



Newfound Landing

THURSDAY, MARCH 2, 2017 FREE IN PRINT, FREE ON-LINE • WWW.NEWFOUNDLANDING.COM COMPLIMENTARY

NRHS celebrates successful accreditation process



Newfound Regional High School Principal Paul Hoiriis (far left) and ELO Coordinator Amy Yeakel (far right) were joined by students Kaylan Santamaria, Paige Lane, Reid Wilkins, Cody McGee, Chris Davis and Emma Lagueux beneath banners revealing five core values they helped identify as important to their school community: Discovery, Independence, Respect, Growth and Perseverance.

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Every ten years, high schools throughout the state take part in an accreditation process through the New England Association of Schools and Colleges. While a committee of staff and parents is generally formed to address each of the standards being evaluated, this time, Newfound Regional High School brought students on-board to lend their perspective as well.

In all, 40 faculty members, more than a dozen parents, and as many as 30 students participated in various phases of the lengthy process.

Principal Paul Hoiriis said the committee began examining the Core Values and Beliefs of the school last year under the leadership of NRHS Extended Learning Opportunities Coordinator Amy Yeakel.

Their first task was to identify Core Values for the high school and they came up with Discovery, Independence, Respect, Growth and Perseverance as the five values that were important to the school community.

Last summer, the committee used those words to then create a Belief Statement; they developed a Vision Statement this past fall and recently began scripting their final Mission Statement for NEASC to evaluate.

Junior Cody McGee was among those who took part on the committee and said because

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Grateful Bridgewater FD adds donated UTV to its fleet



A Can-Am Defender UTV was recently donated to the Bridgewater Public Safety Department by an anonymous donor and put into service last week to assist fire, medical and police personnel with remote emergency incidents in the community.

BY DONNA RHODES
drhodes@salmonpress.news

BRIDGEWATER — Thanks to a very generous donation, the Bridgewater Public Safety Department was pleased to be their newest piece of equipment into service last week, a Can-Am Defender UTV that can handle all types of terrain in any kind of weather.

Fire Chief Donald Atwood said the donation was specific to the type of vehicle the money was to be used for and that it

was to be made available for use by fire, emergency medical services and police.

In all, the UTV cost \$36,450, a price tag the department could have never afforded on its own, but its capabilities are certainly priceless.

For winter use, there are tracks that will allow easy access on the ice, along snowmobile trails or on unmaintained roads such as Poole Hill or Hammond Hill. For the remainder of the year, the tracks can be replaced by wheels, which can take first responders almost anywhere they are needed, including Class VI roads through the woods and hilly terrain.

Designed somewhat like a small pick-up truck, the cab of the vehicle can seat three. In the back there is room for one more to sit as well as room to strap in a Stokes basket carrying an injured person.

The vehicle also has a duel lighting system. For fire and medical use, their key will activate

SEE UTV, PAGE A13

Chili Cook-off raises funds in support of Stand Up Newfound

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — For the second year in a row, Stand Up Newfound, a group dedicated to addressing and preventing addiction issues in the community, took the reins for the annual Chili Cook-off at Tapley-Thompson Community Center, and money raised this year will be divided between S.U.N. and the Newfound Area Dental Clinic, said Bryan Richardson, one of

SEE COOK-OFF, PAGE A13



Bryan and Deb Richardson of Stand Up Newfound congratulate Bristol resident Peggy Amsden, whose chili was voted the best in this year's Chili Cook-Off, which benefited S.U.N. and the Newfound Area Dental Clinic.

Officials address poor quality of recordings

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Staff training and use of a signal-splitter to allow for a backup audio recording device will ensure that the public will be able to review school board discussions without the technical problems that have plagued many of the recent video recordings, according to officials.

Initially, the video recordings from the Newfound Regional High School Media Center contained glitches that made them difficult to view or hear. Once the new equipment had been in use for a while, those problems were resolved until, late last year, several videos had sections without sound or entire segments without video or audio. The hearing on the Newfound Area School District budget, recorded in the

high school auditorium, was mostly inaudible, prompting Jeff Levesque of Groton, chair of the Newfound Area School Board, to make a personal effort to straighten out the problem.

Superintendent Stacy Buckley told the school board on Feb. 22 that those problems had been addressed through additional training, and that

a digital recorder had been patched into the audio system to ensure an audio record of the meetings.

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24 pages in 2 sections
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Tough end
Amanda Johnston drives to the basket during Newfound's semifinal battle with Conant on Tuesday night in Manchester. The Bears saw their perfect season end in the semifinals when the Orioles hit a shot at the buzzer to pull out a 52-50 win. See full accounts of the team's first two playoff wins in the sports section, starting on page B1, and then check next week's edition for the story of the semifinal game.

PHOTO BY JOSHUA SPAULDING — SPORTS EDITOR

BRISTOL — The Tap-ply-Thompson Community Center currently has a wide variety of programs available for area residents.

Teen trip to Funspot & McDonald's: This trip is open to all teens in the Newfound Area. On Friday, March 3, we'll

be leaving the TTCC at 5:45 p.m., and arriving back at approximately 10 p.m. The trip cost is \$5 / teen – but kids must bring their own spending money for games at Funspot & food at McDonald's. Open to kids in grades seven through 12. More information here - http://www.ttccrec.org/teen_programs/teen-trips/. Luncheon for Seniors: This event was postponed from Feb. 9, and will now be held on Thursday, March 9 at noon. The Bristol Rotary Club along with the TTCC will be hosting a luncheon for Newfoundland Area Senior Citizens. Come join the Rotarians for this fun & tasty holiday meal at the TTCC! Door prizes & Bingo will be offered. Cost is just \$2 / person. Call the TTCC at 744-2713 to reserve a spot by Tuesday, March 7.

Special Olympics Young Athletes: This is an innovative sports play program for children with and without disabilities ages two through seven, designed to provide opportunities for young children to be active, have fun, and learn foundational sports skills. The program supports physical, cognitive and social development — skills important on and off the

Mud Season Mixer: Tired of mud season? Well ditch your muddy boots, put on your dancing shoes and join us for a great evening of dancing to top 40, country and rock & roll with this popular New Hampshire band! Saturday, March 25, 7:30-10:30 p.m. at the Bristol Old Town Hall. There will be a Cash Bar & Snacks and the cost is \$15/person or \$25/Couple. Featuring the band "Club Soda." Tickets are on sale at the Bristol Town Office, TTCC & Minot Sleeper Library. A program offered by the Bristol Community Events Committee.

Babysitter & Safety Lessons (BLAST!): On Wednesday, April 26 at the TTCC from 9 a.m.-2 p.m. This class is for ages 12 & up, and costs \$50 per student. Gain the knowledge and skills needed to babysit infants and children. Brought to you by Emergency Care & Safety Institute (ECSI) and developed by the American Academy of Pediatrics, the world's leading authority on child well-being, the BLAST! program provides extensive training in pediatric first aid,

Rotary clubs help the sun shine brighter for the boys of Mayhew

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who come together to make positive, lasting change in communities at home and abroad.



Rotarians help the boys of Mayhew (from left): Bob Broadhurst - Bristol Rotary President, Bob Muh - Littleton Rotary President, Sharon Thorne - Plymouth Rotary Assistant Treasurer, Jim Nute - Mayhew Executive Director, Bill Clarke - Plymouth Rotary President and Jay Polimeno - Rotary District Governor.

The Franklin Animal Shelter is a tax-exempt organization. Tax deductible contributions may be made through the Web site, www.franklinanimalshelter.com, or mailed to PO Box 265, Franklin, NH 03235

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PLYMOUTH — Are you a registered Democrat? Do you live in Alexandria, Ashland, Bridgewater, Bristol, Campton, Hebron, Holderness, Lincoln, Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth, or Woodstock? If so, please come and participate in the Democratic Caucus on Wednesday, March 8 at the Plymouth Regional Senior Center, 8 Depot St., Plymouth. Individual town caucuses will

The date of the Caucus is a change from the usual Plymouth Area Democrats meeting on the third Wednesday of the month so as not to conflict with area Town

The Democratic Caucus will be hosted by the Plymouth Area Democrats and will start with a pot luck dinner at 5:30 p.m., followed by the caucus at 6:30 p.m., and finishing with the Plymouth Area Democrats business meeting. There is no charge, and all registered Democrats in the listed towns are encouraged to attend. For more information, call Joyce Weston at 536-2856.

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Deadline for applications is March 10, 2017.

Jasmine Patten named to Fall 2016 President's List at Plymouth State University

PLYMOUTH — Jasmine Patten, Bristol, has been named to the Plymouth State University President's List for the Fall 2016 semester. Students must achieve a grade point average of 3.7 or better and attempted at least 12 credit hours during the semester to be eligible for the President's List. Patten is an Undeclared major at Plymouth State. With more than 6,000 undergraduate and grad-

uate students representing 44 states and 18 countries, Plymouth State University serves the state of New Hampshire and the world by producing society's global leaders within interdisciplinary integrated clusters, open labs and partnerships, as well as through entrepreneurial, innovative and experiential learning. We connect with community and business partners to promote eco-

nomie development, technological advances, healthier living and cultural enrichment, with a special commitment of service to the North Country and Lakes Region of New Hampshire. Learn more about Plymouth State University by visiting the PSU Web site, checking out Facebook, YouTube, Twitter or Instagram or scheduling a tour.



DONNA RHODES

Cookies for sale

Alyssa and Alexia of Girl Scout Troop 51661 in New Hampton kicked off their first Girl Scout Cookie Booth sales for 2017 outside Bristol House of Pizza last Saturday afternoon. The girls reported sales were steady as people spotted them along Lake Street and stopped to purchase Thin Mints, Tagalongs, Samoas and other cookie favorites. New this year are S'Mores, a cookie spin off on the delicious chocolate and marshmallow campfire treat, along with Toffee-tastic, a gluten-free cookie that has gotten rave reviews. The traditional cookies are \$4 this year while the two new flavors are selling for \$5 a box. Both Troop 51661 and their Daisy troop affiliates will be selling cookies at various locations in the region throughout the month of March, including the upcoming Bristol elections and town meeting. An online Girl Scout Cookie Finder and a phone app are also available to locate other cookie sales booths throughout the state.

Ice dam on Pemigewasset River causes flooding on Holderness/Plymouth line

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — Unseasonably warm temperatures at the end of February resulted in an ice jam on the Pemigewasset River between Holderness and Plymouth last Sunday that brought water levels up a reported 15 feet by late morning, causing roads and parking lots on the Holderness side of the river to flood. Holderness Fire Chief Eleanor Mardin said a spike in the water level was first reported at about 3 a.m. on Sunday, and continued to rise throughout the early morning hours. By 8 a.m., Mardin said it had reached the initial flood stage of 13-feet and neared the 15-foot mark just over an hour later. Plymouth State University officials were notified that water was beginning to edge into the parking lots behind the school's ice arena and students were quickly advised that any vehicles parked in those areas should be moved right away. Students and residents who live along the river were also updated on the situation and encouraged to evacuate as a safety precaution. By 9:45 a.m., the Holderness Fire Depart-

ment shut down Route 175 between the DiCenzo Bridge and Exit 25 at Interstate 93, allowing traffic and pedestrians to exit only. "All the buildings, parking lots and businesses are closed so once people come out, we've not been letting them back in," Mardin said Sunday afternoon. Water by that time had inched up behind businesses and into other areas along Route 175 in Holderness but no interior flooding was reported. Mardin said the situation was not created by actual floodwaters but by water backing up as ice jammed the river's flow in the S-turns just below downtown Plymouth. "It's right about at White Mountain Country Club where it always jams up and the water has no where to go but up over the banking," she explained. "The levels have stayed pretty steady since this morning though so now it's just a waiting process. It typically takes as long to recede as it did to rise, but this could be a day or two." Art Capeci of Plymouth said he and his wife Dorothy live on Main Street and witnessed some of the ice letting

go at 9:13 on Sunday morning, which resulted in the flooding of the amphitheater on Green Street. "I was looking out the window at all of the ice in the river and all of a sudden it just let go. It just erupted and all the water ran downstream and up over the bank here," Capeci said. Looking down on the amphitheater from Green Street, only the top two rows of the outdoor theater's granite seats and the American flag were above water by early afternoon. "Look at that, though. Old Glory's still flying above it all," he observed. Officials at PSU reported that a "well-organized, multi-agency effort" helped avert disaster for many of their students. When the ice dam formed and began to flood the student parking lots behind the university's ice arena, more than 200 vehicles were said to be located in the lot. Crews had less than an hour to remove as many as they could before the situation worsened. "The University commends our own police department, Physical Plant staff, as well as public safety crews from Holderness and

Plymouth who came together very quickly Sunday morning to safely remove more than two-thirds of the vehicles in approximately forty-five minutes," said Plymouth State University President Donald Birx. "We also commend students who came to the lot promptly following our text alert and

worked collaboratively with police, fire and the towing company. We are working diligently, as conditions allow, to safely remove any remaining vehicles as soon as possible." By Sunday afternoon, approximately sixty vehicles had to be left behind in the flooded lot but those cars were

eventually towed to a lot at 299 Main St. in Plymouth on Monday where their owners could retrieve their belongings and evaluate the damage. Students were also instructed by university officials to contact their insurance companies as soon as possible to report the incident and file their claims.



DONNA RHODES

Members of the Holderness Fire Department and both the Holderness and Plymouth Police Departments shut down all forms of traffic on the DiCenzo Bridge and at Exit 25 on I-93 last Sunday morning, when the Pemigewasset River was backed up onto Route 175 by an ice dam.




As an ice dam formed on the Pemigewasset River between Holderness and Plymouth last Sunday morning, only "Old Glory" could be seen still flying above the flooded outdoor amphitheater below Green Street in downtown Plymouth.

Anthropologists Caroline Fluehr-Lobban and Richard Lobban present lecture on African refugees and asylum in the U.S.

PLYMOUTH—Plymouth State University will host Drs. Carolyn Fluehr-Lobban and Richard Lobban on Monday, March 7 at 7 p.m. in Smith Recital Hall at the Silver Center for the Arts. Their presentation will focus on unique cases for asylum made by refugees fleeing Africa. Dr. Fluehr-Lobban will examine the conditions of women who are seeking refuge from forced marriages and harmful social practices, as well as how the U.S. Immigration and Naturalization Courts assess and respond to such cases. Dr. Richard Lobban will discuss asylum cases of men who have witnessed crimes against humanity, are victims of international trafficking and face imminent deportation and potentially deadly consequences if their pleas for asylum are denied. A professor emerita of anthropology at Rhode Island College, Dr. Fluehr-Lobban recently conducted research in two camps of internationally displaced persons (IDP) in Khartoum, Sudan. Her research spe-

cializes in human rights, cultural relativism and anthropology and ethics. She often serves as an expert witness in asylum case hearings. Dr. Richard Lobban, a professor emeritus of anthropology and African studies at Rhode Island College, currently teaches courses in African Studies at the Naval War College. He is internationally known for his first-hand reporting of the guerrilla wars in Eritrea, Southern Sudan and Guinea-Bissau. As a specialist of Egypt and Sudan, human rights activist and foreign policy expert, Dr. Lobban frequently serves as an expert witness in hearings for asylum cases of African and Middle Eastern refugees. Honoring Saul O Sidore, a humanitarian and local businessman, the Sidore Lecture Series invites speakers to PSU's campus to discuss relevant issues in politics, society and culture. The series was established in 1979 by PSU and the Sidore Memorial Foundation. All Sidore lectures are free and open to the pub-

lic, but reservations are recommended. A reception follows each lecture. Free tickets are available at the Silver Center Box Office, 535-2787 or (800) 779-3869. Information about the Saul O Sidore Lecture Series is available at go.plymouth.edu/Sidore.




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Cady's Corner

Community invitation: "Alex's Story" –March 9

BY DEB NARO
Contributor

How can we stop the heroin epidemic? If we are to get our arms around the growing addiction and overdose death crisis, it is critical that we prevent students from ever misusing opiates in the first place. "Alex's Story of HOPE" (Heroin and Opiate Prevention Education) is a collaborative project of CADY and TIGER (Theatre Integrating Guidance Education and Responsibility). "Alex's Story" is a dramatic re-telling of one of New Hampshire teen's real-life slide down the slippery slope of drug use into heroin addiction and the difficult journey to recovery.

From marijuana as a 13 year old, underage drinking at 14, prescription pain pills at 16, to heroin addiction at the age of 17, Alex has been on a journey none of us would care to take. On his 18th birthday, Alex sought treatment for heroin addiction and is now in recovery. He had taken a path that leads to mental illness, incarceration or death for too many. Yet, somewhere in this remarkable young man, was the strength, the light, the courage to say, "This is where it stops." And it did. But as he will tell you, "Every day when I face problems and I don't use, that is a great day."

Alex is a young man, but his story is retold by an actress so both young men and women can relate to the events that led to his addiction. Teghan Kelly, the professional actress who portrays Alex in "Alex's Story" will touch the hearts and minds of audiences in profound and moving ways.

"Alex's Story" is proving effective with audiences because:

Authenticity. It is a true story of a New Hampshire teen—100 percent of the dialogue shared is Alex's own words from his experience with drug use, addiction, treatment, and recovery. As prevention specialists, CADY has ensured the messaging is science-based and accurate.

Relatable. Alex is the boy next door. He comes from a good family, participated in sports, and was a boy scout. Youth say..."If he experienced addiction, then it could happen to me, too."

Peer-to-Peer Model. It is highly effective because it utilizes a peer-to-peer strategy—where kids oftentimes "tune out" adults they "tune in" to their peers. We know in the drug prevention field, that a power differential between adults and youth exists and this can make communication difficult. HOPE is designed to bridge this communication gap.

One-of-a-kind presentation. Most motivational speakers on this serious subject matter are older adults communicating their experiences and tragic losses from an adult perspective. As stated above, adult to youth motivational speakers typically do

SEE CADY, PAGE A13

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

ESTABLISHED SEPTEMBER 18TH, 2014

Offices at 5 Water Street, P.O. Box 729,
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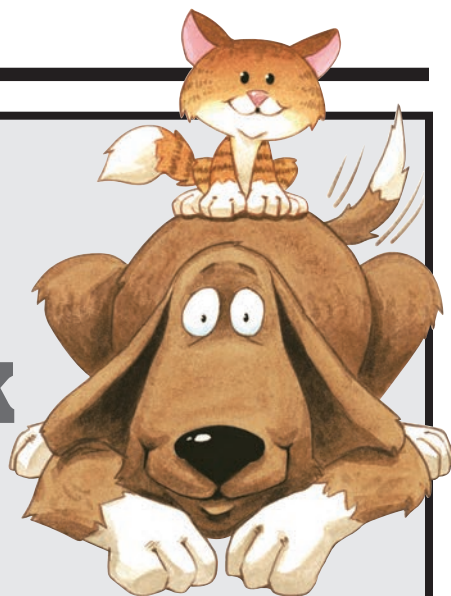
Frank Chilinski, President & Publisher
Ryan Corneau, Information Manager
Brendan Berube, Editor
E-mail: newfound@salmonpress.com
Joshua Spaulding, Sports Editor
Donna Rhodes, Reporter
Advertising Sales: Tracy Lewis
Distribution Manager: Jim Hinckley

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

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PET of the Week Peter



Peter, handsome black and white feline has travelled a little due to the trials and tribulations of his human owners. Originally an apartment cat, much loved, his first owner was unable to care for him. He arrived at NHHS in 2012. We adopted him a short while later, now three years later, he has return to us again since he wasn't part of the relocation plans of his second owner.

Both homes loved him, cared for him, and ultimately did the right thing by bringing him to NHHS. OUR deep and abiding hope is he is not now trapped in a kitty version of



"Hotel California" he's checked out twice but has yet to really leave.

Could his third home be the final one, committed to him for the rest of his life. Peter is sweet as can be, loves to tuck himself in under his blankets, enjoys cuddling once he knows you, and this time, please this time, a permanent home. He's declawed, so an indoor home is absolutely a pre-requisite for his next adoption.

Check www.nhhumane.org for more details.

Letters to the Editor

Join me in supporting candidates who will serve Bristol's best interests

To the Editor:

The time for local elections is drawing near. With all the turmoil in the national government, this is our opportunity to elect officials that will represent the residents of Bristol fairly and work to keep our taxes reasonable while providing the services necessary to maintain our quality of life in this wonderful little town. I am supporting the following candidates, and hope that you will

too. For select board, Rick Alpers and Don Milbrand. For budget committee, Janet Cavanagh, Joseph Caristi and Walter Waring. For Bristol's school board representative, Jason Roberts. I would also request that you write in Nancy Spears for library trustee and Tom Keegan for cemetery trustee.

There is a petitioned article to change Bristol's form of government to SB2. This would eliminate the town

meeting and replace it with a deliberative session, with voting on all of the warrant at the polls. I am opposed to this petition and believe we should maintain our town meeting form of government.

At this election, we will also be voting on the school warrant. Please support our schools by voting for the teacher contract and the budget. Our teachers, administrators, school board and school budget commit-

tee have an enormous responsibility to assure that our children have available the best possible education to become productive and informed citizens. As the population of our state becomes increasingly older, we will depend on these young people in many ways.

I encourage all registered voters in Bristol to exercise your right to vote at the Old Town Hall on March 14.

LUCILLE KEEGAN
BRISTOL

Alpers and Mill brand will move Bristol in a positive direction

To the Editor:

Where does the time go? Town elections and town meetings time again.

This past year, 2016, I have been able to attend many select board meetings. It has been time

well spent, in my opinion. The decisions made by the present select board have continued to move Bristol forward in a positive direction. Much has been accomplished; more needs to be done.

To continue the positive direction of the town, I will vote for Rick Alpers and Don Milbrand to fill the two vacancies on the select board. I would like to encourage the registered voters to support Rick

and Don; also, their addition to the board will benefit our town with the many decisions that will be made in 2017.

Thank you.

BARBARA GREENWOOD
BRISTOL

Think carefully before casting your vote on SB2

To the Editor:

Here comes the month of March, when Bristol has its annual town meeting. This year, we are being asked to vote on a new warrant article changing this town into an SB-2, which eliminates

our yearly town meeting and changes the na-

ture of the democratic process which is apt to cause less input on budget issues by the voters.

I believe one reason for this warrant article is because some people feel we don't have enough taxpayers and residents in attendance at this meeting. As I recall, we had nearly 150 voters

in previous years who have concerns about how our tax money is being spent.

I have also read that some towns who are currently SB-2's are considering reverting back to town meetings so their voices can be heard. So think twice about your vote and the impact an

SB-2 could have.

Also, when contemplating about candidates for the Select Board, consider Rick Alpers and Don Milbrand, who will always keep the tax payers in mind when making final decisions.

LORRAINE BOHMILLER
BRISTOL

An animal so mean, fierce and nasty that it bites the ground it walks on?

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



The wolverine, or “Carcajou” as it is sometimes known, merits just one line in Helenette Silver’s much-cited book “History of New Hampshire Game and Furbearers,” and then only because of misidentification.

Yet this almost mythical mid-size creature, seemingly part wolf, part badger, part bear, is on the list of what might have been here when the last glacier began melting around 14,000 years ago, and vegetation and wildlife reoccupied the land.

Woodland caribou appeared, for instance, to exploit the new abundance of food, as probably did the musk ox. If the wolverine is still part of the mix today, just a few hundred miles north of us, why not back then?

Not that I would relished having a back-country camp back then, as I do now. I’ve done a fair share of traveling in the Far North, where people with back-country camps particularly detest wolverines.

Of course this all has to do with food, and the wolverine is notorious



BANQUE D’IMAGE, CANADA – COURTESY PHOTO

THIS PHOTO shows a relatively benign side of the wolverine. Most images portray it as snarling, mean and nasty.



PLANET EARTH – COURTESY PHOTO

THE BLACKFEET called the wolverine the Stink Bear, and it does have one whale of a scent, with the build of a small bear.

for its ability to sniff out the faintest traces of food from miles away. It is first or maybe second in this category, the other candidate being, of course, the bear.

Both creatures deserve their French names, I think. The voyageurs and the coureurs des bois (“runners of the woods”) called the wolverine “glutton,” which means the same in English and French. And their name for the bear was “cochon de bois,” pig of the woods.

Norton Kelly, with whom I first traveled to Labrador back in 1976, had plenty of stories about wolverines. Norton ran the darkroom at the second newspaper I worked for, the New Hampshire Sunday News, which had its own section in the huge old Union Leader newsroom

on Amherst Street in Manchester.

Norton was a tall, lanky, funny guy, and relished recounting tales of the Far North. “A wolverine is so damned mean and nasty, and hates everything so much,” he said, “that it will go along swinging its head from side to side, gnashing its teeth and biting the ground in front of it.”

I loved Norton’s description, and of course have studied up on the animal long since, but it turns out that Norton was not exactly in a class by himself:

“A solitary, fierce mammal en.wiktionary.org/wiki/mammal of the Mustelidae en.wiktionary.org/wiki/Mustelidae family.” --- Wiktionary.org etymology

“Appearing more like a small bear, the wolverine is in fact more

of a weasel on steroids. This stocky little beast is the stuff of legends. Along with a voracious appetite it has a reputation for unmatched ferocity and apparently fears nothing. Pound for pound few other animals can match the wolverine for strength or attitude.” --- Planet Deadly, “Wolverine Facts”

“The more we learn about wolverines, the more we find to admire. These elusive denizens of frozen mountaintops were celebrated by Native Americans as powerful, all-terrain, all-season masters of the icy North. Also called “mountain devil” and “carcajou” (French for “evil spirit”), wolverines, according to some, make the Tasmanian devil look like a sissy.” --- Wild Earth Guardians: “Wolverine (Gulo gulo)”

In all my travels across Labrador and northern Quebec and Ontario and into the Yukon and Alaska, I have never happened to see

a wolverine, but I have some wolverine fur on a hat made for me by an Inupiat woman.

At our modest shanty in the middle of nowhere, in the Connecticut Lakes Headwaters Tract, my camp partner and I have always been extra careful about leaving any traces of food around. This is something I learned many years and many camps ago.

So when we’re getting ready to leave we wipe the counter and stovetop to remove all traces of grease and spills, and carry any food scraps far from camp for dispersal in the woods, and when we pack up and break

camp and hit the trail for the log landing and the truck, far below, there is nothing to eat or smell (we hope) left behind.

All this has so far fooled the local bears into thinking that our camp isn’t worth investigating, but I always wonder if it would work with Carcajou.

This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.

Letters to the Editor

An accurate vote count doesn’t count in New Hampshire

To the Editor:

SB 109 was voted down last week by the New Hampshire Senate. They refused to authorize Town Moderators to perform a public, random, verification count on vote-counting machines. With only voiced support for SB 109 from a few senators, it is clear that the New Hampshire Senate would rather assume vote-counting machines are accurate than to have evidence of their accuracy.

An amendment was recommended by prime sponsor, Sen. Martha Fuller Clark during the session, but the Senate would not overturn the committee recommendation (3-2 ITL) in order to consider the amendment. The amendment addressed concerns expressed by the Attorney General’s office.

In order for the governed to give consent (as articulated in Part 1, Article 1 of the New Hampshire Constitution) and hold elected officials accountable (as Part 1, Article 8 of the New Hampshire Constitution declares is their right) through a vote cast, people in each town, city, ward and unincorporated place have a fundamental right to vote (as we see in Part 1, Article 11 of the New Hampshire Constitution) and receive a verified accurate vote count. The responsibility for verifying the accuracy of that vote count is held within each community and constitutionally assigned to the Town Moderators. But the Granite State is approaching 90 percent of municipalities using secret, proprietary software in vote-counting devices without any specific clarity or method to a moderator’s con-

stitutional duty to verify the accuracy of the vote-counting machines. SB 109 proposed a means and a method for Town Moderators to fulfill their constitutional duties and state law where vote-counting devices are used.

Moderators take an oath pursuant to Part 2, Article 84 of the New Hampshire Constitution, and are bound by Part 2, Article 32 to govern the election process, to openly oversee the counting of votes on election night and make a public declaration of an accurate vote count. In a better political climate, SB 109 might not be necessary, but Town Moderators have recently had their constitutional authority questioned and challenged by state election officials, and it is absolutely necessary to reaffirm in explicit law, authority that empowers moderators to fulfill their constitutional duty to openly and accurately verify votes counted by vote-counting devices.

Why do state election officials and our senators object to Town Moderators fulfilling their Constitutional duties and numerous state laws

that hold them accountable for an accurate vote count? Reach out to your senator and ask how they voted on SB 109. Go to (<http://www.nhcommunityrights.org/news--updates/an-accurate-vote-count-doesnt-count-in-nh>) for additional information to assist you in speaking with your senator about SB 109.

New Hampshire Community Rights Network (NHCRN) stood up for election integrity and one of our most basic civil rights, our right to vote and have our vote counted accurately by supporting and providing testimony in favor of SB 109. Join “NHCRN” on Facebook or visit them online at www.nhcommunityrights.org to learn about educational opportunities and sign up to receive newsletters and updates about the Community Rights Movement. NHCRN is a grassroots, non-profit organization of Community Rights efforts, educating and empowering communities and elected officials about our right to local self-governance.

MICHELLE SANBORN
NHCRN COORDINATOR
ALEXANDRIA

International Women’s Day, observed on March 8, celebrates the social, cultural and political achievements of women. Yet, women continue to face many challenges. For one thing, women still encounter gender-specific obstacles to their important financial goals, such as a comfortable retirement. If you’re a woman, what can you do to get past these barriers?

First of all, you need to recognize them. Here are a few to consider:

- Longer life spans – A 65-year-old woman is expected to live, on average, another 20.5 years, compared to 17.9 years for a 65-year-old man, according to the National Center for Health Statistics. That’s another 2½ years of life – and 2½ years more of expenses.
- Lower incomes – Women working full time in the United States typically are paid 80% of what men earn, according to Census Bureau data.
- More time away from the workforce – Men work an average of 38 years, compared to just 29 for women, according to the Pew Research Center and the Social Security Administration. The gap

is largely due to women taking time off to care for young children and elderly parents. Women who work substantially fewer years than men will miss out on hundreds of thousands of dollars in earnings and many years of contributions to 401(k)s or other retirement plans.

These statistics certainly are sobering – but they don’t mean you are powerless to improve your financial security. In fact, you can do quite a lot, including the following:

- Boost your retirement plan contributions – Put in as much as you can afford to your 401(k) or other employer-sponsored plan, and increase your contributions whenever you get a raise. And even if you have a 401(k), you may still be eligible to contribute to an IRA.
- Invest for growth – Some studies have shown that women may invest less aggressively than men. If you invest mostly in conservative vehicles, you may run the risk of falling short of your financial goals. To achieve these goals, you’ll need a reasonable amount of growth potential in your portfolio.

- Extend your working life – If you like your job, you may want to consider sticking with it a couple of years past when you initially thought you’d retire. You’ll be able to add to your retirement accounts, and the extra years of work may help you increase your Social Security benefits. These payments are based on an average of your highest 35 years of earnings, so if you have a zero in some of these years, it will pull the average down. Consequently, your extra years of work may help erase those zeros. But even if you have a long, unbroken work record, your extended career can help you in regard to Social Security, because the extra money may mean you can afford to delay collecting benefits – and the longer you wait past 62, the bigger your checks will be – at least until you turn 70, when they “max out.”

You’ll help yourself by becoming familiar with the special issues women face in meeting their long-term goals. As you know, women have met challenges successfully for a long time. After all, Ginger Rogers did everything Fred Astaire did – except backwards, and in heels.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or “like” her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



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Christine A. Seaver, 64

NEW HAMPTON —Christine A. Seaver, 64, of New Hampton, died Monday, Feb. 27, 2017, at Concord Hospital after respiratory failure.

Chris was born in Lawrence, Mass., the daughter of Henry Howard and Gloria (Perry) Tommasino. Christine had been married to her loving husband, Matthew Seaver, for 27 years, and is the mother of four beautiful children (Brandon, Rachel, Alyssa, and Maggie). Her family had always been the most important part of her life, and her greatest joy.

Chris' strength and faith have been an inspiration to many. She was a proud survivor of stage four breast cancer, and was a living miracle. She loved to travel, dance, go camping, enjoy walks, and above all, spend time with family and friends. Her great-



Christine Seaver

est peace and comfort was found in her deep faith and listening to the waves at the ocean.

Family members include her husband, Matthew Seaver; a son, Brandon DeCaro; three daughters (Rachel DeCaro, Alyssa DeCaro, and Maggie Seaver); three grandchildren, Madison, Luke, and Tara; five brothers (Arthur Mooney, Stephen Howard (deceased), Tim Howard, Tom Howard, and Joey Tommasino); five sisters (Mary Van-

Brunt, Nancy Howard, Kathy Howard (deceased), Joyce Tommasino, and Linda Tommasino).

She was greatly loved by all who knew her, and will be remembered always as a gentle, loving mother and wife.

Friends and family may call Thursday March 2, 2017 from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A Mass of Christian Burial will be Celebrated Friday, March 3, 2017 at 9:15 a.m. at St. Matthew Church of Holy Trinity Parish, Plymouth, NH. Burial will be in New Hampton Village Cemetery in the spring. Those interested in sending flowers please contact Renaissance Florals at 744-9494. Or, in lieu of flowers, donations may be made in her memory to the Breast Cancer Research Foundation at www.give.bcrfure.org.

Let's not move backward In Bristol

To the Editor:

It was a very tough decision for me to not seek reelection for another term as selectman. I have enjoyed my time on the board and am proud of our accomplishments. I thank you all, wholeheartedly, for your support and encouragement and even your criticism, most of which was constructive.

Town elections are coming in a couple of weeks and I would like to encourage you to vote for Rick Alpers and Don

Milbrand to continue the good work accomplished by the current board. Don and Rick bring experience and level headedness to the position.

I'm sure Mr Sellers believes he is acting in the best interest of Bristol taxpayers, however, his actions on the budget committee have been geared only toward those taxpayers that believe nothing has changed in this town in decades. He consistently has advocated for cuts

and policies that would degrade Bristol services and living conditions. Additionally, Mr Sellers has inundated town staff with Right To Know requests for frivolous and contentious, politically motivated reasons. This type of grandstanding has lead to a very ugly divisiveness, which is his desired outcome, I believe.

Again, I have been honored to be selectman in this wonderful town.

SHAUN LAGUEUX
BRISTOL

Newfound Area School District Warrants to be voted on March 14

To the Editor:

I need to make it clear the following comments on the Warrants are strictly mine and do not represent the Board's position.

Article 1: Elect District Officials; I have no position, but I want to remind the voters that you choose all the Officials as they represent all the towns not just the town they are from in the same way senators represent multiple towns.

Article 2: To Rescind the 2 percent tax cap; This is the first year the tax cap has had a significant negative effect on the Superintendent's proposed budget. We had to cut \$1,800,156 out of her proposed budget to come under the tax cap. The tax cap is only on the locally raised taxes, about \$12 million. With a District budget of about \$23 million this means it is really about a 1 percent cap. This means any new requirements and cost of living increases, such as for health insurance, have to be covered by the allowed \$240,000 increase. The management staff have been able to previously come within the tax cap through cost savings and the unanticipated Hill tuition. The staff are running out of ways to come within the tax cap without cutting educational costs. I support this Warrant article to allow the District staff to make future budgets that are best for student outcomes. To pass, it will require more than 60 percent of the voters to approve this Warrant.

Article 3: School Resource Officer: This is to add \$72,000 to the budget for a police officer to support all the schools. The reason provided for this Warrant is because of the current drug epidemic. The petitioners felt additional resources are need to work with the students to keep them from becoming addicted to drugs.

Within this budget additional counselor time has been added to work with students. This funding is only good for one year and would have to be funded with in next year's budget or another Warrant would be needed next year to fund the position. I have mixed emotions about this Warrant, my police chief suggested current police officers should take some of their time to work in the schools with the students.

Article 4: Potentially add to Building Maintenance Trust Fund: This allows the Board to add up to \$100,000 to the Trust Fund for future maintenance requirements only from the fund balance that has not been spent at the end of the school year. This amount is nowhere near enough to properly maintain our five school buildings that range in age from 94 years old to 28 years old. Our newest building the high school is in need of a new roof. We had major expenses this past year with our BHVS that is 19 years old. For the town we set aside funds into our trust funds for future expense of about 10%. If we funded the school trust funds for future needs at 10 percent it would amount to \$2 million. The Board was afraid any larger amount than \$100,000 would not be approved by the voters. This money can only be set aside if funds are left over at the end of the school year and only used for maintenance. I therefore recommend you vote for this Warrant to help address maintenance needs that have been neglected. This would help cover the almost \$400,000 in maintenance that was cut from the proposed budget. We need to keep our buildings safe and in a productive learning condition.

Article 5: Teacher Contract: The voters are asked to approve the

teacher contract that was negotiated between the Board and teacher's union. In 2017-2018 there is an increase in compensation of \$248,042 and in 2018-2019 the increase will be \$214,551. In the first year the contract gives the teachers only step increases and the second year only a 1 percent increase. More than 40 percent of the teachers are at the top step so a stipend was developed to reward teachers with years service beyond 10 years. This contract keeps the teachers competitive with neighboring districts. I therefore recommend voting for this Warrant to reward teachers for providing great instruction to our students.

Article 6: Operating Budget: The Board and Budget Committee approved a budget of \$22,752,584 within the tax cap. At the Deliberative Session those present voted to add \$800,000 to cover the cost of replacing the leaking high school roof that has exceeded it's life expectancy. This brings the budget being voted on to \$23,552,584. If this Warrant does not pass the default budget will be \$23,184,352. There is a Board member who believes we should live within the tax cap. If the public wants to fund expenditures that did not fit within the tax cap they could add funds during the Deliberative Session like the \$800,000. I do not believe this good budgeting practices. I recommend you vote for this warrant so we can meet the needs of our students and preserve the integrity of our high school and vote for Warrant Article 2 for future budget flexibility. If this Warrant does not pass the default budget would be used.

BY DONALD FRANKLIN
SCHOOL BOARD REPRESENTATIVE
HEBRON

Vote John Sellers for Bristol Selectman

To the Editor:

Some Bristol officials like to tell voters the Bristol tax bill can't get any lower since the total tax rate in Bristol is in the in the lower third for New Hampshire communities. They brush off your concerns and struggles to pay your tax bill as if they are not valid or worthy of their consideration. In reality, the municipal tax rate in Bristol, the only tax rate the Select Board is directly charged with managing, is near the 75th percentile of the most expensive tax rates in New Hampshire. We have room for improvement. Candidates like John Sellers know there is a need for improvement, so I will be voting for Sellers on March 14.

With Sellers on the Select Board, I believe we can focus on data driven needs vs. nice to

have services such as a K9 unit.

We need to tackle the million dollar unreserved fund balance only half of which is needed for potential abatement reserves. This fund has been represented to the residents as a large unappropriated contingency fund. Well, we already have a transparent and voter approved contingency fund in our budget. The truth is, this money got there by over taxation during the greatest recession in the past 75 years. To be fair, the Select board has, in the past three years, used the unreserved fund balance to lower the tax rate but that obscures the real issue of over taxing you in the first place and then giving a portion back to lower the tax rate while using the remaining excess to fund warrant ar-

ticles.

We need to slow down the growth in long term debt. The past few years we have watched million dollar project after million dollar project get pushed through the town warrant. In the past 10 years our long term debit has increased from less than \$100,000 to greater than \$3 million. Bristol should be improving its infrastructure, but a little more planning and thought needs to be taken into account. The philosophy of taxation without planning almost resulted in the Town owning a very impractical and expensive boat shop.

This is only a sliver of the work that needs to be done in Bristol, but the first step requires voting March 14 for John Sellers Select Board.

PAUL MANGANIELLO
BRISTOL

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Alton Reporter

CALL TODAY SPACE IS VERY LIMITED!

Littleton Courier

Francisco skier dies in Austrian avalanche

Number crunching continues on town budget
Ferry fee rate at \$7.73 to exceed \$10!

M-Zo has strong opening

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Smell of spring
It has been a intriguing week. The sap is running. Snow piles shrinking. Tiny spikes of day lilies emerging at the foundation It will change, get out and breathe.

From the town
Alexandria Selectmen's Meeting Minutes
Feb. 21

Meeting minutes from Feb. 14 were approved.
Items Reviewed and Signed
Purchase Order: TMS Diesel for repairs to F550 Business
Chief Sullivan announced a presentation that they will be doing on Thursday, March 2nd from 6 to 8 pm called "Civilian Response to Active Shooter." This presentation is free and open to the public. It will be held at the Alexandria Town Offices.

Chief Sullivan also provided an update on department activity including concerns with local drug activity.
Non-public meeting entered at 6:05 p.m. per NH RSA 91-A:3, II (a). There was no further public discussion.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church
The regular Sunday worship and monthly

observance of Holy Communion at the South Danbury Church will be at 11 a.m. on March 5, the first Sunday of Lent

Danbury Winter Market/ Fedco Seed order
Last chance reminder that Saturday, March 4 from 9 a.m.-1 p.m. is the Danbury Winter Farmers Market at the grange hall, 15 North Rd. in Danbury. Stop in for breakfast or lunch or to support your local cottage industry and farmers. Stop off at the Danbury Grows table to get the number needed to order online from the second fedco seed order which is being submitted around March 15. You may also order potatoes and onion sets through the moose tubers division of the Fedco seed company. The shipping on the Moose Tubers catalog will be approximately an additional 63 cents per pound. These items will be shipped around April 1. The recent seed order came back in about a week so you would expect the seeds to arrive around that time as well.

Blazing Star Grange
The grange will meet at 7 p.m. on Thursday March 2 at the Taylors home on Eastern District Road. The main Silent movie on Saturday, March 18 is "Phantom of the Opera."

Groton

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

We have had lots of questions about the Groton Town Library. The books have been removed from the shelves

to protect from theft and the Library Trustees have met with the Hebron Town Librarian so that the residents may have library services. Just today I received the following announcement from the Hebron Librarian and wanted to pass this along to all of you.

From the Hebron Library
Groton residents are welcome at the Hebron Library, 8 Church Lane in Hebron, at no cost. Please stop in and say hello and get your library card. Hours are Monday 5-7 p.m., Wednesday 1-5 p.m. and Saturday 9 a.m.-noon.

Want to support your local library? Do you shop on Amazon? Here is a very easy way to donate to your library just by shopping from the comfort of your home! Go to <http://smile.amazon.com> and add Friends of the Hebron Library to your donation list. After that, any time you log in to Amazon and purchase items 0.05 percent will be donated to the Hebron Library. Thanks to everyone who does this for us as it really does add up!

The next "Friends of the Library" Meeting is Monday, March 6 at 6:30 p.m. Everyone is welcome!

Here is a list of those who are running for Town Offices on the ballot. Many will be here for Candidates Night on March 7 before the Select Board Meeting scheduled for that night also. This would be a good time to meet them and ask questions on

Town matters.

Selectman for 3 years – Kyle Andrews, Treasurer for 3 years – Darlene Andrews, Town Moderator for 2 years – Tony Albert, Trustee of the Trust Fund for 3 years – Michele Lacroix, Trustee of the Trust Fund for 1 year – Gina Rescigno, Town Auditor for 1 year – Otto Jespersen, Planning Board for 3 years – Deborah Johnson and Russell Carruth (two positions open), Supervisor of the Checklist for 3 years – Gina Rescigno, Zoning Board – Helen Martyszyn for 2 years and Elizabeth Jespersen for 3 years, Cemetery Trustee for 3 years – Sharon Nelson, Library Trustee for 3 years, Otto Jespersen.

Town Elections will be held on March 14. Polls at the Town House, 754 North Groton Road, will open at 11 a.m. and close at 7 p.m. Town Meeting will be held at the Town House on March 18, beginning at 9 a.m. Come and let us know what your thoughts are. Every voice is important.
Samples of the final ballot and the warrant for the Groton Town Elections will be posted on Feb. 27 at the Town House and at the Transfer Station.

From the Supervisors of the Checklist
The Supervisors of the Checklist will be in session on March 4 to make additions and corrections to the checklist. The session will be held from 10:30 – 11:30 a.m. at the Groton Town House, 754 North Groton Rd.

Upcoming meetings
Select Board Meetings meets every other week. Upcoming Select Board Meetings will be held March 7, and March 21 at 7 p.m. at the Town House. March 7 will also be "Meet the Candidates" night, so come out to see who you are voting for.
Conservation Commission meeting is scheduled for Thursday, March 9 at the Town House, 7 p.m.
Select Board Work Sessions are scheduled Tuesday, March 7 and March 14 – 5 p.m. at the Town House.
Here's an early reminder that dog licenses for 2017 are now available in the Town Clerk's office. All dogs in the Town should be licensed before April 30.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

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

Supervisors of the Checklist in Session-Saturday, March 4
The Supervisors of the Checklist will be in session in the 2nd floor meeting room of the Select Board's office located

at 7 School Street on Saturday, March 4 from 11-11:30 a.m. This will be the last opportunity to register or make corrections to the checklist before town voting on Tuesday, March 14.
Supervisors of the Checklist
Barbara Brooks
Sandra Cummings
Audrey Johnson

Hebron Library
Want to support your local library? Do you shop on Amazon? Here is a very easy way to donate to your library just by shopping from the comfort of your home! Go to <http://smile.amazon.com> and add Friends of the Hebron Library to your donation list. After that, any time you log in to Amazon and purchase items 0.05 percent will be donated to the Hebron Library. Thanks to everyone who does this for us as it really does add up!

We will be having a bake sale on voting day on Tuesday, March 14. Proceeds will benefit the Friends of the Hebron Library. Feel free to make items and donate them the day before to the church or library.
The next Friends of the Library Meeting is Monday, March 6 at 6:30 p.m. Everyone is welcome!

Casella Trash Update
Due to road conditions Casella will not be picking up trash on Monday March 6. Please check the town Web site for further details or contact the Selectmans office at 744-2631.

Mardi Gras: Unleashed – Tavern 27 to host Second Annual Mardi Gras party to benefit NH Humane Society

LACONIA — Tavern 27 is hosting the second annual Mardi Gras: Unleashed on Tuesday, Feb. 28 from 6-8:30 p.m. at 2075 Parade Rd., Laconia, to benefit the New Hampshire Humane Society. Join Chef Leslie Judice and Raymond Simanson, co-owners of Tavern 27, for a feast of tapas and wine pairings; lively New Orleans-style piano jazz with local musician Jim Tyrrell; trivia, scavenger hunt, games and prizes, and; of course Mardi Gras Party favors and the traditional King Cake.
Leslie Judice was born in New Orleans, and is thrilled to bring the sights, sounds and flavors of Mardi Gras to Laconia again this year.
"There will be something for everyone to enjoy - food, music and fun- and all for a fantastic cause," she says.
Chef Leslie and her team will be serving New Orleans-inspired cuisine, along with some of Tavern 27's most popular items. Vegetarian, vegan and gluten free options will also be served. There will be several stations paired with a variety of wines including some on the Tavern 27 list and a few new wines to enjoy. Non-alcoholic beverages will be available and are included with the price of admission; the bar will be open for guests that do not enjoy wine.
"Winter can be long and hard for the neglected and abandoned animals in our area. It is the New Hampshire Humane Society's mission

to care for them and give them a voice," says NH Humane Society's Development Director, Lissa Mascio. "In the middle of a dreary New England winter, what could be better than a colorful party, fantastic food and lively music to benefit them, and the shelter?"
All proceeds from the event will benefit the New Hampshire Humane Society shelter. The New Hampshire Humane Society is a 501(c)3 non-profit whose mission is to find responsible and caring forever homes; provide shelter for the lost, abandoned and unwanted animals; advocate and be the voice for the voiceless. The Humane Society works hard to prevent cruel

ty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets. Community fundraising efforts, such as the money raised by Mardi Gras: Unleashed, are an integral part of keeping the shelter open and providing valuable services to the 17 communities in the NHHS area, and beyond.
Tickets for the event are \$54 in advance (plus tax, gratuity not included) and can be purchased at Tavern 27, or online at tavern27.com or through nhhumane.org, or; \$63 at the door. Tickets are limited; purchasing in advance is strongly recommended. Dress is casual, though guests are wel-

come to dress in festive purple, green and gold. Local businesses wish-

ing to support the event by donating prizes may contact Leslie via e-mail,

eat@tavern27.com, or by dropping items off at Tavern 27.



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MARCH 8 TH:
6:00-7:30PM
MVCS Lower El. Campus

MARCH 11TH:
6:00-7:30PM
MVCS Lower El. Campus

PUBLIC LOTTERY:
Closes: March, 11, 2017
Drawing: Mid March.

NANA



Newfound Area Nursing Association

Bereavement Groups

First Tuesday of each Month

Newfound Area Nursing Association is offering a monthly drop-in Bereavement Group On the first Tuesday of each month from 3 - 4:30 pm

Location: Minot-Sleeper Library Community Room

Group Leader: Shirley Marcroft, Bereavement Coordinator at NANA

There is no charge to attend. For more information call NANA 603.744.2733

Support Groups give people the opportunity to discuss and learn ways of coping with their loss, to gain the support of others in safe and caring ways, and to learn about the grief process.

Suggested Topics - discussion can be focused on the needs of those attending

March 7:	Living in the Wake of Suicide
April 4:	Coping with the Loss of a Child
May 2:	Motherless Daughters

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Ashland Episcopal (St. Mark's Church)

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

Sundays - 9 a.m. - Traditional Worship Service followed by coffee/fellowship in the church dining room 9:25 a.m. - KidZone for K - grade six 11 a.m. - Contemporary Worship Service 11:15 a.m. - KidZone for K - grade 6. 11:15 a.m. - Youth "Toddler Zone" is available at both services for infants -age five Before the contemporary service please join us for coffee and healthy snacks.

We are hiring musicians to play in a band at the 11 a.m. Contemporary Worship Service We are looking to hire: Vocals Guitars Keyboard Drums and More If interested please contact Aaron Stout at 585-478-2443 or email him at aaronfuzion@gmail.com

Axyon Youth Ministry, for grades six through 12, Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter Street), just around the corner from the church. This youth ministry will be meeting every week and is led by our new youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Small groups/Bible studies There are numerous small groups that meet during the week. Different topics, different times, different places. Please contact Pastor Ernie Madden for more information.

Mondays: 8 p.m. - Alco-

holics Anonymous Group meets in the church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions please call Pastor Ernie Madden at (office phone number) -968-9463, (home phone number) - 968-7770 or his cell phone at 412-2046. You can also email him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at 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 un-churched 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. Real church, real people, real simple. We look forward to seeing you on Sunday And remember Just come as you are — no perfect people allowed.

Holy Trinity (Roman Catholic)

Day Away Program Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregivry some much needed time off. Please contact Christine Santom at 786-2283 or come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region.

Taize Evening Prayer There will be an evening of Taize prayer and music hosted by

PSU Catholic Campus Ministry and the music ministry of Holy Trinity Parish on Sunday, March 12. The evening starts at 6 p.m. with a simple soup supper at St. Matthew Hall and then a beautiful candlelit service will follow in the church. This year, we will be praying for peace. Please consider attending and praying with us.

Newfound Area Churches Lenten Noon-time Service and Luncheon If school is cancelled, there will not be a service. If school is delayed, there will be a service. • March 1: Our Lady of Grace • March 8: Bristol UCC • March 15: Bristol Baptist • March 22: New Hampton Community • March 29: Alexandria Methodist • April 5: Hebron Union Service begins at noon, followed by a light lunch. The Stations of the Cross will be prayed every Friday during Lent. The Stations will be prayed at each campus at the following times: St. Matthew, noon; St. Agnes, 3:30 p.m.; Our Lady of Grace, 6 p.m.

Catholic Day at the State House Thursday, March 9 from 8 a.m. to 2 p.m.

Join Bishop Peter A. Libasci and Catholics throughout the Granite State to learn how you can make a difference in our state by advocating for justice and the common good. The day includes: "Remarks by Bishop Peter Libasci" A briefing on the 2017 legislative session by Bob Dunn, lobbyist for the Roman Catholic Diocese of Manchester Breakout sessions Key-note address by Rev. Paul B. O'Brien Group picture on the State House steps and group opportunity to visit the State House. Registration, refreshments and lunch. Issue presentations. The event is free, but you must register to attend. Please call Meredith Cook at 663-0148, or email her at mcook@rcbm.org.

Campus Ministry First Sunday Rosary: Join Campus Ministry students in praying the Rosary on Sunday, March 5, before the 11:30 a.m. Mass at St. Matthew Church. Prayer starts at 11:15

a.m.

Lenten Adult Faith Formation program: Rediscover Catholicism As Lent approaches, let's start preparing for this year's parish program. Matthew Kelly's "Rediscover Catholicism" program takes us back to the small group format to read and discuss his book, "A Spiritual Guide to Living with Passion and Purpose." Please consider taking advantage of this excellent opportunity for your Lenten journey of faith. For additional information, or to register, call or e-mail Tony Fitzherbert, Elena Worral or Deacon Mike: Tony: 536-2188 or tony-subway@aol.com Elena: 744-0105 or elena@daveelena.com Deacon Mike: 536-4700 or deaconguy1997@gmail.com

Knights Breakfast To benefit Haven Pregnancy Center The Knights of Columbus will serve their monthly breakfast on Sunday, March 5. Come and enjoy the best breakfast in town. All proceeds for this month's breakfast will go to the Haven Pregnancy Center.

Cornerstone Women's Retreat: Save the date!

This year's Cornerstone retreat will take place at the Silver Fox Inn in Waterville Valley from April 28 to the 30th. The theme this year is Prayer, a Divine Exchange. More information coming soon!

Weekly Meetings Thursday, March 2 Day Away, Simard Hall, 9 a.m. Cub Scout Meeting, St. Matthew Hall, 6 p.m. Bear Meeting, St. Matthew Meeting Room, 5 p.m. Saturday, March 4 CDA Meeting, St. Matthew Hall, 5 p.m. Sunday, March 5 Knights of Columbus Breakfast, St. Matthew Hall, 7 a.m. Rosary, St. Matthew Church, 11:15 a.m. No Faith Formation classes No Confirmation classes Boy Scout Meeting, St. Matthew Hall, 5- 7:30 p.m.

AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, 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.

"I need to listen well so that I hear what is not said." ~ Thuli Madonsela

Sunday, March 5, 9:30 a.m. "The Risk of Success," Rev. Dr. Linda Barnes

In moments of wisdom and clarity, we realize that the risk of no change is far greater than the risks demanded by our dreams. With a nod to our past, let's acknowledge the risks we've taken to build our beloved community and commit once again to a bold future together.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

Children and Youth Religious Education, Meredith Flynn, DRE A Time and place to help strengthen a child's moral compass. Children in grades six and below will be downstairs on Sunday the 5th. They will be making apple pies which will be donated to the Bridge House Homeless Shelter. This will be the third year we have made pies for the Bridge House. It is a fun morning that all the kids can get involved in. We need washers, peelers, slicers, and mixers! Neighboring Faiths-Our youth in grades 7-9 will have class from 9:30-10:45 a.m. in the upstairs Youth Room. Youth Group- The high school Youth Group meets the second and fourth Sundays of the month from 6-7:30 p.m. in upstairs Youth Room.

Social Justice Community Outreach Community Closet Collection: Canned or dry packaged food items may be placed in the box in the foyer for our local food pantry.

Ongoing activities Choir meets on most Thursday evenings, 7-8:30 p.m. in the sanctuary. Lay Pastoral Care Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda.

See Activities for the week on the Web site at www.starrkingfellowship.org where you can access the up to date calendar of events.

Second Sunday Hike Depart SKUUF rear lot at 11:30 a.m. Refreshments and dinner following the hike if interested. Contact Mitch at mitch@newfoundfarm.org to register and receive updates. Rain cancels.

Wise Women in Training regularly meets every second and fourth Wednesday at 10:30 a.m. Open to all women. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group.

Starr King Men's Group meets 6-8 p.m., on the first and third Sundays in classroom #3 downstairs. This is not a closed group so any interested male can attend. Feel free to drop in.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Fellowship Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

NH Electric Co-op Foundation grants \$20,000 to help local food pantries

PLYMOUTH — A \$20,000 grant awarded by the New Hampshire Electric Co-op Foundation to the New Hampshire Food Bank will be dispersed to 33 food pantries across the state. The donation is being awarded in the form of an account credit at the New Hampshire Food Bank, where pantries can shop at prices that are often much lower than local grocery stores. The NHEC Foundation has been a long-time supporter of the New Hampshire Food Bank. Since it was formed in 2006, the Foundation has granted nearly \$400,000 to the New Hampshire Food Bank to help New Hampshire residents in need. "This year, the Foundation Board of Trustees wanted to make an even greater impact to those directly served by New Hampshire Electric Co-op," said Board Chair Sharon Davis. "By giving each pantry an account credit, this allows them

to purchase the items they really need at a much lower cost through the New Hampshire Food Bank." Thirty-three food pantries that serve NHEC members in eight counties across the state will receive a portion of the grant, including: Belknap County:Alton, Barnstead, Gilman-ton. Meredith, Sanborn-ton, Tilton. Carroll County: Conway, Moultonborough, North Conway, Wakefield, West Ossipee, Wolfeboro. Coos County: Colebrook. Grafton County: Campton, Canaan, Danbury, Lincoln, Littleton, North Haverhill, Plymouth, Warren. Merrimack County: Franklin, New London. Rockingham County: Deerfield, Derry, Hampstead, Nottingham, Raymond. Strafford County: New Durham.

Sullivan County: Charlestown, Newport. The NHEC Foundation is funded by more than 40,000 NHEC members who participate in the Round Up Program. The monthly electric bills of participating members are rounded up to the next dollar with the proceeds benefiting the Foundation. The average

contribution of Round Up members is \$6 a year. To join the Round Up Program, visit www.nhec.com/round-up-program.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities.

TOWN OF HEBRON The Supervisors of the Checklist will be in session upstairs in the Selectmen's Office Building on Saturday, March 4, 2017, from 11:00 to 11:30 p.m. This is your last opportunity to register, and/or make corrections to the Hebron Checklist prior to town elections on March 14, 2017. Voting will be downstairs in the Community Center. Supervisors of the Checklist Barbara Brooks Sandra Cummings Audrey Johnson

Brake for Moose. It could save your life.

PUBLIC NOTICE TOWN OF ASHLAND Please be advised that effective FEBRUARY 27, 2017 the following roads will be posted for a load limit of 10 tons: Carr Avenue Church Street Cottage Place Cottage Street Cross Road Elm Street Glove Street Spring Street Short Street Reed Road Peppercorn Road North Avenue Leavitt Hill Road Howe Road Hicks Hill Road Summer Street Smith Hill Road Sanborn Road Prospect Street (Gravel Section only) Owl Brook Road Murray Street Lambert Road High Street Thompson Street Per order of The Board of Selectmen In accordance with NH RSA 236:3 and NH RSA 41:11

NOTICE ALEXANDRIA RESIDENTS The Supervisors of the Checklist will be in session at the Alexandria Town Hall on March 4, 2017 from 11:00 to 11:30 a.m. for additions and corrections to the checklist, in preparation for the Town Election on March 14, 2017. Change in party registration will be accepted. George Whittaker Suzanne Cheney Loretta Brouillard

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Local businesses support benefit concert for food program

NEW HAMPTON — Local businesses are stepping up to support a Benefit Concert for NH Gleans Program-Belknap County on March 11. “Plant Extra for Hunger” raffle items already donated include gift cards from The Common Man, Hannaford, Hart’s Turkey Farm Restaurant,

Osbourne’s AG Way, and Vista Foods. Home Depot is providing a large set of garden tools and seeds and Lowe’s donated a wheel barrow full of gardening supplies. “These donations help our fund-raising and show great commitment by the community to alleviate hunger in New

Hampshire,” said Donna Hepp, Chair of the Belknap County Conservation District. “We are pleased that local businesses are “investing” in our Gleaning Program and more are still coming forward.” With St. Patrick’s Day right around the corner, Irish and folk music is

right in season. The Plant Extra for Hunger Concert is on Saturday, March 11, at 7 p.m at the Mc Envoy Theater in New Hampton featuring Boston-basedband, Peter O’Halloran and the Hired Men. The location is 70 Main St. in New Hampton (Theater and parking GPS address: 34 Dr. Childs Rd.). The concert supports NH Gleans-Belknap County, a program run by the Belknap County Conservation District (BCCD). NH Gleans-Belknap County is part of a larger network operated by The

Sustainability Institute at the University of New Hampshire. The program coordinates harvest of surplus vegetables and fruit from farms and home gardeners and distributes it to senior centers, food pantries and soup kitchens. In 2016, Belknap County farmers and gardeners donated more than 5,800 pounds of fresh vegetables and fruit worth \$23,200 which were collected and distributed by NH Gleans-Belknap County volunteers. Income from this concert will help NH Gleans-Belknap Coun-

ty continue and expand these efforts in 2017. More information about the gleaning program will be available at the concert. Concert tickets are \$15 before March 6 and \$20 at the door. For ticket information, contact Lisa Morin at 527-5880 or email: lisa.morin@nh.nacdn.net . You can download a ticket order form from the BCCD Web site: www.belknappcd.org. For more information on NH Gleans-Belknap County, contact Russ Bailey at belknappgleans11@gmail.com.

The Asbury Jukes are having a party in Plymouth!

PLYMOUTH — The Flying Monkey Performance Center welcomes back Southside Johnny & The Asbury Jukes on Saturday, March 11 at 7:30 p.m. John “Southside” Lyon is known as a pioneer of New Jersey Rock N Roll with legions of fans from decades of high energy live shows. Tickets for this concert start at \$39.

Southside Johnny and the Asbury Jukes have been a staple of bluesy Rock N Roll since 1975. With a true Jersey Shore sound, John Lyon cut his teeth in Asbury Park, New Jersey, among the likes of Max Weinberg, Steve Van Zandt, and Bruce Springsteen. In fact, Southside Johnny co-founded the Asbury Jukes band alongside Little Steven Van Zandt.

For Southside Johnny and the Asbury Jukes - ‘comfortable’ has never been a word associated with their brand of raucous, roots-tinged rock and bluesy reverie. The Jukes have more than 30 albums on their resume, thousands of acclaimed live performances across the globe, and a vibrant legacy of classic songs that have become “hits” to their large and famously-dedicated fan base.

With a decades-long successful career, Southside Johnny and the Asbury Jukes continue to deliver their soul-sear-



COURTESY

The Flying Monkey Performance Center welcomes back Southside Johnny & The Asbury Jukes on Saturday, March 11 at 7:30 p.m.

ing brand of raucous blues and R&B, with material mined from their many albums, featuring hits like “I Don’t Want To Go Home,” “Love On The Wrong Side Of Town,” “The Fever,” “This Time It’s For Real,” “Talk To Me” and their definitive fun-time cover of “We’re Having A Party.” The Jukes’ legendary high-energy live performances always satisfy with their classic blend of Stax-influenced R&B and gritty, Stonesque rock and roll.

“With the Jukes, you’re out there every night leading this great rock n’ roll circus, giving it everything you’ve got,” says Southside Johnny Lyon.

Tickets for Southside Johnny & The Asbury Jukes are \$39, and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flying-monkeyNH.com.

Songs and Stories from the War Years at Minot-Sleeper Library

BRISTOL — People of all ages love the music from the World War II era, 1939-1945. On Thursday, March 9 at 6:30 p.m., Minot-Sleeper Library will host “Songs and Stories from the War Years” presented by Richard Kruppa. This entertaining and informative program focuses on some of the most beloved songs from that era. Songs like “Bluebirds over the White Cliffs of Dover,” “Sentimental Journey,” “Praise the Lord and Pass the Ammunition,” and “Harbor Lights.” Richard not only sings the songs, accompanying himself on guitar, five-string banjo, and baritone ukulele, but he tells their fascinating and unfamiliar stories as well; their meaning,



Richard Kruppa

how they came to be, and their significance. Kruppa asks interesting and thought-provoking questions, such as “What popular song was written in response to the bombing of Pearl

Harbor?” “What song was popular world-wide and thought to be from each country where it was popular?” and “What WW II-era song was a top hit written and recorded by a state governor?” Richard Kruppa, known musically as “Ramblin’ Richard,” is a member of the New England Foundation for the Arts, and a retired professor from Bowling Green State University in Ohio. The event will be held at Minot-Sleeper Library on Thursday, March 9 at 6:30 p.m. The event is free and all are welcome. For more information, call the library at 744-3352 or email librarian@townofbristolnh.org.

Disney’s Imagination Movers comes to the Flying Monkey stage!

PLYMOUTH — The Flying Monkey Performance Center presents Imagination Movers on March 4 at 2 p.m. After partnering with Disney Junior Channel and winning an Emmy Award, their live show continues to create music that speaks to children, proving to be a hit with parents and children alike. Imagination Movers encourages kids to “Reach high, think big, work hard, and have fun!” Tickets for this family show are \$25, with kids two and under free.

The coolest kid’s rock band in the world is coming to New Hampshire! The Emmy-winning New Orleans-based Movers are known around the world for their hit preschool TV series seen on the Disney Junior cable channel. The Movers deliver a highly exhilarating and exciting



COURTESY

The Flying Monkey Performance Center presents Imagination Movers on March 4 at 2 p.m. After partnering with Disney Junior Channel and winning an Emmy Award, their live show continues to create music that speaks to children, proving to be a hit with parents and children alike.

rock concert experience where kids and parents will sing along with the Movers’ hooky choruses, learn ridiculous dances and have a blast doing it. A dash of flying toilet paper and smoking trash cans thrown into a crowd-pleasing concert with real guitars and

real drums makes for real fun!

The New York Times claims the Movers are “prized by many parents for non-condescending lyrics and music that evokes the Beastie Boys or Red Hot Chili Peppers.” Parenting Magazine praised the band’s “dash of rebellion” and songs that are “fresh and treacle-free.” Imagination Mover Rich Collins says: “Our goal is to make many of these kids’ kids’ first concert experience also one of their parents’ most memorable experiences. We hope everyone leaves needing a nap!” Tickets for Imagination Movers are \$25, with kids under two free. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flying-monkeyNH.com.

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Newfound Lake Area &
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Seniors and kidney Health

What Do the Kidneys Do?

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Physical well-being is contingent upon the health of all of our organs, and while the areas of focus for seniors may often be the heart and brain, the kidneys are just as important and should demand the same level of care and attention.

Located to the left and right of the spine, below the rib cage, these bean-shaped organs may not always be top of mind, but the importance of their roles in supporting the body's equilibrium cannot be overstated. In addition to filtering the blood and removing waste and excess water from the body, the kidneys also control blood pressure, produce essential hormones, and balance pH levels.

Chronic Kidney Disease

As we age, it can be a difficult for the kidneys to function at

their optimum level. Additionally, certain conditions and factors – such as high blood pressure, diabetes, and obesity – can negatively affect the functionality of the kidneys, potentially resulting in chronic kidney disease (CKD). Generally, CKD is defined as the loss in kidney function over an extended period of time. Symptoms do not usually manifest until the disease is in an advanced stage, but they include:

- Increased fatigue
- Constant thirst
- Shortness of breath
- Increased frequency of urination
- Skin rashes
- Difficulty managing diabetes or high blood pressure

As these symptoms are subtle and can apply to any number of other conditions, the only way to know if you have kidney disease is through blood and urine tests. If CKD goes unchecked, not only do wastes continually collect in the

body, but it may even lead to kidney failure – meaning that the kidneys' functionality has been reduced to less than 15%.

Should kidney failure come into play, there are treatment options available, including dialysis or a kidney transplant. However, seniors do not have to wait for things to get worse before they can get better. Risk reduction, through adjustments in diet and lifestyle and diligent monitoring, can make a big impact on kidney health (and overall well-being). Here are some recommendations for seniors age 65 or older.

Ways to Support Healthy Kidneys

- Diet**
Drink plenty of water. As a general rule of thumb, stick to eight 8-ounce glasses (or about 2 liters) throughout the course of the day.
Consume foods low in salt, sugar, and fat – and

look for labels that contain the words “whole grains”

Purchase fresh produce, instead of their canned or processed counterparts.

Discuss kidney-friendly diets, and any diet change in general, with a physician or dietician.

Lifestyle
Do not smoke, or take steps to quit smoking.

Limit alcohol consumption.

Incorporate at least 30 minutes of moderate physical activity into your daily schedule. Be sure to consult a doctor or physician before beginning any exercise regimen.

Maintain a healthy weight, and lose weight if you are currently overweight.

Health Monitoring
Rigorously manage blood sugar levels, especially if you have diabetes. Be sure to abide by your doctor's instructions in regard to insulin and blood sugar moni-

toring.

Keep blood pressure in check. Talk to your doctor about options for using anti-hypertensive drugs, designed to lower blood pressure, such as ACE inhibitors or angiotensin blockers.

Get an annual screening, especially if you have any of the risk factors associated with kidney disease.

Kidney Disease Is Not Inevitable
Seniors may feel they do not have a choice when it comes to the health of their kidneys. While it is true that kidney functionality does naturally diminish over time due to the decrease in kidney tissue and filtering units, advanced age does not solely trigger kidney disease. Encourage your senior loved ones to incorporate the tips listed above to help reduce the risk of kidney disease and other health conditions.

Comfort Keepers® can help. Our caregivers, or Comfort Keep-

ers®, can help establish a daily routine with your loved one that promotes good health and independent living. This includes helping to ensure that your loved one eats well and takes his or her medications in the correct dosage at the right times. Call your local office today to discover all of the services we offer.

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Tips for healthy and safe foreign travel



(COURTESY PHOTO.)

Peggy Piette, APRN, MSN, NP-C.

PEGGY PIETTE, APRN, MSN, NP-C
White Mountain Travel Health, PLLC

Travel, especially foreign travel, requires planning. Annually 80 million US travelers travel outside the US. Unfortunately, most do not visit a travel clinic and lack understanding of the need and unaware of preventable risks. As a result, 95% do not get appropriate vaccines,

prescriptions, or medications. Half get sick from preventable illnesses. Plan to:

Schedule a travel clinic visit. They have experts in foreign travel health. They have the knowledge, resources, and expertise to prevent illnesses and injuries.

Discuss all medical problems, medications and itinerary to determine appropriate medications and precautions.

Review your immunizations to decide needed immunizations. If your immune system is compromised discuss alternatives such as, waivers, precautions and your risks.

Visit the dentist to avoid dental emergencies. Dental care and sterilization may be poor in other countries. Having a dental kit provides a “band-aid” until you see your dentist and

avoids exposure to Hepatitis B and HIV.

Pack a first aid kit that has supplies to treat possible injuries and illnesses while traveling. This may include a suture and needle kit for local providers to treat you and avoids blood borne infections (Hepatitis B and HIV) exposure.

Bring enough prescriptions and supplies to last your trip, including prescriptions and paperwork.

Know foods to eat and avoid. Know safe water sources and purification methods.

Learn to protect yourself against mosquitos. There are many types of mosquito repellents available. Knowing what to use, when and how helps to prevent illnesses like Zika, Dengue Fever, Chikungunya,

and Yellow Fever.

Use sunscreen appropriately. Know the signs and symptoms of hyperthermia and hypothermia.

Prepare for possible injuries including means of prevention. Motor vehicle accidents, alcohol related events, and pedestrian injuries are common and are a common cause of death among travelers. Be aware of violent crimes, including terrorism.

Prepare for animal encounters, ie. snakes, spiders, bats, rodents, monkeys, and marine animals.

Know of possible natural disasters. Follow all local warnings and instructions. Have an evacuation plan, that includes contacting travel companions if separated. Natural disasters

limit clean food and water supplies, and disrupt sewage; causing illness and inadequate medical resources.

Ensure you are healthy and physically fit for planned activities. Consider your mental health. Prolonged travel and humanitarian work impacts mental health and suicide rates with foreign travel.

Know how and where to get health care, including medications.

Get travel and medical evacuation insurance that (1) covers costs if you cancel due to illness, (2) pays for health services abroad as most domestic insurances

do not, and (3) covers the costs and provides means if you need to evacuate due to disaster or medical emergency. Many countries have limited medical resources.

Carry all required documents, passports, visas, yellow card/waiver (yellow fever), immunizations, insurance policies, prescriptions, etc.

Register and have contact information for the US Embassy in each country you visit.

There is a lot to consider. Make it simple. Visiting a travel clinic is helpful.

UTV

FROM PAGE A1

red lights but for police matters, Chief George Hill said his keys will turn on blue lights.

“This is great because if we ever need to go somewhere that would be difficult to access with a cruiser we’ll be able to use this now,” he said.

There is also a radio inside that will allow them to be in contact with New Hampshire Fish and Game officers

as well as their standard contacts with Lakes Region Mutual Fire Aid and the regional police dispatch center.

As part of the Mutual Aid system, the Can-Am can also be available for emergencies in other local communities.

Both Atwood and Hill were most grateful for the donation, and said it will be very useful for incidents such as snow mobile accidents, lost or injured hikers and hunters, and even for access to remote forest fires.

Mud Season Mixer



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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:
obituaries@salmonpress.com

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.

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Ready

Who to Call → Where to Meet → What to Pack

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BY RANDY HILMAN

February regional home sales declined nearly 40% year-over-year to 130 closed transactions and nearly 47 percent from January’s 247 single-family and condominium sales, figures show.

Meanwhile, the February median home price in Belknap, Carroll and Grafton counties was unchanged at \$170,000 from a year ago but dropped 14% below the 2016 median home price of \$198,000, according to housing data supplied by the New England Real Estate Network Multiple Listing Service.

The drop-off in unit sales contributed to a 49 percent decline in transacted dollar volume, down to \$32.9 million from the \$65.3 million transacted in January and down 32% from the \$46.7 million recorded in February last year, figures show.

The Winnepesaukee Talkie

Experts say season, not economy, slows home sales

A month-to-month transactional decline of \$32.4 million means February real estate transfer taxes collected in the three-county region were off some \$500,000 from collections in January and down \$207,000 from taxes collected in February 2016, said the New Hampshire Department of Revenue, whose officials noted that, while seasonal revenue declines are generally anticipated, uncollected transfer taxes do impact on the state’s coffers.

Experts in the regional housing market say that February’s sales lull is attributable mostly to adverse seasonal, rather than economic conditions, which are viewed as favorable for sustained home sales, despite rising interest rates, low home inventories and rising numbers of unfilled jobs. They continue to forecast another positive sales growth year, following four years that saw re-

gional home prices rise a collective 35.5 percent and transacted dollar volume increase 49.4 percent to \$1.17 billion last year, according to the NEREN MLS.

Powering the housing market is a robust state economy characterized by rising wages and a statewide unemployment rate of 2.5 percent, the nation’s lowest, according to figures supplied by New Hampshire Employment Security. Compared to a national unemployment figure of 4.6 percent, unemployment in the three-county region served by this report, is 2.3 percent, 2.6 percent, and 2.8 percent in Grafton, Belknap and Carroll counties respectively.

“There are certainly challenges in this market, like continued low inventory and high competition for those fewer properties,” the New Hampshire REALTORS® wrote in its year-end market report.

While the number of homes for sale was drastically down in year-over-year comparisons, along with days on market and months of supply, sales volume and prices rose in most markets, NHR reported, even in the midst of rising mortgage interest rates, “...which (is not) expected to have a negative impact on real estate in 2017.”

In Belknap County, February sales declined 58% from January to 34 closed transactions and 49% from the 67 sales recorded in February a year ago. Average days on market rose 13 percent to 119 days, but dropped 12 percent from the 146 average days reported in February a year ago, according to NEREN. The February median home price rose 2.8 percent month-over-month to \$182,900, down 5 percent from January’s \$192,500 figure.

Carroll County home sales fell sharply in Feb-

ruary to 45 transactions, down 37% from January and 26 percent from February last year. Average days on market fell 16 percent from January to 130 days, or 14 percent faster than in February 2016. The median price of a Carroll County home, meanwhile, dropped 13 percent from January to \$174,500 and 5.6 percent from February one year ago when the median price stood at \$184,950, according to NEREN.

And, in Grafton County, sales declined 44 percent from January to 51 closed transactions, down 41 percent from February 2016 when 87 sales were reported. Homes sold in February were on the market an average 166 days, up 5 percent from January and up nearly 30% from February 2016, according to NEREN. At the end of February, the median price of a Grafton home stood at \$167,950, down 2 percent from the

month before but up a substantial 23 percent, from the February 2016 median price of \$136,500.

Are you thinking of selling your home? The market needs quality homes. This may be a good time to get cash out. Did you know you can hire a top REALTOR® pro for a commission as low as 1.5 percent? Ask me how. Meanwhile, thank you for reading The Winnepesaukee Talkie.

The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro, NH. He can be reached at 610-8963 or by email at rhilman@randyhilman-homes.com.



BY MARK PATTERSON

Robo-advising has become very popular because of the very low fees typically associated with this automated service. I believe there is some merit and a place for Robo-advising. There are just some concerns that I have regarding Robo -advising, first being, we really have not seen how the robot handles a fast-moving downward market or an

elongated bear market. I can see Robo -advising being used by young people with a very long time horizon in the markets that are just allowing the robot to rebalance their portfolio and to make algorithmic choices for their money. Where I don’t believe Robo works well is for someone inside of 10 years of retirement or doesn’t like equity market risk. As we get closer to needing our assets for income, or simply do not have time to recover from a correction in the equity markets, then an advisor that is skilled at structuring steady, sustainable and reliable income that mitigates market

risk, sequence of return risk and longevity risk can be invaluable.

I have seen many portfolios that were good candidates for Robo advising. Typically, these portfolios were made up of a family of mutual funds with attached commissions and 12 b1 fees sold by “advisors” who did not take the clients best interests into consideration, but sold funds that their firm was paid to promote. In this instance this clients’ money was being passively managed through high cost mutual funds whereas the robot could have done a better job for less fees. I guess what I’m saying is that given

the choice of a robot or a typical broker connected to a firm or bank, I might choose the Robo as well. Client money must be managed with the client’s best interest first, but can only be done by an advisor who really understands how to manage that money for their client’s needs.

As I mentioned earlier, we have not really seen how the robot reacts in tough market conditions. The last eight years has seen a couple of bumps but not any major drawdowns in the equity markets. So, complacency is at an all-time high and money will chase a market nearing a top. Studies

also tell us that investors will start to sell near the bottom. A robot will not have an opinion on the direction of the markets, if you should hedge, if you should raise cash levels or start to shift money over to bonds, fixed income or precious metals. It is a good thing that the robot takes your emotions out of the equation, but I’m not so sure that taking a qualified advisor or asset managers emotions, skill and knowledge is a good thing. Time will tell. Robo advising may work for you if your time horizon long and you don’t mind market risk in the equity markets or it could work for a portion

of your portfolio that is designated for growth but you will not need for income in the next 10 years.

A good asset manager can manage your money using modern portfolio theory and very low fee investments that are designed to maximize your returns and minimize your risk. Compare that to the low fee robot. It is all about net returns and risk.

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

Mark on the Markets

Advisor versus robot

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PSU earns Platinum Award for workplace wellness from Wellness Council of America

Becomes first university in the country to earn platinum designation for its innovative ‘Healthy PSU’ program promoting workplace wellness

PLYMOUTH — Plymouth State University (PSU) has been designated by the Wellness Council of America (WELCOA) as a Platinum Well Workplace after successfully meeting rigorous health promotion standards, clearly demonstrating its commitment to improving employee health and wellbeing. Ryan Picarella, president, WELCOA, presented the prestigious award to Plymouth State president Donald Bix at an awards ceremony and luncheon earlier today.

Plymouth State is the first university in the country to earn WELCOA’s platinum designation, recognizing it as one of the nation’s healthiest organizations in 2016.

“Our innovative ‘Healthy PSU’ program is a research-based organizational health and

wellness program that sets PSU apart as leaders in promoting employee wellness,” said Bix. “This platinum designation from WELCOA is a true testament to the commitment and leadership of PSU’s wellness team who works so hard to educate and motivate all of us toward being active, healthy and engaged in our personal and community wellbeing.”

PSU is one of 11 organizations across the country to receive WELCOA’s platinum well workplace designation in 2016. Other organizations include The Mayo Clinic Health Care and Kimberly-Clark Corporation. Studies suggest that a workplace culture of activity can help increase productivity, reduce absenteeism, lower turnover and reduce healthcare costs.

“I am so proud of how

far Healthy PSU has come since its inception 6 years ago. Our original vision for the program was not just to enhance individual employee health and wellness, but to ultimately cause a cultural shift around health and wellness at PSU,” said Rebecca Busanich, Ph.D., Plymouth State University. “By building the program through a community-based research design and with the exceptional leadership and dedication by our wellness champions and program manager, Denise Normandin, RD, LD, Healthy PSU has exceeded beyond what we ever could have imagined at that time.”

For information about Plymouth State University and its Healthy PSU program, visit www.plymouth.edu/healthy-psu/.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	311 Wicom Rd.	Single-Family Residential	\$160,000	Tracy L. and Ruth D. Simula	Greeley Properties Inc.
Campton	21 Champagne Circle	Single-Family Residential	\$230,000	David W. Sanborn	Kalinda L. Foley and Angie L. Lapoint
Thornton	27 Mountain River East Rd., Unit 10	Condominium	\$99,533	Kris A. Freeman	John S. Zima and Scott G. Robitaille

NRHS

FROM PAGE A1
NRHS is a small school he was able to bring many thoughts and ideas on the general atmosphere of the school community to the group. Emma Lagueux also participated in several of the phases and said it was a worthwhile experience. “We were given an opportunity (to work with the NEASC process) and we wanted to take it so we could help make the school better,” she said. “Generally, the vision we tried to put forth in our statement was that

we want to see students take more action in the school so they can become productive members of their college or the labor force after they graduate.” For sophomore Reid Wilkins, student-oriented learning was important to encourage in high school. Wilkins said he feels that form of education enables students the opportunity to “discover themselves through learning and find their own pathways.” New to the school, he added that he was very excited to take part in this process and hopes to see some of

the changes it will bring before he graduates. Junior Kaylan Santamaria stated that she, too, was honored to have the chance to help make a difference in the school for years to come. “Crucial ideas were included in all of this that will allow students to come together both now and in the future,” she said. Hoiriis and Yeakel said they were impressed with the ideas and language presented by the students, all of which not only contributed a great deal to the final statements that were

written for NEASC, but are spilling over into their education. Chris Davis and Paige Lane are enrolled in a Current Issues course and after working with the committee, their incentivized presentation for the class focused on weighted grading, which they argued would give more incentive

RECORDINGS

FROM PAGE A1
Vincent Paul Migliore of Bridgewater asked for a separate recording as a backup in case the audio system went down, which would affect both the video and the attached audio recorder. He reminded the board that the district had purchased two digital recorders four years ago and had asked Buckley to record the meetings so there would be an audio record that both the school district clerk and residents of the member towns could utilize. Levesque said he felt the recent changes were sufficient to address the issue, adding, “A large portion of what’s wrong with government in this country is we keep adding rules and stacking them on. It makes little sense, and it only makes another rule.” He and the superintendent said Migliore’s suggestion would require that someone take the time to listen to the audio recording to verify that it worked, and Buckley said it takes time to upload the audio file to the district’s web-

for students to take AP (Advanced Placement) classes. Weighted grading would mean that students who take a class more difficult than required would have that taken into consideration when it comes to grades. “If students are incentivized to be in honors and AP classes, they will grow more as learners

site. Only Sue Cheney of Alexandria voted with Migliore to use a backup recording device and his motion failed, 2-5. In other business on Feb. 22, Migliore reported on the delegate assembly of the New Hampshire School Boards Association, where one of the subjects was an update on provisions of the Right-To-Know law that became effective on Jan. 1. Among the items covered was the requirement that individual votes during a nonpublic session be recorded by roll call. The law also requires a supermajority vote to seal the minutes of a nonpublic session—five members in the case of the Newfound Area School Board — and that sealed minutes be reviewed periodically to determine whether they should be unsealed. Migliore said that requirement applies even to minutes that have been sealed for a specific period of time. The board approved several field trip requests, allowing students to attend theater productions, travel the

and individuals,” Lane said. As a result of the observations and ideas that were discussed through the NEASC accreditation process, the school will also take a look at how report cards will be laid out in the future.

Freedom Trail, and go to the New England Aquarium. The board also confirmed the hiring of two new staff members and a change of school assignment for another employee. At Migliore’s request, the administration is consulting with the school district moderator to determine whether to distribute an update to the annual report to reflect the \$800,000 addition to the budget that voters approved at the deliberative session of the school district meeting. The annual report lists the originally proposed budget figure, but a different number will appear on the ballot. “This is the record,” said Migliore, “but it’s not accurate right now.” The first order of business at the meeting, after a nonpublic session, was a public hearing on a petitioned warrant article to rescind the district’s tax cap. The sponsor of the petition, Lucille Keegan, was the only member of the public to speak.

Cook-Off

FROM PAGE A1
the group’s organizers. “The dental clinic helps children in town whose families can’t afford proper dental care. This helps decrease the need for pain medications that could lead to later addictions,” Richardson said. In addition to preventing future abuse, he noted that those addicted to some substances also suffer dental problems, making the need for proper care even more important. This year, there were a total of eight citizens and civic groups who offered a taste of their special chili recipes. After sampling the various dishes, everyone was then asked to cast a vote

for their favorite. Approximately 75 people enjoyed the fruits of their culinary labors, many finding it hard to single out just one as a winner. Shirley Yorks of Bristol said two were especially suited to her taste, one a traditional chili recipe that had everything just right, and one that stood out for being a bit different from the rest. “Number three was my favorite. It had spices and pineapple in it; it wasn’t your normal chili. I was torn between that and a traditional recipe but I decided to vote for something different this time,” Yorks said. Besides the food there was also information

available from organizations that participated in the cook-off, such as Friends of Newfound Football with their two chili entries, CCI Greenheart, which is a worldwide cultural exchange program for high school students, and the Christian Motorcyclists Association. “We made a lot of great contacts today,” said Preacher Buck West. Evidently, they made some great chili as well. CMA’s entry tied for second place with Scott Paten’s home recipe, while Peggy Amsden and her daughter Kenzie’s spicy dish took the top prize in their first ever chili cook-off competition.

Increased case load spurs region-wide search for CASA volunteers

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION — CASA of New Hampshire has been advocating for neglected and abused children in the state for many years, and they now are reaching out to find other volunteers who wish to take part in their mission, one that saves New Hampshire taxpayers millions of dollars each year. “Every child going through the family court system gets a paid guardian ad litem assigned to them. CASA volunteers are able to support them instead of an ad litem, though, saving the state about \$3 million each year,” said Joy Nolan, a CASA program manager for central New Hampshire. The children they serve are not in trouble, but situations in their lives may have left them in a compromising or potentially dangerous environment. CASA is there to look after their best interests through the judicial system. CASA stands for Court Appointed Special Advocate, and their volunteers come from all

walks of life, whether it be a career in education, business, construction or simply a concerned citizen. After a background screening they take part in a 40-hour training session before they are provided with their first case. “We have 400 volunteers in the state right now, but it’s not enough,” Nolan said. “We’re only able to accept 68 percent of the cases presented to us by the state, and the hardest days for me are the days I have to turn a case away.” In the Lakes Region, she said, there is an especially high demand for CASA workers right now. The biggest reason behind many of those cases is the ongoing war against drugs. “The opioid problem has placed a real burden on us now. Kids in this state deserve safety and permanency in their lives, and we need more volunteers to help with all they’re facing,” said Nolan. One of the many volunteers helping to provide those factors is Alan Amero of Northfield. Amero has been a CASA volunteer for four years now, and said it

has been a very rewarding experience. “I was looking for something to do that would challenge me. Watching Channel 9 one day, I saw a public service announcement for CASA, and I was off and running,” Amero said. The term that best describes his role with CASA, he said, is to address the best interests of a child. There is no transportation, no gift giving, and not necessarily any close friendship involved, like a mentor would provide. The volunteers are simply asked to speak on a child’s behalf in family court. Working alongside the Division of Children, Youth and Families, they are updated on any address changes, parental visitation plans and other issues that might affect a particular case. The volunteers then visit the child they are supporting once a month for “eye-to-eye” contact and to observe their environment. Those observations are then reported back to the court during their next hearing. The greatest satisfaction comes when he can play a part in breaking the cycle of abuse or family ad-

diction a child has lived with, then send he or she off to become a productive member of their community. “I’ve found it to be very a very rewarding experience. It makes me grateful in a lot of ways for the life that I’ve had,” Amero said. “Being a CASA volunteer also increases your problem solving skills and helps you look at issues with a whole different perspective.” He said his work averages around 10 hours a month per case, and volunteers are never presented with more than two cases at a time. Some reach a speedy resolution, while others can go on anywhere from several months to sometimes a little more than a year. In addition to the personal visits and court appearances, volunteers also get together as a group to discuss issues they encounter in their advocacy roles or simply lend support to each other. “Every case is unique, but there are some commonalities, so we share ways we’ve worked through a problem or particular situation and

that can be a big help,” said Amero. CASA is constantly running training sessions for new volunteers and the next one is slated to begin on March 20 in Northfield, with an exact location and time to be announced in the near future. Those interested in becoming a CASA volunteer are asked to download an application as soon as possible at CASANH.org so background checks and interviews can be completed prior to the training session. “I love my CASA’s. They bring bright light into a dark world of abuse and neglect. We want to meet the needs of each child who needs us so I look forward to welcoming more people who want to help make that possible,” said Nolan. To learn more about the organization or to make a donation to their ongoing mission of child advocacy, please visit their Web site or call 1-800-626-0622.



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COURTESY

Support efforts to get food to seniors and families through an upcoming Benefit Concert. Tickets are now available for the Plant Extra for Hunger Concert on Saturday, March 11, at 7 p.m. at New Hampton School's McEnvoy Theater.

Tickets now available for Plant Extra for Hunger benefit concert

NEW HAMPTON — Support efforts to get food to seniors and families through an upcoming Benefit Concert. Tickets are now available for the Plant Extra for Hunger Concert on Saturday, March 11, at 7 p.m. Peter O'Halloran and the Hired Men will perform at the New Hampton School's McEnvoy Theater for this cause. The New Hampton School address is 70 Main St. in New Hampton (Theater and parking GPS address: 34 Dr. Childs Rd.).

The concert supports NH Gleans-Belknap County, a program run by the Belknap County Conservation District (BCCD). NH Gleans-Belknap County is part of a larger network operated by The Sustainability Institute at the University of New Hampshire. The program coordinates harvest of surplus vegetables and fruit from farms and home gardeners and distributes it to senior centers, food pantries and soup kitchens.

In 2016, Belknap County farmers and gardeners donated over 5,800 pounds of fresh vegetables and fruit worth \$23,200 which were collected and distributed by New Hampshire Gleans-Belknap County volunteers. The income from this concert will help NH Gleans-Belknap County continue and expand these efforts in 2017. More information about the gleaning program will be available at the concert.

The Hired Men are a ragtag band of musicians brought together by Peter O'Halloran

(from Boston music staple the Dogmatics) and usually includes O'Halloran brothers Jimmy and Dan, as well as friends Johnny Coe, Marie Kettenring and J. Young. They like to say they play an incongruous mishmash of musical styles including Irish, Folk, Cowboy Jug Band, '50's, Rockabilly, 3 Chord Rock and original material. They love to jam and mix it up and are clearly having a good time as they play. Expect to be treated to lots of great vocals, dancing, good energy and fun.

Band member and fiddler, Marie Kettenring grew up in New Hamp-

ton and invited the band north to support this cause. She collaborated with her father, Ken Kettenring, a BCCD Board member to organize this benefit concert. Marie has been playing the violin/fiddle since she was 4 and has been performing since she was eight.

Concert tickets are \$15 before March 6 and \$20 at the door. For ticket information contact Lisa Morin at 603-527-5880 or email: lisa.morin@nh.nacdn.net. You can download a ticket order form from the BCCD Web site: www.belknapccd.org.

For more information on NH Gleans-Bel-

nap County, contact Russ Bailey at belknapgleans11@gmail.com. To sign-up to be a volunteer gleaner or to list your farm or garden as a donor please visit www.nhgleans.

"Our thanks to the farmers, gardeners and volunteers that contributed their produce and time last year to help feed people in need. We are proud of Russ Bailey's efforts to build our program and are pleased that efforts like this concert will help us sustain and expand gleaning efforts in Belknap County in 2017," said Donna Hepp, BCCD Board Chair.

CADY

FROM PAGE A4

not produce long-term behavior change whereas Alex's experience is resonating with young audiences.

Emphasizes Progression of Drug Use to Addiction. Most youth and many adults do not realize that use of all types of drugs serve as risk multipliers for opiate and heroin addiction (i.e., alcohol addiction increases risk of heroin addiction two fold; marijuana 3X and Rx Opioid painkiller addiction 40X). This presentation clearly defines early onset of any drug use as a gateway to problems and substance use disorders.

Counters Myths and Stereotypes. Alex's message reinforces that addiction can happen to anyone, especially teens. Scientific evidence supports that the developing teen brain is especially vulnerable to

addiction. From experience, we know that kids don't want to be lectured about the science of addiction, but they are receptive to the message when imbedded in a storytelling format.

Treatment. Beyond the primary prevention mission, Alex is encouraging those currently in trouble with drugs to get help before it's too late. At one school, a 15-year old female who disclosed she was a heroin addict was immediately connected to help.

All of us have struggles—some suffer in silence; addiction is a lonely disease. Some, not many, choose to bring their light to shine into the cracks and pain of others to heal. Alex has done this. By truly giving of himself he has demonstrated personal commitment, courage, and direct action to stem the tide of teen substance misuse and addic-

tion. Alex is currently attending Southern New Hampshire University and is pursuing his goal of becoming a Licensed Drug and Alcohol Counselor (LDAC).

"Alex's Story" will be presented at Plymouth State University on March 9 at 8 p.m. in Hyde Hall 220. All members of the community are invited to attend this free event sponsored by PSU Campus Ministry, PSU Student Activities; TIGER and CADY. Following the presentation, a question and answer time will follow with Alex. Come hear this powerful story. In sharing "Alex's Story," our collective goal is to prevent all drug use, including heroin and opioids, from stealing the lives of our young people. Addiction can happen to anyone any time. For more information, please contact CADY at 536-9793 or www.cadyinc.org.

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2007 Dodge Dakota Quad Cab, 4-Door, 4x4, Chrome Wheels, V-8 R/T Sport \$11,995	2007 Ford Explorer Sport Trac, Limited, 4x4, Leather, V-8 Moonroof \$10,995	2005 Nissan Frontier LT Crew Cab, 4-Door, 4x4, 6-Cylinder Automatic \$11,995	2005 Chevy Colorado 3.5L, Automatic, 4x4, Loaded, 4-Door Z-71 \$11,995	2007 Dodge Dakota Ex-Cab, 4-Door, Automatic, V-8, A/C 4x4 \$7,995
2006 Chevy 1500 4-Door, Ex-Cab, V-8 4x4 \$10,995	2008 Chevy 1500 Ex-Cab, 4x4, Loaded Only 81k \$17,995	2008 Ford F-150 Super Crew, 4-Door 4x4, FX-4 Leather Interior \$15,995	2006 Chevy 1500 LT Crew Cab, 4-Door, 4x4, 5.3L, V-8, Z-71 Leather \$14,995	2009 Chevy 1500 4-Door, 4x4, V-8, Loaded Only 79k \$17,995
2013 Chevy 1500 4x4, Automatic 8-Ft. Bed \$16,995	2011 GMC 1500 Ex-Cab, 4-Door, 4x4, Loaded Only 73k \$16,995	2007 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, Leather FX-4 \$16,995	2011 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, 5.0L, V-8, Black Beauty 5.0L V-8 \$19,995	2007 GMC Sierra 1500 Auto, 4x4, Z-71 8-Ft. Bed \$13,995
2005 Ford F-150 Super Cab, 4-Door, V-8, Loaded 4x4 \$10,995	2006 Dodge Ram 2500 4-Door, 4x4, SLT, Loaded, Black Beauty HEMI \$16,995	2014 Dodge Ram 2500 Heavy Duty, Reg. Cab, Loaded, 8-Ft. Bed 6.4L HEMI \$19,995	2007 Dodge Ram 2500 Quad Cab, 4-Door, 4x4 HEMI \$15,995	2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather 5.0L V-8 \$20,995
2011 Ford F-250 Super Cab, 4-Door, 4x4, Lariat, 2-Tone Running Boards Leather \$21,995	2006 Ford F-350 Dually, 4x4, Dump, Automatic, Boss Plow Powerstroke Diesel \$14,995	2013 Ford Cargo Van V-8, Automatic, Loaded All Power Options \$12,995	2007 Chevy 2500HD 6.0L, 4x4, Minute Mount Plow Only 61k \$15,995	2006 Chevy 2500HD 4x4, 6.0L, Low Miles Lift Kit \$14,995
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Not responsible for typographical errors.

What's On Tap

As the calendar swings into March, there are only a handful of regular season games left on the schedule.

The Kennett and Plymouth hoop boys will wrap up their regular season today, Thursday, March 2, at 6:30 p.m. in North Conway.

The Kingswood hoop boys will wrap up their regular season by hosting Oyster River on Friday, March 3, at 6:30 p.m.

The Division II Nordic State Meet will be held at Great Glen Trails in Pinkham Notch at 10 a.m. on Tuesday, March 7.

The alpine Meet of Champions for those that qualified will be today, March 2, at 9 a.m. at Cannon Mountain.

The Division III girls' basketball finals are Saturday, March 4, at 4 p.m. at Southern New Hampshire University.

The Division II girls' basketball tournament continues with quarterfinals on Friday, March 3, at the home of the higher seed and the semifinals are Tuesday, March 7, at 6 and 8 p.m. at Southern New Hampshire University.

The Division III boys' hoop tournament continues today, March 2, at 7 p.m. at the home of the higher seed, and the quarterfinals are Saturday, March 4, at the home of the higher seed. The semifinals are Wednesday, March 8, at Southern New Hampshire University at 6 and 8 p.m.

The Division II boys' hoop tournament opens on Wednesday, March 8, at 7 p.m. at the home of the higher seed.

The unified hoop tournament opens on Tuesday, March 7, and continues on Thursday, March 9, both at 5 p.m. at the home of the higher seed.

The Division II and III boys' hockey tournaments have quarterfinal action on Saturday, March 4, at the home of the higher seed at 4 p.m. The Division II semifinals are Wednesday, March 8, at Exeter at 5:30 and 7:30 p.m. and the Division III semifinals are Wednesday, March 8, at Plymouth State University at 5:30 and 7:30 p.m.

The girls' hockey quarterfinals are Friday, March 3, at the home of the higher seed and the semifinals are Tuesday, March 7, at 5:30 and 7:30 p.m. at Plymouth State.

Fishing Derby is March 5

GILFORD — Belknap County Sportsmen's Association will be holding its annual free kids' ice fishing derby on March 5 at Lily Pond, Gilford 9 a.m. to noon. Bait, tip-ups, hot chocolate, hot coffee will be available at the pond. Lessons provided for the first timers. No registration required, just show up and have fun. At noon in the clubhouse on Lily Pond Road they will have awards and trophies for the largest fish caught as well as having hot dogs, chips and milk for all the participants. Fishing Derby is March 5

Bears punch ticket to Final Four

Newfound hoop girls push past Gilford in quarterfinals

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Gilford girls' basketball coach Rick Forge knew he would have to pick his poison when it came to Newfound when the two teams met in the quarterfinals on Saturday, Feb. 25, in Bristol.

And Newfound coach Karri Peterson, having seen Gilford's Chuck Kenney in the stands in her team's first round win over Stevens, had a sneaking suspicion that the Golden Eagles would key on Newfound sophomore Ashlee Dukette, after she poured in 32 points against the Cardinals.

"You have to pick your poison when you play Newfound," Forge said after the Bears got a 45-34 win to advance to the Final Four. "We knew we had to keep Ashlee (Dukette) off the boards, she's one of the better players in the Lakes Region.

"But 12 (Amanda Johnston) had a monster first half for them," Forge continued. "We just didn't have the personnel to defend her."

"We knew if they were going to beat us, someone else was going to beat them besides Ashlee," Peterson said. "We told her they were going to shut her down.

"We said do what you can do and someone else is going to make the difference," Peterson continued. "It should be easy to break the triangle and two but you have to have someone make the layups."

The Golden Eagles made it clear early they weren't going to back down, but the Bears used a big second quarter and kept the visitors in check on the way to the 45-34 win.

Ashlee Dukette got Newfound on the board first with a rebound and putback but Kaitlyn VanBennekum came back with a pair of free throws for the visitors. After Molly Schilling hit a hoop for the Bears, VanBennekum hit two more free throws to tie the game again.

The Bears came back with the next seven points, as Johnston and Alexis Vantil hit hoops and then Johnston converted a three-point play for an 11-4 lead with 1:54 to go in the quarter.

Gilford fought back, as Stevie Orton and Lexi Boisvert hit hoops to cut the lead to three and then an Orton hoop with 12 seconds to go made it 11-10. However, Johnston was fouled at the buzzer and hit a free throw to give Newfound a 12-10 lead after one.

A rebound and putback for Boisvert got Gilford off to a quick start in the second quarter, however, they didn't score again until just 20 seconds remained in the



Alexis Vantil drives to the basket during first half action against Gilford on Saturday.



Ashlee Dukette makes a move to the hoop for two in action on Saturday evening.



Savanna Bony drives into Gilford defensive coverage in playoff action on Saturday.

frame.

Schilling hit a hoop to get a 9-0 run started for the Bears. Johnston hit a hoop and then Vantil hit a hoop and then drained a free throw. A Johnston basket with 1:15 to go in the half pushed Newfound's lead to 21-12.

Shelby Cole drained a

three-pointer with 20 seconds to go to cut the lead to 21-15 as the first half came to a close.

Savanna Bony got the first five points of the second half for Newfound, hitting a hoop and a three-pointer to stretch the Bear lead to 26-15 before VanBennekum con-



Amanda Johnston puts up a shot during action on Saturday against Gilford.

verted a three-point play for the Golden Eagles.

Madi Dalphonse brought the crowd to its feet with a three for the Bears and after a free throw from Orton, the Newfound sophomore connected on another three-pointer for a 32-19 lead. Lauren Dean hit a basket with two to go for Gilford but Newfound responded, as Dukette hit a hoop and Dalphonse drilled her third three of the frame to make it 37-21.

Cole then sank another three-pointer with just 10 seconds to go in the quarter, making it 37-24 heading to the final eight minutes.

VanBennekum opened the fourth quarter scoring with a pair of free throws but Dukette put back a rebound and Johnston hit a hoop for a 41-26 lead for the Bears. VanBennekum came back with a hoop and then Orton hit two free throws with 4:26 to go to cut the lead to 41-30. VanBennekum hit another free throw with 2:30 to go to make it a 10-point game but Dukette hit four free throws, two with 2:15 to go and two more with 31 seconds to

go to make it 45-31. Cole drilled a three-pointer at the buzzer to finish out the scoring at 45-34.

"All season it's our defense that's kept us in games," Peterson said, noting holding Orton to seven points was key to beating the Golden Eagles. "It was rotating and making sure you're aware of where she is."

Peterson also praised Orton's defensive presence, noting it was something her team had to prepare of.

"Stevie plays good defense," Peterson said. "She's strong and physical and she's going to block shots."

The Newfound coach also praised Dalphonse's spark off the bench in the third.

"She shoots better from the right side, so we overloaded the right side," Peterson said. "That was key for her to hit those three threes."

Peterson also was exited about the atmosphere, which featured a packed gym with fans from both teams being vocal throughout. She singled out the boys' basketball team as great supporters.

SEE HOOPS PAGE B3



Seniors (l to r) Jarrod Fairbank, Ben Morrill and Devon Kraemer-Roberts were honored prior to their final game last week.



AJ Muse pulls down one of his 17 rebounds in action against Gilford last week.

Bears finish up the season

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys’ hoop

team finished off the regular season with a pair of losses to Lakes Region foes Belmont

and Gilford. The Bears played host to Gilford on Tuesday, Feb. 21, and

dropped a 61-46 decision to the Golden Eagles. “We dug ourselves a big hole,” said coach

Tom Bourdeau of his team’s 39-15 deficit at the break. “The kids kept paying hard, cutting the lead to 48-41 early in the fourth, but that was as close as we could come.”

Gilford outscored the Bears 16-5 in the first quarter and then outscored them 23-10 in the second period to open up the big lead. Newfound outscored Gilford 22-9 in the third quarter but they could not keep the momentum up and dropped the 61-46 decision.

Mason Dalphonse led the way for the Bears, as he had 15 points, including three three-pointers. Devon Kraemer-Roberts added 11 points for the Bears, while AJ Muse pulled down 17 rebounds, including 12 defensive boards.

The game marked

the final regular season home game for Kraemer-Roberts, Ben Morrill and Jarrod Fairbank.

The Bears then traveled to Belmont on Thursday, Feb. 23, and dropped a 60-24 decision to the Raiders to finish out the season at 1-17.

“Disappointing to say the least,” Bourdeau said of the overall record. “I think that part of the problem was the fact that I was a late hire and this team was not able to have any summer or fall skill sessions.

“I look forward to having a summer program and turning this program around,” Bourdeau added.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Dukette leads Bears to first round win

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound hoop girls opened the Division III tournament in fine style, taking care of business over Stevens by a 56-33 win.

Newfound went to the press right out of the gate and got out to a 19-7 advantage after the first

quarter, with Ashlee Dukette leading the way with 11 points and Alex Vantil adding eight.

The Bears struggled offensively in the second quarter but the defense kept them right in the game, as they only scored seven points and gave up just nine but took a 26-16 lead to the

halftime break.

Out of the half, the Bears came out strong, putting up 15 points in the third and another 15 in the fourth quarter. The Bears had a 41-22 lead after three and pulled away for the 56-33 win.

Dukette led the way for the Bears with 32

points, 19 rebounds, four steals, three blocks and two assists. Vantil had a good day as well, putting 13 points on the board for the Bears.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.



JOSHUA SPAULDING

Wrapping up

The Plymouth unified basketball team finished up the season with a mixed-team scrimmage with the JV girls’ basketball team. The squads featured members of both teams, with unified coach Danee Morrison coaching one team and girls’ varsity coach Kristin Crotts coaching the other team.

Curling open houses at PSU March 12 and 15

PLYMOUTH — If you are one of the many who have witnessed the nail-biting intensity, unyielding pressure, and the fiery spirit of the sport of curling and wanted the opportunity to deliver a stone down the ice, well now is your chance. With the Pyeongchang 2018 Winter Olympics only one year away, the interest for the sport of curling is at an all-time high and here is your chance to be involved in the coolest sport on ice.

The beauty of curling is that it can be enjoyed by an array of people. There is no running; there is no jumping; there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the opposite end.

Still not sure if you can curl? The Plymouth State Ice Arena is going to let you try for free so you can find out just how much fun you can have on ice.

On Sunday, March 12, from 1 to 3 p.m. and on Wednesday March 15, from 6 to 8 p.m. p.m. the arena will be hosting “learn to curl” open houses. These sessions will teach you the basics of curling and by the end of the night, you will be delivering a curling stone down the ice with the greatest of ease. All of the equipment will be provided and admission is free (donations are gratefully accepted.) All that is required is that you bring footwear that is clean and free of salt and sand.

More than one session may be attended if desired. Pre-registration is appreciated but walk-ins will also be accepted. E-mail psu-icearena@plymouth.edu or call 535-2SK8 (2758) to reserve your spot.

Join in for the spring curling open house to watch, play and even sign up for a team. See what all the hype is about. Discover the joy and laughter shared amongst teammates and adversaries alike. Curling is an experience that will have people talking, cheering and everyone smiling.

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JOSHUA SPAULDING
Garrett Macedonia works for a pin of George Horta of Milford at the Meet of Champions on Saturday.



JOSHUA SPAULDING
Troy Johnson battles Michael Tanguay of Windham in the semifinals of the Meet of Champions on Saturday.

Bobcats finish fifth at Meet of Champions

Macedonia qualifies for New England Championships

BY JOSHUA SPAULDING
Sports Editor

NASHUA — A long day in the gym at Nashua South High School on Saturday saw the Plymouth wrestling team emerge with a fifth place finish in the elite Meet of Champions.

The Bobcats finished with 83 points, which placed them behind Timberlane, Concord, Windham and Pinkerton Academy in the final standings.

Plymouth was unable to come out of the meet with any champions but Garrett Macedonia was able to finish as the runner-up in his weight class to move on to New Englands.

Wrestling at 182 pounds, Macedonia opened his day with a pin of Steven Blaisdell of Division I champion Timberlane. He then wrestled his way into the finals with a pin of George Horta of Milford, the Division II champion. In the finals, Macedonia met up with Division I champion George Tarwo of Concord and

dropped a 13-1 decision to finish in second place.

Plymouth had a couple of wrestlers advance to the third place match but they both came up short of a third place finish.

At 126 pounds, Hunter Lessard opened with a pin of Noah Rapazzo of Goffstown and then pinned Kent Dow of Merrimack. That put him in the semifinals against Division I champion Connor McGonagle of Timberlane and he was pinned to bounce to the loser's bracket. He then continued by pinning Jeremy Bridge of Nashua South to move on to the consolation finals, where he lost to Vincent Marino of Windham, the Division II champion, getting pinned to finish fourth overall.

Alex Hamel won his first match against Jake Rosentrater of Salem by an 18-12 score but then dropped a decision to Division I champion Andrew Chase of Londonderry. Hamel went on to pin Peyton Bickford of Goffstown to ad-

vance to the consolation finals. In that match, he dropped a 12-6 decision to Markus Joseph of Manchester West, the Division II champion and finished fourth overall.

The only top seed in the brackets for Plymouth was Joe Cleary at 106 pounds. He pinned Kristopher DiNitto of Pinkerton in his first match but then dropped a 10-5 decision to Sam Wagner of Concord. Cleary then lost by pin to Matt Adams of Salem, the Division I champion and bowed out of the fifth place match due to injury.

At 113 pounds, JC Gaumer dropped his opening match to Ryan

Burke of Salem by a 12-8 decision. He then defeated Walker Stinson of Pinkerton by an 8-6 score but was pinned by Tanner Ells of Keene to end his day.

Brandon Welch lost both of his matches at 132 pounds. He fell to Cameron McClure of Alvirne by a 12-5 decision and then fell to Ethan Briggs of Milford by an 8-2 score.

Austin Appleby dropped his opening match at 160 pounds to Colin Reardon of Londonderry. He then fell to Hunter McLaughlin of Bishop Guertin to end his day.

Nolan Farina dropped his first match at 170 pounds to Isaac Gladey

of Concord. He was then pinned by Kyle Setzer of Pinkerton.

Troy Johnson opened with a pin of Dylan McClelland of Spaulding at 195 pounds and then pinned Dominic Goulette of Milford to advance to the semifinals. In the semifinals he came close to upsetting top seed Michael Tanguay of Windham, but fell 15-11 in a hard-fought match. Tanguay even refused to shake hands with the Plymouth coaches after the match, as is tradition in wrestling. Johnston dropped a 6-5 decision to Noah Giffard of Concord and was pinned by Ben Psaledas of Londonderry in the fifth place match.

Drew Hodges fell to

Kyle Garrapy of Keene in his first match and came back to beat Ryan LeBlanc of Manchester West by pin. Hodges was then pinned by Michael Furey of Windham, the top seed to close out his day.

Jared Benoit opened with a loss to Beau Dillon of Salem at 285 pounds. He then lost to top seed Zachary Minch of Manchester Central, the Division I champion.

Macedonia qualified for the New England Championships, which will take place in Providence, R.I.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Hoops

FROM PAGE B1

“Our boys’ basketball team has been phenomenal this year supporting our girls,” Peterson said, noting they come to practice and help out as well.

“That was a typical 1-9 game,” Forge said. “You come in hoping the other team will be off and you’ll be on.”

“It wasn’t a clean game, but when they had to make a big three or bank a three, they were able to,” the Gilford coach continued. “That’s the sign of a number one team.”

“We didn’t shoot the ball particularly well tonight, that’s a credit to their defense,” Forge noted.

While the season came to an end, Forge noted there was plenty to be proud of.

“When we were 2-5, it was tough,” Forge said. “Then we started getting a little healthier and these kids, the last 11 games, they played hard and pulled off some big wins.”

Those wins included an upset of Berlin in the first round of the tournament by a 55-35 score.

“That’s something to be proud of,” Forge said. “We knew it would have

to be a perfect game for us tonight and it wasn’t.”

Johnston finished with 12 points to lead the Bears and Dukette finished with 10 points. VanBennekum led the Golden Eagles with 12 points, while Cole added nine points on three three-pointers.

Newfound beat Stevens by a 56-33 score in the first round.

The Bears moved on to the Division III semifinals, which were held after deadline on Tuesday. The Bears were facing fourth-seeded Conant. The finals are Saturday, March 4, at 4 p.m. at Southern New Hampshire University.

**NRHS 12-9-16-8-45
GHS 10-5-9-10-34**

Newfound 45

Dalponse 3-0-9, Bony 2-0-5, Johnston 5-2-12, Schilling 2-0-4, Vanil 2-1-5, Dukette 3-4-10, Totals 17-7-45

Gilford 34

Boisvert 2-0-4, Dean 1-0-2, VanBennekum 2-8-12, Orton 2-3-7, Cole 3-0-9, Totals 10-11-34

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Never get tired of talking about the Olympics

SPORTING CHANCE

By JOSHUA SPAULDING



went in to the station on Friday and recorded with the station’s morning host, Jake Quimby. In addition to sports, we touched a bit on my love of Survivor and The O.C., the latter of which he also says he was a fan of during its short run in the early 2000s.

But we also talked about the Olympics and I told Jake about my hope to get to the next one as well and he was nice enough to promote my fundraising efforts on the air.

Over the last few weeks, many of my Facebook ‘memories’ have been from my time in Sochi three years ago. It was late February in 2014 that I was returning from Russia and what I classify as one of the most incredible experiences of my life. I can’t describe how incredible the experience was and what makes it even more special to me is that so many people

helped to make it happen for me. This is not a cheap venture and lots of people helped to make it a possibility and I am more than grateful.

Because of all the help three years ago, I was a bit apprehensive to ask for help this time around, since I completely understand that I billed it as a once in a lifetime experience when it happened back in 2014. However, I decided it couldn’t hurt to set up another account at TD Bank and anyone interested in helping out can do so by stopping at a local TD Bank and donating to the Joshua Spaulding 2018 Olympic Fund.

Again, I understand if people are hesitant to fund my second trip to the Olympics, but no matter what happens, I will be making the trip, one way or another. I appreciate everyone who has supported me both in 2014 and so far this year.

It was fun to talk

about the experience a bit with Jake on the radio this weekend (the podcast is available at wasr.net) and I would be more than happy to talk to anyone who wants to hear about the Olympics and my experience.

And at this time next year, I’ll be getting back in the swing of things upon returning from South Korea. It’s an exciting thought and I’m ready for it.

Finally, have a great day Jake Quimby.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.

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Big garage doors, high ceiling,
480v. options.
Well Insulated.
Also 12'x34' heated garage docks.
Call Don 844-478-6773 Ext.1

Houses For Rent

Short term house rental/care taking in
quiet Thornton neighborhood. Close to
Waterville Valley. 20 minutes from
Plymouth. Furnished, 3 bedroom, 2 bath.
1 acre with lovely yard. \$900/month,
includes basic utilities.Option of reduced
rent if you are willing to care for our cat.
Call 617 686 0841.

Mobile/Modular
Homes

\$28,995, 2 bed.
\$48,995, 28 wide 3 bed,
\$71,995, Modular Cape,
WWW.CM-H.COM. Open 7 days.
Camelot Homes. RT. 3, Tilton NH

This Newspaper
is Recyclable

CAUTION
Drivers
YOU HOLD THE KEY TO
OUR CHILDREN'S FUTURE

Each year, thousands of schoolchildren are killed or
injured by automobiles. Remember, you hold the key to
their safety and future in your hands.
Please drive carefully.

Automobiles

GIGUERE AUTO 2
315 Laconia Road,
Tilton, NH
603-286-4800

2008 Jeep Wrangler
*Unlimited, 4-Door, 4x4, Rock
Crawler, Lift Kit, Fox Shocks*
\$20,995

2005 Toyota Tundra
SR5, Access Cab, 4.7L, 4x4,
Loaded
\$13,995

2013 Ford Taurus
4-Door, All Wheel Drive, Loaded
\$9,995

2009 Ford Ranger
Super Cab, 4x4, Automatic
\$12,995

2007 Ford Explorer
*Sport Trac, Limited, 4x4, Leather,
V-8*
\$10,995

2005 Nissan Forintier LT
*Crew Cab, 4-Door, 4x4,
6-Cylinder*
\$11,995

2008 Chevy 1500
Ex-Cab, 4x4, Loaded
\$17,995

2011 GMC 1500
Ex-Cab, 4-Door, 4x4, Loaded
\$16,995

2007 Dodge Dakota
*Quad Cab, 4-Door, 4x4, Chrome
Wheels, V-8*
\$11,995

2005 Chevy Colorado
*3.5L, Automatic, 4x4, Loaded,
4-Door*
\$11,995

2013 Ford Cargo Van
V-8, Automatic, Loaded
\$12,995

2006 Chevy 1500 LT
*Crew Cab, 4x4, 4-Door, 5.3L, V-8,
Z-71*
\$14,995

2009 Dodge Ram 2500
6.0L, 4x4, Minute Mount Plow
\$15,995

2014 Jeep Wrangler Sport
6-Speed, Hard Top, V-6
\$21,995

2006 Chevy 1500 LT
*Crew Cab, 4-Door, 4x4, 5.3L, V-8,
Z-71*
\$14,995

2007 GMC Sierra
Auto, 4x4, Z-71
\$13,995

2006 Ford F-350
*Dually, 4x4, Dump, Automatic,
Boss Plow*
\$14,995

2010 Toyota Tacoma
Double Cab, 4-Door, 4x4, Auto
\$17,995

2009 Chevy 1500
4-Door, 4x4, V-8, Loaded
\$17,995

2008 Jeep Wrangler X
6-Speed, Hard top
\$16,995

Public Notices

Public Notice

Town of Plymouth
Road Load Limit Postings

The Plymouth Select Board has
authorized the posting of the follow-
ing list of roads for a 15 ton load
limit during the
period of March 1st through May
1st, 2017. The purpose of this post-
ing is to prevent unreasonable dam-
age to the roadways, which may
result in hazards to public safety
and or possible
extraordinary maintenance ex-
penses to the community.

Bartlett Road
Cummings Hill Road
New Hebron Road
Sanborn Road
Old Hebron Road
Chaisson Road
Morse Road
Loon Lake Road
Thurlow Street
Parker Street
Bell Road
Texas Hill Road
Reservoir Road

Please direct any questions, com-
ments or concerns to the Plymouth
Highway
Department at 536-1623

Joseph Fagnant,
Highway Manager



CHOOSE CAR SEAT:
BY AGE & SIZE

THE ONES
WHO
ACTUALLY
DO.

THE NUMBER
OF PEOPLE
WHO
THINK
THEY HAVE
THEIR CHILD
IN THE RIGHT
SEAT.

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

VISIT SAFERCAR.GOV/THERIGHTSEAT

Ad Council

NHTSA
www.nhtsa.gov

**Child Car
Safety**

TOWN-TO-TOWN CLASSIFIEDS

**PLYMOUTH ELEMENTARY SCHOOL
2017-2018 SCHOOL YEAR
Speech Language Pathologist**

Must be certified Speech Language Pathologist
The position will cover evaluations, direct therapy and supervision of speech assistants in SAU #48 Preschool, Holderness and Rumney
Please send letter of intent, resume, certification and references to:

Lynn Davis
Human Resources
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

**Facilities Director Opening
Starting July 1, 2017**

Newfound Area School District
We are looking for a professional in facilities management who has a strong background in project management; overseeing both building and grounds maintenance plans, site repairs, and construction projects. This is a full time position with substantial program oversight.
Salary: \$70,000 with an excellent benefits package
Candidates should provide a letter of interest, resume, job application, and three (3) current letters of recommendation no later than March 10, 2017 to be considered.

Mail to: Newfound Area School District
Attn: Business Admin., Michael Limanni
20 North Main Street
Bristol NH 03222

Application & full Job Description is available at:
<http://www.sau4.org/human-resources/employment-information>

**PEMI-BAKER REGIONAL SCHOOL DISTRICT
PLYMOUTH REGIONAL HIGH SCHOOL
COACHING OPPORTUNITIES
2016-2017 School Year**

Varsity Girls Lacrosse Coach – Salary \$3,011.68 plus – depending on experience.

Junior Varsity Girls Lacrosse Coach – Salary \$2,446.99 plus – depending on experience.

Any interested applicants, please send coaching resume and references to:

James Carey, Director of Athletics
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
jcarey@pemibaker.org

Deadline for applications is March 10, 2017.

**Vacancies
Berlin Public Schools**

General Special Education Teacher
High School Math Teacher
High School Life/Physical Science Teacher
High School French Teacher
Middle School English Language Arts Teacher
Speech Language Pathologist

Applicant must be NH Certified or Certifiable. Interested individuals should send a letter of interest, resume, 3 letters of reference, transcripts, and completed application, (available at www.sau3.org) to Corinne Cascadden, Superintendent, Berlin Public Schools, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org

EOE

**PLYMOUTH ELEMENTARY SCHOOL
2017-2018 SCHOOL YEAR
SPECIAL EDUCATION TEACHER 3-5**

Must be NH General Special Education certified and preferred advanced endorsement of LD.

Interested candidates should send cover letter, resume, 3 current letters of reference, transcripts and certification to:

Lynn M. Davis
Human Resources
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

ELEMENTARY EDUCATION TEACHER

Must be certified in Elementary Education. Interested candidates should send cover letter, resume, 3 current letters of reference, transcripts and certification to:

Julie Flynn, Principal
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
jflynn@pemibaker.org

LAKES REGION COMMUNITY SERVICES
Engage. Empower. Inspire.

**WE ARE HIRING!
LOCAL JOB FAIR**

Friday, March 10th
9am - 12pm
258 Highland Street, Plymouth
(Whole Village Family Resource Center)

Stop in, fill out an application, and meet our staff!

Lakes Region Community Services is now offering a hiring bonus of \$250 after 60 days of employment to all newly hired Direct Support Professionals

Come see why Lakes Region Community Services (LRCS) is the employer of choice for Belknap and Southern Grafton County.

We offer a great benefit package to FT employees (30+hours)
10 paid holidays
Earned Time Off
Weekend Shift Differential
42 Mileage reimbursement

Never done this type of work? Not a problem!
We offer paid training & med certification to our Direct Support Professionals!

Monday- Friday 1st shift positions!
Full and Part time
All shifts hiring, including overnights

Qualified Candidates must have: a minimum of a High School diploma, clean criminal record, good driving record, reliable vehicle, auto insurance and a valid drivers' license. For more information, visit www.lrcs.org. We are an EEO employer

UPPER CONNECTICUT VALLEY HOSPITAL
Compassionate Healthcare...Close to Home

CARE MANAGER – PER DIEM

Reports to the Director of Nursing. The Care Manager has responsibility for activities and operations associated with the provision of high quality and cost effective patient care in accordance with UCVH's mission and values. The Care Manager is accountable for ensuring efficient and professional social work services for patients and families that are designed to promote and enhance their physical and psychosocial functioning with attention to the social and emotional impact of illness. Responsible for establishing and maintaining productive working relationships with the Medical Staff, the health care team and community agencies and resource providers. Responsible for ensuring appropriate levels of care thru utilization review, chart review and documentation. The care manager is responsible to provide linkage to community resources that support the patients overall well-being.

Job Requirements: BSW / MSW - or other human service related field; or NH LPN/RN Licensure, BSN Preferred
Background in social services or care management.

If interested please apply online:
www.ucvh.org
Human Resources
Upper Connecticut Valley Hospital
181 Corliss Lane
Colebrook, NH 03576
603.388.4236
ucvh-hr@ucvh.org
EOE



Photo: Grant Delin

Your family, friends and neighbors are all counting on you. If you own a firearm and are not using it, please be responsible and be sure that it's stored in a safe place. Visit ncpc.org to determine the best firearms safety solution for you.

LOCK IT UP.

Logos for BJA, National Crime Prevention Council, and Ad Council.

Don't Wait.

Communicate.

Make your emergency plan today.

Visit Ready.gov/communicate

Logos for Ad Council, Ready, and FEMA.



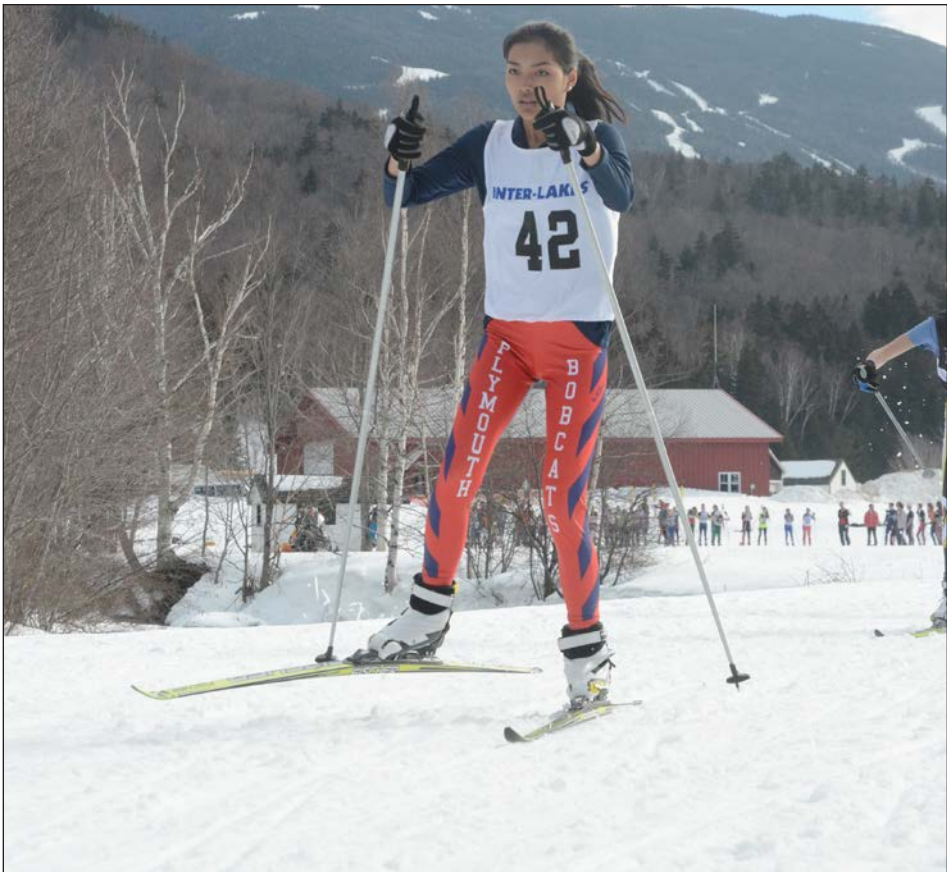
JOSHUA SPAULDING
Henry Green powers out of the start during a race at Great Glen on Feb. 22.



JOSHUA SPAULDING
Bella Wingsted skis from the start on Feb. 22 at Great Glen.



JOSHUA SPAULDING
Carter Wilcox heads toward the finish in action on Feb. 22 in Pinkham Notch.



JOSHUA SPAULDING
Yaxi Stapp races at the start of her team's Feb. 22 race at Great Glen.

Bobcats get in final tune-up for State Meet

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — Things were a little hectic for the Plymouth Nordic team as the squad got ready to leave the school for the Feb. 22 race at Great Glen.

As the team was preparing to leave, a fire drill was held and the team had to leave the locker rooms quickly and head out.

In the process, the bibs were left in the locker room and the Bobcats arrived at Great Glen

Trails in Pinkham Notch with no numbers.

However, Inter-Lakes was nice enough to lone coach Andy Havey's team bids for the afternoon and the race went on as planned for the Bobcats.

Overall, the Plymouth boys finished with 343 points, which placed them third behind Gilford and Kennett. The Bobcat girls finished with 316 points, which put them in sixth place, with Kingswood and Kennett taking the top

two spots.

For the boys, Sam Ebner led the way for Plymouth with a time of 16:20 for 12th place overall in the 5K freestyle course.

Carter Wilcox was next for the Bobcats with a time of 17:24 for 17th place overall and Henry Green skied to 19th place in 17:27.

Sawyer Wilcox rounded out the scoring with a time of 17:37 for 20th place overall.

Sam Untersee was 27th in 18:12, Garrison Hiltz placed 29th in 18:13,

Elliot Miller was 30th in 18:14, Shane Johnston skied to 31st in 18:15, Troy Warner finished in 18:30 for 36th place and Phillip Green was 38th in 18:33. Randall Scroggins finished in 39th place in 18:34, with Lucas Johnstone in 19:21 for 45th place. Jake Little finished in 46th place in 19:43, Connor Magowan was 54th in 20:42, Ben Parsons was 55th in 20:59, Mack Doyle placed 58th in 21:43, Connor Green was 59th in 22:16, Doug Cassarino was 60th

in 22:17, Jared Morrison placed 61st in 22:41 and James Buhrman skied to 63rd place in 23:22.

The Bobcat girls were led by Lauren Bolton, who skied to 24th place overall in 21:05.

Bella Wingsted was right behind in 25th place in a time of 21:06 and Megan Ebner finished in 21:22 for 29th place.

Abigail Sutcliffe was the final scorer for Plymouth, finishing in 21:39.

Ainsley Towers finished in 21:49 for 35th place, with Yaxi Stapp

in 39th place in 21:57 and Lily Derosier in 40th place in 22:04. Sophie Untersee finished in 56th place in 23:44, Kiana Pino was 60th in 24:54, Rebecca Caron was 65th in 25:32 and Carly Merluzzi finished in 68th place in 27:13.

The Division II State Meet will also take place at Great Glen on Tuesday, March 7, at 10 a.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

What's Happening at
Plymouth State University

MARCH 7

The Expert Witness
in Asylum Cases

Desperate refugees making perilous journeys to freedom. Victims of human trafficking seeking a way out. How do US Immigration and Naturalization courts respond to such requests for asylum?

Join anthropologists Drs. Carolyn Fluehr-Lobban and Richard Lobban for this important and timely discussion

Free and open to the public.

Part of the Saul O Sidore Lecture Series presented at 7 p.m. in the Smith Recital Hall of the Silver Center for the Arts. Advance reservations are recommended: call (603) 535-ARTS