



# Newfound Landing

THURSDAY, MARCH 7, 2019

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COMPLIMENTARY

## Bristol police take advantage of school vacation for active shooter response training

BY DONNA RHODES  
dhrhodes@salmonpress.news

BRISTOL – Winter break for Newfound Area School District provided a perfect opportunity for Bristol Police Department to hold an Active Shooter drill at the high school, where they simulated a crisis and walked through ways in which they could best handle such an emergency.

Sgt. Aaron Chapple of BPD is an Active Shooter training instructor, as is Chief James McIntire, and he said that with two instructors on the department now, they will be holding periodic drills such as the one last week.

“There are so many



DONNA RHODES

Bristol police officers Nick Kelly and Dakota Van Tassel made their way cautiously down a hallway at Newfound Regional High School looking for an “active shooter” during a specialized training drill last week.

ing threats,” he said.

With three schools in the town, they started this year’s training with the high school. Hundreds of students, faculty and staff, along with many classrooms offices and hallways, make safety and familiarity with the building a prime concern.

For their drill last week, the officers first met in the library where Chapple went over a number of procedures that need to be utilized in an active shooter event and how the officers would need to approach the situation.

From there two of the men hid in the building, one playing the role of suspect, the other a shooting victim. Four members of the department then went in search of the pair, carrying simulated weapons as a safety precaution.

Once the prime suspect was found, the victim was examined, and an officer guarded

SEE SHOOTER TRAINING, PAGE A12

## Lewis re-indicted on felony charges

### County Attorney’s Office Does Not Prosecute Complaint Against Lieutenants

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — While former Bristol Police Chief Michael Lewis is awaiting a trial date on new felony charges involving false overtime claims, details have emerged about separate complaints involving a pair of lieutenants who are key witnesses against him.

A source has confirmed that two complaints were filed with Grafton County against the lieutenants (who we have chosen not to identify by name, as they have not been formally charged with a crime), alleging that they had destroyed evidence and interfered with a criminal investigation.

According to the complaints, the men destroyed files in unrelated criminal cases, as well as disposing of drugs and personal property relating to those cases. They also allegedly shredded paperwork in Lewis’

office while he was on paid administrative leave prior to his resignation on Oct. 4, 2017, and improperly accessed witness testimony in the case against him.

Grafton County Attorney Martha Hornick and her predecessor, Lara Saffo, declined to press charges on the complaints. Hornick has not returned a message seeking comment on the complaints, or on the specific reasons that she dropped the three original felony

charges against Lewis on Nov. 5, a day before his case was scheduled to go to trial.

A Grafton County Superior Court Grand Jury handed up two new felony indictments on Feb. 15, charging that Lewis, “pursuant to one scheme or course of conduct,” claimed overtime hours he had not worked during the period of July 2012 to December 2014, and between January 2016 and December 2017, each time involving

SEE LEWIS, PAGE A11

large-scale events we hold here that we feel we need to be ready to address a situation like this,” Chapple said. “Of course, we hope that never happens, but we need to be prepared so we can affectively handle one if it ever does.”

Small towns, he said

are not immune to the dangers present in society today and those dangers have a way of changing over time, making continuous training all the more important.

“We need to stay up-to-date with different trends and new emerg-

## Operating budget, sewer to lake project expected to dominate discussion at Bristol’s Town Meeting

BY DONNA RHODES  
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BRISTOL – Town meeting is rapidly approaching, and after casting their ballots for elected officials and considering nine other zoning amendments at Old Town Hall on March 12, voters in Bristol will be asked to reconvene their meeting on Saturday,

March 16, at 9 a.m. in the Newfound Regional High School auditorium. Childcare will be provided until 3 p.m. so that families may take part in the proceedings of the day.

This year’s warrant contains 12 articles for consideration, including the Budget Committee’s proposed municipal oper-

ating budget of \$6,489,795. Last year’s proposal was for \$6,377,057, which was \$112,738 lower than this year. That amount was later amended at the 2018 Town Meeting to \$5,974,211.

Two major construction projects are among this year’s other requests. One is for \$20 million to

SEE BRISTOL, PAGE A11

## INDEX

Volume 6 • Number 10

Opinion.....A4-A5

Obituaries.....A6

Towns.....A6

Churches.....A6,A9,A11

Arts & Ent.....A10

Business.....A7

Sports.....B1 & B6

Classifieds.....B2-B5

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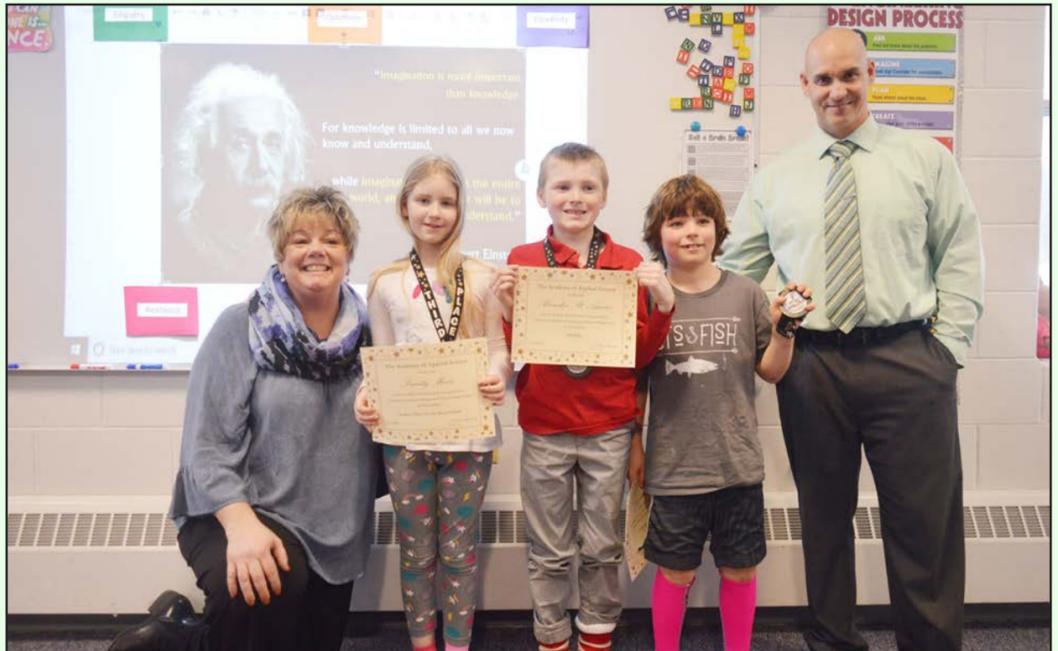
## Young inventors put their ingenuity to the test at B-HVS

BY DONNA RHODES  
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BRIDGEWATER – Third graders at Bridgewater-Hebron Village School proved that great things can be born through young minds during the third annual Invention Convention held in the school library on Feb. 21.

Teacher Jeannette Shedd said that back in December her class was asked to start thinking about a problem they see in their lives then come up with a solution to that problem. They had six weeks to create their invention and make a display that told what, why and how. Each invention was then judged by a panel of school judges to see who would move on to the regional convention this year.

“This was six weeks



DONNA RHODES

Third grade teacher Jeannette Shedd and Principal Dana Andrews of Bridgewater-Hebron Village School were pleased to present this year’s Top 3 winners in the third grade Invention Convention. From left to right are Shedd, Trinity Moore (third place), Brenden St. Amour (second place), Ridge Nelson (first place) and Andrews.

of hard work that was done 95-percent at school and only five-percent at home,” Shedd said. “I am just

in awe that they took a vision they had and made it a reality.”

Pet care was a popular theme for this

year’s entries, with ingenious solutions for cleaning kitty litter boxes, feeding pets, keeping their water

bowls filled, and tracking their favorite toys. Other ideas included wildlife when Aislin

SEE INVENTORS, PAGE A12

# 13 local children nominated for community service award

BY ERIN PLUMMER  
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REGION – A group of 13 students from around the Lakes Region with big record for community service are eligible to win Spirit of Hope and Kindness Awards.

The second annual Spirit of Hope and Kindness Awards will take place on April 7 at Church Landing in Meredith. For the past few months the committee has taken nominations for youths in preschool through high school who have made a difference in their communities.

The committee received a total of 60 nominations.

“Every time I get an email with one of their bios, it’s just jaw dropping,” said awards co-founder Laura Brusseau.

Brusseau said a secret panel of judges reviewed all of the nominations with a rubric based on the narratives of their service.

“These kids do way more than what the judges saw, these kid just are absolutely amazing,” Brusseau said. “Our community is just so lucky to have them.”

The winners in each category will receive their awards on April 7. The winners will receive money to go towards a service project or acts of kindness. Thanks to the awards’ sponsors last

year the kids got \$4,000 each for their causes.

The nominees were narrowed down to a total of 13 finalists in three categories: preschool/elementary school, middle school, and high school.

There are five finalists in the preschool/elementary school category.

Parker Ashton is a student at Pleasant Street School in Laconia. Brusseau said he donates Christmas presents to families in need. He also loves to bake and bakes cookies for local police and fire departments.

Connor Dunn also attends Pleasant Street School. Some of his efforts include walking dogs in his neighborhood and visiting veterans. During book fair days, he will bring money so he can buy books for kids who can’t afford them.

Dunn and many of the other nominees are involved with a group called Cereal Heroes. According to their Facebook page Cereal Heroes will raise money for and collect breakfast food to help feed hungry kids. They will take part in a number of different activities, such as shoveling, selling blankets, and much more.

The youngest nominee is Harlow Jordan, who is five-years-old and attends Gilford Village

Preschool. She put together Christmas stockings for families in need. For her birthday party, she asked for people to bring in cereal and donations that would all go to Cereal Heroes.

Eila Petty attends Southwick Elementary School in Northfield. She is active in Girl Scouts and 4-H and volunteers with the Tilton-Northfield Fire Department’s Christmas Fund. Petty also works on a Facebook page Awareness for Adalyn to raise awareness of rare diseases. The page is in memory of her late sister, who had a rare genetic disease called lissencephaly.

Lydia Pickowicz attends Gilmanton Elementary School. She helps her classmates, donates gifts to families in need, and, according to the nomination, “lives her life spreading hope, joy, and love.”

Four kids are nominated in the middle school category.

Matthew Beaupre attends Laconia Middle School. He is also a member of Cereal Heroes and helps out at Laconia Christmas Village. When a friend had to start

using a wheelchair he started a campaign to get a wheelchair ramp built at his friend’s house.

Emma Davis attends Compass Classical Academy in Franklin. She is involved with her Girl Scout troop, volunteers at the New Hampshire Veterans Home, collects can tabs for Shriners, and puts wreathes on veterans’ graves on Memorial and Veteran’s Day. She has also made a Kindness Rock Garden at her school. Davis helped make bird and bat houses when the Army Corps of Engineers put out a request for those.

Nathan Hobby of Laconia Middle School. He is one of the Cereal Heroes, visits residents at St. Francis Home in Belmont, and helps with the Laconia Fire Department’s Fill the Boot campaign. He also enjoys spending time with his elderly neighbors and Helps shovel their driveways.

Luke Stafford of Laconia Middle School is also a Cereal Hero, donates to One Mission to help end childhood cancer, volunteers with Got Lunch! Laconia, rings the bell for the Salvation

Army, and takes care of an Adopt-a-Spot in Laconia. For his recent birthday he donated everything he received to the New Hampshire Humane Society.

There were four nominees for the high school category.

Cassie Carron is a junior at Winnisquam Regional High School in Tilton. She volunteers at food banks, the Tilton Rotary Learn to Fish Day, her church, local nursing homes, and for Meals on Wheels. Carron is currently working on her Gold Award, the highest award for Girl Scouts.

Jasmine Morrisette is a junior at Inter-Lakes High School in Meredith, where she is the president of Interact Club and serves on Student Council. She raises money for organizations such as the Make-A-Wish Foundation, the Wheelchair Foundation, and Shelter Box International and is a part of Hugh O’Brien Youth Leadership. Morrisette is part of her church’s Children’s Ministry and Youth Group.

Mackenzie Roys is a freshman at Gilford High School. She volun-

teers at Gilford Village Knolls senior housing community, helps clean up the Gilford Town Beach, and helps out at the annual Santaland at the Gilford Youth Center. Roys teaches dance at Frates Dance Studio in Laconia. She also went on a mission trip to Tennessee to help rebuild a house for someone in need.

Lydia Tucker is a sophomore at Laconia High School and is an active member of Interact Club and Key Club. The day of the awards she will be sworn in as District 5 Lieutenant Governor of Key Club, covering Maine and New Hampshire. Tucker has volunteered at Belknap House, the Polar Express in Laconia, breast cancer walks, the LRGH Auxiliary Baby Boutique babysitting for kids, and at her church and Sunday school. She has been involved in a suicide prevention workshop.

Anyone interested in attending or sponsoring the awards can contact the Spirit of Hope and Kindness committee at spiritofhopeandkindness@gmail.com or visit their Facebook Page.

## Community invited to learn more about CASA-NH at Trinity Episcopal Church on March 12

*Training for new volunteer advocates in Laconia begins March 25*

MEREDITH – Join CASA of New Hampshire’s Director of Recruitment Diane Valladares and CASA volunteer advocate Pete Woodward for a Community Reception at Trinity Episcopal Church in Meredith on Tuesday, March 12, from 5:30-7 p.m. The opioid epidemic has taken a toll on New Hampshire’s children and we invite you to learn more about how CASA and its volunteer advocates are making a positive im-

act in your community. Local CASA volunteer advocate Pete Woodward will share his experience as a CASA and answer your questions. Food and refreshments will be served. Please RSVP by March 10 to Jo Lawrence at jlawrence@casanh.org. This is an informational session only and is not a fund-raising event.

CASA has a significant need for more volunteer advocates to speak up on behalf of the best interests

of abused and neglected children who have come to the attention of New Hampshire’s courts through no fault of their own. CASA volunteer advocates become the “eyes and ears” of the court, making independent, objective recommendations to the judge based on the information they have gathered through meeting with the child and his or her parents, foster parents, social workers, school teachers, therapists and more. CASA volunteer advocates are trained to help the child navigate this process efficiently

so he or she may find stability in a safe, permanent, loving home as quickly as possible while enduring the least amount of trauma and upheaval.

There is a training beginning in Laconia for new volunteers on March 25. Interested volunteers are required to fill out an application, do an interview with staff, provide references and undergo a criminal background check before being accepted into training. Get started today at www.casanh.org. Questions? Call Diane at 626-4600, ext. 2106.

## INSCAPE Orchestra members to perform at Plymouth Congregational UCC

PLYMOUTH — Musicians from The INSCAPE Chamber Orchestra, from Washington, D.C. will perform at the Plymouth Congregational Church (PCUCC), Plymouth, at 3 p.m., Sunday, March 10. The afternoon program includes Bernstein’s Sonata for Clarinet and Piano, Prokofiev’s Violin Sonata No. 1 in F Minor, Khachaturian’s Trio for Violin, Clarinet and Piano, and Bartok’s Contrasts Clarinet and Piano.

Founded in 2004 by Artistic Director Richard Scerbo, INSCAPE Chamber Orchestra is pursuing the boundaries of classical music in riveting performances that reach across genres and

generations, and transcend the confines of the traditional classical concert experience.

The INSCAPE concert kicks off the Plymouth Congregational church 2019 Concert Series. Future concerts are scheduled for April 5 at 7 p.m. - UNH Chamber Singers; May 19 at 3 p.m. - Meredith Hanson, soprano: An Afternoon of Arias, Art Songs and Classics from the American Songbook; June 9 at 3 p.m. - organ recital by Kyle Bertulli.

PCUCC warmly invites the public to these free concert events. Donations will be greatly appreciated to support the continuation of the concert series.

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Sun.-Thurs.: 12:45, 3:45, 6:45 PM

**HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD** PG  
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Sun.-Thurs.: 12:15, 2:35, 4:55, 7:15 PM

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# "Harriet the Spy" opens March 22 in Meredith

MEREDITH — "Remember writing is to put love into the world, not to use against your friends." That's the wisdom Ole Golly shares with her charge Harriet in "Harriet the Spy," the next production of the Winnepesaukee Playhouse Education Department, set to open March 22 in Meredith.

The eponymous Harriet — armed with a notebook, rather than a smart phone — can use the advice. The precocious 11-year-old fashions herself a spy, taking notes on all around her with equal impunity and unfiltered by tact. An only, and some would say privileged, child, Harriet spends much of her home time with a loving nurse/nanny Old Golly, with her friends at school, and on her established observation/spying "route." It's the kind of pastime that leads to disruption in her friendships and her home, especially when her notebook is found and read by many of the subjects of her secretive activities and



COURTESY Patte Sarausky of Laconia directs a rehearsal with just some of the large cast of student performers preparing for the Winnepesaukee Education Department production of "Harriet the Spy," set to open March 22. Four performances that weekend include evenings and matinees at the Theatre, 33 Footlight Circle, Meredith. Tickets at [www.winnisplayhouse.org](http://www.winnisplayhouse.org) or by phone 279-0333.

observations.

Originally published in 1964 as a novel by Louise Fitzhugh, Harriet's antics have not always been applauded by teachers and parents. The stage version from playwright Leslie Brody offers audiences live — and lively — characters delivering an engagement with the story beyond the written page.

Patte Sarausky of Laconia is directing the cast of 23 student performers: Riley

DeGange as Harriet; Svea Mellor and Santi McCulloch as her parents; Essie Humphrey as Ole Golly; Claire Neely as Cook; Forrest Hamel and Phoebe DiBona-Liberatore as pals Sport and Janie; and Zoe Zimmer, Aliya Walthall, Stella Bamford, Shelby Luther, Addison Duncan, Sophia Fessenden, Renesme Ivers, Ben Bousquet, Parker Tirrell, Adaline Ross, Emaline Leandro, Lilah Eich, Miles Sargent,

Drew Madore, Katelyn Ivers, Sophia Horne as school friends, teachers, and subjects of Harriet's spying adventures in her city neighborhood.

In addition to Director Sarausky, the creative team includes: Claire H. Beck, scenic designer; Thom Beau-lieu, lighting & sound design; Sherry Gardner, costume design; and Zach Glennon, stage manager.

Sponsored by New Hampton School, the Winnepesaukee Education Department production offers four performances at the Meredith Theatre the weekend of March 22-24. Performances at 7:30 p.m. on Friday and Saturday, March 22 & 23; and 2 p.m. Saturday and Sunday, March 23 & 24. Tickets available at [www.winnepesau-keepplayhouse.org](http://www.winnepesau-keepplayhouse.org) or by phone at 279-0333.

## SLA to host guided hike to Doublehead Mountain March 13

HOLDERNESS — Join the Squam Lakes Association (SLA) on Wednesday, March 13th for National Earmuff Day! Come celebrate this joyous occasion by donning your favorite pair of earmuffs, and joining the SLA for a guided 4.5 mile hike to Doublehead Mountain. Hikers will meet at the SLA at 10 a.m. to car-pool to the trail head. The hike will begin at Old Highway which was once the main road between Holderness

and Center Sandwich (now called Thompson Road). After a mile or so on the Old Highway, hikers will meet up with the Doublehead Trail which climbs to a ledge on Doublehead Mountain. There, participants can eat lunch and enjoy some of the best views in the Squam Range!

This hike is for all ages, but is of moderate intensity and may increase in difficulty with any icy, snowy or rainy weather! Participants should bring appropriate clothing, water, food, and snowshoes and/or micro-spikes depending on conditions. The SLA can provide snowshoes for up to six partici-

pants. (Earmuffs are not required for this hike but are highly encouraged!)

For more information, or to sign up for this guided hike, visit the SLA website ([squam-lakes.org](http://squam-lakes.org)) or contact the SLA directly (968-7336). The SLA offers guided hikes throughout the year. These free programs are open to the public and highlight the 50 miles of SLA trails. The guided hikes are led by the Lakes Region Conservation Corps (LRCC) AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

## League of NH Craftsmen Gallery hosting basket weaving class

MEREDITH — The League of New Hampshire Craftsmen Meredith Fine Craft Gallery will be hosting a Basket Weaving Class with Ray Lagasse on Saturday, March 30 from 9 a.m. to 4 p.m.

In this workshop, you will choose one "Group 1" basket design to make and you will learn the fine craft of basket making using reed and hardwood. You will be guided through the process of constructing your own beautiful and functional handmade basket from start to finish. All tools and materials needed to make your chosen basket will be supplied by



COURTESY The League of New Hampshire Craftsmen Meredith Fine Craft Gallery will be hosting a Basket Weaving Class with Ray Lagasse on Saturday, March 30 from 9 a.m. to 4 p.m.

the instructor. This class is open to all skill levels and no prior basket making experience is needed.

Students are encouraged to bring a bagged lunch and beverage to satisfy them during this seven-hour workshop.

Tuition with all materials included is \$130.

Space is limited. Pre-registration is required for each class.

To register or inquire about the class, call us at 279-7920 or stop into the gallery at 279 Daniel

Webster Highway, Meredith.

For more details, visit our website at <http://meredith.nhcrafts.org> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of New Hampshire Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand craft. The League represents the signature of excellence in fine craft, through the work of its juried members, and its rigorous standards for self-expression, vision, and quality craftsmanship.

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## 17th Annual Summer Camp 2019



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## From the Editor's Desk

### What we need the most

What are the most essential things in life? What can we absolutely not live without? Some would say health, love and laughter; others might value freedom, family and friends. Happiness, success and wealth might also make the list. But how about... bread, milk and toilet paper?

If you've seen news coverage of a grocery store in the 24-hour period before a forecasted storm in certain areas of the country, then you know that this is exactly what, apparently, constitutes the most important things in life.

It seems to happen every time (although certainly not here in the all-weather Granite State): the weather forecasters predict the mammoth storm of the century and within hours, there's a news crew on location at a supermarket, looking much like an episode of a survival reality show. Shelves are emptied, there's not a single cart available and people roam the aisles with a look of both determination and desperation. The bread shelves are depleted; the milk cases are emptied; the paper products aisle is a wasteland (so to speak).

Clearly, those folks don't have much experience with severe storms. Yet most of us are only an unplanned power outage away from reacting in the same way. Our daily routines give life a shape and a focus, and when that routine is disrupted, we instinctively insulate ourselves with comforts and necessities. Weather forecasters have a knack for triggering that instinct, but almost any "out of the ordinary" event can do the same thing (remember Y2K?).

If our day-to-day living is threatened in any way, however temporarily, we batten the hatches and lay in the provisions and huddle around our devices (all fully charged as a precaution) and wait for the impending doom.

Our long-term plans are put on hold in favor of making sure, immediately, that we have what it will take to get through The Storm or The Outage or The Event. Our focus is on managing, feeling safe and secure and not wanting to be caught without some essential thing. Toilet paper clearly makes that list for reasons that are very obvious; bread and milk are more of a head-scratcher but obviously symbolize comfort to many. In some households, beer and wine might be the focus; in others, potato chips or cookies.

While catastrophe-related inconveniences are usually temporary, the build-in need for security, safety and comfort doesn't waver. The empty store shelves prove that we are in good company with one another during these events. Ultimately, everyone has something that they can't imagine being without, even for the duration of a storm.

## PET of the Week Alice



This ultra sweet 2 year old mix came to us in January from the south and she would really love to find her people here in the lakes region and explore the beauty of the area with you. Being young, she's still quite the puppy, active, playful and ridiculously loving. She does seem to have some vision issues, although it's nothing too serious. She is pretty good with other dogs, although for some she might be a bit too much, in the energy department. She's learning how and when to chill and that most humans don't like it when she jumps up for attention. Ideally this beautiful girl would love an active family with teenage kids another dog in the house



and even a dog savvy cat. She's the type of girl who will give you a smile on even the

cloudiest of days. Food is definitely a great motivator in educating her on the polite ways of

the pup. so Go ask Alice, I think she'll know how to bring you eternal joy, laughter and love.

## Letters to the Editor

### The Chief Executive and his Wall

To the Editor:

My former Chief Executive Officer of American Airlines, Bob Crandall, was not a popular guy in that business, or with his employees. He was our guy and he kept the airline flying, made it the greatest on his watch, kept it out of bankruptcies, and growing. He made decisions that made American provide value to the customer, by far the best thing in a free market society that chooses their flying by price and services available on a history of rendering good services.

Trump may be the Antichrist of politics, but he is the best CEO the country has had in a long time. He bashes through the subterfuge, hammers fork tongs of inaction, and actually tries to keep his campaign promises he was elected to fulfill in spite of both parties, and their media, mafias, a.k.a. the forever- Establishment.

How many years had illegal immigration, unemployment, and welfare spending had to grow before both political parties got off their frozen hands to fix it?

It being a cycle of cheap legal and illegal labor displacing home grown U S citizens now on the dole because they either can't price compete with those newly created jobs taken by the surge of cheap imported labor or it is a better and easier living with Uncle Sam's handouts?

In 2013, Congress accepted a well researched and documented report that half a trillion in business profits is made by imported legal and illegal labor to fill new jobs while home grown laborers lost out the same in income.

This one issue defines Trump's uniqueness in determination in Washington, D.C., and the art of nothing looking like something for 35 years that won elections for both parties. During that time the hopeful newly elected game changers to D.C.; woman and men, only got stuck in the mud of the D.C. swamp.

It defines so many issues like- Term limits- nothing happened, immigration fix- kick it down the road, fix the roads and welfare honey pot holes of both- next election, deficits- it's the other guy's fault, foreign trade inequities- manufactured in China/over seas now fills the shelves, education- create a government monopoly only the rich can escape, the war on drugs- still losing 40,000 in casualties annually, national security- turn the world into mini wars by imperialism... the list goes on.

This Wall issue spot lights to the average Joe sick of the fork tongs of D.C. growing government power and losing- freedom of choice and economic security. The frustration with ever increasing laws to suppress business, controlling our lives, and run away inefficient socialistic bankrupting expenses placed on the taxpayers.

Win, lose, or neutral on the "wall," this issue defines the next election because once again it defines D.C. as the snake pit of political power brokering and pontificating nothingness.

Big service businesses- hotels, restaurants, farming, and construction, etc., rather have the cheap imported labor. Manufacturing went off shore a long time ago for it and special foreign trade tax advantage benefits. Another fix Trump's Executive branch is trying to fix in trade negotiations.

Rather than pay to motivate the next generation's labor pool that always needs jobs, immigration issues were just fluffed up once in a while and the back door opened wider. Both party's congresses played the American people for fools on immigration once to many times and Trump was elected. They continue to do it now and the "wall" just highlights so many other issues that have the same con artist fate kicked down the road.

As the Chief Executive of the country Trump is doing just that- executing his promises any way he legally can. Finally, as ugly as the political hacks try to spin it and Trump- the swamp show goes on- this "wall" exposes their game and the expense of us letting them do nothing.

Considering the annual U S budget then this "wall" expense equates to a rounding era but it provides a half trillion in political gamesmanship to either impeach Trump and/or win elections.

Note to the American people: the Chief Executive Officer of this country is the President of the United States, and the next election has consequences if we elect a weak or inexperienced one.

Listen to the promises and judge whether that person will do what she or he can to keep them. Or will they just play to win another election and break those promises. Also ask yourself are you, and we, better off today than we were.

Jeff Frost  
Alexandria

### Don't miss your last chance to rein in Bristol's budget

To the Editor:

Bristol taxpayers/voters, you need to protect your freedom and unite; otherwise, we will become more of a socialized town faster than you think. We will start to look like a Massachusetts town, with all the whistles and bells, and we will pay for it too.

Growing government means less freedom. If you are concerned about the way our town spends money, then you need to be at town meeting. If you are concerned that our town wants to add more employees and add more hours to existing employees, then you need to be at town meeting. If you are concerned about other warrant articles like sewerage, body cameras,

paving, reserve fund amounts, etc., then you need to be at town meeting. It is you at town meeting that decide what is spent. Do not let the 50 or so people make decisions for you.

In 2018, the US rate of inflation was 1.9 percent, and our selectmen wanted to spend almost 13 percent, which is more than six times the inflation rate. Think about it — last year's budget line for Total General Fund Operations was \$4,732,794 and with the inflation rate of 1.9 percent that would increase our budget by \$90,000. The \$602,000 increase that the selectboard wanted is unreasonable and unsustainable. The bud-

SEE LETTERS, PAGE A5

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# Getting the wood out, and thinking about mud

The frost has driven right down into Mother Earth as if impelled by a pile-driver. Loggers, who during this brief time can make best use of the winter roads they set up well beforehand, are hauling like mad.

Often, it's a Hobson's choice: A logging outfit is able to haul through a small window of time (i.e., as long as the road remains), but in a year of delicate economies (certainly not this one), a flood of wood can bring prices down. The canny logger already has contracts with buyers, so this can be one of the few examples of ink beating weather.

+++++

Winter roads are bulldozed, ditched and graded here and there when there's time over the summer. They look like the northbound barrel of I-93, but there the similarity stops. If you venture onto a winter road in July, your truck is likely to sink right onto its frame.

I did exactly that when I was mostly a full-time moron, meaning my teenage years, a time when I didn't know much and misused what I knew. Respect for someone else's property dealt with material goods,

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



and did not extend to the land.

As a result of this stupidity, and a certain tendency to think that we were welcome just about anywhere, I steered the old International four-wheel-drive truck onto an inviting road of undisturbed green grass, and with a "whump!" we dropped smack onto the frame. We walked a few miles to a phone, and Paul Amey came all the way over with a tractor and pulled us out, slicker than a trout.

+++++

Logging often gets bad press whenever a perfectly viable clearcut (now there's an oxymoron) appears, seemingly overnight, on a highly visible piece of landscape. The dynamics of forest recovery, and when clearcuts are appropriate and when they're not and how big they should be, if ever, make a great topic for kitchen-counter discussion. Arrange for late-night provisions.

But there is a good deal of Non-Urban Legend out there about logging. This is where the



JOHN HARRIGAN

Yes, the snow's that deep, or deeper. Bob Vashaw and his scoop try to make sense of it all, while loggers and truckers try to get a leg up on mud.

New Hampshire Timberland Owners' Association comes in. Not only do Jasen Stock and crew keep good track of proposed bills in the Legislature that would affect logging. They also handle a wide range of questions from the media, and are always willing to help a reporter or TV crew visit a logging job, sawmill, or manufacturing plant.

+++++

I think many people conjure up huge corporations whenever logging becomes the issue of the

moment ("Trees cut--gasp!--in Berlin! Film at eleven!").

But when I think of logging, I think not about the big, bad, uncaring cut-and-get-out companies of yore, but instead entire families for whom sustainable logging and the myriad jobs that surround it are a way of life.

Many of these, for want of a better term,

are often called Mom and Pop outfits. A better name would be a partnership, or a division of labor, or just plain husband and wife. But no one term fits all, and if you drift into what's supposed to be politically correct in this business, forget it--abandon ship. It's also worth noting that in some husband and wife teams, roles overlap or mesh, to the point where the term "division of labors" is worth a sharp poke in the ribs.

+++++

Not that I have any enmity for large logging companies and the trust funds and pension funds that hold so many thousands of acres, and hire foresters and jobbers and timber cruisers and construction companies to build and maintain the roads, manage it all, and get the wood out.

But I tend to dwell on scenes I have so often seen in woods and kitchen--the guy trying to do his main job and get the wood out to where it can be loaded onto a truck,

often running an ageing cable skidder, sometimes with one helper; often working on the ground, the deadliest place to be; and the woman, tired already from a normal day's work, running the household, taking care of the kids, and meanwhile a full partner in running a logging company, with insurance and taxes and a pile of paperwork to deal with, unable to get a stack of bills out of her mind while she tries to decide which checks just won't wait.

Loggers have only a few more weeks now of good, hard freeze-up, depending on geography and where the sun doesn't shine. They're racing for places saved up for this very time, when winter roads and skidder trails are softening from the northbound sun, and we're almost into that unsung season called Mud.

*(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)*

## Letters

FROM PAGE A4

get committee reduced it by almost \$73,000, but that still makes the proposed budget more than 11 percent higher than last year.

Here is the link to the warrants for you to re-

view and be prepared for town meeting. <http://www.townofbristolnh.org/Additional%20Links/2019%20Warrant.pdf>. Remember, money obtained from reserve funds, unreserve funds, fees or taxation is still your money.

See you at town meeting March 16, 9 a.m. at the high school. Lastly, On Tuesday the 12th, I will be casting my votes for two reasonable people, Morrison and Voelbel for selectmen.

*John Sellers  
Bristol*

## Take an interest in your town

To the Editor:

Bristol will hold its Town Meeting beginning on Tuesday, March 12, 8 a.m.-7 p.m. at the historic Town Hall, with the election of officers for various boards and committees including School Committee, and votes on a number of proposed amendments to the zoning ordinances as well as some items related to the school district budget. It will continue on Saturday, March 16 beginning at 9 a.m. at the Newfound Regional High School (child care will be available) with the opportunity to discuss and vote on the annual town budget and additional warrant articles. It's a chance to hear from people in-

involved in the development of these important items.

We have a special community in Bristol. We have seen some important improvements in the town over the last few years, and we are fortunate to have outstanding, dedicated employees and elected officials who care about making sure that Bristol continues to grow and improve. We should be making sure we have the resources necessary for the town to attract businesses and build the tax base, retain quality employees, maintain our roads and other infrastructure, and be proactive in planning for the future. All of this takes, planning,

money and effort.

I encourage you to stop by the Town Hall and pick up a copy of the proposed budget or go to [www.Townofbristolnh.org](http://www.Townofbristolnh.org) for more information. The majority of the budget includes items that are predetermined (i.e. insurance, compensation, etc.) and the Select Board and the Budget Committee are largely in agreement on the budget. Don't forget that our elected officials also pay taxes in our town. Please join us on Tuesday, March 12 and Saturday, March 16 and be an active participant in the Town we all live in.

*Rosemary D'Arcy  
Bristol*

## Let's keep Bristol an affordable place to live

To the Editor:

The Town of Bristol will hold town meeting on Saturday March 16, 9 a.m., at the Newfound High School. It is important that we participate in this very fundamental form of democracy.

Last year, the voters rightfully reduced the proposed spending on a number of items; in spite of those reductions the Town Select Board still managed to spend on "Other Capital" projects that included \$11,582 for a bogus fireworks show on the lake, \$245,524 for the unfinished Transfer Station, \$182,000 for yet

to be installed Fiber optics, all totaled Capital Expenditures amounting to \$504,231 out of the requested \$711,210.

This year the Town is seeking an 11 percent increase in the operating budget. What you won't see in the proposed budget are costs associated with the "New Town Office" which was approved at a "Special Town Meeting" last year; those payments start in 2020. Also included in this year's Warrant are Capital Reserve funds in the amount of \$455,000 for various equipment purchases and pet projects.

Uncontrolled spending will result in higher taxes, higher taxes result in less desirable property, less desirable property results in lower appraisals, lower appraisals result in less tax revenues, less tax revenues result in higher taxes for those who remain in the community.

Let's finish some of these unfinished pet projects before we embark on the road to insolvency.

Bristol is a beautiful community; let's keep it that way, and let's keep it affordable.

*Paul Simard  
Bristol*

## CADY Corner

### Biology of addiction – Drugs and alcohol can hijack your brain

BY DEB NARO

Contributor

People with addiction lose control over their actions. They crave and seek out drugs, alcohol, or other substances no matter what the cost—even at the risk of damaging friendships, hurting family, or losing jobs. What is it about addiction that makes people behave in such destructive ways? And why is it so hard to quit?

National Institute of Drug Abuse funded scientists are working to learn more about the biology of addiction. They've shown that addiction is a long-lasting and complex brain disease, and that current

treatments can help people control their addictions. But even for those who've successfully quit, there's always a risk of the addiction returning, which is called relapse.

The biological basis of addiction helps to explain why people need much more than good intentions or willpower to break their addictions.

"A common misperception is that addiction is a choice or moral problem, and all you have to do is stop. But nothing could be further from the truth," says Dr. George Koob, director of NIH's National Institute on Alcohol Abuse and Alcoholism. "The brain actually changes with

addiction, and it takes a good deal of work to get it back to its normal state. The more drugs or alcohol you've taken, the more disruptive it is to the brain."

Researchers have found that much of addiction's power lies in its ability to hijack and even destroy key brain regions that are meant to help us survive.

A healthy brain rewards healthy behaviors—like exercising, eating, or bonding with loved ones. It does this by switching on brain circuits that make you feel wonderful, which then motivates you to repeat those behaviors. In

SEE CADY, PAGE A11

*Covering the  
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# Towns

## Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

What a great way to end the weekend! The Little Miss was here for a sleep over and what a time we had! The snow storm arrived, and with that, school was first delayed then cancelled for the day! Worked out very well, thank you!

### Town

Town and School Voting Day, Tuesday, March 12. Polls will be open from 11 a.m. until 7 p.m. Absentee Ballots are available to those who are unable to vote during those times. If you have any questions, please call our Town Clerk, Fran Skiffington, at 744-3288,

Conservation Commission Meeting Wednesday, March 13

## Estelle A. Greenwood, 84

TEMPE, Az. — Estelle A. Greenwood, 84, of East Southern Avenue in Tempe, Az., died Thursday, Feb. 14, 2019 after a period of declining health.

She was born in Bristol, the daughter of the late Joseph and R. Estelle (Robert) Greenwood. She was a 1952 graduate of Bristol High School and earned a degree from Plymouth Teachers College in 1956.

Estelle was an elementary school teacher for 35 years, primarily at the Elm Street School in Lakeport. She was well respected by her colleague's and was greatly appreciated by students and parents. Estelle worked hard to provide those she taught with the tools necessary to successfully complete their middle and high school years. Estelle was down to earth and connected with others by drawing from her own experiences, knowledge and faith. She was also a recipient of the Laconia Teacher of the Year

at 6:30 p.m. in the Municipal Building.

Alexandria Volunteer Firefighters Association meeting Wednesday, March 13 at 7 p.m. at the fire station.

### Alexandria UMC

Office hours Thursday, March 7 from noon until 6 p.m.

Sunday, March 10, services begin at 9 a.m. There will be a Coffee Hour following services. Sunday School will begin a little later.

NAC Lenten Service Wednesday, March 13 at noon at the Hebron UCC. Light lunch to follow.

Happy Birthday to Joshua Blouin on March 24.

Don't forget to turn your clocks ahead this weekend! Another sign of Spring being

Award.

Estelle lived in Laconia most of her adult life, before moving to Tempe, Az. in 2004. She traveled extensively throughout the U.S., as well as in Europe and Central America. She enjoyed dancing, riding her motorcycle, playing guitar, skiing at Gunstock Mountain, her pet dogs Briquet and Pasha, and spending time with friends and relatives. Some of her favorite memories were of the summers she spent at the seacoast in Maine. Estelle was a parishioner at the former Lady of the Lakes Catholic Church in Lakeport, and most recently the Resurrection Catholic Church in Tempe.

She is survived by her sister Mary Ritter of Kenner, La., as well many nieces and nephews.

Estelle was predeceased by her brothers Joe Jr., Raymond, Charles, and Pierre, and was interred at the Queen of Heaven Catholic Cemetery in Mesa, Az.

right around the corner. Longer daylight hours is going to be wonderful! Of course we may still have snow banks in August, but the days will be longer! Have a great week ahead everyone!

## Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### South Danbury Church

The South Danbury Church Sunday services at 11 a.m. will continue through the winter; weather permitting. Everyone is welcome to worship, and to enjoy coffee and conversation afterward.

### Danbury Winter Market

The next winter market is Saturday, April 6 from 9 a.m.-1 p.m., is the Danbury Winter Market at the grange hall. Merrimack Wonder Pepper seeds will again be on sale at the Danbury Grows table. It will be grind stone sharpening day. This pepper vanished with the closing of Merrimack Farmers over 45 years ago. The Danbury Grows group have planted them and saved the seeds over the last three or four years, and finally, this year they feel there are enough in stock to offer them to the public. Plan to visit the market on the last market day of this season. Veterans get \$20 in coupons to shop at the market. Most vendors may be found at the Wilnot Farmers Summer Market which begins June 22.

### Silent Movie

It's silent movie time at the grange hall, Saturday, March 23 at 7 p.m. Buster Keaton starts in the film which is accompanied by the live music of Jeff Rapsis. Plan to experience a silent movie as it was intended to be seen...on a large screen in an old building with an appreciative audience.

## Groton

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

Well, I ordered my seeds and they have all arrived in plenty of time for planting. Even if there is still four feet of snow on the top of the garden, I will be getting the greenhouse planted as soon as the weather warms up a bit. Then, when Memorial Day rolls around, I'll be ready to go. Winter is always a little daunting to everyone in February and March. It seems that the snow will never go away and I know there's lots of you out there who are snow mobile-ing and having a blast in it, but I'm just waiting... waiting... waiting for warmer weather. Even though I'm not a big winter fan, I've lived in New England for 95 percent of my life and the other 5 percent in snowy places; I really wouldn't want to give it up. After all, snow is the poor man's fertilizer and my garden has done great the past couple years.

The big news in Town this week is that Town Elections are coming up, March 12 from 11 a.m. - 7 p.m., and then the Town Meeting will be March 16 beginning at 9 a.m. Hope you all will be able to make it to these two important events. There will be lots to discuss and we need you to have a say in local government. If you would like to bring along some snack foods to share with everyone, that would be nice, but not necessary. We'll have the coffee and tea on.

The Town is looking for a Deputy Town Tax Collector and some who would be willing to serve on the Emergency Management Team. If either of these sounds interesting to you, please let us know at the Town Offices. Call either 744-8849 for the Town Clerk or 744-9190 for the Select Board Offices.

### Scheduled Meetings and Office Closures:

Select Board Work Sessions -Tuesdays, March 19 at 4 p.m., and

April 2 at 6 p.m. at the Town House

Select Board Meetings (open to the public) - Tuesdays, March 19 and April 2 at 7pm at the Town House

Town Elections, polling place is at the Town House 754 N. Groton Rd, Tuesday March 12 polls will be open from 11 a.m. to 7 p.m.

Conservation Commission Meeting at the Town House, Thursday, March 14 at 7 p.m.

Town Meeting will be held at the Town House on Saturday, March 16 beginning at 9 a.m.

Road Committee Meeting, Tuesday, March 26 at 6 p.m.

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

### Taxes due

There are a total of 216 outstanding invoices with a total due of \$150,763.30. You may get the balance due on your taxes by looking at the NH Tax Kiosk. The link

is available by clicking on the grey button on the Town Clerk/Tax Collector's page of the Town website: www.grotonnh.org

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

## Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

### Don't forget to vote March 12!

Newfound Area School District Voting - Tuesday, March 12

Voting for Newfound Area School District officials and warrant articles will take place on Tuesday, March 12 from 11 a.m. to 7 p.m. in the basement of the Union Congregational Church located at 16 Church Lane in Hebron.

### Newfound Area Churches Lenten Service Wednesday, March 13

Newfound Area Churches Lenten Service Wednesday, March 13 at noon, Union Congregational Church, Hebron.

# Churches

## Ashland Community Church

### Sundays

10 a.m. Worship - Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

March 3 - April 14 Teaching Series: "40 Days of Prayer: Unleash the Power of Prayer in Your Life"

Toddler Zone (for infants - five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Our new Youth Zone (grades 5-8) will be starting soon and our Special Needs Class (for youth and adults) is led by Barbi Sharrow and Debbie Tall. Both classes meet in the worship center for singing at the beginning of the service and then are dismissed to their classes when the message begins.

Small groups: We also offer four adult small groups that meet in various locations on Tuesday, Wednesday, and Thursday evenings. In March and April all of our groups will be watching a video by Rick Warren and discussing the topic of prayer. Please contact our pastor, Ernie Madden, for more information about our small groups program.

It is our desire to help you understand God's incredible grace, mercy and love. We

believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for. You'll learn how to relate to God. You'll experience Christian community. And here's the big thing - you will change. Join us as we seek God together. Just come as you are! (No perfect people allowed!)

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

We look forward to seeing you soon!

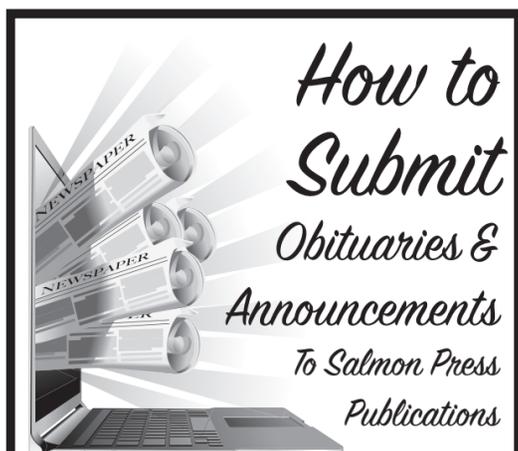
## Bristol United Church of Christ ("the Church on the Hill")

### We are handicapped accessible!

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

### Sundays:

Pastor: Rev. Andrew MacLeod  
Intergenerational Service: 10 a.m.  
Coffee Fellowship: SEE CHURCHES, PAGE A9



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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	411 NH Route 104	N/A	\$75,000	Michael J. and Margaret L. Flanders	Chester E. and Aagie A. Caron
Ashland	44 School St.	Single-Family Residence	\$84,500	Pennymac Loan Servicing	Steven A. and Lisa A. Marshall
Bristol	19 Mount Celo Rd.	Single-Family Residence	\$170,000	Chipper and Gina Fletcher	Gregory P. and Margaret Drazek
Bristol	N/A	N/A	\$46,000	Frank A. Schiller	Paul Zareas
Bristol	N/A (Lot 1)	N/A	\$130,000	George D. Noble	Helen H. and Benjamin T. Aguirre
Campton	33 Heights Rd.	Single-Family Residence	\$128,000	Kimberly A. Godfrey	Mialyn Hanna
Campton	40 Winterbrook Rd.	Single-Family Residence	\$108,000	Evelyn K. Mayes	Erica S. and Jamie L. Tuttle
Dorchester	NH Route 118	Residential Open Land	\$69,000	Russel D. and Heather A. Andrews	David W. Davis
Hebron	N/A (Lot 2)	N/A	\$385,000	Norton 2013 Fiscal Trust	Phyllis E. Rockwell RET
Plymouth	23 Tenney Brook Rd., Unit 5	Condominium	\$119,533	Dean Realty Management LLC	Craig P. Sabbey
Rumney	415 School St.	Single-Family Residence	\$24,000	Dwight H. Lyon	AKA Property Buyers LLC
Thornton	52 Amory Leland Rd.	Single-Family Residence	\$310,000	Joseph and Eileen Filbotte	James and Donna Bates
Thornton	Blake Mountain Road	Residential Open Land	\$18,000	Allan and Carolyn Gravel	Steven and Meganne L. Daly
Thornton	100 Doe Run	Single-Family Residence	\$279,933	Shayne R. Goldberg	Karen E. and Stephen P. Waters
Thornton	2428 NH Route 175	Acc. Land Imp.	\$87,000	R. Stephen Loynd and Tamara H. Cocchiarella	Elizabeth A. Jones
Thornton	Owl's Nest Condo Unit 3	Condominium	\$465,000	Michael A. and Adrienna A. Michaud	Randall E. and Andrea M. Steele
Thornton	612 Upper Mad River Rd., Unit 7	Condominium	\$62,000	Michele L. Cloutier and Wilmington Savings Fund Society	Wilmington Savings Fund Trust
Thornton	21 Wallace Dr.	Single-Family Residence	\$179,000	Andy C. Blake	Edward S. and Angela M. Tokarski
Thornton	N/A	N/A	\$111,000	Richard and Sandra Giuliano	Dennis Cronin
Warren	Studio Road	Residential Open Land	\$140,000	Kimberly Bancroft	Joseph S. and Jessica R. Riscolo
Warren	340 Swain Hill Rd.	Single-Family Residence	\$120,000	Ryan and Stacie Mosher	Maria A. Sanders
Waterville Valley	Black Bear Ledge Condo Unit 111a	Condominium	\$72,933	Lehman & Anne Cheshire LT	Gilbert R. and Elizabeth L. Biron
Waterville Valley	28 Packards Rd., Unit 126	Condominium	\$121,000	Ray A. and Madeleine C. Webb	Adam W. and Kathryn M. Hansen
Waterville Valley	28 Packards Rd., Unit 422	Condominium	\$76,000	Scott R. Hansford and Lisa Gagne-Hansford	Terry L. and Elaine R. Youngman
Wentworth	N/A (Lot 13-4-1)	N/A	\$65,000	Lamott Kenneson	Bernhard Czeremin

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

# MARK ON THE MARKETS



BY MARK PATTERSON

Whenever we invest our money in any kind of investment vehicle such as stocks, bonds, real estate or commodities, we typically have an expected return plugged into our brains based typically on past performance. I can relate to you about my early years as a stock broker in the middle '90s. If I had municipal bonds to offer, the yield to maturity was often times between four and 6 percent tax-free to the client. Depending on the client's tax bracket, that could equate to a tax equivalent yield of eight or 10 percent. As a new broker, I would call the fixed income desk at my firm and try to get new issue municipal bonds held aside for me to garner new clients. The municipal bond buyers were typically wealthier or mature clients compared to the typical equity or stock investors. When I did open an account with that equity or stock client, I would discuss expectations for returns in the market. Often times clients would tell me that the expected return was somewhere between 10 and 20 percent. Certainly, the 20 percent expectation was high, but the 10 percent return expectation was a minimum expectation for those equity (stock) clients.

Typically, the investor is using a benchmark of returns from the past to form their expectations of returns in the future.

This is often times unrealistic given interest rates and market returns over the last 15 years. Instead of benchmarks based on past market returns maybe we should think about the necessary return needed, that is reasonable in today's interest rate environment that we require for our future income.

Between 1984 and 1999, the S&P 500 returned nearly 18% per year including dividends. So my client back in 1995 who expected up to 20 percent was really just conditioned by what the markets were actually returning. The next 15 years, 2000 through 2015, the S&P 500 returned a little over 4 percent, including dividends. Today, the yield on the 10-year note is about 2.7 percent. In 1995, the yield on the 10 year note was about 6.5 percent.

If you are investing money today, just think about real returns in this interest rate environment and understand that the dividend paying stocks are vulnerable to market volatility based on the fact that many investors and their advisors have chased yield and have taken, in my opinion, too much risk for that reward.

An investment grade corporate bond portfolio may offer a yield and coupon of between 4 and 6%, depending on effective duration. If structured properly your advisor should be able to immunize the portfolio against interest rate risk compared to a bond fund, that is perpetual (no maturity date). I am not anti-common stock or equities; my intentions are to maximize returns and minimize risk and to structure a portfolio with purpose.

## Realistic expectations

The bond market is nearly twice the size of the stock market however, many new clients that I consult with are primarily in stocks or equity. I get it, stocks are much more excit-

ing than bonds, however our brains chemically react three times greater when we are getting hurt in the markets as opposed to positive reactions in good times, so let's at least

balance our portfolio by investing in low to non-correlated asset classes, known as modern portfolio theory.

Sharpe sell-offs or elongated bear markets deplete our monetary

and emotional capital.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

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**Churches**

FROM PAGE A6

Following service  
Sunday School: 10 a.m.

**Notes:**

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

\* Please note that services are being held in Fellowship Hall on Sundays at 10 a.m. through the end of February. Services will resume in the Sanctuary on Sunday, March 3.

\* The Christian Education committee is bringing a labyrinth to our church during Lent. It will be on loan to us from March 13 to March 17.

The labyrinth will be made available to the community Thursday through Sunday. Hours are: Daytime: 9 a.m. to noon and Evenings: Wednesday, Thursday, Friday, and Sunday from 5 to 8 p.m.

The labyrinth is free to all who are interested in a meditative experience.

\* Bristol U.C.C. is hosting their Newfound Area Churches Lenten Service at noon on April 3, followed by a luncheon.

Bible studies have begun again on Mondays at 7 p.m. This year, the study subject will be Peter. Please contact Rev. Andrew if you interested.

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

Phone: 744-8132

**Office Hours:**

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

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment

Rev. Andrew's Home Phone: 217-0704

Email: [pastorbucc@myfairpoint.net](mailto:pastorbucc@myfairpoint.net)

**Weekly Events**

**Mondays:**

A.A. Step meeting – 7:30 p.m.

**Tuesdays:**

Bone Builders – 9:30 a.m.  
Senior Crafts: 9:30 a.m.  
Senior Luncheon – Noon  
AA Discussion – 8 p.m.

**Wednesdays:**

With a lively and committed group, Morning Reflections are continuing through the winter months, as weather permits, with Rev. Andrew moderating, on Wednesday mornings at 7:30 a.m.! Come join us for a wonderful, spiritual and fulfilling experience.

**Fridays:**

Bone Builders – 9:30 a.m.

**Monthly Events:**

WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

**Women's Fellowship**

– Our next meeting will be held on Thursday, March 14 at 10 a.m. in Fellowship Hall. All are welcome!

Choir rehearsal continues at 4 p.m. every Wednesday.

**Ongoing:**

Bristol Community Services is in need of anything and everything! Please help if you can!

Join us on Saturday, March 9 for the "luck of the Irish" famous corned beef dinner! Wear your green and be seen!

5:30 to 7 p.m.

Adults \$9. Children \$4. under 12.

Take Out Available: 744-8132

The ukelele band is having fun, fun, fun and has been well-received! We're growing, as we presently have 10 members and always looking for more. If you are interested in joining, please contact Debbie Doe.

The band is getting together once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. Their next performance will be Sunday, March 10!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

**Hill Village Bible Church**

**Central Street Mission**  
333 Central St., Franklin

Hill Village Bible Church announces the opening of the Central Street Mission in Franklin. Its purpose is to reach those struggling with addictive behaviors in Franklin and the surrounding areas.

Reformer's Unanimous Recovery Ministry or RU, Fridays, 7-9 p.m. is held to help those in addictive behaviors. RU is a nationwide, biblically based, Christ-centered recovery program designed to rescue, recover, and restore individuals through the power of a new life found in Jesus Christ.

One in four individuals struggle with addictive behaviors and it crosses age, gender, race, and class. It is estimated there are at least 25 million addicts in America.

Addiction has taken its toll on our communities, economy, crime, health, income, and education. Most importantly though is how it affects the individual's family because each addict affects at least four others.

There is a mental and physical side to addiction, but there is also a spiritual side to addiction. At HVBC's RU ministry we seek to provide support and hope to anyone impacted by addiction through faith, the church, and weekly classes. Each night the group does, talk, talk, talk. We first talk to God through prayer and praise, then we talk to each other, and finally God talks to us through a Bible study led by a trained leader. Addicts and their families are

encouraged to attend to build godly relationships as they work towards victory.

Call 934-3500 for more information about RU.

**About Us**

At Hill Village Bible Church, we desire to "grow in grace, and in the knowledge of our Lord and Savior, Jesus Christ" as He alone can meet each need. Join us for the preaching of God's Word, singing of heart-warming hymns, and joyful fellowship with believers. HVBC is a faithful church. We believe the Bible is God's Word, which is practical for today. So, at HVBC we seek to be faithful to the message of the Bible as we bring the life changing Gospel to our community. We would enjoy

the opportunity to minister to you and your family.

Please call 934-3500 and speak to Senior Pastor Daniel Boyce, Associate Pastor Andrew Hemingway, or Youth Pastor Nathan Pelletier. You can also visit us at [www.hill-villagebiblechurch.com](http://www.hill-villagebiblechurch.com) or our Facebook page.

Our address is 36 Crescent St., Hill.

**Sundays:**

Sunday school for all ages, 9 a.m., Morning Worship, 10am, Discipleship Hour, 11:30 a.m. Nursery provided for all services.

**Wednesdays, 6:30 p.m.:**

Adult Prayer and Bible Study, Youth Group (grades 7-12), Master Club (Age 4 – grade 6). Nursery provided for all services.

SEE CHURCHES, PAGE A11

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**Edward Jones: Financial Focus**

**Women May Need to Make Extra Financial Moves**

International Women's Day will be observed on March 8. Around the world, special events will celebrate the cultural, social, political and economic achievements of women. However, this last area – economic progress – is one that still causes concern, and rightfully so, because women still face gender-related challenges. How can you deal with them? To begin with, you need to recognize the nature of these challenges. While many factors are actually responsible for women facing more economic pressure than men, two stand out in particular:  
**Gender wage gap** – It's still

around, despite some progress toward equality. The U.S. Census Bureau has found that full-time, year-round working women earn about 80% of what their male counterparts earn. Other studies show a slightly smaller gap.  
**Caregiving responsibilities** – Women typically take more time away from the workforce than men, both to raise children and then, later in life, to take care of aging parents. These absences can result in lost wages, lower Social Security benefits and fewer contributions to 401(k) and similar retirement plans. So, given these realities, what

can you do to improve your own financial outlook? Here are a few suggestions:  
Increase your contributions to your retirement plan. Every time your salary goes up, increase the amount you contribute to your 401(k) or similar retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered. These plans offer potential tax-deferred earnings, and since your contributions are typically made with pre-tax dollars, the more you put in, the lower your taxable income.  
**Invest for growth.** Some studies show that men may invest more aggressively than women

– though not necessarily more successfully. However, while you do need to invest wisely, you can't ignore the need for growth. Consequently, you should consider including a reasonable percentage of growth-oriented investments in your retirement and other investment accounts, with the precise amount depending on your individual goals, risk tolerance and time horizon.  
**Look for income even while serving as caregiver.** Of course, you may never become the primary caregiver for your elderly parents – but even if you do, it doesn't necessarily follow that you must forego all

earned income. If it's possible, you could seek to go part-time at your current job, or request some type of telecommuting arrangement. And as long as you have some earned income, from somewhere, you can still contribute to an IRA.  
**Manage retirement plan withdrawals carefully.** Once you're retired, possibly to become a full-time caregiver, you can take penalty-free – though still taxable – withdrawals from your 401(k) as early as age 55, provided you meet certain conditions. Once you're 59-1/2, you can take penalty-free withdrawals from a traditional IRA, though the money will be

taxable. While you can withdraw contributions you made to a Roth IRA at any time, tax- and penalty-free, you'll have to wait until 59-1/2 to take out your earnings free of taxes and penalties. And you'll need to find a sustainable withdrawal rate so you can reduce the risk of depleting these accounts too early. As a society, we are still working toward equality for all people – including economic equality. As a woman, however, you can't afford to wait until that day arrives, so you need to be proactive in seeking and maintaining your financial security.

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 your local Financial Advisor.



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# The Yardbirds bring Rock N' Roll History to Plymouth

PLYMOUTH — The Yardbirds will perform at The Flying Monkey in Plymouth on Friday, March 15 at 7:30 p.m.

The Yardbirds are perhaps best known as the launching pad for three of rock's greatest guitarists, Eric Clapton, Jeff Beck and Jimmy Page. Tickets for this concert start at \$35.

The Yardbirds are more than a Rock band...they are an institution, which, in the brief period from 1963 to 1968, made an indelible mark on the "Shapes of Things" to come.



COURTESY (Left) The Yardbirds will perform at The Flying Monkey in Plymouth on Friday, March 15 at 7:30 p.m.

To the casual music fan, The Yardbirds are best known as the band that honed the skills of future "guitar gods" Eric Clapton, Jeff Beck and Jimmy Page, and for their slew of chart hits, including "For Your Love," "Heart Full of Soul," "I'm A Man," and "Over Under Sideways Down." Led by core members and songwriters Jim McCarty (drums), Chris Dreja (rhythm guitar/bass) and the late Keith Relf (vocals/harmonica), the band's experimental explorations also provided the crucial link between British R&B, Psychedelic Rock, and Heavy Metal, while pioneering the use of innovations like fuzz tone, feedback and distortion. Even their 1968 break-up set the stage for Rock 'n' Roll's future, leading Jimmy Page to form the New Yardbirds with John Bonham, John Paul Jones, and Robert Plant — the lineup that was later re-christened Led Zeppelin.

from the likes of Brian May, Joe Satriani, Slash and Steve Vai. Additionally, the band commemorated their 50th Anniversary with the release of their live DVD Making Tracks in 2013.

In 2015, Jim McCarty debuted the new touring line-up of The Yardbirds, consisting of guitarist Godfrey Townsend, bassist Kenny Aaronson, singer/harpist/percussionist Myke Scavone, and guitarist/singer John Idan to rave reviews. As Goldmine Magazine stated, "the band's hallmark of top-notch musicianship remains. There are no passengers in this band."

The Yardbirds -- electrifying, eclectic and way ahead of their time -- melded heavy rock, wild jams, and an improvisatory feel, and continue to influence generations of bands. Go to a Yardbirds show and you'll find crowds filled with 20-somethings to baby boomers all thrilling to this band's legendary power. Watching The Yardbirds in action is experiencing rock'n'roll history.

Tickets for The Yardbirds range from \$35 - \$49. 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](http://www.flying-monkeyNH.com).

## Rock N Roll supergroup to play The Flying Monkey

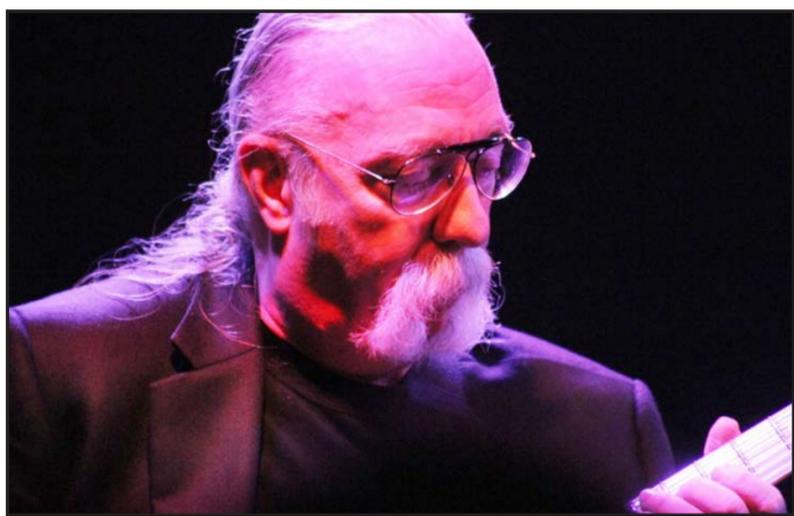
PLYMOUTH — The American Vinyl All-Star Band will perform at The Flying Monkey in Plymouth on Friday, March 8 at 7:30 p.m. "Skunk" Baxter (Steely Dan, Doobie Brothers), Barry Goudreau (formerly of Boston), Leroy Romans (The Wailers), and Robert Thompson (James Brown) will play all the hits. Tickets for this concert start at \$35.

When you hear the term "All Star Band," one question comes to mind... who's in it? This international dynamic line-up of musicians will play all their collective hits.

Jeffery "Skunk" Baxter, founding member of Steely Dan and guitarist from the Doobie Brothers, is unquestionably one of the rock/pop world's most influential guitarists, having played on more than 2,500 recordings.

Barry Goudreau, former guitarist of the band Boston, whose eponymous record is still the fastest selling debut album of all time.

Leroy "LSR" Romans, keyboardist of The Wailers and Third World, will bring his melodic sounds to the group. Robert "Mousiey" Thompson, drum-



COURTESY Jeff "Skunk" Baxter

mer from the James Brown Band, will bring the funky beat. Danny Beissel, lead singer from Fosterchild, fronts this powerhouse roster.

"They don't just play the music, they ARE the music," said Alison Abramson Kauffman from WCNI 90.9 FM. Spend an evening with The American Vinyl All Star Band as they play hit after hit of the legendary music from their original iconic bands.

Tickets for American Vinyl All-Star Band range from \$35 - \$49. 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](http://www.flying-monkeyNH.com).

## Big Brother & The Holding Company brings the San Francisco sound to Plymouth

PLYMOUTH — Big Brother & The Holding Company will perform at The Flying Monkey in Plymouth on Saturday, March 23 at 7:30 p.m. Big Brother, along with bands like The Grateful Dead, Jefferson Airplane, and Quicksilver Messenger Service, is considered one of the original, first wave of great psychedelic bands that came out of San Francisco in the summer of 1965. Tickets for this concert start at \$29.

It's hard to imagine another sophomore album that not only made a powerful initial impression, but at the same time, marked such a stunning farewell. At the time of its release some 50 years ago, "Cheap Thrills" proved to be a bombshell, and the breakout record for Big



COURTESY Big Brother & The Holding Company, the legendary band that gave the world Janis Joplin, will perform at The Flying Monkey in Plymouth on Saturday, March 23 at 7:30 p.m.

Brother's dynamo of a lead singer, Janis Joplin. Though only seven songs long, it became Joplin's ultimate tour de force, the standard by which she would be judged for the remainder of her brief career. The record not only became one of the biggest selling albums of 1968, entrenched at number one for eight consecutive weeks, but

a recording destined for immortality when, in 2013, it was enshrined in the National Recording Registry by the Library of Congress.

The album's 50th anniversary saw a special two-CD collection of outtakes released under the title "Sex, Dope & Cheap Thrills," the name the band had originally intended, but which was ultimately rejected by Columbia, their record label—this sprawling reissue essentially rewrites history courtesy of a two disc set featuring 30 tracks, all but five of which are previously unreleased. That said, the original set list remains intact. They include the trio of standout songs that became the early essence of Joplin's repertoire: "Summertime," "Piece of My Heart" and "Ball and Chain." It's worth noting that the latter was the only actual concert recording,

although it was assumed at the time that the entire album was live to begin with, thanks to Columbia's insistence on adding crowd noises to enhance the overall ambience. Here, that version of "Ball and Chain" is omitted in favor of another live performance, one recorded at the Winterland Ballroom the same month as the other.

Since reforming in 1987, Big Brother and the Holding Co. has toured continuously in the US, Canada, Europe and Asia. The songs from "Cheap Thrills" and their first mainstream album are now a part of Rock Music history. Their legacy as one of the great bands of the 1960s is secure. In their shows they perform all of their legendary songs; "Piece of My Heart," "Summertime," "Ball and Chain," "Bye Bye Baby" as only the original creators of this music can. And to show that Big Brother is still a living, creative band they throw in a taste of new, original material that embodies the same signature, Big Brother ideas and energy.

Tickets for Big Brother & The Holding Company range from \$29 - \$35. 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](http://www.flying-monkeyNH.com).

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Barry Goudreau  
(Former member of the band Boston)

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Newfound Area School District  
20 North Main Street  
Bristol, NH 03222  
Application is available at:  
<http://www.sau4.org/human-resources/employment-information>

## Bristol

FROM PAGE A1

construct sewer lines from the system's current terminus on Lake Street down to the eastern and western shores of Newfound Lake. That amount would include the replacement of the Central Street pump station as well as road improvements on Lake Street. According to the article, a portion of the funding for this project would be derived from the Sewer Capital Reserves Fund, grants and user fees, with the re-

mainder coming from taxation. The article has been approved by both the Budget Committee and the Board of Selectmen.

The second construction project was submitted by petition. It calls for the appropriation for \$250,000 for "paving, construction, reconstruction and maintenance of municipal roads within the Town of Bristol." Of that amount, \$95,000 would come from a state DOT Highway Block Grant, with the remaining \$155,000 from general taxation. Neither the

## CADY

FROM PAGE A5

contrast, when you're in danger, a healthy brain pushes your body to react quickly with fear or alarm, so you'll get out of harm's way. If you're tempted by something questionable—like eating ice cream before dinner or buying things you can't afford—the front regions of your brain can help you decide if the consequences are worth the actions.

But when you're becoming addicted to a substance, that normal hardwiring of helpful brain processes can begin to work against you. Drugs or alcohol can hijack the pleasure/reward circuits in your brain and hook you into wanting more and more. Addiction can also send your emotional danger-sensing circuits into overdrive, making you feel anxious and stressed when you're not using the drugs or alcohol. At this stage, people often use drugs or alcohol to keep from feeling bad rather than for their pleasurable effects. Teens are especially

vulnerable to possible addiction because their brains are not yet fully developed—particularly the frontal regions that help with impulse control and assessing risk. Pleasure circuits in adolescent brains also operate in overdrive, making drug and alcohol use even more rewarding and enticing.

Although there's much still to learn, we do know that prevention is critical to reducing the harms of addiction. "Childhood and adolescence are times when parents can get involved and teach their kids about a healthy lifestyle and activities that can protect against the use of drugs," says Dr. Nora Volkow, director of NIH's National Institute on Drug Abuse. "Physical activity is important, as well as getting engaged in work, science projects, art, or social networks that do not promote use of drugs."

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

Budget Committee nor selectmen were in favor of that proposal.

Article 14 will ask the town to establish a contingency fund of \$25,000 for the coming year to be used should any unanticipated expenses arise. That sum would come from the unexpended fund balance and have no tax impact. It is recommended unanimously by both the selectmen and the Budget Committee.

One other unanimously approved request for the town is to raise \$12,000 for the annual Fourth of July Fireworks display and any related costs of the event.

Three articles this year pertain to the fire

department, with the first asking for \$38,893 for the purpose of hiring a full-time firefighter. That funding would cover salary and benefits for the new hire for the first six months. While the Board of Selectmen is in favor of the article by a vote of 3-2, the Budget Committee split their vote, 5-6.

Article 16 seeks an amendment to the Ambulance Revolving Fund by asking that the first \$60,000 of revenue brought in by the ambulance be placed in that fund. The third fire department-related request is to raise and appropriate \$10,100 for the purchase of a Stryker Power-Pro XT power

stretcher and it received unanimous approval on the warrant.

The Bristol Police Department is also the subject of three articles, the first of which requests \$2,955 for the first year's payment toward the purchase of nine tasers with holsters and cartridges. A second request, not approved by the Budget Committee, is in the amount of \$13,666 for the first year of payment on 10 body cameras for officers. The purchase would include all associated equipment along with technical support, a warranty and cloud-based storage and maintenance. Their final request is to add \$50,000

to the Police Vehicle Capital Reserve Fund. That amount would be offset by the withdrawal of \$15,000 from the Police Detail Revolving Fund, leaving \$35,000 to be raised through taxation.

The final article on the 2019 warrant seeks \$455,000 through taxation that would be dispersed among six Capital Reserve Funds. Those funds are: Accrued Wages CRF (\$35,000), Assessment Reval CRF (\$35,000), Bicentennial CRF (\$20,000), Fire Department (Fire Engine) CRF (\$75,000), Highway Equipment CRF (\$280,000) and the Town Building Maintenance CRF (\$10,000).

## Lewis

FROM PAGE A1

more than \$1,500.

The original indictments had listed three periods and had not included the "course of conduct" language which is necessary in seeking felony-level charges.

Lewis is alleged to have claimed overtime for patrols under New

Hampshire Highway Safety Agency grants. Bristol selectmen said they discovered the discrepancies while reviewing internal personnel policies following Lewis' resignation. They had placed him on paid administrative leave a month earlier.

Among the potential defense witnesses in Lewis' case are two former Bristol selectmen

and a Franklin Police Department dispatch supervisor. They are expected to testify about the long hours the former chief put in and the volume of weekend calls handled by Franklin dispatch — which covers Bristol calls — that limited non-emergency messages that potentially could have confirmed Lewis' presence on the grant-funded patrols.

Other police chiefs and Bristol police officers also appear on the list of defense witnesses. Lewis is being represented by defense attorney Eric Wilson of Nashua.

Lewis is facing separate misdemeanor charges relating to an allegation that he initiated uninvited physical contact with a female while on duty.

## Churches

FROM PAGE A9

### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday:  
10:30 a.m. Morning Service  
Monday: First and third Monday of the Month  
Noon-2 p.m. Helping Hands Food Pantry  
Friday: Second Friday of the month  
6 p.m. Food, Fun, Fellowship

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

#### Our Mission

#### Statement: Just One More!

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

### Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a 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.

**This week at Starr King:**  
**Sunday, March 10**  
**Lost and Found: Finding our Purpose**  
Rev. Linda Barnes, Worship Leader  
Sarah Dan Jones, Music Director and Choir

How might we view the journeys of our lives with a more spacious understanding of our own purpose? On this Sunday we'll look not so much at how to find ourselves, but rather, how it might be better to try to lose ourselves so that our purpose is revealed.

RE—Children begin in worship, class as planned

For more details, visit our Web site  
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# Plymouth Community Guide

**Published April 29th, 2019**

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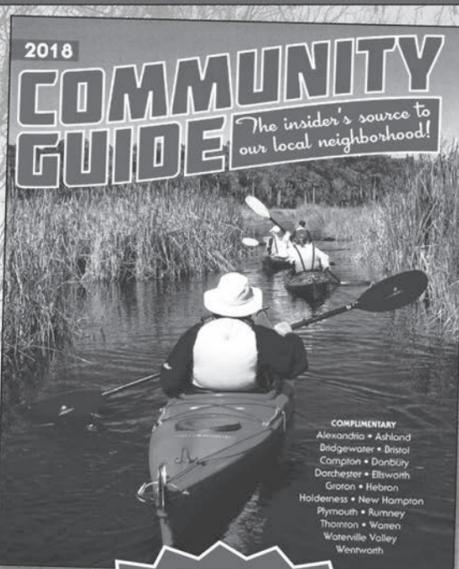
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## Inventors

FROM PAGE A1

Braley came up with an idea to hang backyard bird feeders from a pulley system.

"The problem is bears keep eating the bird seed and my intention was to solve that problem," she said with determination.

A rope attached to a pulley could be accessed from inside her home, which she said has experienced bear issues, and pulled up to prevent the bears from eating the seeds. She called her invention the "Bear No More Birdfeeder."

Evan Matthews came up with the idea to make a pillow on rollers that would help him scoot across the floor while relaxing and watching television, while another student, tired of static from wooly winter hats, developed a way to solve that problem with Velcro and dryer sheets. There was a solution for dirty eyeglasses, and even a way to encourage children to get out and explore

the world so they might develop a greater understanding of different cultures.

Madison Colburn came up with a way to help she and her fellow students remember to bring their lunchboxes to school with her invention, the "Glow in the Dark, Voice Activated Lunchbox," while Ryan Hobart created a way for children in wheelchairs to get outside and enjoy sledding.

"It's a sled chair where they can sit and slide down a hill," he explained.

While not tested yet, he said he came up with the idea after his brothers made friends with someone in a wheelchair at their Catholic education classes.

Judges confessed it was a painstaking process to determine the winners this year but they narrowed their selections down to three students, based on originality, presentation and research.

Third place went to Trinity Moore, whose invention, "The Expert Third Grade Board



DONNA RHODES

Ridge Nelson displays his first place winning "Magnet Hook" in the recent Invention Convention for third grader students a Bridgewater-Hebron Village School.

Game," was designed to prepare future third grade students for the skills they would need to be successful at that level. One teacher even confided that she would love to have that available in her classroom.

In second place was Brenden St. Amour. Brenden came up with the idea to design and build a "Skibike." Using an old bike frame, he added skis that replaced the front wheel, and by pedaling the

bike, he could scoot the vehicle along snow and icy surfaces.

"I like snowmobiling but I can't do that by myself so I came up with this idea so kids like me could get around in the winter and have fun," he said.

Taking home First Place honors was the "Magnet Hook," developed by Ridge Nelson.

Ridge's idea was to create a way in which people could catch a fish while not harming it with sharp hooks.

Bait would be placed in the middle of his device but instead of a hook, two strong magnets would then latch on to the fish until it is reeled in.

Ridge says he fishes all the time and found getting hooks out of their mouths "was a pain." He has also done a lot of catch and release fishing but found that fish could sometimes be severely injured by the hook.

Thus, the Magnet Hook, which would not harm a fish in any way.

"The Magnet Hook comes with 10 bait attachments that can even use feathers for fly fishing," he said as he pitched his product to family visitors at the school convention.

The top two winners in this year's convention will now move on to the regional convention and Principal Dana Andrews said that in just three years, BHVS has met with a lot of success on that level.

"We've sent three students to that event over the years and all of them have won first place in one category or another," he said.

Andrews said the students work very hard on their inventions and the entire experience is nothing but positive.

"It's a growth mindset and teaches them that it's okay to make mistakes sometimes, you just have to keep on trying. The students who move on to regionals represent us here in Bridgewater-Hebron and we're very, very proud of them," said Andrews.

Shedd has also been thrilled with both their overall ingenuity and their continuing success.

"Last year, two of our students were selected for nationals and one the year before. That's quite impressive when you consider there are children from all age levels, all over New England, who take part in the regional event," she said.

As each third grader rose to accept a certificate recognizing their creativity and hard work, they paused to make a brief statement about their experience.

Many took the opportunity to thank Shedd for bringing Invention Convention to the school, saying it was an amazing and fun challenge for them. Summing it up best perhaps though was young Riley McFarland whose take-away was, "If you believe in yourself, you just might change the world."

## Shooter Training

FROM PAGE A1

the room where they were located as others worked to clear the rest of the immediate area.

Walking through the practice drill several times, they were able to identify previously unknown complications, such as interior doors connecting several classrooms along the hallways. One officer noted that as they walked through the connecting doors, a suspect could easily run into those "cleared" rooms behind them and might not be discovered. Meeting back in the hallway, they reexamined the layout then changed their search strategies so that would not happen.

"That's what today is about. Walking through the drill and identifying problems like that. We then redo the drill keeping those problems and possible solutions in



DONNA RHODES

As part of a training drill last Wednesday afternoon, Bristol police officers apprehended an "active shooter" and tended to a "victim" at Newfound Regional High School while Officer Eli Schafner kept guard outside the door in case other "suspects" were still at large.

mind to see if they work better," said Chapple.

Another discussion was held on how faculty and staff could assist in securing classrooms should there ever be a threat.

Finally, the group strategized on how they

might set up a "Warm Zone" where emergency medical responders could enter the building with minimal threat so any wounded persons could be transported to the hospital for treatment.

Chapple said the

day was successful in providing critical field training for some of their newer officers, refreshing others who have been on the department for a while, and perfecting their overall approach strategies for such an emergency.



## What's Happening at Plymouth State University

# 2019 NH WATER AND WATERSHED CONFERENCE

FRIDAY, MARCH 15, 2019

The New Hampshire Water and Watershed Conference is an annual forum for sharing water resource information. Each year, over 175 academics, regulators, nonprofits, water resource professionals, land use planners, elected officials, and others gather to share information on regional water resource issues, including water quality and supply. This year's conference will be held in the Merrill Place Conference Center.

More information, including conference agenda and registration, can be found at <https://tinyurl.com/NHWatershed>. For registration questions, contact Nina Domina at 535-2121; for general questions e-mail [nhwwc2019@gmail.com](mailto:nhwwc2019@gmail.com).



# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, March 7, 2019



JOSHUA SPAULDING

Newfound's bench celebrates after Ashlee Dukette scored her 1,500th point in semifinal action at Southern New Hampshire University last week. Left to right, Lexi Douville, Caroline Marchand, Haley Dukette, Hayleigh Pabst (partially hidden), Mackenzie Bohlmann and Leah Bunnell.



JOSHUA SPAULDING

Madi Dalphonse led the Newfound hoop girls with 11 points in the semifinals last week.

## Bears stopped short in semifinals



JOSHUA SPAULDING

Ashlee Dukette works under the hoop during her team's semifinal tilt with Monadnock on Feb. 27.

BY JOSHUA SPAULDING

Sports Editor

**MANCHESTER** — There was little doubt in anyone's mind that the rematch between

the Newfound Bears and the Monadnock Huskies in the Division III girls' basketball semifinals would be much different than when the two teams met in the second game of the season.

And on Wednesday, Feb. 27, that was exactly the case.

However, the Newfound girls managed just two points in the final four minutes of the semifinal tilt and fell to the Huskies by a 39-34 score, a much closer battle than in the early season when the Huskies won by 30 points.

"We were just one shot off," said coach Kammi Williams. "We knew Monadnock wouldn't beat us in set offense vs. set defense

"The only way they'd win was with transition points and that's how they won," the first-year Bear coach said. "And that's how they beat us the first time."

There was one especially bright spot for the Bears in the loss, as senior Ashlee Dukette reached the 1,500-point milestone with a hoop late in the third quarter.

Senior Madi Dalphonse had the hot hand early on, as she

scored Newfound's first five points on a hoop and a three-pointer. Between those two baskets, the Huskies hit a free throw and a basket so Newfound led 5-3.

A Paulina Huckins hoop opened the lead to 7-3 and after another Husky basket Bailey Fairbank sank a three-pointer for the

10-5 lead. Monadnock hit another hoop but then Dalphonse hit the bottom of the net from three-point land for the second time in the quarter and Newfound took the 13-7 lead to the second quarter.

A Dukette free throw started the scoring in the second quarter and Monadnock answered

with a hoop. Huckins added a free throw and Fairbank hit a hoop for a 17-9 lead. The Huskies came charging back and hit a hoop and a free throw to get within five and added one more free throw to make it 17-13 after the first half.

The Huskies scored the first eight points

of the second half, hitting a free throw and two hoops to take the lead at 18-17 with 4:10 to go and then adding a three-pointer for the 21-17 lead.

Tiffany Doan scored Newfound's first basket of the second half with 2:06 to go to get the Bears on the board. Af-

SEE **HOOPS** PAGE B6



COURTESY PHOTO

The Newfound spirit team finished fourth in the Division III prelims over the weekend.

## Newfound spirit team advances to state championship

**BRISTOL** — The Newfound Regional High School spirit team recently competed in its third competition of the season, at 'The Battle at the Capital' in Concord.

At their first competition at Hollis, on Feb. 10, the Bears earned 71 points, which was the

most ever by a Newfound spirit squad. On Feb. 23 in Concord, the team scored 10 points higher with 81 points and finished first in Division III. In the overall scoring for the day, they finished just behind defending Division II champion Pembroke Academy,

The team has shown resiliency this season as they have worked hard to overcome injuries and illnesses, to bond as a strong team.

The team of 14 girls and one boy participated in the tough Division III NHIAA prelims on March 3 against some teams that they had not

seen yet this year.

The Bears came through with an impressive performance, finishing in fourth place overall, which advances them to the NHIAA state championship, which will take place on Sunday, March 10, at 11 a.m. at Pinkerton Academy.

### What's On Tap

The schedule is light in the coming week with only a few tournaments still on tap.

The Division II girls' basketball finals are Friday, March 8, at 7 p.m. at Southern New Hampshire University.

The Division II boys' tournament quarterfinals are Saturday, March 9, at the home of the higher seed at 7 p.m. and the semifinals are Monday, March 11, at the University of New Hampshire at 5:30 and 7:30 p.m.

The unified basketball tournament continues with quarterfinals on Friday, March 8, and semifinals on Wednesday, March 13, both at the home of the higher seed at 7 p.m.

The Division II and III boys' ice hockey championships are Saturday, March 9, at Southern New Hampshire University Arena in Manchester. Division III is at 12:15 p.m. and Division II is at 2:45 p.m.

The Nordic Meet of Champions will take place on Tuesday, March 12, at Proctor Academy.

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## Newfound Area School District Employment Opportunities

### 2019-2020 SCHOOL YEAR

*Newfound Regional High School*

- English Teachers (2)
- School Nurse - RN License Required

*District Wide*

- Speech Pathologist - 1 day per week
- School Psychologist - Grades 6-12

*Applications for the 2019-2020 school year  
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### 2018-2019 SCHOOL YEAR

*Newfound Memorial Middle School*

- Health Education Long Term Substitute  
Starting March 26.

*Danbury Elementary School*

- Title 1 Teacher Long Term Substitute  
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### APPROPRIATE CERTIFICATION REQUIRED

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Stacy Buckley - Superintendent of Schools  
Newfound Area School District  
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# A day in the life – Monday edition

I talk a lot about busy days and nights in my life. But I also realized I've never really documented a day from start to finish. So, without further ado, here's a look at Monday, Feb. 25.

5:20 a.m. – The alarm clock goes off, playing 104.9 FM The Hawk.

5:37 a.m. – The cell phone alarm goes off with a little Taylor Swift and it's out of bed. Getting ready for work includes the normal stuff most people do each morning.

5:59 a.m. – Out to the car and on the road.

6:02 a.m. – Stop at the Circle K in Ossipee to buy that day's copy of the Union Leader, then back on the road.

6:21 – Arrive at Back Bay Rehabilitation in Wolfeboro for the daily workout, which on Mondays is a cardio workout.

7:09 a.m. – Leave the gym and drive the short distance to Lydia's Café in Wolfeboro to pick up breakfast.

7:20 a.m. – Leave Lydia's with breakfast in hand. Breakfast on Mondays, Tuesdays and Thursdays is two scrambled eggs and a piece of wheat toast with peanut butter, eaten while driving out Route 109A.

7:34 a.m. – Stop at the intersection of Route 109A and Dame Road to meet Kathy Sutherland, who delivers a thumb drive with photos she's taken during the week. Before we closed the Wolfeboro office, Kathy would bring her photos in, but now this is the normal way of her getting me the photos. Then back on the road.

7:45 a.m. – Stop at Skelley's Market in Moultonborough to check my lottery tickets (I won a whopping \$2) and buy tickets for Wednesday's Megabucks.

8:08 a.m. – Arrive at

## SPORTING CHANCE



By JOSHUA SPAULDING

the office in Meredith.

8:30 a.m. – Time for the second part of breakfast, oatmeal with strawberries.

8:35 a.m. – And the work begins, checking e-mails and updating any social media.

8:52 a.m. – Begin writing the remainder of the stories that are needed for that week's paper, including two Nordic stories and a wrestling story.

9:27 a.m. – The real fun begins with what consumes the bulk of my Monday, editing and formatting press releases and photos and preparing pages for pagination.

10:12 – Short break for my morning snack, which is a chocolate-flavored shake, which I add peanut butter and strawberries to.

10:20 a.m. – Update the podcasts. I use an old-school iPod to listen to podcasts when I do my night job (to avoid killing the battery on my phone), so the days after I work at night, I update the podcasts so I have new stuff to listen to the next time.

10:26 a.m. – Back to editing and pagination preparation.

10:42 a.m. – The NHIAA releases playoff brackets for hockey and basketball, so I update social media and print out brackets.

10:57 a.m. – Back to editing and pagination preparation.

12:30 p.m. – Time for lunch, which most days is a salad (with chicken) plus a turkey breast, broccoli and brown rice mix. I rarely take almost an hour for lunch, but some days we have interesting discussion in the break

room so I stay longer.

1:25 p.m. – More editing and pagination preparation.

3:10 p.m. – Short break to grab an afternoon snack (grapes and almonds) and read the Union Leader.

3:25 p.m. – Write up the radio report for WASR to record later.

3:35 p.m. – More editing and pagination preparation. There are no games on the schedule so I stay a bit longer than I would if there are games.

5:15 p.m. – Leave the office.

5:20 p.m. – Stop at the Meredith Irving to buy some gas. Then back on the road.

6:03 p.m. – Arrive at my apartment. This does not happen every Monday, but with no games I do get home on this day to get the gym clothes out of the car, bring in the day's dishes and get changed for job number two.

6:16 p.m. – Leave home for Wolfeboro.

6:35 p.m. – Arrive at WASR to record the next day's sports report.

6:43 p.m. – Arrive at Village Players Theater for Monday night set building.

9 p.m. – Arrive at Brewster's Estabrook Hall to start my night job, working for Afterdark Commercial Cleaning doing the floors in the kitchen and dining room.

1:11 a.m. – Leave Brewster Academy for home.

1:28 a.m. – Arrive home and get ready for bed.

1:39 a.m. – More than 20 hours after the original alarm went off, it's time to go to bed for a few hours.

Finally, have a great day Russ and Sandra Ellis.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent,*

*Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton*

*Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be*

*reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*



RC GREENWOOD

## Finishing the season

Tony Velez gets in close on the Moultonborough-Inter-Lakes goaltender during action in the final weeks of the season. The Bobcats were able to beat the Renegades by a 5-2 score and finished the regular season at 4-12.

## Pair of volleyball camps offered this summer

REGION — Are you looking for a unique volleyball summer camp experience? If so, Pass Set Crush Overnight Volleyball Camp is for you. Pass Set Crush is available for girls entering the seventh through ninth grade in the fall of 2019. This is an overnight adventure camp with a concentration in volleyball. The camp is located at Geneva Point Center on Lake Winnepesaukee in Moultonborough.

The two sessions are July 7 to 11 and July 14 to 18. Plymouth State University head women's volleyball coach Joan Forge directs the camp and the staff features several New Hampshire volleyball coaches and outstanding high school and college players from

around the country.

In addition to two daily sessions of volleyball, Pass Set Crush offers swimming, boating, yoga, water carnival, campfires, beach barbecue and more. Campers are housed in cabins with supervision, three nutritious meals are served daily, a nurse is on staff 24 hours a day, and the three beaches are staffed with lifeguards.

Please contact Forge for further information at 387-1202 or visit [www.passsetcrush.com](http://www.passsetcrush.com).

Forge will also be hosting Panther Volleyball Day Camp July 22 to 25. This camp will feature two sessions. Panther Camp One is 9 a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner

to intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball.

Panther Camp Two is 1 to 5 p.m. for girls entering the ninth through 12th grade and is designed for beginner, intermediate and advance players who want to play and excel at the high school level. The players will be challenged with improving their basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play.

For information, please contact Forge at [jcforge@plymouth.edu](mailto:jcforge@plymouth.edu) or call 387-1202.

## Newfound seeking JV softball, soccer coaches

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

resume and names and phone numbers of three references to Peter Cofran, Athletic Director at [pcofran@sau4.org](mailto:pcofran@sau4.org) or call 744-6006 ext. 1507.

## Hoops

FROM PAGE B1

ter another Husky basket, Dukette converted a three-point play, reaching the 1,500-point mark with the field goal and Newfound cut the lead to 23-22.

Another Dalphonse three-pointer put the Bears back into the lead by two points and after two free throws from the Huskies tied the score at 25 with just more than a minute to go, Dukette drained a three-pointer to send the Bears to the fourth quarter with a 28-25 lead.

Huckins scored the first basket of the fourth quarter to stretch Newfound's lead to 30-25 but the Huskies answered with another basket.

A putback from Dukette with 4:02 to go in the game gave the Bears a 32-27 lead but the rest of the game belonged to the Huskies. Consecutive hoops pulled Monadnock within one at 32-31 with 2:40 to go and then another basket with 1:30 to go put the Huskies in the lead by one. They added a free throw with 1:15 to go and then two more with 46 seconds to go and one with 30 seconds to go to go up by a 37-32 score.

Huckins pulled New-

JOSHUA SPAULDING (Right) Tiffany Doan drives toward the basket in action on Feb. 27 against Monadnock.

found to within three with a hoop with 18 seconds to go but the visitors added one more hoop and then came up with a steal to run out the clock and earn a trip to the Division III finals.

"It came down to our inexperience at the end," said Williams. "I thought we had a chance to win this one.

"But our inexperience showed a little tonight and their senior guards came up huge," she said. "Number three, (Caitlyn) Boucher was the difference."

Dalphonse ended with 11 points on the night to lead the charge for the Bears and Dukette added nine points and 15 rebounds. Huckins had 11 rebounds to go along with her seven points. The Bears shot 27.1 percent and the Huskies shot 28.6 percent from the field.

Newfound finished the regular season at 15-3 to earn the third seed in the tournament. They defeated Prospect Mountain and Hopkinton to advance to the

JOSHUA SPAULDING (Right) Paulina Huckins puts up a shot during semifinal action at Southern New Hampshire University.



JOSHUA SPAULDING

Bailey Fairbank rises to the basket in action on Feb. 27 in Manchester.

Division III finals.

**NRHS 13-4-11-6-34**  
**MRHS 7-6-12-14-39**

**Newfound 34**

Dukette 3-2-9, Huckins 3-1-7, Dalphonse 4-0-11, Fairbank 2-0-5, Doan 1-0-2, Totals 13-3-34

**Monadnock 39**  
Simpson 3-8-14, Sanders 2-0-4, Ayotte 1-0-3, Boucher 6-1-14, Leclair 2-0-4, Totals 14-10-39

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