the Dental Society since 2013. During that time, she has held several positions, starting as Vice President of the North Country Dental Society. In 2016, Dr. Jackson was elected overwhelmingly to serve as the Society's 2nd Vice President. Each year since, Dr.

Jackson has ascended the ranks of the Society's Executive leadership, culminating this year as President-Elect.

"At first I thought that I didn't have enough experience or background in the field to merit a leadership position," said Dr. Jackson, "but then I thought 'why would I wait for the fu-

ture when I could make a difference and be active in organized dentistry right now?' Dentistry is an ever-changing profession with a devotion to caring for patients. I am passionate about being involved in organized dentistry because we need to be our own best advocates - not just for ourselves but for our patients."

Representing more than 75 percent of the state's dentists, the New Hampshire Dental Society advocates for the practice of dentistry, provides and promotes the highest levels of oral health care, and ad-

vances the public oral health. Their mission aligns with Dr. Jackson's personal and professional goals. "I have never felt more cohesive in a group than I have with my fellow dentists," Dr. Jackson stated "and, if we work together, then we will be able to improve upon the current models in place for dental care to lead healthier patients into the future."

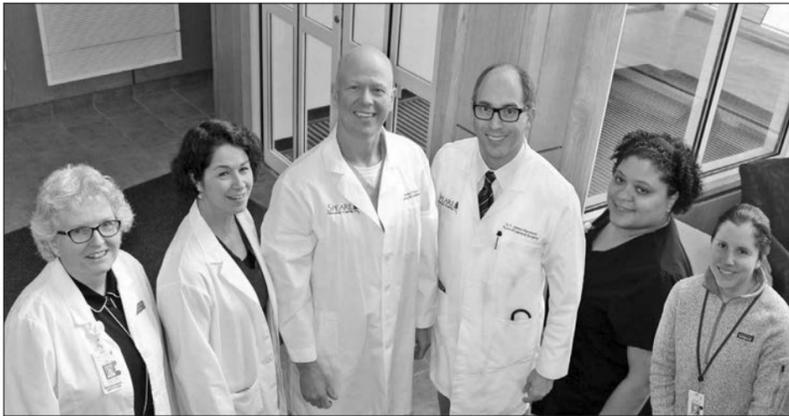
"Dr. Lindsey Jackson is the face of the future for the New Hampshire Dental Society", said NHDS Executive Director Michael Auerbach. "All of our nearly 1,200 Members and the pa-

tients they serve will benefit from Dr. Jackson's innovative, pragmatic and high-energy leadership approach".

Dr. Jackson graduated Boston University in 2008, and graduated magna cum laude from BU's Goldman School of Dental Medicine 2012. She joined North Country Dental in 2013. Dr. Jackson has an interest in oral surgery and orthodontics.

For more information about NHDS, visit <http://www.nhds.org>. For more information about Dr. Jackson, visit www.northcountrydental.com/about-us.

The Weight Loss Surgery Center now open at Plymouth General Surgery



PLYMOUTH, NH/ FEBRUARY 1, 2019 – Medical science has determined that weight loss surgery saves lives. A very unhealthy weight can damage organs, resulting in disability or premature death. It is often hard to treat with diet and exercise alone. Speare Memorial Hospital's new Weight Loss Surgery Center at Plymouth General Surgery is the latest solution for those in Central New Hampshire and Coos County.

Led by Dr. James Koren Jr. and Dr. E. James Hanowell, the Weight Loss Surgery Center team includes a nurse coordinator, dietitians and behavioral health and exercise specialists. Dr. Koren is fellowship trained in bariatric surgery, having worked with Drs. Robert Brolin and Peter Geis, considered pioneers in bariatric surgery. Dr. Koren practiced at Koren Bariatrics in Pennsylvania before joining Plymouth General Surgery at Speare. Dr. E. James Hanowell has extensive bariatric surgical experience in a large academic medical center and specializes in advanced laparoscopic surgery.

The Center offers two of the most common and successful weight loss procedures – Gastric Bypass and Gastric Sleeve. Gastric Bypass is considered the gold standard for significant, long-term weight loss. It changes how much you can eat and how you absorb food. Gastric Sleeve surgery significantly reduces the amount of food you can eat. Both are laparoscopic (minimally invasive) procedures, resulting in a quicker recovery with less pain and fewer complications, and a more cosmetically pleasing appearance.

"When done correctly, with the appropriate follow up, weight loss surgery really does work," says Dr. Koren. "These aren't the procedures that failed in the past. These are time-tested as a safe and effective way to help people reduce life-threatening health problems and to lose weight."

Those eligible for weight loss surgery must meet the follow-

ing criteria: ages 18-64, BMI up to 55 for men, BMI up to 60 for women, able to move and walk, no organ failure, transplant, or on transplant list, and no significant cardiac or pulmonary impairment. (A body mass index (BMI) above 40 is about 100 pounds overweight for men and 80 pounds for women.)

The benefits of weight loss surgery are fast and ongoing. Medical and emotional benefits are experienced immediately after the surgery – many people have a greater sense of wellbeing and studies have shown blood glucose levels drop to the normal range. On average, people lose from 50 to 70% of their excess weight and keep it off while reducing the risk of life-threatening conditions.

Those interested in learning more about these surgeries and the Weight Loss Surgery Center at Plymouth General Surgery must first attend an information session. The next session is on February 21st at 5 pm at Speare's Boulder Point location in Plymouth.

Visit spearehospital.com/weightloss to determine your BMI and to sign up for an info session.



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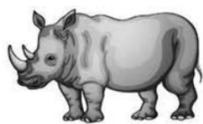
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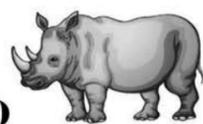
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Mid-State Health Center welcomes



Dr. Carolyn Haskell

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