

# Newfound Landing

THURSDAY, JANUARY 24, 2019

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COMPLIMENTARY



DONNA RHODES

A group of snowshoe enthusiasts prepared for a hike up to Inspiration Point in Bristol last Saturday during a Winter in the Woods event that helped kick off the town's bicentennial celebration in 2019.



DONNA RHODES

At the Winter in the Woods celebration at the Slim Baker Outdoor Education Center in Bristol last weekend, Saphirah and Billy toasting marshmallows around an outdoor campfire.



DONNA RHODES

Boys and girls had a great time sledding on the hill outside the Slim Baker Lodge by any means possible last Saturday as part of the Winter in the Woods celebration.

## Bristol's anniversary celebration kicks off with "Winter in the Woods" gathering

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — The Year 2019 is an exciting time in the Town of Bristol, as it celebrates 200 years since its founding in 1819, and as a prelude to the special events that will happen throughout the year, residents were in-

ited to attend "Winter in the Woods" at the Slim Baker Lodge last Saturday, a traditional New England day outdoors.

Hosting the event were members of the Slim Baker Outdoor Education Center who also partnered with the Pasquaney Snow-

shoe Club for guided hikes up to Inspiration Point and through the 135-acres of wooded property on Little Round Top Mountain in Bristol.

Slim Baker Lodge and the ensuing foundation were created in honor of the area's much beloved New

Hampshire Fish and Game Conservation Officer Everett "Slim" Baker, who died of cancer in 1953 at the age of 42. Just after his death, members of the community convened to find a way in which to honor Baker, and through the foundation they created, his love for nature and the outdoors still lives on today.

Last weekend Jen Walker, Executive Director of the center,

was on hand to greet guests from not only Bristol but nearby towns who came out to enjoy the day. There was a bonfire with marshmallows for all to enjoy, snowshoeing and sledding that kept little ones entertained throughout much of the day. Those who hadn't brought sleds soon found cardboard and other old-fashioned means to go sailing down the short hill in front of the lodge.

Many adults preferred a snowshoe hike to the top of Inspiration Point where an amazing view of Bristol Village can be viewed. Wishing to only give first names, Cindy of Hebron said she had once enjoyed snowshoe hikes with the Pasquaney Snowshoe Club but had lost touch with them.

"When I heard they were going to be here today, I had to come SEE WOODS, PAGE A9

## Melissa Suckling joins Newfound Area School Board

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — The Newfound Area School Board has appointed Melissa Suckling to serve as the member from Danbury until the next election in March.

Suckling, the sole candidate for the position, replaces Sharon Klapyk, who resigned late last year for personal reasons. Suckling said she wants to get a feel for the job, but expects to run for the position when the filing period opens.

The focus of the Jan. 14 school board meeting was the budget and the upcoming deliberative session, but the board also reviewed a number of new policies and requests for field trips.

One policy that Christine Davol of New Hampton made a point of discussing is one dealing with drugs in the workplace. Davol, who serves as chair of the policy committee, said she had

some concern about the addition of language prohibiting the possession of medical marijuana at school, even when the employee holds a medical marijuana card certifying a need for the drug.

"I'm concerned about the legality of that," she said, given that other medical prescriptions for potentially dangerous drugs are allowed.

School Board Chair Jeff Levesque of Groton reminded the board that federal law prohibits marijuana in all its forms.

The board formally adopted the five-year strategic plan, outlining general goals for the district.

"We didn't want this to be limited by concerns about funding," said Superintendent Stacy Buckley, noting that the committee had used 4,000 "data points" to develop the goals.

"In the past, strategic plans sat on a shelf," she said. "We didn't want to bog ourselves down in paperwork, and instead focused on what the goals are. A lot of this is fluid so we can tackle it a little bit at a time."

The board approved two student field trips, the first to attend a student leadership conference at Omni Mount Washington Resort in Bretton Woods for student athletes — the last for retiring athletic director Pete Cofran.

The second field trip is a three-day excursion for eighth-graders to Wash-

ington, D.C. Buckley said the cost of the trip has been rising and, in order to keep it affordable, they looked into working directly with a trip provider instead of going through a tour company. In doing so, they found they could save a considerable amount by moving the trip up from the spring to the fall, and taking advantage of an early-bird price of \$680 per student, instead of the \$842 it had been pro-

SEE SUCKLING, PAGE A9

## Freudenberg-NOK brings robotics to Newfound

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — Local manufacturer Freudenberg-NOK has committed to a three-year, \$46,170 underwriting of the majority of expenses associated with implementing robotics programs at three Newfound Area schools.

The Newfound Area School Board formally accepted the donation at its Jan. 14 meeting.

A \$7,500 startup grant from First NH Robotics launched the program at Newfound Regional High School, Newfound Memorial Middle School, and Bristol Elementary School, but the cost of materials and registration fees at the high school alone amount to about \$6,000, according to Superintendent Stacy Buckley.

Not only did Freudenberg agree to provide the

funding; it also plans to send nine engineers — three to each school — to serve as mentors for the students, Buckley said.

Freudenberg has worked with the schools on a number of initiatives, especially in offering job shadowing and plant tours that give students an idea of what today's engineering and manufacturing processes are like. The hope is

SEE ROBOTICS, PAGE A9

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## NMMS students get a lesson in leadership from NH Teen Institute

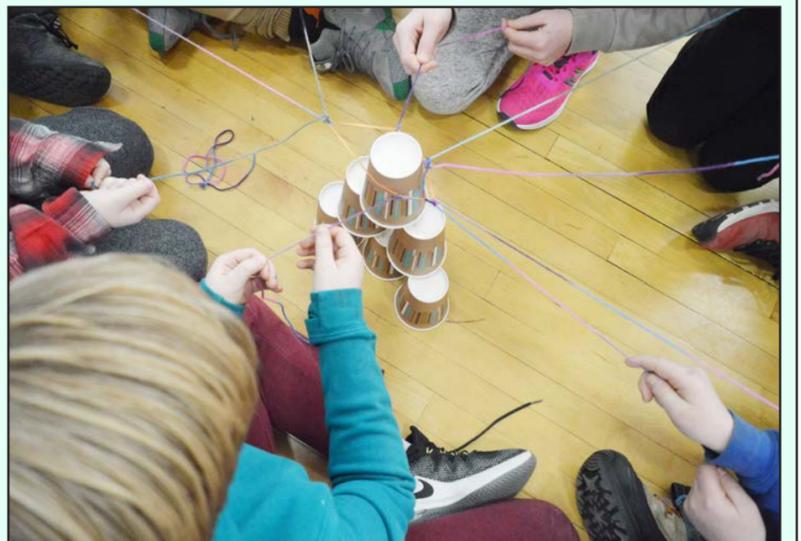
BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Sixth grade students at Newfound Memorial Middle School spent last Friday with folks from the New Hampshire Teen Institute, enjoying activities and entering discussions about what makes them all leaders, no matter what skills and talents they have to offer.

Each year, the N.H. Teen Institute encourages youngsters to "unlock your potential" through school workshops, weekend retreats for middle school age youth, and week-long summer camps for high school students.

They offer a variety of focal points for their daylong workshops but last week the council brought the message of lead-



DONNA RHODES

A workshop led by the New Hampshire Teen Institute brought many leadership challenges to sixth grade students at Newfound Memorial Middle School last week, including one which had them work together in small groups to stack plastic cups in a pyramid, using only string and a rubber band.

ership and healthy decision-making to NMMS.

"Leadership is something personal and we want to let the students know anyone can be a leader. They

just need to find what they're good at," said executive director Melissa Carlson.

Throughout the day, the students were engaged in a number of challenges and

encouraged to find new friends in their class to work with in each of them. As they were mixed together outside their typical circle of friends, the

SEE LEADERSHIP, PAGE A9

# What does the EDC do?

BRISTOL — And if you really want to know, the EDC, or BEDC, or Bristol Economic Development Committee, is committed to working with other municipal boards to revitalize the town and make it more attractive to residents, visitors, young singles and families through a multi-phase approach over the next twelve years.

Initially, the physical and electronic infrastructure of the town are getting a makeover: Mill Stream park is almost finished; Bristol Falls Park is nearing completion with a new bridge constructed at the confluence of the Newfound and Pemigewasset rivers

where there is a beautiful 70-foot waterfall and walking path to the Pemi (the pathway will be ADA compliant, to allow access to the confluence); and a plan is in the works with the state DOT to improve and extend a bike path from downtown to the lake so that children can safely recreate throughout the town.

We are looking forward to cell phone service, fiber network for technology based small businesses, the extension of the Bristol Falls Park walking path to Hill Village, expanded recreation and much more.

For example, did you know there is a new mentoring program at the high school that will

help prepare students for an engineering career at Freudenberg? The company has also just participated in providing full funding for a Robotics program at the high school along with a \$1,500 grant from Newfound Educational Endowment Grant program and \$9,500 from First Robotics. First Robotics has also provided \$500 for a new team at the middle school!

Recent outreach has included:

A meeting on Nov. 18 with the New Hampshire StayWorkPlay at the Minot Sleeper Library opened our eyes to statewide demographic statistics and the need to find ways to keep our

graduating students in New Hampshire and to stay, work and raise their families here. Will Stewart from StayWorkPlay brought results of their most recent survey of residents under 40 and their needs and wants. In fact, the under 40's represented at the meeting had some great ideas that we can act on immediately, including conducting some meetings on evenings and weekends so that they can attend, and providing easier access to web-based information about town events and businesses.

On Dec. 5, the EDC hosted the following New Hampshire State executives for a sit down to show this group that Bristol is serious about short and long-term goals to strive to become a vibrant township with 21st century conveniences. To that end, we invited this group to show them

what has already been accomplished, while discussing the future. That future will include a high speed fiber network for emerging technology, road work, a new administrative building, parks, water and sewer service expansion, workforce development, elevated education levels and increased cultural programs. The meeting was lead by Bill Dowe (EDC Chairman) and Nik Coates, Town Administrator. Attendees included Joe Kenney, Executive Councilor; Mike Cryans, Executive Councilor Elect; Chris Waszczuk, NH Department of Transportation Deputy Commissioner; Pete Stamnas, NH Department of Transportation, Director of Project Development; Jeff Hayes, Executive Director, Lakes Region Planning Commission; Beno Lamontagne, Business Re-

ruitment Specialist, NH Department of Business & Economic Affairs; Michael Bouchard, Owner, Tenney Mountain; Jim Nute, Executive Director, Mayhew Program; Jeff Chartier, Water & Sewer Superintendent, Town of Bristol; Jan Collins, Chairperson, Newfound Pathways; and Carolyn Shulman, BEDC. Minot Sleeper Library hosted. The purpose was to show this group that we are setting out to accomplish and to hopefully move the state schedule and funding to accommodate Bristol's immediate and long-term needs. A drive around the town to see park enhancements, the existing path to the lake and Cummings Beach followed the working lunch.

Please look for regular articles detailing these town enhancements. More to follow!

## Bristol Police Log

BRISTOL — The Bristol Police Department handled 196 calls for service during the week of Jan. 6-13, resulting in eight criminal arrests, two juvenile arrests, one Protective Custody arrest, and 23 criminal offense investigations. Officers also performed 92 motor vehicle stops, investigated 4 motor vehicle accidents, conducted 259 directed enforcement patrols and foot patrols, and conducted

261 business, vacation, and property checks.

Other call reasons included, shots fired complaint, domestic disturbances, K9 deployment, warrant checks, wanted persons, sex offense, criminal investigation follow-ups, criminal mischief, disturbance, OHRV complaints, mental health emergencies, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, drug investi-

gations, motor vehicle complaints, DWI complaints, welfare checks, child custody dispute, residential alarms, business alarms, parking complaints, 911 hang up, civil matters, sex offender registrations, abandoned vehicles, lost property, found property, animal complaints, dog bite, public assists, motorist assists, motor vehicle lock outs, juvenile complaints, paperwork services, assist other police agencies, and assist the fire department.

**Arrests:**  
Jason Mitchell, 37, Bridgewater- Bench Warrant

Cameron Evans, 18, Bristol- Minor in Possession, and Open Container of Alcohol

Erick Roberts, 21, New Hampton- Criminal Warrant- Willful Concealment

Stacy Carr, 44, Bristol- Driving While Intoxicated

Michael Provencher, 46, Homeless- Criminal Warrant- Forgery

Robert Conlon, 34, Bristol- Resisting Arrest, and Superior Court warrant (X2)

Janette Straub, 30, Bristol- Bench Warrant (X3)

Christopher Nadeau, 35, Bristol- Domestic Violence Simple Assault (X2)

2 Juvenile arrests  
1 Protective Custody Arrest (Drug Impairment)

Identifying information for juveniles, and persons placed into protective custody are not released.

## Colin Foster wins New Hampton Community School spelling bee

NEW HAMPTON — Colin Foster, son of Eric and Nora Foster, a student at New Hampton Community School (NHCS), was crowned top speller on Tuesday, Jan. 15. The fourth-grader, who took first place in the school's 2018 spelling bee, won this year in round 20, with third-grader Logan Baker coming in second. The school spelling bee was a spell-off between the top two finishers from each classroom competition for grades first through fifth.

Colin will go on to compete in the state preliminary round of the Scripp's National Spelling Bee on Feb. 23 at the Capital Center for the Arts in Concord. Near-



Colin Foster (spelling bee winner, Grade 4) and Logan Baker (first runner-up, Grade 3).

ly 200 of the state's top spellers are expected to compete. The state winner will be eligible to compete at the Scripp's National Spelling Bee in Washington, D.C. in May. The spelling bee was held at NHCS and was judged by community members, Theo Denon-

cour, Christine Hunewell, and Mike Dowal. The event was sponsored by the NHCS Parent Teacher Organization and organized and facilitated by NHCS faculty.

Information about the NH Spelling Bee can be found at [www.unionleader.com](http://www.unionleader.com).

## Local student earns degrees from University of Northern Colorado

GREELEY, Colo. — The following local students were among those who received degrees from the University of Northern Colorado during fall 2018 commencement ceremonies

Dec. 7-8.

The students, degrees, areas of study, honors and hometowns are:

Sarah Ryan of Alexandria, Bachelor of Science in Recreation, Tourism, and Hospitality

For more information about fall commencement ceremonies and a profile of the class of fall 2018, visit <https://www.unco.edu/news/articles/commencement-fall18.aspx>.

## University at Albany announces Dean's List for Fall 2018

ALBANY, N.Y. — The University at Albany has announced the Dean's List of Distinguished Students for the Fall 2018 semester.

In order to qualify for this distinction, students at the University at Albany must earn a grade point average of 3.25 or higher during

their first semester of study. In subsequent semesters of study, students must earn a grade point average of 3.50 or higher.

## Local students named to Fall 2018 Dean's List at Stonehill College

EASTON, Mass. — To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered. Mary O'Brien of Ellsworth, Class of 2020. Elizabeth Croxon of Bristol, Class of 2022. Stonehill is a Catholic college located near Boston on a beautiful

384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

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# Keep The Heat On organizers hope to meet increased need this year

BY DONNA RHODES  
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PLYMOUTH – The theme of this year’s Keep the Heat On fundraising dinner and auction was “Under the Sea” and the overflow crowd that attended last Wednesday evening’s event was over the moon about the wide array of food that was served, along with the numerous items up for bid.

Keep the Heat On is a nonprofit organization serving residents of 15 towns in the Pemi-Bak-

er Region through assistance with fuel costs, whether that be gas, oil, propane, wood pellets, coal or cord wood. Established 14 years ago by the Plymouth Area Democrats and partnered with the Plymouth Area Community Closet, they have raised more than \$470,000 to meet those needs over the years.

“We provide 125 gallons of fuel per family once each winter. Imagine if we had resources to provide even more,” said KTHO Chair Mar-



At the Keep the Heat On benefit auction last week, Susan Messinger told the story behind a solo wooden canoe her husband John had made to help raise funds for the nonprofit organization. Holding a poster for the canoe was Valerie Scarborough.

tha Richards, who served as emcee for the night.

The goal for this year’s fundraiser was \$55,000, but before the evening even got underway, Richards was pleased to note they had already received more than \$40,000 in ticket sales and donations.

That was good news for the organization, which has already received 78-percent of last winter’s total requests for assistance, with many more cold days yet to come.

Helping to boost this year’s coffers was a silent auction filled with all types of local art and craftsmanship as well as gift cards to area resorts, recreation areas and restaurants.

As people wrote

down their bids, they were entertained by local pianist David Lockwood and enjoyed hors d’oeuvres served by members of Plymouth Regional High School’s National Honor Society.

Raffle tickets were also on sale for other great prizes like a case of Rattlesnake Pale Ale from Squam Brewing, a hand-quilted throw from Sherry Sinclair, and an original framed pastel painting by Bill Haust.

Terry Dautcher conducted the live auction with nine other exciting items up for grabs that night. There was a bird tour of the Lakes Region to kick off the bidding, followed by two separate two-day stays in either a cabin or a guest cottage

SEE KTHO, PAGE A9

## Holderness Central students get a first-hand look at a New England tradition

BY DONNA RHODES  
drhodes@salmonpress.news

HOLDERNESS – Each winter, when many residents huddle inside to stay warm, the die-hard volunteers who make up the Rockywold-Deephaven Camp ice harvest crew head out onto Squam Lake to cut and store ice for the upcoming summer. The camp’s rustic cabins are equipped with old-fashioned ice boxes to preserve food for their guests; therefore, it takes three days to harvest 3,000 or more cakes of ice.

Some years the crew harvests down the road from the camp on Squaw Cove but this year conditions were perfect right off the property’s shoreline in Deephaven.

An age-old tradition, RDC is one of the last remaining ice harvests in the state, and each year, many locals and tourists alike join them on the ice to watch. Some even pitch in by coaxing the blocks along a narrow watery channel to the loading platform. From there the blocks are stacked in trucks and driven to



Victor and Russell Pildes of Chicago and Boston made a special trip to Rockywold-Deephaven Camps in Holderness to help with this year’s ice harvest.

the icehouses.

This year, the third and fourth grade students from Holderness Central School took a trip out to the lake on Thursday so they could learn more about the process. Their guide for the trip was Jane Kellogg, a retired fourth grade teacher from the school who now volunteers at RDC.

Principal William VanBennekum said Kellogg used to bring her class out to the ice harvest every year but that practice stopped after her retirement, which was before he came to the school.

“Our third graders study the local community in Social Studies

and the fourth graders study New Hampshire so this event coincides with the community-based curriculum,” he said. “This is unique, and it’s right here in Holderness. The parents really supported it so I think we’re going to continue to stay with the ice harvest every winter.”

The boys and girls were excited to watch as volunteers scraped snow from the icy surface, then by using a large saw, cut the “field” of ice they cleared into a grid. The blocks, which were 13-inches thick and measured 14x18-inches in diameter, were then broken apart and floated to the loading deck. After watching the trucks fill up Kellogg led them back to the icehouse to see how the blocks were stacked and covered with sawdust to preserve them in the warmer months.

“This is cool,” was the most commonly heard comment from

the students. One, however, said he would like to come back when he

SEE ICE HARVEST, PAGE A12



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## Local students named to the Dean's List at the University of New Haven

WEST HAVEN, Conn. — The following students were named to the Dean's List at the University of New Haven for the fall, 2018.

### Bristol

Emma Lagueux, Henry C. Lee College of Criminal Justice and Forensic Sciences, Bachelor of Science, Forensic Science

### About the University of New Haven

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It's a diverse and vibrant

community of more than 7,000 students, with campuses around the country and around the world.

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## From the Editor's Desk

### Small gestures, big results

Never doubt how much a simple, kind word or gesture means.

Imagine a typical Monday morning scenario - some traffic, a few minor annoyances, misplaced files and other "Monday things." Maybe it's also raining. A very "Monday" kind of day, for sure. You stop for coffee.

As you wait in line, you mentally began running down the list of bad things already piling up in your morning. When it is time to pay, the woman at the counter makes eye contact, smiles and tells you she hopes you'll have a good day. She really seems to mean it.

You leave the shop with your coffee, a smile on your face and a feeling of appreciation for that cashier and her expression of kindness. The day already starts to look up. Small gestures really do matter.

Our world loves to celebrate and reward big gestures - remember the Walmart stories from December, when athletes and other celebrities secretly paid off the balances for customers with items in layaway? The big gesture gets recognition and celebration and lots of media coverage. Sometimes the big gesture deserves that kind of attention - people helping one another in a big way IS big news, and very good news. We need more of that.

But what about the small things? Don't they deserve recognition somehow? The cashier's smile and wish for your day would only take a fraction of a minute, but it could turn around another person's mood and possibly his or her day.

Holding the door - anyone for anybody - is another small gesture that reminds us that more than anything else, we need to treat each other well. How about letting the person with fewer items get in line in front of you at the grocery store? That small act of kindness just might allow that person to arrive somewhere on time, instead of a few minutes late. Leaving a few extra quarters in the parking meter might help someone who's caught short of change. And a smile and nod to anyone you pass just might lift someone's mood, as that hypothetical cashier's would do.

Do these gestures get media coverage? No. And most aren't done for that purpose anyway. Do we know that our small gestures make an impact? Not always. But knowing the outcome isn't the point.

A small, kind gesture bridges the space between people. It costs nothing. It never hurts. It almost always helps. It just might cause the recipient to offer their own small gesture to another person. And that's a big result.

## PET of the Week Roam with Montey!



While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentleman who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him. That person would find that Montey makes the ideal running/hiking buddy! He has bonded wonderfully with staff and volunteers and blossomed into a warm, happy, silly dog



who adores food and trips to get chicken mcnuggets! He would love an active home with a big couch to curl up on with you and a patient owner that

can give him all the time he needs to build his confidence back up. He'll need an adult only home with no other animals, but at this point he deserves to

have his people all to himself! Montey can't wait to spend his golden with his people. For more information visit [NHHumane.org](http://NHHumane.org) or call 524-3252.

## CADY Corner

### Liver disease stealing the lives of millennials

BY DEB NARO  
Contributor

According to a study published by the British Medical Journal (BMJ), cirrhosis-related deaths increased by 65 percent from 1999 to 2016 driven mostly by alcohol-induced disease. Over this period, Millennials, people aged 25-34, had the highest increase in cirrhosis deaths, around a 10 percent annual increase.

The liver is the main organ responsible for

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

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

The lead author of the BMJ study Elliot Tapper, a liver specialist at the University of Michigan, explains that people who drink several drinks a night

or have multiple nights of binge drinking are at risk for life-threatening diseases such as cirrhosis. The scar tissue that develops on the liver from extensive drinking is typically something that "the patients don't know about and it becomes a big surprise" and patients typically experience symptoms "all of a sudden" says Jessica Mellinger, a clinical lecturer at the University of Michi-  
SEE CADY, PAGE A12

## MARK ON THE MARKETS

### Assets or income



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on

a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets begins when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often "forget" to include. For instance, a new client added \$200 per month for wine. She likes nice wines and that what they cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working

years, or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio or even consider a fixed indexed annuity, with guaranteed income for a portion of this income.

We must look at Social Security and determine a strategy of when to take this entitlement. Many are paying for health insurance that should see a large reduction in premium when they go onto Medicare.

So, when we calculate a realistic honest budget and determine money that will be saved or reduced income needs due to not accumulating assets any longer, we can craft what our sustainable retirement income

will be. Once this income is determined, then we can determine how much of the remaining assets stay in a "growth" mode that will typically carry some market risk.

My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client's lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care or hybrid insurance.

The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon. Market volatility, like we have seen recently, sometimes acts as a wake-up call to those people who may not be invested properly or in a passive portfolio that is not meeting their needs.

Mark Patterson is an income planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or [Mark@mhp-asset.com](mailto:Mark@mhp-asset.com).

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# You never know what you'll find on your desk

Well, judging from the appearance of my desk, which looks like a sanitary landfill before the gravel goes on, it's time for one of those "clear out the notes and clippings" columns. Readers say they like this now and then. I think they're just trying to be nice.

This time around, we really should hold some sort of contest, in order to make the column more "relevant." Yes, that's it, a contest, in this case, to see who can figure out just when a note was noted or a clipping was clipped.

As in other highly suspicious contests associated with this column, there are no restrictions, no rules, no finalists, no judges, and (whew) no prizes. And, I hope, no entries.

+++++

Readers sometimes accuse me of salting columns with offbeat words now and then just to send them scurrying for their Funk and Wagnels, but no, it's because sometimes only the precise word will fit. I must have picked this mental dictionary up from a lot of reading, because secondary education and I certainly didn't fit.

Once in a while I bump into a word in a newspaper story or magazine article written as though it's in common use, even though to me, at least, it isn't. "Judder" (which stopped me

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



dead in the Atlantic) turns out to mean just what its sound implies, to shake or vibrate rapidly. "Coffles" (the New Yorker) means a line of slaves or livestock fastened and driven along together.

+++++

Self-driving vehicles are all the rage. But there are hundreds of thousands of miles of country roads. Is anyone seriously considering putting bounce-back sensors along those?

However, one positive comes to mind. If a self-driving program prevented morons from tailgating, I'd be all for it.

+++++

Once in a while I get my news and weather from Portland (Maine), just to hear a slightly different accent. Channel 13 did a nice little segment on a cribbage player, age 108, who played a game (and lost) with his frequent partner, who's just 105. "The best man won," said the 108-year-old, "but I'll get 'im next time."

+++++

I told a friend, whose hair was all askew from sleep, that



US NAVY - COURTESY PHOTO

THE LATEST Navy vessel to bear the name Kearsarge, an amphibious assault ship, was built in 1990 in Pascagoula, Miss.

her hair looked "like the wreck of the Hesperus."

She gave me a blank look, but who wouldn't? I'd heard it in my youth, from my grandmother, and the use and meaning of the phrase is gone to the heavens. But in general, it means that your hair looks like a hoo-rah's nest (and there's another one for the books).

(Henry Wadsworth Longfellow's poem "The Wreck of the Hesperus" was first published in 1842. It was probably based on the wreck of the Favorite, out of Wiscasset, Maine, which struck the reef known as Norman's Woe near Gloucester, Mass., during the infamous Winter of 1839 and was lost with all hands, including the captain's daughter, whom he'd lashed to the mast to prevent her being swept away.

+++++

International note:

Canadians have voted for the Canada Jay (also called camp robber, gorbie, whiskey Jack, and more) to replace the Canada goose as the National Bird. The story noted that few countries bother to have a national bird (we do, the bald eagle, which is often demoted to an emblem).

+++++

Brief mention here a few weeks ago of the USS Kearsarge brought a couple of requests for more information.

I can tell you that work on the third ship named for New Hampshire's mountain began in 1896, she was launched in 1898, and she was considered a "pre-Dreadnaught" battleship, although she sailed with the fabled Great White Fleet. She served in both World Wars, and ultimately was sold for scrap in 1955.

+++++

Some things I guess I'll never understand,



LENO COLLECTION - COURTESY PHOTO

JAY LENO at the wheel (and lots of levers) of his 1906 Advance Steam Traction Engine. The behemoth weighed in at 15 tons.

two of them being why people tailgate, and why drivers don't use their turn signals until the very moment they turn.

But another very real and widespread question is why utility companies and banks and other businesses don't time their billing better, so their bills arrive just before the Social Security checks do, thus avoiding a good deal of nervousness, and allowing seniors to take advantage of early payment discounts.

+++++

Readers also wanted more on comedian Jay Leno and his amazing collection of amazing machines.

I love using Google as a verb. In this case, you can just Google "Jay Leno steam engines," and you'll get a bonanza of both.

+++++

The word of the week

goes to National Public Radio, whose show host said she was concerned about something's "functionality" (what happened to "function"?)

+++++

Whenever I write about squirrels, I'm certain to get lots of feedback from readers.

Bob and Julie of Center Sandwich sent me a photo of the Woodstock Home and Hardware sign that said "The road of life is paved with squirrels who couldn't make a decision."

*This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. I'm on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.*

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It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure your family could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

**2MIN 2XDAY**

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## Christine Davis, 71

ALEXANDRIA — Rehabilitation Center on Tuesday, Jan. 8, 71-year-old Christine Davis (Brown) passed away at her home in Alexandria after a brief battle with pancreatic cancer.

Born in Massachusetts on Nov. 21, 1947, she met John W. Davis in high school, and the two were married on Friday, Jan. 13, 1967 and in 2017 they were proud to celebrate their 50th anniversary with family at their favorite restaurant, the Bridgewater Inn.

In 1985, they moved their family to Danbury, and in 1998, the couple finally moved to Alexandria. There they built the log home of their dreams where they looked forward to their retirement years. Christine filled that home with large plants, sprawling vines and cages of cockatiels and finches, along with birdfeeders on the deck that she loved to watch as she sipped a cup of tea. Many friends and family members would always comment that her home was "alive" with nature.

She was well-known as an animal lover who was always surrounded by dogs, like her faithful companion Phoenix, and other creatures that filled her heart. She leaves behind her latest canine companion, Rocky and her beloved cat Lucy.

Christine additionally enjoyed arts and crafts, gardening, and the Indian culture. She was also an avid supporter of veteran's causes, donating faithfully to the Wounded Warriors Project.

Among her many jobs, she was employed at Annalee Dolls and as an LNA at St. Francis

Rehabilitation Center in Laconia, from which she retired so she could care for her family and continue her many sewing and crafting talents.

Christine's heart and her home were always open to not only the family she loved but anyone in need.

Besides her husband John of 52 years, "Mammie," as she was known, will be missed dearly by her children Theresa Arredondo and her husband Bob of Nashua; John Davis, Jr. and his wife Jayne of Danbury; Kristine Miller of Bristol; Michael Davis of Alexandria; Richard Davis of Bristol; and Jennifer Whelan of Bristol.

In addition, she was proud of her 14 grandchildren and four great-grandchildren as well as many nieces and nephews.

Born into a family of nine, she also leaves behind siblings Sandra and Doug Hudson Oklahoma, Annie Brown of Malden, Mass., Richard And Helen Brennen, Virginia, Kathy and Steve Collier of Arizona, Patricia Johnson, Dorchester, Mass., Marjorie and Ron Stinchfield of Arizona, Freda Johnson, Dedham, Mass., and William Johnson, South Boston, Mass.

She was predeceased by her mother, Jessie Roberts; her father, Jock Dempsey; and her beloved grandson, Izik Ryder Davis-Miller.

No calling hours are scheduled but a celebration of life for family and friends will be held in the summer.

Donations in Christine Davis's memory may be made to the Home for Little Wanderers in Boston, Mass., at [www.thehome.org](http://www.thehome.org).

## Towns

### Alexandria

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

Well blow ye winds hi ho and shiver me timbers to toothpicks, I daresay it's cold outside! Hope everyone is staying warm and fared the last storm well. I will be bundling up when I go out later on today and I won't be spending much time outside.

#### Town

Board of Selectmen Meeting Tuesday, Jan. 29 at 6 p.m. in the Municipal Building.

Photography Class sponsored by the Alexandria Conservation Commission Wednesday, Jan. 30 from 6 until 7 p.m. at the Alexandria Village School, Mt. Cardigan Road, Alexandria.

Conservation Commission Meeting Thursday, Jan. 31 at 6:30 p.m. in the Municipal Building.

The last day to file for Public Office is Friday, Feb. 1. The Town Clerk's Office will be open from 3 to 5 p.m. on that day. You may also file during regular business hours until then.

The Alexandria Volunteer Firefighters Association will be sponsoring their Annual Fishing Derby on Saturday, Feb. 23, and Sunday, Feb. 24 at Newfound Lake. Stay tuned for more details in the coming weeks.

#### Alexandria UMC

Thursday, Jan. 24; Office Hours from 11 a.m. until 6 p.m. Book study at 6 p.m.

Christian Unity Week Services Thursday, Jan. 24 at the Hebron UCC, and Friday, Jan. 25 at Our Lady of Grace. Services begin at noon with a light lunch following.

Community Dinner Saturday, Feb. 2 at 5 p.m. in the Vestry. All are welcome, and this is a by donation meal. All proceeds this month will go to Community Services, so if you'd prefer to bring something non-perishable for your donation, that would be awesome too! On the menu is ham, beans, coleslaw, brown bread, desserts and beverages. Come on over for a good meal, cheerful companionship, and yes, the woodstove will be hoping to hug and warm your hands!

Time for me to get ready to see if Clarabelle will start this morning as I have places to go and things to do. Hope you have an awesome week ahead and stay warm!

### Groton

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

The Select Board had a meeting on Jan. 15, opening with a public hearing on the future of the Groton Town Police Department. There was much discussion about what the possibilities might be. As it stands now, the Sheriff's Department is covering the Town at random

intervals and the State Police is available for emergency calls. The Town had discussed the possibility of sharing a police force with Hebron but the logistics for this happening were too difficult as it would need to go before the Hebron Town Meeting and then there are questions of liability and insurance and many other aspects. What will be brought before the Town in March will be something like having either the Sheriff's Department or the State Police cover the Town for a certain number of hours each month equal to the monies that we had expended to have a full-time Police Chief. I'm sure there will be much more discussion concerning this in March at the Town Meeting.

A letter of resignation was read from Kyle Andrews, who will be stepping down from the Select Board at the end of January. Which brings us to the next item, which is candidates for the next Town Elections to be held on March 12 at the Town House from 11 a.m. to 7 p.m.; the offices available will be:

Select Persons – 2 positions, one for 1 year and the other for 3 years.

Planning Board Members – 2 positions for 3 years.

Cemetery Trustee – 1 position for 3 years

Local Auditor – 1 position for 1 year

Moderator – 1 position for 2 years

Library Trustees – 1 position for 1 year and 1 position for 3 years

Zoning Board Members – 1 position for 1 year, 2 positions for 2 years and 2 positions for 3 years.

If any of these positions sound interesting to you, please come to the Town Clerk's Office between Jan. 23 and Feb. 1 during regular business hours and become a candidate. There is a \$1 Candidate's fee.

A copy of the School Budget from the budget hearing is available at the Town Clerk's Office and is also available online at <http://www.sau4.org/schoolboardmembers/2019-2020schoolbudgetinformation> or just search for Newfound Area School 2019 budget.

The transfer station has asked that anyone bringing in cardboard please break boxes down and collapse them in order to make room in the dumpster. It is too costly and time consuming for the transfer station attendants to use the loader for crushing boxes.

Scheduled Meetings and Office Closures:

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

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

The Supervisors of the Checklist will be meeting Tuesday, Jan. 22 from 6:30 to 7:30 p.m. at the Town House.

Planning Board final Zoning Hearing on Jan.

30 at 7 p.m. at the Town House

Hazard Mitigation Plan Meetings on Feb. 5 and 19 at 4 p.m. at the Town House

Road Committee Meeting on Feb. 12 at 7 p.m. at the Town House

Conservation Commission Meeting on Feb. 14 at 7 p.m. at the Town House

The Town Offices will be closed on Feb. 18 for Civil Rights Day and also on Feb. 18 for President's Day.

### Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

**Whatcha gonna do with that tree after Christmas?**

Here is a thought.

The Hebron Fire De-

partment will be having a "Burning of the Greens" bonfire.

Bring your "greens" to the Public Safety Building. There will be a designated place to put your tree and wreaths (which are probably pretty dried out after the 12 Days of Christmas).

The area to place your greens will be as you face the safety building, on the left side of the parking area.

The bonfire will be on Saturday, Jan. 26 at 4 p.m. complete with hot-dogs and such. What a way for the whole community to enjoy a little mid-winter gathering of a traditional "Burning of the Greens." (from the town newsletter)

## Churches

### Ashland Community Church

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

Pastor Ernie Madden  
Phone: 968-9464

Email: [accernie@hotmail.com](mailto:accernie@hotmail.com)

Website: [ashlandcommunitychurch.com](http://ashlandcommunitychurch.com)

#### Sundays:

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

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

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

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

#### Kidzone:

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

#### Alcoholics

**Anonymous Group:** Monday's at 8 p.m. in the church dining room.

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

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

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

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

### Real Church, Real People, Real Simple

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

No perfect people allowed!

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

#### We are handicapped accessible!

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

#### Sundays:

Pastor: Rev. Andrew MacLeod

Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service

Sunday School: 10 a.m. (No Sunday School Dec. 23 or Dec. 30)

#### 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. until further notice.

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

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

SEE CHURCHES, PAGE A7



## How to Submit Obituaries & Announcements To Salmon Press Publications

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

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

## Power Outage Tips

**BEFORE**

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

**DURING**

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

**AFTER**

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)

 Who to Call
  Where to Meet
  What to Pack



# February news from Artistic Roots

PLYMOUTH — Artistic Roots in Plymouth wishes to thank the Jack and Dorothy Bryne Foundation for their generous grant of \$3,000. The foundation's support over the past three years have allowed us to make many improvements to the gallery most notably the improved teaching space. We welcome new member, Terry Moher to the gallery. We are pleased to have her beautiful bags as part of our inventory.

Jayden Gaulocher-Bergman will offer two felted classes this month. On Feb. 21 from 5-7 p.m., he will teach Felted Gnomes and on Feb. 24th felted Totoro, a wood spirit, from 10

a.m. until noon. You will learn the basics of needle felting and how to add personal touches to your creations. The cost for members is \$20 and \$25 for non members.

On Feb. 12, Lynn Haust will offer a Melted Glass Sun Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. They can also make a nightlight. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members.

Feb. 9 from 10-11 a.m., we will offer a free Heart Painting Class

for Children. Students trace and cut out heart, tape it to a canvas and paint around it. Please sign up if you are interested in attending so that we have supplies available for students. Suzan Gannett will offer a Zen Doodle Class: Dress your favorite animal for winter on Feb. 6 from 1-3 p.m.

Annette Mitchell will offer a series of Acrylic Painting Classes for seven weeks beginning February 4th and continuing every Monday evening up until March 18 from 6-8 p.m. This course is designed to assist participants in developing a strong comfort level with using acrylic paint as a medium. It

will cover topics such as characteristics of the medium, difference in brands, use of various tools and brushes, surface preparations (such as modeling paste), among others. All levels of experience are welcome. Stu-

dents will be given a supply list prior to the first class meeting. The cost of the class: Members \$180, Non-Members \$200. There are only three places left. All classes are offered in our newly renovated studio. Come

and see what a great space Artistic Roots has for offering art classes to our communities. Please note that until a class is paid for, you are not officially enrolled. All classes should be paid for at

SEE ROOTS, PAGE A12

## Art Association announces December raffle winner

TILTON — Alexandra Sevigny won the December raffle painting donated by Mary Belez at the Lakes Region Art Association. Belez is a watercolorist and a member of the Lakes Region Art Association's gallery at the Tanger Outlets. The painting was titled "Winter Wonderland."

Sevigny was thrilled to win the painting, as she is a freelance artist herself and appreciates the arts. She is currently enrolled at New England College in Henniker, majoring in fine arts and creative writing. She has illustrated a book which will be coming out soon. She is a frequent visitor to the gallery, and wants someday to be a painter.

Artist Mary Belez does nature watercolors, and had many Christmas paintings on exhibit this year. Her water colors focus is on the joyful aspects of nature. She has playful foxes, snowmen and outdoor water



COURTESY

Alexandra Sevigny (left) is shown receiving the raffle painting she won. The painting was done by Mary Belez, a member of the Lakes Region Art Gallery.

## Brian Hastings spins stories & songs at Corner House on Jan. 31

SANDWICH — Tuftonboro singer, songwriter and musician Brian Hastings will perform at the Corner House Inn's Storytelling Dinner program on Thursday, Jan. 31!



Hastings was one of the original Corner House storytellers back in the early nineties and continues to perform at the storytelling dinners now in their 31st season in Sandwich. Brian is not a traditional storyteller. His performances

blend a unique mix of songs (many original), ballads, poems and sometimes a traditional story or two,

creating an evening that offers a variety for listeners that you don't want to miss.

SEE HASTINGS, PAGE A12

SEE LRAA, PAGE A12

## Churches

FROM PAGE A6

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

### Weekly Events:

#### Mondays:

A.A. Step meeting - 7:30 p.m.  
Bible Study - 7 p.m.

#### Tuesdays:

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

#### Wednesdays:

Due to popular demand by a lively and committed group, Morning Reflections will continue through the winter months, as weather permits, with Rev. Andrew moderating, on Wednesday mornings at 7:30 a.m.!

Fridays: Bone Builders - 9:30 a.m.

#### Monthly Events:

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

Women's Fellowship - Next meeting will be held on Feb. 14 at 11 a.m. in Fellowship Hall, followed by lunch at BHOP!

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

#### Ongoing:

Bristol Community Services is in need of, spaghetti sauce, baked beans, canned fruit, jelly, and canned peas. Please

help if you can!!

Thanks to all the souls, that braved the brutal cold on Saturday, Jan. 12, for making the chowder supper a rousing success! Plenty of delicious, hot meals were served, with enough left for second or third rounds. Those is attendance found themselves enjoying the fellowship as well as the meal!

Our next church supper will be a delicious pork roast with all the fixin's, and will be held on Saturday, Feb. 9!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m. Take Out Available: 744-8132

The ukelele band is having loads of fun! 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. They performed on Sunday, Jan. 13, with another scheduled for Feb. 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!

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

Greetings from Restoration Church Plymouth, located at 319 High-

land 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**

Star 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, Jan. 27**

**Seeking the Antidote**

Reverend Laura Randell, Guest Worship Leader

Sarah Dan Jones, Music Director and Choir

In a society that is poisoned by greed, violence, and racism, where do we find the antidote? Join us as we explore the wisdom of prophets past and what it means to live a life of intention and conscience today.

RE: Children begin in worship, RE class

Visit our Web site [www.starrkingfellowship.org](http://www.starrkingfellowship.org) 536-8908

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**"DARK MONEY"**  
Thurs, Jan 24  
Free screening of this award winning documentary

**"STAN & OLLIE"**  
Jan 27 - Feb 7  
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starring John C. Reilly & Steve Coogan

**Upcoming Live Events**  
1/25 - Journeymen & The Petty Breakers  
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1/26 - Tom Rush  
American Folk Icon  
2/15 - Broken Arrow  
The Music of Neil Young

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**Woods**

FROM PAGE A1

out to network with them again. Plus, it's just a great day for a hike," she said.

Joining her group for the short but arduous hike to Inspiration Point were two new fulltime residents to Newfound, Kate and her husband Rich. They couple said that after seasonal stays in the Bristol area they were happy to have just moved here full-time and were excited about the day's activities.

"We really like the people here, and we love being outdoors. When we heard about today, we went out and bought micro-cleats for the hike so we're ready to roll," said Kate.

As they and others, including a canine companion, started their winter uphill

trek, another group of all ages was gathered around a nearby crackling bonfire.

Adults engaged in small talk about the community and their lives while children toasted marshmallows and tossed more sticks into the blaze.

"This is great," said Garlyn Manganiello. "It lets us all get out and about and enjoy a beautiful winter day!"

As squeals of delight echoed up from the sledding hill, still more people sat before a roaring fire inside the lodge where they, too, conversed and made new friends while enjoying cookies and warm beverages. There were also displays of past articles about "Slim" and the lodge along with old photos and information on current activities available at the lodge.

Walker said that

when her organization heard the Bicentennial committee was looking to hold events throughout 2019, they jumped on board.

"They came up here looking for a winter location to hold an event and this was a natural fit," she said. "It's the perfect time to get people up here to see all we have to offer. This place is a gem and it's just outside of downtown Bristol."

Assisting Walker and the board of directors for the activities were not just members of the Pasquaney Snow Shoe Club but the young Cub Scouts of Pack 59 who helped with the bonfire and other details of the day.

"We've had a steady flow of people come up here today, even before the 2 p.m. start time. It's been a great day all around," said Walker.

**Suckling**

FROM PAGE A1

jected to cost. The company also added a stop in Philadelphia that earlier field trips had not included, and also agreed to provide a bottle of water for each student for each day of the excursion.

The board readily agreed to the changes, citing the importance of the trip in understanding history and civics.

After reviewing the Jan. 11 budget hearing and the budget committee's decision to make no changes in its preliminary proposal, the board

voted to recommend the \$23,366,492 operating budget, even though it is less than the school board had approved and less than the district's tax cap allows.

The board also voted to recommend the article placing \$200,000 into the expendable trust fund to replace the \$200,000 the district intends to withdraw next year to use toward the paving of Newfound Road and the high school parking lot, a project that will total \$463,259. Budget committee minutes show that school administrators had suggested delaying

the project rather than cutting into academic needs and building maintenance, and residents at the budget hearing also questioned making the road project a higher priority. The budget committee, however, agreed to leave the road project in this year's spending plan.

Finally, the school board voted to recommend the teachers' contract, which will cost \$228,414 in the first year. The cost items will add \$227,765 to the 2020-21 fiscal year budget and \$220,980 in 2021-22.

**Robotics**

FROM PAGE A1

that by stimulating an interest in manufacturing careers, students will realize they can have satisfying, high-paying careers without leaving the state to find them.

The Bristol manufacturer is not alone in tak-

ing initiatives to show young people that factory work is not the dirty, dangerous job it used to be. Companies across the state have been facing a shortage of skilled workers and have been looking at ways of raising awareness of the innovation taking place in the manufacturing world.

Supporting robotics is a direct way to get students interested in engineering by giving them a chance to solve problems and create ways to accomplish tasks through science. The robotics programs provide kits for students to use in devising their solutions, and a series of competitions leading up to a statewide contest provide incentives to prove what they can do.

While the robotics programs at Newfound will begin at the three largest schools, Buckley said the program will continue to grow, and all of the schools are already doing "a ton" of robotics work in preparation for the expansion.

Science and co-curricular teachers will be involved in the program, along with the mentors from Freudenberg, and as the program gets underway, the district will be able to determine how much of a time commitment is needed.

"Having mentors in our schools is a big part of the puzzle," Buckley said as she spoke of how robotics can tie in with other community initiatives, including economic development.

**Leadership**

FROM PAGE A1

staff of NHTI helped them find new ways to meet others.

"It's easier to talk to someone once you find something in common," said Maura McGowan during one exercise.

Boys and girls soon found themselves chatting one-on-one with another classmate they didn't regularly speak with. It was hoped that new friendships or at least friendly relationships developed as a result of those brief conversations.

The students then dealt with self-expression and how to develop better ways to effectively convey a message as the leader of a group. They also learned tips on how to make positive relationships with others; an important part of leading any group toward the successful completion of a goal or task.

Communication was also a key factor in the day. Without speaking aloud, the students at one point instructed to organize themselves into a lineup factored on their month and date of birth. Using

their fingers to first establish what month they were born in they then continued with that method of communication to determine what day in that month they were all born then line up accordingly. While it wasn't entirely correct at the end, the Teen Institute leaders were impressed by the large percentage of students that managed to get themselves in the correct order without speaking.

"They really did a lot better than most groups we've presented this challenge to," said Carlson.

She then counted the students, still lined up by birthdate, into groups of ten. From there they formed circles on the floor for yet another challenge. Each group was given a large rubber band with ten long strings attached. A stack of seven plastic cups was placed in the center of each circle. Each group was then instructed to work together and stretch their rubber band, hover it over the cups then tighten it to lift one up. One by one they then had to place them on the floor and stack them into a pyr-

amid.

Puzzled at first, the students soon found themselves as they worked together for the common goal.

The response from the sixth graders was enthusiastic. They all agreed they were having fun and learning a lot about not only themselves but each other as well.

"These activities are really fun and challenging. This is a good time," said Brayden.

Carlson said they were at NMMS in November to hold similar workshops with both the eighth grade students and the seventh graders. A snow day interrupted their session with the younger group but they were glad to finally be back to work with them, too.

"They're a really good group, and they're working well together," she said as she oversaw activities being led by her staff.

In the course of the workshop, boys and girls learned that the five points of leadership are that leaders are ageless, even children younger than themselves can lead in one way or another. They also learned that

good leaders have the ability to think outside the box and can reach out to others for inclusion in an activity or project. Leaders also have a vision of their goals and offer good communication skills, through not only words but letters, sign language, and most importantly, their own actions.

"We feel this is important to teach kids at any age so they know how they, too, can become a good leader in many ways," Carlson said.

The program was brought to the school through a sponsorship by the CADY (Communities for Drug- and Alcohol-Free Youth) nonprofit organization based in Plymouth.

The N.H. Teen Council is based in Manchester but travels the state to bring their messages of empowerment, healthy living and self-worth to teens. More information on their school workshops, retreats and summer camps can be found on their Web site, [www.nhteen-institute.org](http://www.nhteen-institute.org). Donations to keep their efforts going can also be made through that site.

fundraiser, but he died suddenly this past October. Susan however decided to follow through with his intent and the "Wee Lassie" canoe brought in an additional \$1,100 in his honor.

Dinner for the evening was a sampling of specialty dishes, appetizers and desserts from area eateries. Among those from Plymouth were Fugaky; Big Daddy Joe's; PHAT Fish; Lucky Dog Tavern; Italian Farmhouse; Thai Smile; Six Burner Bistro; George's Seafood and BBQ; Foster's at the Common Man Inn; 1766 Brewing Co.; Last Chair; Chase Market; Burrito Me; Frosty Scoops; Downtown Pizza; and Café Monte Alto. Participating restaurants from

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**Edward Jones: Financial Focus**

**Review Your Fixed-income Strategy as Interest Rates Rise**

When interest rates rise, the value of your fixed-income investments, such as bonds, will typically fall. If this happens, how should you respond?

First of all, it's important to understand this inverse correlation between interest rates and bond prices. Essentially, when interest rates rise, investors won't pay you full price for your bonds because they can purchase newly issued ones that pay higher rates. So, if you sell your bonds before they mature, you could lose some of the principal value.

You may be seeing a price drop among your bonds right now,

because interest rates generally rose in 2018 and may continue to do so in 2019. While you might not like this decline, you don't necessarily have to take any action, particularly if you're planning to hold these bonds until maturity. Of course, you do have to consider credit risk – the chance that a portion of the principal and interest will not be paid back to investors – but unless the bond issuers default, which is usually unlikely, particularly with investment-grade bonds, you can expect to receive the same regular interest payments you always did, no matter where rates move.

Holding some of your bonds – particularly your longer-term ones – until they mature may prove useful during a period of rising interest rates. Although long-term bond prices – the amount you could get if you were to sell these bonds – tend to fall more significantly than short-term bond prices, the actual income that longer-term bonds provide may still be higher, because longer-term bonds typically pay higher interest rates than shorter-term ones.

To preserve this income and still take advantage of rising interest rates, you may want to construct a "bond ladder" con-

sisting of short-, intermediate- and longer-term bonds. Because a ladder contains bonds with staggered maturity dates, some are maturing and can be reinvested – and in a rising-rate environment such as we're currently experiencing, you would be replacing maturing bonds with higher-yielding ones. As is the case with all your investments, however, you must evaluate whether a bond ladder and the securities held within it are consistent with your objectives, risk tolerance and financial circumstances.

You can build a bond ladder with individual bonds, but you

might find it easier, and perhaps more affordable, to own bond-based mutual funds and exchange-traded funds (ETFs) that invest in bonds. Many bond funds and ETFs own a portfolio of bonds of various maturities, so they're already diversified.

Building a bond ladder can help you navigate the rising-rate environment. But you also have another incentive to continue investing in bonds, bond funds or ETFs – namely, they can help diversify a stock-heavy portfolio. If you only owned stocks, your investment statements would probably

fluctuate greatly – it's no secret that the stock market can go on some wild rides. But even in the face of escalating interest rates, bond prices generally don't exhibit the same sharp swings as stocks, so owning an appropriate percentage of bonds based on your personal circumstances can help add some stability to your investment mix.

As an investor, you do need to be aware of rising interest rates, but as we've seen, they certainly don't mean that you should lose your interest in bonds as a valuable part of your investment strategy.

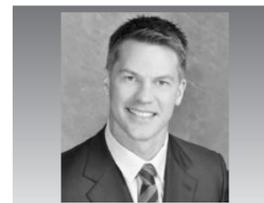
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# Seniors Living Well

2019

## Reduce your Stress in 2019

By Anna Swanson

Did you make a New Year's Resolution for this year? Are you feeling stressed because you don't know where to start? If 2019 is your year to make life easier for you or a loved one,

Pemi-Baker Community Health (PBCH) offers services to help you achieve that goal. Whether you are recovering from an illness or an injury at home, are the primary caregiver of a loved one, or want to start an exercise

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caregiver of a loved one? Have you recently lost someone close to you? PBCH offers free Bereavement support groups as well as specific support groups for Caregivers and Widows & Widowers. Will 2019 be your year to start an exercise routine and stick with it? PBCH's Exercise & Aquatic Specialists will help you design an exercise plan for their fitness center or therapy pool. Water workouts can be an excellent form of exercise for those who are overweight, suffering from lower back pain, arthritis and/or injuries to the upper and lower extremities.

Natural buoyancy, resistance, warm temperature and hydrostatic pressure are all factors that make this the best spot to exercise for seniors. You can exercise on your own or meet some new friends and join a class. Will 2019 be your year to get your end-of-life plans in order? PBCH can help with your Advance Directives, the document that makes your wishes clear for your end-of-life journey. Call to make an appointment and a Respecting Choices® advance care planning Facilitator will meet with you, in the comfort of your

home, to explain the forms and help you complete them. Don't leave your loved ones guessing what your wishes may have been. For more information about how PBCH can make your 2019 easier or to set up a time to complete your Advance Directives or to come in for a tour of the pool, call 536-2232. You may also visit our website at [www.pbhha.org](http://www.pbhha.org) and don't forget to follow us on Facebook! PBCH is located at 101 Boulder Point Drive in Plymouth. Touching Lives: Yours, Your Family's, Your Neighbor's.

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and enjoy the ride! We are going to some great places this year, and if you haven't joined us on a tour yet, now is the time. Already have cabin fever and thinking about spring? We

kick off our season in March when we head south on our Music Cities tour (March 30-April 10). A music lover's dream tour - from the Smoky Mountain Opry, to Graceland, to the famed Grand Ole Opry,

and finally to the Rock & Roll Hall of Fame! For a shorter tour, join us for our Lancaster Amish & Arts Tour to see JESUS at the Sight & Sound Theatre (April 15-18). A new spin on an old favorite - the Sight & Sound theatre never disappoints! Looking for something different? Join us for our trip to Wendake, Quebec and the Huron-Wendat Nation (May 20-22), which is a unique opportunity to immerse yourself in Québec's First Nations history & life. We have over 20 tours planned for 2019 including: day trips to see shows in Boston and Ogunquit; Cape May, NJ; the New Brunswick Highland Games; the Best of Michigan; Charlevoix & Saguenay Fjord; Baltimore & Annapolis; A Williamsburg Christmas, and so much more! With so many new and exciting adventures on the horizon there should be something that will suit you! What are you waiting for? C'mon, join the fun! Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has almost 20 years experience in the travel industry. You can learn more about Terrapin Tours and the exciting places we will be visiting in 2019 on our website [www.TerrapinTours.com](http://www.TerrapinTours.com) or by calling 603-348-7141.

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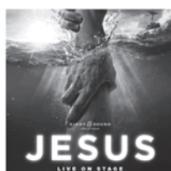
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# Seniors Living Well

## Planning for End-of-Life Care

By Edward H. Adamsky, Esq.

Most people find it difficult to discuss the possibility of catastrophic illness, and other end-of-life issues. It's not the most pleasant subject. But, if you don't plan ahead, and talk with your family and loved-ones about your health care, they will be uncertain how to respond if you become ill and cannot help them with decision making. A New Hampshire survey found that 42% of individuals had never had a conversation about plans for end-of-life care with anyone. Only about 7% had talked with their health care provider, and 59% had no advance directives such as a Health Care Power of Attorney. More people had spoken about such issues with their attorneys than with their families and religious advisors.

Ask yourself some questions when considering your planning. Do you have a significant health problem? What problems might you expect in the future? What role does faith play in your life? Under what

conditions would you want your health care goals changed from prolonging your life to focusing on your comfort? How would the expense of care influence your decisions?

The most important thing is to have a talk with your family and loved-ones about your feelings on end-of-life care. The next thing to do is to have the proper documents written and signed so they are legal and binding. The most common planning tool is a Power of Attorney for Health Care. This document names an agent who will have full legal authority to make health care decisions for you, if you can no longer do so yourself. Of course, if you are able to make your own decisions, then only you will do so. No one can take that away from you. But, if you are unable to communicate because you are unconscious or have some sort of brain damage, then your agent can make your decisions for you. You must make sure to choose the right person as your agent. You must trust this person. You should

feel confident that your chosen agent will be able, physically and mentally, to make decisions for you if necessary. You should also name an alternate person, in case your first choice isn't available. And most of all, you must have a talk about your feelings regarding medical care, especially those tough decisions like terminating life-sustaining treatment.

It is easier to have these difficult conversations when you are not facing an imminent illness or death. People can often joke and laugh about these grim realities when they are just remote possibilities. But, if you are facing an illness, don't put this off. The discussion may be harder, but it is even more urgent that you have it. End-of-life is just another part of life. It is a natural occurrence that requires some consideration. Your discussion should focus not only on practical matters of care, and cost, but also on spiritual and emotional issues. Don't wait until it is too late. Plan for all of your life right now.

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## Ice Harvest

FROM PAGE A3

was older to help with the harvest and another thought cutting blocks of ice from the lake was a great idea for people who don't have refrigerators.

The students weren't the only visitors that day however. Victor and Russell Pildes made a special trip to Holderness so they could volunteer for the harvest. Victor lives in Chicago, and his son Russell has moved to Boston but the family spent many summers at RDC where the ice always kept their food cold during their vacations.

"When winter started I called my dad and said 'Know what's coming up? It doesn't take long to get there from here.' He thought it was a great idea so he flew in to Boston and here we are for the day," said Russell.

The two helped by using long wooden pikes to push the blocks to the loading deck and didn't mind the temperatures at all.

"I'm from Chicago! It's nice out here," joked his dad. "Hey, we'd do anything for this camp. You feel like you're part of the family when you've spent as many years here as we have."



During a field trip to watch the ice harvest on Squam Lake, students from Holderness Central School joined the crew from Rockywold-Deephaven Camps for a group photo.



Students from Holderness Central School watched as a large saw cut the ice into a grid during the annual ice harvest for Rockywold-Deephaven Camps.



Principal William VanBennekum not only brought students from Holderness Central School out on Squam Lake to learn about the annual ice harvest, he grabbed a pike and helped out as well.

## CADY

FROM PAGE A4

gan. Symptoms such as jaundice or yellowing of the skin and a swollen abdomen are some of the first signs of cirrhosis. As the disease progresses, the symptoms continue to worsen and can include degenerative brain injury, severe bleeding, kidney failure and increasing frailty.

Hepatologist Dr. Christina Lindenmeyer, MD, says, "it used to be a diagnosis that we didn't make until people were in their 40s or 50s."

Millennials who are at risk for alcohol-related diseases may not understand they are binge drinking and ultimately putting themselves in jeopardy. One standard alcoholic drink is defined as 12 ounces of regular beer, which is typically 5 percent alcohol, 5 ounces of wine, which is typically about 12 percent alcohol and 1.5 ounces of distilled spirits, which is approximately 40 percent alcohol reports NIAAA. A growing culture around binge drinking in millennials may often shield the problem. For example, popular craft beers and IPAs typically contain a higher percentage of alcohol than the standard 5 percent, yet are being consumed at the same high rate. Many restaurant wine pours are not measured, so it's possible to have double a standard serving as opposed to one 5-ounce serving.

"You have this profound inflammation of the liver that carries extremely high mortality," Dr. Lindenmeyer says. "We used to say it took 10 to 20 years of drinking 80 grams of alcohol a day, but in this younger group of patients we're seeing a shorter time to the development of severe acute liver disease."

Millennials suffering from this type of alcohol-related disease should stop drinking, damage done to the liver will repair itself, but some might not know the damage is occurring until it's too late.

Non-Alcoholic Fatty Liver Disease (NAFLD), affects up to 25 percent of people in the United States according to the National Liver Foundation. This disease which includes an elevated level of fat tissue on the liver (about 5-10 percent) can cause the liver to swell and ultimately lead to scarring (cirrhosis) or even liver cancer later in life. Often having no symptoms, most people with NAFLD may not even realize they have it and don't prioritize their liver health. Treatment for NAFLD includes, losing weight, exercising, maintaining a healthy diet and limiting the consumption of alcohol to reduce further damage. With an estimated 25 percent of the population in the U.S. having NAFLD and binge drinking a growing culture, the combination of the two can be

life-threatening.

According to NIAAA, an estimated 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. One of my dearest friends recently lost her 36-year old son to liver failure. This tragic disease progressed so rapidly there was no chance of survival. My heart aches for my childhood friend and her family. Please take the time to talk to your children, including young adult children, about the risks of binge drinking, pharmaceuticals, poor diet, and liver disease. If you have concerns, speak to your health-care provider about ordering a liver enzymes test. Elevated liver enzymes may be discovered during routine blood testing. Elevated risks like NAFLD may be something that you don't even know is there but can have serious health repercussions should it be combined with binge drinking and poor overall health. For more information about starting the conversation with your child, visit our Web site at cadyinc.org.

If you, or someone you know, struggles with addiction or substance use, seek help by calling the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357.

## LRAA

FROM PAGE A7

scenes.

For the month of January, the gallery is featuring Kathy Rice's watercolor painting "Quiet Moments" as the raffle of the month. It can be seen in the gallery, and her work can be seen in the window. Rice is a

new artist in the gallery, and uses a variety of mediums, such as watercolor, printmaking and oil paint. She paints nature scenes or objects from nature.

The raffle is free. Sign up when you visit the gallery. The raffle is offered for a month.

The LRAA Art Gallery is located in Tilton

at the Tanger Outlets (across from the Chocolate Factory), and is open Thursday through Sunday from 10 a.m. to 6 p.m. The Lakes Region Art Association is a non-profit organization dedicated to expanding art education and appreciation in the Lakes Region. Art classes are offered at the gallery.

## Roots

FROM PAGE A7

least by the day before the class. You can sign up by calling 536-2570 or visiting the gallery. Scholarships are avail-

able for all classes, simply write executive-director@artisticroots.com to request a class.

Become a Supporting Member! The cost is \$25 annually and you receive a discount

on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

## Hastings

FROM PAGE A7

"The Storytelling night at the Corner House is always one of my very favorite performing venues," Hastings said.

"There is always a great audience that appreciates what you do," he continued. "I always see old friends, meet new ones, laugh, and thoroughly enjoy the evening. It's fun!

Don has created such a warm welcoming environment for performers and listeners."

Hastings recently released a CD of original material called "Songs From Shaw Country." The CD will be available the night of the performance. The album is also available on I-tunes and Spotify.

Join Hastings for an evening of storytelling and musical fun with an Irish twist

on Thursday Jan. 31. The Storytelling Dinner begins at 6:30 p.m., and the cost if only \$25 per person (plus tax and gratuity). Storytelling dinners are held on Thursday evenings from late October through May. For more information and reservations contact the Corner House in Center Sandwich at 284-6219 or by email at info@cornerhouseinn.com.

## KTHO

FROM PAGE A9

Campton were Mad River Tavern; Sunset Grill; Covered Bridge Farm Table; and Full Circle Food Truck and Big Stan's Catering. Walter's Basin and Annie's Over Flow represented Holderness

with their specialties, while The Common Man in Ashland, the Common Café and Tavern in Rumney, and Rumney Village Store rounded out the buffet table with their great entrees and desserts, too.

Richards said she was pleased to see so

many come out in support of Keep the Heat On, and was especially grateful for the generosity of all the sponsors.

"It gives us such a good feeling to see their support every year. It truly does take a whole village to do this," she said.

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## What's On Tap

As the calendar ticks toward February, there's a full slate of games on the calendar for the local high school teams.

At Newfound, the girls' basketball team is hosting St. Thomas today, Jan. 24, at 6:30 p.m. and will be at Inter-Lakes for a 6 p.m. game on Tuesday, Jan. 29.

The Newfound hoop boys are at St. Thomas today, Jan. 24, at 6:30 p.m. and will be hosting Inter-Lakes at 6:30 p.m. on Tuesday, Jan. 29.

The unified hoop Bears are at White Mountains on Monday, Jan. 28, for a 4 p.m. game.

The Newfound alpine ski team is slated to be at Gunstock on Friday, Jan. 25, at 10 a.m.

The Plymouth hoop girls will be hosting John Stark on Friday, Jan. 25, at 6 p.m. and will be at Manchester West for a 6:30 p.m. game on Tuesday, Jan. 29.

The Bobcat boys' hoop team will be at John Stark at 6:30 p.m. on Friday, Jan. 25, and will be hosting Manchester West at 6:30 p.m. on Tuesday, Jan. 29.

The Bobcat ski jumpers will be competing at Kennett on Friday, Jan. 24, and will be at Hanover on Wednesday, Jan. 30, both at 6 p.m.

The Kearsarge-Plymouth hockey team will be hosting Belmont-Gilford at 2 p.m. at Plymouth State University on Saturday, Jan. 26, and will be at Hollis-Brookline at 8:10 p.m. on Wednesday, Jan. 30.

The Nordic skiing Bobcats will be at Holderness for the first New Hampshire Coaches Series race on Saturday, Jan. 26, at 10 a.m. and will be at Kennett on Thursday, Jan. 31, at 2:30 p.m.

The Bobcat wrestling team will be at Concord at 9 a.m. on Saturday, Jan. 26, and will be at Con-Val at 6 p.m. on Wednesday, Jan. 30.

The Plymouth unified hoop team will be hosting Littleton on Tuesday, Jan. 29, at 3:15 p.m.

Plymouth's gymnastics team will be at Goffstown for a 7 p.m. meet on Thursday, Jan. 31.

## Franklin steals win from Bears' grasp

### Late hoop keeps Newfound boys from first win

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound boys' basketball team was eight minutes away from sealing the first win of the season on Tuesday, Jan. 15.

The Bears had a 42-34 lead over Franklin as the fourth quarter got under way but the Golden Tornadoes wouldn't go away.

In the end, a couple of crucial mistakes and a few missed field goals ended up costing the Bears, as the visitors hit a shot with two seconds to go and took the 53-52 win.

"What really got us was simple mistakes," coach Jesse Mitchell said. "Those simple mistakes hurt us and cost us the game."

Mitchell noted that an accidental step out of bounds and a movement on an inbounds play were key, as were missed free throws.

"If we made our free throws, that's the game," Mitchell added.

The crowd in the Newfound gym grew louder as the game wore on, with the Bear fans eager for the first win and the Franklin fans eager to see the comeback and by the end, the playoff-type atmosphere saw the visitors squeak by.

Mason Dalphonse began his 20-point night by hitting the first hoop of the game but Franklin answered right back.



JOSHUA SPAULDING

Cian Connor races down the court after coming up with a steal against Franklin last week.

Cian Connor, who had spent the day competing for the alpine ski team at Sunapee, came up with a steal and a hoop to put Newfound up by two but again, Franklin tied the game.

A Dalphonse basket gave Newfound the 6-4 lead but the visitors tied it again.

The Bears went ahead on two free throws from Spencer Lacasse and never trailed after that until the final seconds of the game. A Justin Shokal free throw and a Colby Miles three-pointer gave Newfound the 12-6 lead. Franklin answered with a three but Tyler Boulanger hit a fall



JOSHUA SPAULDING

Mason Dalphonse works hard for two of his 20 points last week against Franklin.

away shot to close out the first quarter with a 14-9 lead for the Bears.

Dalphonse started the second quarter with a pair of free throws but then the visitors hit consecutive hoops to cut the lead to 16-13.

The Bears answered with a 6-0 run that included two hoops from Dalphonse and a steal and hoop from Connor, pushing the lead to 22-13 before the Golden Tornadoes hit two shots to cut right back into the lead.

After a Dalphonse bucket got Newfound up by seven, the visitors drained a three-pointer to cut the lead to four. However, Reid Wilkins, who had also been competing in the alpine meet during the day, came through with a last-second bucket to push Newfound's lead to 26-20 at the halftime break.

SEE HOOPS, PAGE A15

## Newfound looking for next Hall of Fame class

BRISTOL — Newfound Regional High School is gearing up for its fourth annual Athletic Hall of Fame class. The purpose of the Athletic Hall of Fame is to recognize the significant contributions of athletes, coaches, teams and contributors to Bristol High School, Newfound Memorial High School and Newfound Regional High School, while reinforcing a sense of history and tradition.

For an athlete to be considered, they must have graduated from one of the high schools, been out of high school for a minimum of 15 years, exemplified outstanding athletic abilities, talents and achievements, been a member of a varsity team for at least two

years and have represented Newfound Athletics in a positive fashion, both as an undergraduate and as an alumnus.

A coach nominee must have coached at Newfound for a minimum of 10 years and represented Newfound athletics in a positive fashion, while at Newfound and as a former coach.

Teams nominated must be 10 years beyond their accomplishments. In addition, an induction of a team does not prohibit the separate induction of one or more members of the team.

Individuals considered in the contributor category are those who have been associated with Newfound athletics and the high schools,

and who have made a significant contribution to the athletic program.

Deceased athletes, coaches or contributors are eligible for induction.

Nominations are due by March 31, with the selection committee making its decisions in May. Homecoming 2019 will be Sept. 20-21.

More information, as well as the nomination form, can be found on the NRHS Web page and under the Athletics link. Any person can make a nomination. All information should be sent to Athletic Director Pete Cofran at pcofran@sau4.org, or at NRHS, 150 Newfound Road, Bristol, NH 03222. A person can also call 744-6006, x1507 for more information.



JOSHUA SPAULDING

## Doubling up

The Newfound girls' basketball team traveled to Franklin for the lone game last week and doubled up the Golden Tornadoes by a 60-30 score. The Bears will be back in action today, Jan. 24, when they host St. Thomas at 6:30 p.m. and they will be at Inter-Lakes at 6 p.m. on Tuesday, Jan. 29.

# Wilkins and Broome lead Bears at Sunapee

BY JOSHUA SPAULDING

**SPORTS EDITOR**  
NEWBURY — The Newfound alpine team competed in a dual giant slalom meet at Mount Sunapee on Tuesday, Jan. 15.

The meet featured two different giant slalom courses, side by side and each skier's time was the combined time for each of the courses.

The Newfound boys finished in sixth place overall on the day.

They were led by Reid Wilkins, who skied to 22nd place overall with a time of 44.51 seconds.

Matt Karchek was next for the Bears, finishing in 44.7 seconds for 24th place overall and Jacob Blouin was 43rd overall in a time of 47.6 seconds.

Owen Henry finished in a time of 52.02 seconds for 62nd overall to round out the scoring for the Bears.

Tuan Nguyen was 65th overall in a time of 52.58 seconds, Cian Connor was 68th in 54.77 seconds and Jacob Pfister finished in a time of 1:00.43 for 83rd place overall.

The Bears only had three girls skiing on the day.

Hayse Broome led the way for the Bears with a 27th place finish in a time of 47.3 seconds.

Hannah Owen finished in 31st place in a time of 48.61 seconds and Stephanie Norton finished in 38th place in a time of 50.55 seconds.

The Bears are scheduled to be at Gunstock on Friday, Jan. 25, at 10 a.m.

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



Tuan Nguyen and the Newfound alpine team skied at Mount Sunapee last week.

JOSHUA SPAULDING

## Alpine boys take second at Cranmore *Plymouth girls finish second in giant slalom, third in slalom*

BY JOSHUA SPAULDING

**SPORTS EDITOR**

**NORTH CONWAY** — For the second week in a row, the Plymouth alpine ski team traveled to North Conway's Cranmore Mountain Resort for a meet hosted by Kennett. The meet also featured Oyster River, Pembroke, Gorham, Moultonborough and Kingswood.

The Bobcat boys finished second to the host Eagles in both the giant slalom and slalom.

In the giant slalom, Mike Ouellette led the way for the Bobcats with a sixth place finish overall with a time of 49.33 seconds.

Matthew Lorrey was next, finishing in seventh place in 49.4 seconds and Jared King finished in 50.48 seconds for 11th place.

Matt Clark was the final scorer for Plymouth, finishing in a time of 51.26 for 14th place overall.

Justin Collins was 22nd in 54.76 seconds, Sam Smith was 29th in 56.96 seconds, Remy Beaujouan was 34th in 59.25 seconds, Garrett Dion finished in 1:05.93 for 53rd place, Milton Woolfenden was 64th in 1:19.57, Pete Wingsted finished 67th in 1:32.36 and Colin Roper was 69th in 1:57.19.

Ouellette again led the way in the slalom for the Bobcats, finishing with a time of 1:14.97 for fourth place.



Holly Hoyt skis the giant slalom at Cranmore on Friday.

JOSHUA SPAULDING



Pete Wingsted carves through the giant slalom course last week at Cranmore.

JOSHUA SPAULDING



Kiki Dodge skis during the giant slalom on Friday at Cranmore.

JOSHUA SPAULDING



Matt Clark races in the giant slalom at Cranmore last week.

JOSHUA SPAULDING

Clark skied to eighth place in a time of 1:19.01 and Wingsted was the third scorer with a time of 1:21.48 for 11th place.

Lorrey finished off the scoring with a time of 1:22.27 for 12th place overall.

Collins was 16th in 1:26.03, King was 19th in 1:28.78, Smith placed 24th in 1:35.64, Woolfenden was 26th in 1:36.97, Dion was 45th in 1:58.69, Beaujouan was 57th in 2:18.38 and Roper was 60th in 2:25.93.

In the giant slalom for the girls, Plymouth finished second overall behind the host Eagles.

Sumaj Billin led the

way with a tie of 51.38 seconds for fourth place overall.

Holly Hoyt finished in 11th place in 53.86 seconds and Taylor Shamberger skied to 12th place in 54.47 seconds.

Kiki Dodge skied to 15th place overall in a time of 54.86 seconds to finish out the scoring.

Delana Welch was 23rd in a time of 55.96 seconds, Holly Mason finished 28th in 57.54 seconds, Maya Duarte was 34th in 58.53 seconds, Halle Kozak was 36th in 59.18 seconds, Rachel Fogarty finished 40th in 1:03.01, Hallie Wheeler was 42nd in 1:03.66, Au-

brey King finished 43rd in 1:03.71, Zea McGarr placed 44th in 1:03.84, Taylor Maine was 45th in 1:04.3, Sam Meier finished 48th in 1:05.52, Logan Wiggett skied to 52nd place in 1:07.69, Henna Davis was 53rd in 1:08.71 and Katie Lambert was 58th in 1:17.10.

The Bobcats were third in the slalom, with Kennett taking first and Oyster River finishing second.

Meier led the way for the Plymouth girls with a fifth place finish in a time of 1:28.27.

Hoyt was 15th overall in a time of 1:36.49 and Duarte was the third Bobcat scorer with a time of 1:37.4 for 16th place.

Kozak finished out the scoring for Plymouth with a time of 1:43.44 for

21st place.

Mason was 22nd in 1:44.87, Maine was 23rd in 1:44.98, Fogarty was 27th in 1:51.26, Welch was 28th in 1:52.25, Billin was 32nd in 1:55.79, Davis finished in 2:00.14 for 36th place, King finished in 38th place in 2:02.01, Shamberger placed 39th in a time of 2:04.48, Wheeler skied to 41st in 2:04.67, McGarr was 46th in 2:07.45, Wiggett was 52nd in 2:20.21, Lambert was 53rd in 2:21.72 and Dodge was 57th in 2:30.27.

The Bobcats have this week off and will be returning to action on Friday, Feb. 1, for a meet at Waterville Valley.

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

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**TOWN OF HEBRON**

The Hebron Select Board is accepting bids for a used **2010 Ford Crown Victoria** with a 4.6 V8 that has 79,665 miles. Minimum bid: \$1,500.00. This vehicle is being sold as is/where is with no warranty whatsoever as to condition or suitability. Bids need to be clearly marked "2010 Ford Crown Victoria" which will be accepted at the Select Board Office until **Thursday, February 7, 2019 at 12:00 p.m.**

Bids should be mailed or delivered to:  
Office of the Hebron Select Board  
PO Box 188  
37 Groton Road  
Hebron, NH 03241

**ALEXANDRIA RESIDENTS**

The Supervisors of the Checklist will be in session on January 26, 2019 from 11:00 to 11:30 a.m. for additions and corrections to the checklist, in preparation for the Newfound Area School District Deliberative Session at Newfound Regional High School on February 2, 2019

The Supervisors will also be in session on February 2, 2019, from 3:00 to 3:30 p.m. at the Alexandria Town Hall, for additions and corrections to the checklist, in preparation for the Deliberative Session of the Town of Alexandria on February 9, 2019, at the Alexandria Town Hall.

George Whittaker  
Loretta Brouillard  
Suzanne Cheney

Public Notice

**Town of Alexandria**

First Deliberative Session

**Saturday, February 9, 2019 at 10:00 am**

Alexandria Town Hall,  
45 Washburn Road, Alexandria

# Bobcats recover from slow start to best Knights

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — After both teams struggled to put points on the board, the Plymouth hoop girls were able to push through their offensive troubles and come away with a win over the Kingswood girls on Wednesday, Jan. 16, in Wolfeboro.

The first quarter featured just five points total but things ticked up from there and the Bobcats eventually took the 56-31 win.

"It was one of those grind it out kind of wins," said Plymouth coach Dave Levesque, whose team won its second game in a row. "We just didn't shoot the ball well and when we don't do that, it impacts other things we do."

"That was what the whole year has been," said Kingswood coach Marty Garabedian. "We are playing half a game, maybe. We had a lot of breakdowns on defense and offense."

The scoring was minimal in the first quarter, as there was just one field goal to go along with three free throws.

Bryn Davey got the Knights on the board first with a hoop and Leia Brunt answered for the Bobcats with a free throw. Grace Saunders and Rachel Bonneau followed with free throws for the Knights and Kingswood had the 4-1 lead after eight minutes of play.

Bonneau got the first basket of the second quarter but hoops from Brunt and Jordan Levesque, off her own steal, cut the lead to 6-5. Catie Shannon followed with a hoop for the Knights but a rebound and hoop from Olivia Littlefield cut the lead to one again at 8-7.

Amanda Daugherty then hit two free throws to give Plymouth its first lead of the night.



JOSHUA SPAULDING

Kingswood's Bryn Davey defends as Plymouth's Leia Brunt looks to take the ball toward the net.

She then finished off a nice feed from Levesque and Brunt drained a three-pointer to give the Bobcats the 14-8 lead.

Davey hit two free throws to get the Knights back on the board but Brunt hit two from the line and Gwen Merrifield sank a basket to give the Bobcats the 18-10 lead at the halftime break.

Grace Saunders hit a free throw and Bonneau hit a hoop to get the Knights within five at 18-13 before Littlefield answered for the Bobcats. After another Saunders hoop, Plymouth scored the next eight points in a row.

Levesque started the run with a hoop and then drilled a three-pointer. Littlefield hit a free throw and then Levesque hit another hoop to push Plymouth's lead to 28-15.

Amanda Lapar came back with a hoop for the Knights but Daugherty drained a three-pointer and Littlefield converted on a three-point play to give the Bobcats the 34-17 lead.

Davey finished off the scoring for the quarter with two free throws and the game went to the final eight minutes with a 34-19 lead for the Bobcats.

Levesque started the fourth quarter with a three-pointer before Bon-

neau hit a hoop for the Knights. Littlefield sank a hoop and then Annalise Cataldo hit one from the free throw line for the Knights.

Brunt came back with a three-pointer to push the lead to 42-22 before Bonneau hit a hoop for Kingswood. Merrifield followed with a hoop for the Bobcats and then Lapar put back a rebound for two for the Knights, Saunders hit a free throw and Davey hit a bucket, cutting the lead to 44-29.

Daugherty quickly got the Bobcats back on the board with a three-pointer and Brunt hit two from the free throw line. Elaina Manson hit a hoop for the Bobcats before Davey put back a rebound at the other end. Olivia Homer rounded out the scoring by draining a three-pointer and a field goal for the 56-31 final score.

"When we pass the ball and share with each other, we become a different team," Levesque said. "We had a couple of stretches where we played real well."

"It's nice to see things working in practice come to fruition in a game," the Bobcat coach continued. "Hopefully we can build a little momentum and look for things we

can improve on."

Levesque pointed out that the rest of the season needs to have some competitive games for the team to get back in the Division II race.

"We have 11 games left and we think we can play with everybody we have left," he said. "If we improve and work hard in practice then it will happen."

"We have to start putting a whole game together or it comes back to hurt you," Garabedian stated. "We missed a lot of easy baskets but at least we were shooting."

"We can't have breakdowns on defense," he continued. "That's what basketball is, a game of swings. It's how you respond to the momentum, if you let it get the best of you it makes for a long night."

The Knight coach noted that there was no quit on the side of his team.

"The kids are not giving up and I'm not giving up on them," Garabedian said. "There's a lot of games left and the idea is every game we're getting better."



JOSHUA SPAULDING

Olivia Littlefield drives along the baseline in action against Kingswood last week.

The Bobcats had four players in double figures, as Brunt led the way with 13 points, Levesque chipped in with 12 and both Daugherty and Littlefield added 10.

The Knights were led by 10 points from Davey, while Bonneau added nine.

The Knights finished up the week with a 57-24 loss to Pelham.

Plymouth had a barn-burner to finish out the week, falling to ConVal 38-36. Plymouth led 11-10 after one quarter and had a 23-18 lead at the half before the Cougars came back to take a 29-28 lead after three and then took the win by two points in what was described as a physical game all the way through.

The Knights will be hosting Timberlane on Friday, Jan. 25, at 6 p.m.

and will be at Coe-Brown at 6:30 p.m. on Tuesday, Jan. 29.

The Bobcats will be hosting John Stark at 6 p.m. on Friday, Jan. 25, and will be at Manchester West on Tuesday, Jan. 29, at 6:30 p.m.

**PRHS 1-17-16-22-56**  
**KRHS 4-6-9-12-31**

**Plymouth 56**

Daugherty 3-2-10, Merrifield 2-0-4, Homer 2-0-5, Levesque 5-0-12, Littlefield 4-2-10, Manson 1-0-2, Brunt 3-5-13, Totals 20-9-56

**Kingswood 31**

Davey 3-4-10, Bonneau 4-1-9, Saunders 1-3-5, Cataldo 0-1-1, Lapar 2-0-4, Shannon 1-0-2, Totals 11-9-31

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

## Hoops

FROM PAGE A13

After Franklin started the second half with a free throw, Dalphonse answered with two from the line and Miles also hit a free throw. Franklin got another hoop but a Boulanger hoop stretched Newfound's lead to double nine at 32-23.

The Golden Tornados came back with a hoop and a free throw to get within six but Boulanger hit back-to-back buckets to give Newfound its first double-digit lead of the night at 36-26.

Shokal finished off a steal with a hoop and added a free throw for a three-point play with 3:40 to go to push the Bear lead to 39-26 before Franklin scored the next five points to get the lead back to eight.

Logan Rouille hit a free throw and Dalphonse hit two from the line to push the lead to 11 but the Golden Tornados finished the quarter strong, hitting a hoop and a free throw to take the 42-34 score to the final eight minutes.

Franklin got the first hoop of the fourth quarter but Dalphonse responded with a three. After another Franklin bucket, Dalphonse drained a three-pointer to push Newfound's lead to 46-38. A Shokal hoop made it a 10-point game with about five minutes to play at 48-38.

Franklin began the

comeback with a free throw and then a hoop with 4:12 to go to make it 48-41. Another hoop with 3:17 to go and two foul shots with 3:03 to go cut the lead to 48-45 and knocked Miles out of the game with five fouls.

The visitors then hit a hoop with 2:35 to go to cut the lead to just two before Wilkins (1:44 on the clock) and Shokal (1:17 on the clock) each hit free throws to make it 50-47.

A Franklin hoop with 55 seconds left got them to within one but a Newfound turnover gave the visitors the ball back. However, they missed two from the line and Connor followed that up by making two from the line with 26 seconds to play, giving Newfound the 52-49 lead.

Franklin got a shot with 13 seconds to go to get within one and were able to get the ball back, however they missed a layup and a jump ball was called with 6.4 seconds to go.

The Golden Tornados inbounded the ball and pushed through the Newfound defense to hit the game-winning shot with 2.4 seconds to go. A mistake on the ensuing inbound play gave Franklin the ball back and they finished out the clock on the one-point win.

"Defense was where we wanted it to be tonight," Mitchell said. "And I was very happy when it comes to the of-

fensive end.

"We had multiple chances to wrap the game up and we just couldn't," the first-year head coach stated. "That's tough. That was the closest game they've had in a while and you can tell they're feeling it."

However, he also noted that there was a positive or two to take from the contest.

"I said to them, you might be feeling like you're taking a stop back, but in actual reality, with the way we're playing, we took a huge step forward tonight," Mitchell stated. "They haven't truly competed, basketball-wise, until tonight."

Dalphonse finished with 20 points to lead the Bears.

Newfound will be in action today, Jan. 24, at St. Thomas at 6:30 p.m.

**NRHS 14-12-15-10-52**  
**FHS 9-11-14-21-53**

**Newfound 52**

Wilkins 1-1-3, Miles 1-1-4, Shokal 2-3-7, Dalphonse 6-7-20, Lacasse 0-2-2, Boulanger 4-0-9, Rouille 0-1-1, Connor 2-2-6, Totals 16-17-52

**Franklin 53**

Lafrance 4-0-9, Chiba 1-0-2, Laramie 13-4-30, Robertson 0-1-1, Clark 1-0-2, Gaslin 2-4-9, 22-8-53

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



COURTESY PHOTO

## Home meet

The Plymouth gymnastics team had its highest all around score of the season last week in the last home meet at Top Gun Gymnastics. Nashua South took first place, PRHS took second place, Goffstown was third, Nashua North was fourth and Manchester Central was fifth. Aquinnah Allain came in third in the individual all around. "These girls continue to grow and are so impressive to watch," said coach Carrie Kiley. The team's last meet before states will take place on Jan. 31 in Goffstown. States are Saturday, Feb. 9, at Pinkerton Academy.



# Town-to-Town CLASSIFIEDS



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### General Help Wanted

**General laborer wanted** in Waterville Valley, NH. Flexible hours. Competitive wage above minimum. Text 603-530-2083 or email [hixonpete@gmail.com](mailto:hixonpete@gmail.com)

GSIL is seeking compassionate individuals who are looking to make a difference in others lives and help them to live independently. Prior personal care experience is helpful but, we are willing to train the right people. If you would like to become a Personal Care Attendant or looking for more information please contact Recruitment at 603-228-9680.

The pay rate for this position is \$10.25-10.75 per hour. We offer a flexible schedule and paid training.

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**YMCA Camp Mi-Te-Na** in Alton NH, is seeking a Facility Staff member. This position is integral in maintaining the facilities and grounds at camp. Ideal candidates will have experience in various trades. This is a full time year round position with benefits set to begin April 4th 2019. Please submit resume or application to Matt Hanson at [mhanson@granitemca.org](mailto:mhanson@granitemca.org) by February 15th, 2019.

### Part-Time Help Wanted

**Office Assistant (PT),** Bristol - Mayhew Program seeking the right person — upbeat, skilled and team-oriented - to help with and complete important administrative and fundraising responsibilities. Please email or send a letter of interest and resume prior to 1/21/19 to Jim Nute, Executive Director, [jim@mayhew.org](mailto:jim@mayhew.org), Mayhew Program, PO Box 120, Bristol, NH 03222.

### Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

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Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

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**Plymouth in town.** 4 room office unit with Plenty of parking. Conveniently located at Plymouth Professional Place. Gas heat and central air. \$640 per month. Call Russ 536-1422

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**For Rent Ashland**  
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9 Main Street. Former site of Pemi River Fuels. Approx. 700 sq ft.; 3 to 4 work areas depending upon configuration. \$750 per month including heat, snow plowing and trash removal. Tenant pays separately metered electric. Onsite parking is available. Security deposit required. Available immediately.

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## HELP WANTED



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You will be a member of a team responsible for delivering and off-loading product at construction and residential sites. Heavy lifting is required and previous boom or other hydraulics experience is necessary. CDL-B License is required along with a safe and clear driving record. Job includes other duties as assigned. Weekend hours required on a rotating basis.

You may apply in person at the Ashland Lumber location or download a **driver application** from our website. All applications should be submitted to:

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

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This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
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This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to duhlman@belletetes.com.

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### Hardware Sales

We are looking for a full-time hardware sales person who enjoys people and has good customer service skills. Knowledge of paint, plumbing and electrical as well as a basic understanding and knowledge of hardware preferred but not required. Weekend hours required on a rotating basis.

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Rick Ash, Hardware Manager  
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### Lumber Counter

We are looking for full time (or possibly a part time person) to work at the lumber counter at our Moultonborough store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Leigh Duquet, Store Manager, A&B Lumber/Barns  
121 Whittier Highway, Moultonborough, NH 03254  
or you may email to lduquet@belletetes.com E.O.E.

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## Ashland Lumber

Division of BELLETETES, INC.

### Delivery Driver

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a driver application from our website. All applications should be submitted to:

Dan Uhlman, Manager, Ashland Lumber  
20 West Street, Ashland, NH 03217  
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## TOWN OF ALEXANDRIA

**First Day to file for candidacy  
January 23, 2019**

Positions to be filled this year:

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- Treasurer 3-year term
- Cemetery Trustee 3-year term
- Trustee of Trust Funds 3-year term
- Planning Board 3-year term
- Planning Board 3-year term
- Budget Committee 3-year term
- Budget Committee 3-year term
- Budget Committee 1-year term

**Last Day to File for candidacy  
February 1, 2019**

Town Clerk's Office will be open from  
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- RN CHARGE/M-S - 36 hours (Night Shift)
- ULTRASOUND/ECHO TECHNOLOGIST - 40 hours
- RN CHARGE/E.D. - 36 hours (Night Shift)
- RN M-S - 36 hours (Night Shift)

### PART TIME OPPORTUNITIES

- RADIOLOGY TECHNOLOGIST (32) hours (Day Shift)

### PER DIEM OPPORTUNITIES

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- SURGICAL TECHNICIAN
- RN

Apply Online at [www.ucvh.org](http://www.ucvh.org)  
Upper Connecticut Valley Hospital  
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[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)

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For further details and an application please contact:  
**Grafton County Human Resources at  
787-2034 or stop by our office at  
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# The unusually busy winter sports season

The winter sports season in many ways is my easiest season of the year. There are fewer teams in the winter than there are in other seasons, with just girls', boys' and unified basketball and alpine skiing common among all five of the schools I cover, with Nordic skiing and boys' ice hockey at three schools, indoor track at four schools, ski jumping and swimming at two schools and gymnastics and girls' hockey each at one school.

## SPORTING CHANCE

By JOSHUA SPAULDING



Nordic skiing and indoor track are events that traditionally happen during the day, meaning they rarely conflict with the other sports, only with each other across the numerous different teams I cover.

However, this winter has been a challenge in a lot of ways, as it seems that it has been busier

than ever and time is at more and more of a premium. I'm not sure how this winter has been different but it seems every time I turn around there's something that needs to be done.

Alpine skiing is traditionally one of my favorite events to cover simply because I get to go skiing as part of work. I usually ski a few runs prior to the start of the meet, another few runs at the lunch break and then a few after the meet is over.

However, the last

three meets, or the first three meets of 2019, I've had to leave the mountain early to try and get caught up on things that need to be done. The first meet of 2019 was at King Pine and I had to take off after the morning giant slalom to go and deal with my car, which was in the garage in Berlin. The last two meets, both at Cranmore, I've had to leave after the morning races because I was so far behind on writing stories and keeping up with other tasks that needed to be dealt with. So, I didn't get to ski as much as I usually do, which is obviously a disappointment.

On the positive side of things, I was able to get north on Saturday and Sunday to get all the Christmas decorations taken down at my mother's house. Of course the snowstorm made the travel back on Sunday a bit of a fun time but I was able to get some work done on Sunday morning so I wasn't completely behind when I got to work on Monday.

As I write this, there's still almost two weeks left in January, but once February rolls around, the time for state ski, swimming and track meets and basketball and hockey tournaments will be right around the corner. And before you know it, the winter sports season will give way to the

spring.

Hopefully I will be able to get in a little more skiing between now and then.

Finally, have a great day Dave Hand.

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

## Bobcats drop two

Owen Brickley drives toward the basket in his team's game with Coe-Brown last Wednesday night. The Bobcats dropped a 75-51 decision to the Bears and also fell by a 55-51 score to ConVal on Friday night. Plymouth will be back in action on Friday, Jan. 25, at John Stark on Friday, Jan. 25, and will be hosting Manchester West on Tuesday, Jan. 29, both at 6:30 p.m.

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## AUCTION

#3 - View from Ore Hill Road, Warren, NH

### 3 Land Parcels Commercial & Residential Bristol, Plymouth and Warren, NH Thursday, February 7th, 2019

- FIRST AUCTION** at 11:00 a.m. - Auction Location: River Road, Bristol, NH
  - #1: River Road is a 10.97± acre parcel of vacant land with frontage on River Road totaling 256'±. The lot overlooks the Pemigewasset River which is directly across the street from the lot. Tax Map 220, Lot 008
- SECOND AUCTION** (2 Properties) at 1:00 p.m. - Auction Location for both properties: 758 Tenney Mountain Highway, Plymouth, NH
  - #2: 758 Tenney Mountain Highway, Plymouth, NH is a 10.4± acre parcel of vacant land with 675'± of frontage on the Tenney Mountain Highway. Town sewer at street. Commercial Industrial zone. Tax Map 213, Lot 029. Assessed Value: \$185,800
  - #3: Ore Hill Road, Warren, NH is a 45± acre parcel of vacant land with 180-degree views of Mount Moosilauke and the White Mountain National Forest. Tax Map 235, Lot 004

**TERMS:** Five thousand-dollar (\$5,000.00) deposit per property in cash, certified check, bank check, or other instrument deemed acceptable to mortgagee at time and place of sale. Balance due at closing within forty-five (45) days of sale. Subject to all terms of mortgagee's notice of sale. Properties #2 & #3 will be sold from 758 Tenney Mountain Highway, Plymouth, NH.

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Dr. Trish Lindberg with the New England Theatre Conference 2013 Moss Hart Memorial Award for her original production, *Marking the Moment*. Jeremy Gasowski '01 photo.

## ETC'S SILVER JUBILEE!

PSU's award-winning Educational Theatre Collaborative is celebrating its twenty-fifth anniversary this year with *The Little Mermaid*. Along with its annual production, ETC offers a one-day arts festival for children, an integrated arts conference for teachers, and a statewide children's art display.

Plymouth State University joins the Plymouth community in thanking ETC Co-Founder and Artistic Director Dr. Trish Lindberg, who has worked tirelessly for 25 years to make magic happen through ETC.

Dr. Lindberg, your work along with the Silver Center staff, PSU faculty and staff, and the wider community has transformed a generation of participants.

Everyone who has been part of ETC's smashing 25-year run is encouraged to take their bow!

ETC information: [campus.plymouth.edu/etc](http://campus.plymouth.edu/etc)  
*The Little Mermaid* ticket information: [plymouth.edu/silver-center/tickets](http://plymouth.edu/silver-center/tickets)

See further up here.