

Alexandria fishing derby draws strong turnout



Among the top winners in the 2021 Alexandria Volunteer Firefighters Association Ice Fishing Derby were (left to right) David Rice (third place overall, first place rainbow trout), Joe Britton (second overall, first place lake trout), Tim Casey (first place cusk and grand prize winner) and his son Aidan Casey (fifth in the Youth Division).



Eight-year-old Alexis Pratte was excited to catch a 2.94-lb. lake trout in the Alexandria Volunteer Firefighters Association Ice Fishing Derby last weekend that also won her a trophy.

By Donna Rhodes
Contributing Writer

ALEXANDRIA – Hundreds of people enjoyed the great outdoors last weekend as they took part in the Alexandria Volunteer Firefighters Association's 30th annual Ice Fishing Derby on New-

found Lake. Throughout Saturday and Sunday, lucky anglers made their way to the derby headquarters at Wellington State Park, hoping their latest catch was big enough to make it onto the leader board. Categories in the derby

were for the largest (by weight) rainbow trout, lake trout, pickerel, perch and cusk with cash prizes awarded to the top three in each. There was also a Youth Division with trophies presented for the top five biggest fish of any species.

Before the awards presentation late Sunday afternoon, Jim Shokal of the Alexandria Volunteer Fire Department announced that there were 642 tickets sold for this year's derby, making it easily the largest in recent memory.

"I think that's more than we've ever done, and it'll help the fire department out a lot, so thank you," he told the crowd.

Proceeds from the annual event provide AVFA with funds for items such as small equipment, safety gear and other items not included in the town's

SEE DERBY PAGE A9

Bristol voters to decide on recycling proposal

By Donna Rhodes
Contributing Writer

BRISTOL –Included on Bristol's 2021 Town Warrant is an \$85,000 proposal to return recycling to the Town of Bristol, one of the 23 articles presented to voters this year that are asking for voter approval at the March 13 Town Meeting, which will begin at 9 a.m. in the Newfound Regional High School gymnasium.

In 2018, the Town of Bristol suspended their single stream recycling program as a result of what was sudden and unforeseen increases in the cost of single stream recycling in 2018, but hoped to one day bring it back to the community when it was more financially feasible.

Along with town officials, the Bristol Sustainability Committee

has been watching recycling trends and believe now is the time to be more environmentally and fiscally responsible when it comes to lowering trash removal costs.

"Since that time [2018], the town and town residents have been researching recycling trends in the New England area. They examined costs involved in trash disposal and toured neighboring community transfer stations to learn what others are doing," said committee member Janet Metcalf.

As a result of that investigation, the request in Article 18 addressing recycling in Bristol, will be presented to the town's legislative body (voters) for their consideration.

The article calls for a one-time purchase of equipment that will allow the town to bundle

corrugated cardboard (boxes) and sell it on the market for recycling. With that equipment, certain plastics, aluminum cans and mixed paper items are other potential revenue-producing items that the town could bundle and sell in the future rather than pay to haul it away.

The funding would include the purchase of a horizontal bailer and electrical hookup, the purchase of a skid steer for material handling, and the construction of a containment structure for the bailer. An appropriation of \$32,500 for those expenses would come from the Transfer Station Revolving Fund, while \$30,000 would be pulled from the Highway Equipment Capital Reserve Fund, which was

SEE RECYCLING PAGE A9

Groton selectmen address public works building grant

GROTON — A press release published in the Feb. 18 edition of the Newfound Landing announcing that Groton had been awarded a federal grant in support of the construction of a new Public Works building has prompted a response from town officials.

Concerned that the press release, submitted for publication by the office of U.S. Sen. Maggie Hassan, was misleading with regard to the extent to which she, fellow Sen. Jeanne Shaheen, and U.S. Rep. Annie Kuster were involved in securing the grant, town officials contacted the

Landing with a statement that they hope will provide clarification for residents.

"The article was written in a manner that led one to believe Maggie Hassan, Jeanne Shaheen and Annie Kuster played a major role in the grant process, and that construction would begin on the Groton Public Works building. Where in fact, the town spent countless hours and had to go through the grant process not only once, but twice," read the statement, written by Select Board Chairman John Rescigno.

"It is true that the current building is in a flood

plain and needs to be replaced and relocated," Rescigno continued. "I reached out to the newspaper that in return had Maggie Hassan's office contact me. Benjamin Belanger, special assistant for the North Country, contacted me and explained they are notified whenever a grant is issued in the state. Without contacting the Town of Groton, Maggie Hassan's office submitted the article to the paper.

"The facts are, the town of Groton was contacted by the North Country Council, who put us in contact with USDA for the grant.

SEE GRANT PAGE A9

Tapply-Thompson Community Center baseball, softball & T-ball registration now open!

BRISTOL — Baseball, Softball & T-Ball Registration Now Open: Please let us know if you are interested in having your child participate this season for baseball, softball or t-ball. Registration is now open online. There will be no fee charged at this time until we know how many participants and teams we will have. We are hopeful to offer as close to a typical season as possible with uniforms, team sponsors, official games, etc. There will be modifications to make things COVID-safe.

T-ball is for youth ages four, five, & six. Rookie

Baseball is for youth 7 & 8 years old. Minor Baseball is for youth ages 9 & 10 and Major Baseball is for ages 11 & 12. Babe Ruth Baseball is offered for ages 13-16. The age determination date for baseball is May 1.

8U Softball is for ages seven & eight. 10U Softball is for ages 9 & 10 and 12U softball is for 11 & 12 year olds. We offer Babe Ruth Softball for ages 13-16. The age determination for softball is Jan. 1, 2021.

The season typically begins with practices in mid-late April depending on field conditions.

Pre-Season Spring Training: We will be offering Spring Training for baseball & softball on the following days at the Bridgewater-Hebron Village School.

8U, 10U, 12U Softball (ages 7-12) Mondays, 5:45-7 p.m. beginning March 1

Major/Minor Baseball (ages 9-12) Tuesdays, 5:45 – 7 p.m. beginning March 2

Rookie Training (ages 7 & 8) Wednesdays, 5:45-7 p.m. beginning March 3

Babe Ruth Spring Training (ages 13-16) Wednesdays, 7-8 p.m. beginning March 3

SEE REGISTRATION PAGE A9



Local Girl Scout sells cookies in all 50 states

PLYMOUTH — When a Girl Scout sets a goal, she often doesn't just meet it, she exceeds it! Just ask Sophia Hammond, nine, a Girl Scout Junior and student at Plymouth Elementary School. She decided that she wanted to sell Girl Scout Cookies to people in all 50 states – and did so in just a few weeks, doubling her goal by selling more 600 packages of cookies. Now she's upped her goal to 700 packages, running her cookie business through March 22.

Sophia and her mother, Tiffany, used social media to reach their many friends and family online to find customers throughout the United

States.

"It was really cool to talk to other people," Sophia said. "One of my mom's friends owns a barbecue restaurant in Louisiana. They bought cookies – I think it was a lot! After I talked to them, my sales went up a lot."

This enterprising Girl Scout made videos her mother posted on Facebook, displaying a large map of the country on which she would place stars for each sale. In just about three weeks, the entire map was filled with stars. A sale in Delaware put her over the top.

Girl Scout troops earn proceeds to support their girl driven program. So-

phia hopes her troop will be able to fund a campfire and other activities.

"I am really proud of her independence and how she advocates for herself!" said Tiffany Hammond.

Girl Scout Cookies aren't just a sweet treat. They power the world's largest girl-led entrepreneurial experience. When you make a Girl Scout Cookie purchase, you're helping the next generation of young female entrepreneurs get an important taste of what it takes to be successful—teamwork, planning, and a positive outlook.

Because proceeds from your purchase stay local, you help the awe-

some entrepreneurs who sell Girl Scout Cookies in your community power new experiences for themselves and their troop. When you support her success through the Girl Scout Cookie Program, you're narrowing the entrepreneurship gap between women and men by nurturing that go-getter spirit early on and equipping her with the confidence and know-how to dream big and do bigger. Your cookie purchase is an investment in the world-changing business leaders of tomorrow!

Buy cookies for yourself or donate cookies to the military and hometown heroes by finding your local Girl Scout,



Sophia Hammond of Plymouth used her networking skills to find friends and family in all 50 states to sell Girl Scout Cookies. Visiting www.girlscout-cookies.org, or download the Girl Scout Cookie Finder app to your smartphone.

Concord Orthopaedics, Plymouth Orthopedics & Sports Medicine partner to provide specialized orthopedic care to Central NH



Dr. Victor Gennaro
PLYMOUTH — Partnering the specialized orthopedics of Concord Orthopaedics with Plymouth Orthopedics



Dr. Sean Burns
& Sports Medicine introduces an impressive level of orthopedic care to Central New Hampshire.

"Our patients are the focus of all we do," says Dr. Victor Gennaro of Plymouth Orthopedics & Sports Medicine. "This partnership offers them local access to specialty care, further enhancing the quality of orthopedic care we provide throughout the region."

Building upon the comprehensive orthopedic services long provided by Plymouth Orthopedics & Sports Medicine to Plymouth and its surrounding communities, Concord Orthopaedics adds board-certified specialty care for total joints, trauma, hand and

wrist, pediatrics, and sports medicine.

"I appreciate the opportunity to take care of patients close to their homes," says Dr. Sean Burns of Concord Orthopedics, who specializes in hip and knee replacement. "Not having to drive a distance for medical care is a huge plus."

Concord Orthopaedics' surgeons Burns, Duffy, Klingler, Kurtz, and Noordsij see patients locally at Plymouth Orthopedic & Sports Medicine and conduct surgery at Speare Memorial

Hospital.

Beyond the enthusiasm of providing much needed orthopedic care locally, the Concord surgeons enjoy getting to know their new community.

"I jumped at the chance to come to Speare Memorial Hospital," says Dr. Burns. "It is great to work in a college town full of so many wonderful people. I look forward to becoming a part of the community."

Accepting new patients and providing same-day care, appoint-

ments can be scheduled at 536-1565.

Office visits are at Plymouth Orthopedics & Sports Medicine, 103 Boulder Point Drive, and surgery is conducted at Speare Memorial Hospital, both in Plymouth, just off I-95.

Speare Memorial Hospital is an acute care, critical access hospital and healthcare provider serving Plymouth and the communities of Central New Hampshire. Visit online at www.spearehospital.com and on Facebook.

Changing the Conversation

Recovery & recurrence, reducing the risk of relapse

BY TARA GRAHAM
Central NH Community Opioid Response Program

In addition to stopping substance misuse, the goal of treatment is

to return people to productive functioning in the family, workplace, and community. According to research that tracks individuals in

treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity, and improve their occupational, social, and psychological functioning.

Individual treatment outcomes depend on the extent and nature of the patient's problems, the appropriateness of treatment and related services used to address those problems, and the quality of interaction between the patient and his or her treatment providers.

Recurrence rates for substance use disorders resemble those of other chronic diseases such as diabetes, hypertension, and asthma. Like other chronic diseases, addiction can be managed successfully. Treatment enables people to counteract the disorder's powerful disruptive effects on the brain and behavior and to regain control of their lives. The chronic nature of

the disease means that relapsing to substance misuse is not only possible but also likely, with symptom recurrence rates similar to those for other well-characterized chronic medical illnesses, both have physiological and behavioral components.

Unfortunately, when relapse occurs many deem treatment a failure. This is not the case. Successful treatment for addiction typically requires continual evaluation and modification as appropriate, similar to the approach taken for other chronic diseases. For example, when a patient is receiving active treatment for hypertension and symptoms decrease, treatment is deemed successful, even though symptoms may recur when treatment is discontinued. For the individual suffering with a substance use disorder, lapses to substance use do not indicate failure—rather, they signify that treatment needs to be re-

instated or adjusted, or that alternate treatment or supportive prevention measures are needed.

An interactive mobile texting aftercare program has shown promise as a means to help teens and young adults engage with post-substance misuse treatment recovery activities and avoid recurrence, researchers report. In a study supported by the National Institute on Drug Abuse, the program, called ESQYIR (Educating & Supporting Inquisitive Youth in Recovery), reduced young people's odds of substance use recurrence by half compared with standard aftercare.

Dr. Rachel Gonzales and colleagues at the University of California, Los Angeles (UCLA), designed ESQYIR to teach and reinforce wellness self-management in a manner that fits young people's attitudes and communication styles. The researchers cite numerous advantages of the mobile texting approach: It is inexpensive and features personalization of content, convenience of use, ease of assessment and monitoring, and flexibility in the time and location of delivery.

Many young people comply poorly with aftercare interventions and resist involvement in 12-step programs and other post-treatment recovery activities. Dr. Gonzales says, "Teens and young adults don't want to be stigmatized as having a disease or as still being in recovery. In their minds, after the primary treatment, they are done." Young people often don't view

addiction as a disease, she adds. Instead, they regard substance use as a matter of lifestyle and personal choice. As a result, as many as 85 percent of teens and young adults relapse within one year.

Dr. Gonzales and her research team considered that young people might engage more readily with aftercare built on text messaging. This mode of communication is ubiquitous among young people, surpassing most other forms of social interaction. Messages can be personalized and can be accessed and responded to privately, when and where youths find it convenient or feel a need for help. Text messaging interventions are already used to treat maladies including obesity, sexually transmitted diseases, and tobacco dependence in young adults.

"The most effective programs take into consideration the users, their needs, their desires, and their way of connecting," Dr. Gonzales says. Accordingly, when she and her team composed the text messages for Project ESQYIR, they solicited input from young people in recovery from substance use disorders. "The program's text messages are based on their voices, parallel their views of recovery, and speak to their recovery needs," Dr. Gonzales says.

It is never too early or too late to guide yourself or someone you know on a path to wellness. Please visit findwellnh.org to explore the many options available in our community.



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Town Elections and Voting on the Warrant

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	33 Central St.	Single-Family Residence	\$115,000	David R. and Mavis R. Brittelli	Timothy J. Connifey and Christina M. Jewell
Bristol	1312 Peaked Hill Rd.	Single-Family Residence	\$400,000	Neal Martin 2020 Trust and Kerry M. Johnston	Cynthia E. Chebator and Matthew T. Pawlowicz
Bristol	145 Upper Birch Dr.	Single-Family Residence	\$335,000	Mary-Kathryn Shea	Brent S. and Tina A. Wucher
Bristol	N/A (Lot 4)	N/A	\$340,933	Timothy F. and Diana C. Coughlin	Sally P. Sheffield RET
Campton	Bell Valley Road (Lot)	Residential Open Land	\$13,533	Paul V. and Debra A. Archetto	Waterville Estates Realty Acq.
Campton	32 Merrill Rd.	Single-Family Residence	\$530,000	Leonid Dabuzhsky Estate and Boris Evelson	Ronald P. and Tina M. Niemeyer
Campton	N/A (Lot 2)	N/A	\$65,000	Randall Road RT and Sheila A. Somerford	Sheila A. and Edward A. Somerford
Dorchester	N/A	N/A	\$301,000	Ernest and Carolyn A. Lavertue	Patricia Currid
Dorchester	N/A (Lot 1)	N/A	\$355,000	Mark L. and Gail A. Coulter	Michael and Sandra Anastos
Ellsworth	N/A	N/A	\$50,000	Steven W. Taves and Tammy A. Lawler	Denise M. Holgate and David P. Santos
Hebron	51 Indian Point Rd.	Single-Family Residence	\$280,000	Michael V. Halloran Estate and Richard F. Halloran	Paul and Erinn Byrne
Holderness	6 Boulders Rd.	Mobile Home	\$175,000	John R. and Ann M. Edson	Richard A. Clark and Marcia G. Tonnesen
Holderness	44 Meadowview Dr.	Single-Family Residence	\$370,000	Phyllis J. Young	William L. and Amelia H. Currier
Holderness	Old Livermore Road	N/A	\$81,600	George T. Butler	Desmond Oates-Butler
Holderness	N/A (Lot 1)	N/A	\$60,000	Victor and Lisa J. Svec	Dale J. Cunningham and Charles B. Woodhouse
New Hampton	Waukegan Road	Residential Open Land	\$108,000	Penelope Ann Lee RET and Faith Tobin	Peter M. Dearness
Plymouth	18 Hawthorne St.	Single-Family Residence	\$257,533	William L. and Amelia H. Currier	Michael A. Uhlman
Thornton	Millstone Circle	Residential Open Land	\$10,000	Bruce K. Pearson Estate and Christine L. Pearson	Juanita RET and Carol L. Magoon
Warren	N/A	N/A	\$65,000	Michael J. Hurley	Roger and Denise Puglisi
Waterville Valley	23 Black Bear Rd., Unit 1513b	Condominium	\$129,000	Carl A. and Melina Rosenholm	Gilbert T. and Elizabeth L. Biron
Waterville Valley	3 Brownstone Way, Unit 2	Condominium	\$570,000	Wayne H. and Sandra K. Goldberg	Christopher A. and Patricia M. Lemone
Waterville Valley	Jennings Peak Road	N/A	\$375,000	Kevin DillCharles H. and Susan M. Pike	

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land=land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Learn how to personalize your plate during National Nutrition Month

PLYMOUTH — Developing a healthful eating pattern is not a one-size-fits-all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs.

In March, Nutritionists and Dietitians alike are focusing attention on healthful eating through National Nutrition Month®. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

"America is a cultural melting pot, so you can't expect everyone's food choices to look the same," said registered dietitian nutritionist Sunui Escobar, a national spokesperson for the Academy of Nutrition

and Dietetics in Miami, Fla. "Eating is meant to be a joyful experience. As supermarkets increasingly diversify their shelves to meet the needs of their customers, it's becoming easier to create nutritious meals that align with a variety of cultural preferences."

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of registered dietitian nutritionists – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health

goals.

"Variety is the spice of life and that's how people should view their meals," Escobar said. Spice up your menus with the foods and flavors you enjoy and add new flavors to spark excitement in your cooking. "Developing healthful eating habits does not require drastic lifestyle changes.

A registered dietitian nutritionist, like Mid-State's Ann Petersson, can help you incorporate the foods you enjoy into your life." Registered dietitian nutritionists help clients fine-tune traditional recipes, provide alternative cooking methods, and other healthful advice for incorporating family-favorite foods into ev-

ery day.

To connect with Ann, Mid-State's Registered Dietitian, to create a plan tailored to your food preference and health goals, call our office at 536-4000, or visit us online at midstate-health.org to learn more.



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WHEN:
February 1 through March 5, 2021

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Virtual Open House Dates:

Thursday, February 11th at 5:00 p.m.
Thursday, February 18th at 5:00 p.m.
Zoom link will be posted on the website.

All families who are interested in enrolling their child at MVCS, should attend an Open House.

**Public Lottery closes March 5th
Drawing: Wednesday March 24th**

www.mountainvillagecharterschool.org
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Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday - Tuesday

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Edward Jones: Financial Focus

How can women overcome obstacles to financial security?

On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become full-time caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

ble to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost 156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also reported that women accounted for 54% of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41% of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:

• **Take full advantage of retirement plans** If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of

investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.

• **Evaluate your Social Security options** You can typically start taking Social Security benefits when you're 62, but your monthly checks will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you

haven't remarried.

• **Look for unexpected income opportunities** Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county.

These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future.



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CADY Corner

Introducing FindWell— a new community resource

BY DEB NARO
Contributor

When you, or a loved one is facing a substance use crisis, it's difficult to know where to turn. Decisions can seem overwhelming; change can seem insurmountable; hope can seem beyond your grasp. But there is hope. There is help. We want to announce the availability of an exciting new resource available in our region to help you navigate community resources: FindWellNH.org.

FindWell New Hampshire is a prevention, treatment, and recovery locator for the Central New Hampshire region. Developed by partners of the Central New Hampshire Community Opioid Response, FindWell New Hampshire strives to build awareness of local substance use disorder support services, improve access to resources, and reduce stigma associated with substance misuse and addiction. No one should fail to get help because they are unaware of the resources available in their community. This Web portal is meant to strengthen community knowledge of prevention, treatment, and recovery resources and be a tool to create a healthy and safe community free of substance misuse.

Findwell will help individuals and providers find solutions in their community with organizations that offer reliable resources that build resilience within Central New Hampshire.

Each section of the site is organized by resource type. For instance, if you are looking for educational resources to help a loved one learn about the dangers of substance misuse, the Prevention section will direct the inquiry to a resource specific to that purpose. Or if you need a treatment facility, then the Treatment section will help explore options. In addition, the website also includes a section dedicated to inspiration and who doesn't need a boost today? There is also a special source just for professionals. All information will be updated weekly and kept current with new services being spotlighted. Remember, it is never too early or too late to guide yourself or someone you know on a path to wellness.

For more information about FindWell, visit findwellnh.org or call 236-1873 where you can reach a consultant Monday-Friday between the hours of 9 a.m. and 5 p.m. Messages will be returned within one business day.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

LRAA hosting Abstract Art for Beginners class

In this fun, beginner class you will learn to get creative with different mediums and subjects in abstract art. This four week class is held on Sunday from 1-3 p.m. starting March 21. This class will be held at the LRAA Gallery 120 Laconia Rd. Suite 132 Tilton, NH 03276. This class is meant for age 16 years and up, class size is limited and pre-registration is required. Deadline for pre-registration is March 14. To sign up, please contact Krista Doran: 833-7795 or marblestudiosllc@gmail.com.

COURTESY



Letters to the Editor

A response to Bridgewater's Winter 2021 Newsletter

To the Editor:

Having been property owners in Bridgewater since 1977 and, more recently, permanent residents of this town, the recent "Winter 2021 Newsletter" has inspired us to offer an overdue compliment to the town and its numerous dedicated, hardworking personnel. Also, having lived in other areas, we have never seen the regular communication provided to us as we have seen here in Bridgewater.

With an upcoming election in March, our thoughts have gravitated

to how we, as a community, can maintain this same level of efficiency long-term. There is a value in having long-term staff and representatives who have had the opportunity to observe, implement and grow with the numerous changes which inevitably occur. However, we also should be including younger, newer and talented personnel in order to learn from the experienced in order to invoke and embellish the ongoing systems and methods.

Therefore, we would encourage our fellow residents in the March

elections to consider the following select persons:

Vote for Terry Murphy and his 45 years of dedicated service with past and present knowledge.

Vote for Amy Cunningham, who is younger, with a background which will continue to add to our ability of enhancing the town. For example, her sales and marketing background and planning board experience will allow us to keep our Web site updated and current.

Other members of our community who could also run for these

offices should also be thanked for their past and future contributions to our town. Hopefully, stepping back and looking forward to the future would allow them to agree with the concept of maintaining the present but also preparing for the future.

Again, thank you to all town personnel, executive and public safety, for your dedicated and efficient contributions.

Carolyn and Bruce Field
Bridgewater

Why Bridgewater needs Amy Cunningham as Selectwoman

To the Editor:

I was asked the other day who had my support in the upcoming race for Selectmen in Bridgewater. Without any hesitation, I told the man asking that my vote went to Amy Cunningham.

Amy has had an impressive career which includes managing multimillion-dollar budgets, forecasting, overseeing work quality and overall health of operations. This knowledge has been invaluable and

allowed her to quickly and seamlessly perform the role as interim Selectman for the last four months.

Amy has been a part of this community since childhood and moved to Bridgewater full-time five years ago. Within the last year, she has opened and currently operates a small business here in New Hampshire with the help of NH SBA and CWE.

Amy is one of those rare people who natu-

rally exhibits strong interpersonal skills and a unique capacity for empathy. She has shown great concern for the residents of Bridgewater, and her willingness to listen to people's problems is commendable. She is an excellent communicator, reliable and a fast learner, making her a great asset to our town. Her positive attitude and the respect others feel toward her is palpable. She is able to maintain focus on the issues of greatest importance to our community.

Amy is focused on fair, forward direction, has leadership qualities and experience to bring to the Select-Board.

Elections are on March 9, and we deserve a say in who runs our town. I strongly encourage you to vote for Amy Cunningham.

I am confident she will succeed!

Kathi Begor-Gickas
Bridgewater

Vote for Wesley Morrill for Bridgewater Selectman on March 9

To the Editor:

The Bridgewater ballot for Selectman will include three individuals.

Terrance Murphy is running unopposed for his 16th three-year term.

Amy Cunningham and Wes Morrill are both running to complete the final year of Hank Woolner's term.

Hank Woolner, a Bridgewater Selectman for 22 years passed away in November of 2020 after a prolonged illness. The Bridgewater Selectman (Terrance Murphy 45 years of service and Maurice Jenness 35 years of service) then selected Amy Cunningham to fill out the remainder of Hank Woolner's second year of his

three year term. I never saw an advertisement for candidates to fill the remainder of Hank's second year of his term.

I am happy to endorse Wes Morrill as the independent candidate to fill out the final year of Hank Woolner's three-year term. Wes is a Navy veteran who served his country in the middle

east, returned to Bridgewater where he had lived since birth and has served Bridgewater as a member of the Planning Board for over 15 years. He traces his lineage to the founders of the Town, and proudly remembers family members who have served Bridgewater. His father was the first Bridgewater Fire Chief, his uncle

and grandfather were all Bridgewater Selectmen. His family tree also includes Town Clerks other members who served as Selectmen. He comes from a proud Morrill family steeped in the history of Bridgewater.

Wes knows this town well, and is more than capable of serving it as a Selectman. It's time for

this member of the Morrill family to serve as Selectman.

Please vote for Wes as the independent candidate for Selectman.

Ken Weidman
Bridgewater

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Colder climes and jasper mines, and chickadees flitting through flakes



JOHN HARRIGAN

As February gives up the ghost, a snow squall walls off the world and leaves you with a couple of familiar old friends waiting for you on the porch, firewood and snow.

Thursday was one of those gray days with almost no shadows, and ambient light all around. It was a perfect day for portrait photography, but too cold and windy to expect anyone to sit on the porch.

Initially, you can become disoriented in a world made small by the weather; a world with no shadows. It is suddenly like a world without The Other, but in this case, a friendly other that for the most part just fol-

lows you around. Occasionally your shadow makes you look at yourself, and many times in life, probably more than most of us know, it saves your life. It has saved mine, plenty.

Initially, the wind came out of the West, then from the East for a little bit, and then the snow became driven, first sideways and then straight down at the ground. Those are the vagaries of the winds, the whims at their will,

the whirls and twirls of the selkies, what you expect of a life among knobs and nubbles.

It was almost February's last gasp. Every now and then the sun tried to burn a hole through the low nimbus clouds and swirling snow.

Through it all the chickadees flew, ever busy as usual. Most always when I'm asked about my favorite bird I'll say "Raven" right away, but I'm easily swayed by the chickadees, out there working away with an eye out for hawks, and every now and then stopping for a chat.

"Division of labor" is not exactly a trendy phrase in discussions about domestic chores. The Loosey Goosey crowd (which on some issues includes me) tends to view it as too rigid, traditional, and gender-specific.

Still, when archaeologists at a 9,000-year-old burial site in Peru found projectile points and hunter's tools among preparations for the

Great Beyond, they initially assumed that the deceased was a man. Wrong! Ernk! (Make buzzer-sound here.) Recently developed tests on tooth enamel can determine gender; and this hunter turned out to be a young woman.

This is a reminder of that old saying about the word "assume." Archaeologists love to discover ancient hearths and charcoal, because fire pits and surrounding areas often reveal rich data on the region's flora and fauna.

The Peru dig was one of the features in the March/April issue of Archaeology magazine. It is one of many forums where a lively exchange on the peopling of the Western Hemisphere has been going on among readers and experts for years.

New evidence keeps turning up, which should surprise nobody interested in the topic. The old theories and dates on the last Ice Age (roughly 15,000 years ago) and the exposure of the Bering Strait land-bridge constituted one of

those nice, neat, tidy little packages that left diminishing room for new discoveries and data.

Then, to no one's great surprise, archaeologists on digs from Yukon to Central America to Brazil and down to Terra del Fuego began turning up fire-pits and flaked tools carbon-dated to well beyond 15,000 years.

So the peopling of the Western Hemisphere remains an open book and a fascinating question. Theories from Southeast Asian island-hopping to colonists from the cosmos abound.

Photos of spear-points and arrowheads from digs in North and South America remind me about the raw material used to make them (basically, jasper), and the rare outcroppings of volcanic core-rock where it is found.

Right here in New Hampshire, we have one of the longest-used jasper mines ever found, in the form of a mountain of that name in Berlin. Material from a similar site in Maine has turned up in digs in the lower



Mississippi valley, more proof that a vibrant network of Native American trade existed for millennia, from sea to shining sea.

In a paper I'm reading on the past, present, and future of wildlife habitat and the ongoing conservation movement, I found this statement:

"Children are spending less time outdoors."

And this: "This general disconnection from the undeveloped environment indicates an uncertain future for conservation." (Source: Daniel Decker, et al, "Governance Principles for Wildlife Conservation in the 21st Century," Conservation Letters, Wiley Periodicals.) (Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Letters to the Editor

Support Bristol's charter commission warrant article

To the Editor
On March 9, Bristol residents will get a chance to vote on Article 2. Article 2 states "Shall a charter commission be established for the purpose of establishing a municipal charter?" If the article passes, a special election would be held to elect nine residents to serve on the charter commission. The commission would be tasked with the responsibility of studying and possibly recommending a new form of government. If the commission recommends a new form of government, voters would get the final say on the fol-

lowing year's ballot of whether or not to adopt their recommendation. Nine towns in New Hampshire have their own charter. Eight of those nine towns (Bedford, Derry, Durham, Hooksett, Londonderry, Merrimack, and Newmarket) utilize a town council and/or town administrator form of government. Only one of those towns (Peterborough) utilizes a board of selectmen and holds an annual town meeting. Although it is important to mention that Peterborough, unlike our current form of government, has an annual town meeting with three

distinctive sessions. One important benefit of this three-session structure is the ability of the town's operating budget to be voted down on the official ballot, but then

to be considered again at the final session. Peterborough's form of government could serve as an exemplar for the charter commission. I recommend reading

Peterborough's charter. It can be found on their website by navigating to government and then clicking on charter under town meeting. It is only a couple of pages

long, and an easy read.

Charles Therriault
Bristol

Join me in voting for recycling in Bristol

To the Editor:
The warrant article to start recycling cardboard in Bristol is the result of Bristol residents working together. Members of the Sustainability Committee worked with the Highway Department at the transfer station and then worked with the Select Board-getting unanimous approval for the

warrant article. This team did much research, toured many other recycling centers and got the facts about revenue possibilities from the Northeast Resource Recovery Association. Most of the funding for this warrant article comes from pre-established capitol funds. The remaining funds to get recycling restarted

will come from a one time payment of \$4 per \$100,000 value of your property value. Once the equipment is purchased, cardboard and other recycled materials will be a money maker for the town. Recycling cardboard will mean paying less to have trash hauled away. Getting rid of trash will only get more expensive while

recycling will be a money maker; in addition to being the right thing to do for our environment. Join me at the town meeting on March 13 at 9 a.m. and vote yes on the warrant article to start recycling cardboard in Bristol.

Nancy Dowey
Bristol

Sustainable Bristol

February was Black History Month, but shouldn't every month be Black History Month? Why stifel your learning to just one month or one facet of history. Let's broaden our horizons and learn about Black History in regards to environmentalism and sustainability. When I think of African Americans who have made an impact on the environ-

ment my first thought is George Washington Carver. Born into slavery in 1864 he defied the odds to get an education, at a time colleges in the United States did not enroll African Americans, and revolutionized farming as it was known. I was shocked to learn that he did not invent peanut butter, like I had been taught. More reason to check what you learned in school and make sure your racial

biases are not skewing your understanding. Carver's work did significantly increase the production of peanuts, legumes and sweet potatoes. Since he had implemented their growth he found hundreds of uses for these crops including new foods, paper, paints, medicines and inks. He is quoted as saying "There is a use for almost everything." (A true sustainable mindset.) He advocated for these crops to

be grown to increase the nitrogen in the soil that was depleted by growing cotton year after year. This was a revolutionary concept and spread the idea of crop rotation as it exists today. He traveled throughout the South teaching farmers about soil health, furthering his ideas. He taught famers about feeding animals natural, and free foods, for example pigs could be fed acorns instead of pur-

chased grains. He also shared ideas about using natural fertilizers like "swamp muck" instead of chemical fertilizers which polluted the water and caused algae blooms. On top of protecting the earth he fought for racial justice and practices that would bring food to those in need. Carver felt it was important to protect the earth and protect all of earth's people. Carver was a revolutionary whose work we

still build upon today in terms of sustainability, protecting the environment and equality. One can't help but wonder how many other radical thinkers there were, and are, within the Black and indigenous community who are not acknowledged for their contributions, or were historically held back from gaining an education or holding roles in the environmental realm.

Gae Adams Lord, 88

ALEXANDRIA- It is with great sadness that the family announces the passing of Gae Adams Lord, 88; a beloved wife, mother, sister, grandmother and aunt on February 24, 2021. She died peacefully at her daughter (Judy's) home after battling cancer for many years. She was born in Alexandria, the daughter of Milan and Margarette Adams. Gae lived most of her life in Alexandria and went to school in Bristol. She had many career changes from selling Tupperware, to working in the local stores, and supervisor and office assistant at Plymouth Stitching in Ashland. Before she retired, she worked for 12 years as a school bus driver for Newfound Area School District. After retirement she and her husband, Murray, became traveling work campers and enjoyed several years of camping life traveling spending time in California, Oklahoma, South Carolina and Virginia before returning to New Hampshire.

Gae was a member and past President of the Minot Cavis Post #26, American Legion Auxiliary of Bristol. As a volunteer for Making Strides with the American Cancer Society, she organized the annual fundraiser at the Newfound Regional High School track for many



years. She was a former member of the Grange in Alexandria and was a leader for the local 4H. Gae was a charter member of the Alexandria Fire Department Auxiliary. The endeavor began as memorial to a local woman who died in her home due to a fire, and the fire station stands on her property today.

Gae and Murray enjoyed 70 years of marriage. Together they provided a loving, welcoming home where they brought up their five children and later nurtured their ten grandchildren and entertained neighbors and friends. Nothing brought them more joy than their camping trips with the grandchildren; and neighborhood parties with volleyball games. She enjoyed gardening, cake decorating, camping, crafts, playing cards, having pets and entertaining friends and family.

Gae was predeceased by her husband, Murray Lord; and is survived by

her children: Edward and wife Debbie of Texas; Marie Carson of Alexandria; Jerry and wife Cindy of Alexandria; Robert and wife Laura of Texas; Judy Lacasse and husband Steve of Alexandria; 10 grandchildren (Jessica Emerson, Jason Lord, Jeff Carson, Chris Carson, Jennifer Lawrence, Matthew Lord, Jamie York, Tracey Daniels, Rebecca Lacasse, Duane Lacasse), 19 great grandchildren; a sister Fay Caldon of Franklin; brother Lee Adams and wife Barbara of Alexandria; nieces, nephews, great nieces and great nephews.

Services-Calling hours will be Monday, March 1, 2021 from 5-6:30pm at the Emmons Funeral Home, 115 South Main Street, Bristol. Graveside services will be Tuesday, March 2, 2021 at 10:00 at the NH Veterans Cemetery in Boscawen. A gentle reminder to those attending, due to current state madates that masks and social distancing are required. Due to current gathering regulations, entry may take a bit longer and we ask for your patience. In lieu of flowers, donations may be made to the Wounded Warriors, 45th North, PO Box 132, Pittsburg, NH 03592. To share a memory or condolence, please go to www.EmmonsFuneralHome.com

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Bristol

Voting day is Tuesday, March 9 at the Historic Town Hall from 8am until 7pm for elections, official ballot questions and zoning amendments. The Town Meeting Business Session will be held on Saturday, March 13 at 9 a.m. at Newfound Regional High School Gymnasium. Please note that masks will be required in the gym as well as in overflow seating in the auditorium. Please use the gymnasium entrance for the meeting. If you are unable to wear a mask, a classroom is available, using the main entrance and proceeding to the first classroom on the left.

Baseball, Softball and T-Ball registration is now open at the TTCC! Please let the center know if you are interested in having your child participate this season for baseball, softball or T-ball. Registration is now open online. There will be no fee charged at this time until it is known how many participants and teams there will be. It is hopeful to offer as close to a typical season as possible with uniforms, team sponsors, official games, etc. There will be modifications to make things COVID-safe.

T-ball is for youth ages four, five, and six. Rookie Baseball is for youth 7 and 8 years old. Minor Baseball is for youth ages nine and 10 and Major Baseball is for ages 11 and 12. Babe Ruth Baseball is offered for ages 13-16. The age determination date for baseball is May 1.

Softball age groupings are the same as for baseball: 7 and 8, 9 and 10, 11 and 12 and 13-16.

Pre-Season Training will be offered for baseball and softball on the following days at the Bridgewater-Hebron Village School: Softball for ages 7-12 on Mondays at 5:45-7pm beginning on March 1, Baseball for ages 9-12 on Tuesdays at 5:45-7pm beginning on March 2, Rookie training ages 7 and 8 on Wednesdays at 5:45-7pm beginning on March 3, Babe Ruth Spring Training (ages 13-16) on Wednesdays at 7-8pm beginning March 3, Softball Pitchers and Catchers (ages 7-12) on Thursdays at 5:45-6:45 p.m. beginning March 4, Baseball Pitchers and Catchers (ages 9-12) on Thursdays at 7-8 p.m. beginning March 4.

Spring Training is a free program and will run until teams can get outside for regular practices. Space is limited. Pre-registration is required! A special training opportunity has been made available through the partnering of the TTC and Concord Sports Center in April on Fridays for players between the ages of eight and 12. Softball will be from 7-8 p.m. and baseball will be from 8-9 p.m. Space is limited to 15 per sport

and will be on a first registered, first served basis. Transportation will be the responsibility of the parents/guardians.

Volunteers are needed for the upcoming TTCC Baseball, Softball and T-ball season. Coaches and Board Members are also needed for Spring Training and for the regular season.

Newfound Babe Ruth Program Election Voting is open: visit the TTCC Web site to vote: www.ttccrec.org. For more information, call the TTCC at 744-2713 or email www.ttccrec.org.

Youth Soccer on Saturdays will begin on March 13, and Special Olympics Young Athletes for kids ages 2-7 with and without disabilities will start Saturdays on March 13.

Karate Lessons at the TTCC will take place on Wednesdays from 6-7pm for ages 5 - 7, and at 7:15 - 8:15 p.m. for ages 13 and up. The fee is \$50 per month with the start date pending the enrollment.

The TTCC Summer Camp Registration is now open. There is a \$20 registration fee and an \$85/week tuition. The camps will run from 9 a.m.-4 p.m. daily with limited care before and after for an additional fee. The camp will run for eight weeks from June 28 until Aug. 20. Applications for those interested in working at the TTCC this summer are available now.

Teen nights at the TTCC are under way. High school nights are on Tuesdays, just drop in and hang out with friends. Middle School Nights will be held every Thursday from 6 - 8 p.m. in March and April for a \$20 fee each session (March and April) which includes dinner! All Middle School participants must pre-register and pay ahead (NO fee will be taken at the door!).

Parent's Night Out will be offered three more times: March 13, April 10 and May 15 for ages four and up for \$15 per child for the hours of 5 - 10pm. All children MUST be preregistered!

Every year, three Bristol residents are elected to serve on the 9-member Minot-Sleeper Library Board of Trustees. Bristol residents, be sure to vote for library trustees at the polls on Tuesday, March 9! A great way to support your library is to buy gently used books and movies online! You can view these books and movies for sale at: <https://minotsleeper.libib.com/>. Please be sure to select the different categories on the left side of the page to see all titles available.

If you are interested in book discussions, there are three Book Groups that have such discussions at the MSL: the Nonfiction Group that meets on Thursday, March 11 at 3 p.m. will be holding a discussion of "On Pluto: Inside the Mind of Alzheimer's" by Greg O'Brien and Lisa Genova, the Third Monday Book Group

will meet on Monday, March 15 at 10am to discuss the book "All The Light We Cannot See" by Anthony Doerr, the Regenerative Reads Book Club Kick-Off will hold a discussion of the book "A Sand County Almanac" by Aldo Leopold on Monday, March 15 at 6:30 p.m., and the Classic Book Group will meet on Tuesday, March 16 at 6:30 p.m. discuss "Go Tell It On The Mountain" by James Baldwin. Copies of all these books are available to be borrowed from the library. Request a copy by calling 744-3352 or email minotsleeperlibrary@gmail.com. To ensure a safe environment for our community, the library now asks that you email or call to request the link, meeting ID, and password to join an event. You can do this any time prior to the event. It is recommended you request access at least 48 hours prior to the event if possible.

Knot Only Knitters meets every Monday from 2:30-4:30 p.m. Join knitters and other fiber arts enthusiasts for a virtual meet-up and conversation every Monday afternoon. All are welcome to take part.

Every Friday at 11 a.m., the library offers a live and interactive story time through Zoom. The Youth Services librarian will read a story, engage with attendees, and help guide you through a craft that can be picked up at the library in advance of the story time. To attend story time, email minotsleeperlibrary@gmail.com for the Zoom event and invite.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron

Newfound Area School District Voting-Tuesday, March 9

Voting for Newfound Area School District officials and warrant articles will take place on Tuesday, March 9 from 11 a.m. to 7 p.m. in the basement of the Union Congregational Church located at 16 Church Lane in Hebron.

Copies of the 58th Annual Report of the Newfound Area School District are available at the town office and will be available at the polling place on March 9.

To view a sample ballot, select this link: <https://drive.google.com/file/d/10gLg5-J1-nnix-MXx8TgonwT0Tx37vz-jk/view>

Absentee ballots are available through the town clerk's office during regular office hours or on Monday, March 8 from 3 to 5 p.m.

Churches

Christian Science Society, Plymouth

The Christian Science Society in Plymouth has resumed live church services in our church edifice at 7 Emerson St., and we would love to have you join us. Our Sunday morning service is at 10 a.m. On Wednesday evenings, we have a meeting at 6 p.m., which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share gratitude and healing experiences. Everyone is most welcome.

For those who prefer or who are not able to attend in person, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services online, please send an email to csplymouthzoom@gmail.com and request an invitation. We'd love to have you at either the services in the church or on Zoom!

Next week all Christian Science churches around the world will be reading a Bible lesson which begins with a verse from Deuteronomy which assures us "As your days, so shall your strength be..." and also from Jeremiah "I will restore health unto thee... saith the Lord."

For services in the church building, we are following state guidelines and so we ask that you wear a face mask when entering or leaving the church. Seating

is limited and socially distanced. Once seated, wearing a mask is optional. We are following all recommended protocols.

A great resource which is available to all is the Daily Lift, a three- or four-minute inspirational audio message which comes out each weekday, and which you can sign up for through the search box on www.christianscience.com. Also on that Web site, you'll find articles, brief inspirational thoughts, talks, and other supportive and helpful resources to explore.

We hope you'll find support and inspiration from these sources!

Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church's Web site at www.uccplymouth.org.

Sunday Worship Service Dates to Remember via Facebook Live at 9:30 a.m. and PBTv at 6:30 p.m.

March 7 – Third Sunday in Lent & Amistad Sunday, Sermon – Righteous Anger

March 14 – Fourth Sunday in Lent

March 21 – Fifth Sunday in Lent

March 28 – Sixth Sunday in Lent & Palm Sunday

Lenten Services - All at 7 p.m. via Facebook Live

Wednesdays, March 17 & 24 - Lenten Evening Services

April 1 - Maundy Thursday

April 2 - Good Friday

Church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Since the beginning of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.uccplymouth.org.

Churches

Starr King Unitarian Universalist Fellowship

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

THIS WEEK AT STARR KING:

March 7

Commitment as Connection

Reggie Harris, Guest Worship Leader

Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

Join us as we welcome our guest Reggie Harris. Reggie's mission is to tell the stories and sing the songs about the legacy of race and racism in the United States and to teach people that they have the spirit, courage, and decency to rise above it and heal.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

Bears edge Royals in regular season's final week

JOSHUA SPAULDING

Sports Editor
BRISTOL — The Newfound girls' basketball team found itself in a couple of battles with a solid Mascoma team in the final week of the regular season.

"We knew going into the game that Mascoma was better than their record indicated," said Newfound coach Kammi Williams. "They play probably one of the most difficult schedules in Division III.

"The benefit to playing a tough schedule is facing adversity, tougher defenses, etc.," she added. "We hadn't been in that position for a while."

The Bears also had not seen man-to-man defense since the first week

of the season, so it took a while for them to adjust. However, they did adjust and finished with a 42-39 win.

"We forced the ball at times when we didn't need to and took quick shots rather than working for the best shot," said Williams. "Our team hung in there and finished by outplaying them in the fourth quarter."

Paulina Huckins led all scorers with 22 points on the day and Bailey Fairbank finished with eight points. Tiffany Doan, despite missing part of the game with an injury, finished with six points.

The Bears played host to Mascoma in the final game of the regular season on Thursday and took a 42-33 win.

"We were more patient on the offensive end, but couldn't hit any key threes to open the game up," said Williams. "Mascoma took a lot of time off the clock really passing the ball around."

The Bear coach praised MollyLu McKellar for providing the spark for the night, scoring a season-high 11 points.

"Mascoma really tried to slow down Paulina," Williams said. "We rotated Paulina out of the key, which opened up Mackenzie Bohlmann for nine points."

In addition to McKellar's 11 points, Malina Bohlmann also scored 11 points while Huckins added eight.

"We learned one thing tonight and that's how to close out a game

with two minutes to go," Williams said. "A skill that can't be learned in huge score gaps."

"We obviously hope we can get our outside game back on track as we head into the play-in game home vs. Gilford on Tuesday," Williams added.

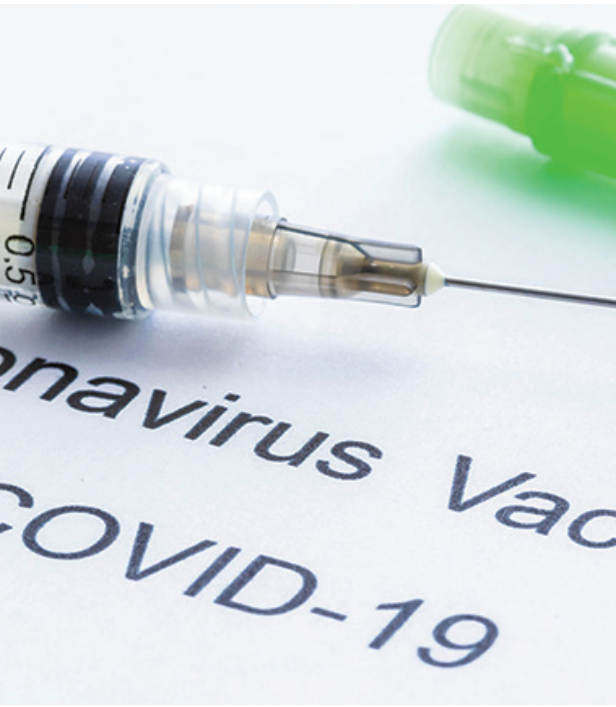
The Bears opened the tournament after deadline Tuesday against Gilford. The winner of that game moved on to play at Belmont today, March 4, with the quarterfinals set for Sunday, March 7.

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

Help our local businesses you love stay in business by buying their products and services. In fact, many small businesses are operating, have online shopping or some you can order by phone. Buying local means you're not only supporting community businesses, but you will get your products faster than if you ordered them from an online store. So give them a call or go for a visit (keep safety in mind!)

STAYING STRONG

Buy Local
Buy Gift Cards
Buy Something Extra
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Be Flexible



Elaine HUGHES
Realty Group LLC

116 Main St., Suite 2, Ashland
968-3112

web: www.Hughesregroup.com
e-mail: info@HughesREgroup.com

Where to find information about the COVID-19 vaccine programs

New Hampshire:
https://prd.blogs.nh.gov/dos/hsem/?page_id=10681

Primary Care for all ages. 

- Primary Medical Care
- Behavioral Health
- RISE Recovery Services
- Imaging
- Dental



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Wedding To-Do List
The gown
The flowers
The music
The rings
The place
The time
The officiant


Sheila Oranch
Justice of the Peace

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Derby

FROM PAGE A1

budget. It was a very close competition in the Youth Division this year. Winners were Aidan Casey in fifth place with a 2.24-lb. cusk, Justin Adams was fourth with a 2.34-lb. lake trout and Hailey LaCharite placed third with her 2.75-lb. lake trout. Alexis Pratte received the second place trophy for the 2.94-lb. laker she pulled in, while a young man named Seth from New Boston (no last name available) took the top prize with his 2.97-pound lake trout. Unfortunately, Seth was not at the headquarters for the trophy presenta-

tions, but derby organizers planned to contact him and make arrangements to give him his trophy. Eight-year-old Alexis Pratte eagerly awaited the awards however and shed tears of joy when she received her second place trophy. She said she has been fishing ever since she was big enough to hold a rod and reel. Last weekend's derby was only the second she has entered, the first being the Meredith derby the week before, and she was thrilled to come away a winner. "I like this one because there's a kids division, so we have a chance to make it on the board," Alexis said.

Tracy Simula, whose family provides the trophies each year in their dad Richard's memory, was all smiles as he watched her reaction. "This is why we do it every year- to see how happy the kids are to win. It gets me a little emotional too," Simula said. While Tim Casey of Pittsfield pulled in the biggest cusk to take the top \$150 prize in that category, he was pleased to learn he also had the overall biggest catch of the weekend, netting him an additional \$1,000. Casey spent the weekend fishing with his 14-year-old son Aidan, who won a trophy in the youth division, and his

dad, also named Tim. He said this was only the second time he has participated in the AVFA derby and the first time he ever caught the biggest fish in any category, never mind one that gave him the top prize. "I knew it was a good fish when I was pulling it in and thought it could be close," Casey said. The debate on the way home though was going to be whether they would enjoy a big fish dinner or have the winning 7.76-pound cusk mounted instead. "My son says we should just eat his and mount this one. We'll see," said Casey. The other top two winners were Joe Brit-

ton with a 7.44-pound lake trout who took home a total of \$650 in prize money (\$150 for the category and \$500 for second place overall), and David Rice of Hill who received \$250 for third place overall plus \$150 for his 5.85-pound winning rainbow trout. Others also took home \$150, \$100 or \$50 in prize money for their first, second and third place catches for each of the five species of fish. In addition to the trophies and cash awards, there were also raffles for numerous prizes donated by local businesses, with all proceeds benefiting the firefighters' association funds. For the third year in

a row the Bristol Fire Company, which supports their fire department for similar needs or projects they undertake, held a special raffle as well. With more than 500 entries this year, three lucky ticket holders took home either a pop-up bob house, an ice auger, or an ice fishing bundle that held an assortment of equipment. Tyler Ford of BFC said their organization hopes to put some of the money toward the development of a fire museum below the Bristol Historical Society Museum, located in the former fire station on South Main Street in downtown Bristol.

Recycling

FROM PAGE A1

established in 1968. The remaining \$22,500 would be derived from general taxation, which would equal four cents/\$1,000 tax valuation (for example, a home valued at \$100,000 would see a one-time \$4 increase on their tax bill). Metcalf explained

that this one-time investment is intended to help reduce the overall cost of trash disposal in the future, where an estimated 55-tons/year of bundled cardboard would be removed from the general waste stream. Projected savings for the town would be approximately \$7,500

annually in hauling and tipping fees. Combined with revenue from selling bundled cardboard, this initial stage of the recycling project is forecast to pay for itself in about seven years. Speaking as a resident and not on behalf of the committee, Metcalf said, "This is a good in-

vestment at a time when fees for waste removal continue to rise each year." The article is approved by the Budget Committee (3-2-1), the Select Board (5-0-0), and the Bristol Sustainability Committee.

Grant

FROM PAGE A1

Sara Smith, the Town's Administrative Assistant, and Robert Ellis, the Town's Road Agent, along with the Select Board worked with USDA filing all necessary paperwork in order to secure the grant. Now that the grant has been secured, the town will vote at its annual Town Meeting in May to see if the town's residents approve of the building and the bond that will be required to pay the remaining balance of the building. If both votes are favorable, then the town will move forward with the construction of the building."

SLA hosting "Stories on Squam: A Morning of Creative Writing"



HOLDERNESS — Get your creative juices flowing with a fun, Squam-themed creative writing workshop! On Saturday, March 6 from 10 a.m.-noon, you can join LRCC member Maggy via Zoom for a creative writing guess-

ing game. Participants will be assigned a critter, plant, natural formation, etc. that can be found on Squam and will then take some time to write about the assigned item, without explicitly saying what you've been given. This writing can be in any form of poetry

or prose that you like: a haiku, a sonnet, a song, a short story, a simple paragraph, etc. This could be difficult depending on your word, but if you have time feel free to write more than one piece or free-write about anything that comes to mind! When

you are finished, you will send your piece to Maggy via e-mail—so keep in mind that you can write with pen and paper, but will have to re-type it on your computer if you choose to do so. Maggy will then redistribute pieces randomly to participants (you will not have your own and nobody will know who wrote what) and we will then take turns reading aloud while trying to guess the subject of the piece!

All levels of writers are welcome—this is a no judgement zone! While the writing will not be completely anonymous, since we will need you to confirm if the group guessed the correct item or living thing, we all realize that writing in a short time is never going to reflect our best work. We are all here to enjoy others' perspectives of

the nature around us, no matter if you're a beginner or a published novelist! For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA offers other Adventure Ecology programs

throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

Registration

FROM PAGE A1

Softball Pitchers & Catchers (ages 7-12) Thursdays, 5:45 – 6:45 p.m. beginning March 4
Baseball Pitchers & Catchers (ages 9-12) Thursdays, 7 – 8 p.m. beginning March 4
Spring Training is a FREE program and will run until teams can get outside for regular practices. Bridgewater-Hebron School is located at 25 School House Lane in Bridgewater. Space is limited. Pre-registration is required.

Concord Sports Center Training: The TTCC will be partnering with the Concord Sports Center for an exciting opportunity for players between the ages of eight – 12. Players in both Baseball & Softball can get free training at Concord Sports Center. Softball times will be on

Fridays in April from 7-8 pm. Baseball times will be Fridays in April from 8-9 p.m. Space is limited to 15 per sport and will be on a first registered first served basis. Transportation will be the responsibility of the parents/guardians.

Volunteers Needed: We are looking for volunteers for the upcoming TTCC Baseball, Softball and T-ball season! Need COACHES & Board Members. Coaches are needed for spring training & regular season and we have several vacant board positions as well.

Newfound Babe Ruth Program Election Voting Open: Visit the TTCC Web site at www.ttccrec.org to vote!

For more info or questions contact the TTCC at 744-2713 or email ttcc@metrocast.net.

PSU introduces accelerated Master's program in Exercise and Sport Physiology

PLYMOUTH — As the obesity epidemic maintains its hold on American society, health professionals continue to emphasize the importance of daily physical activity and its preventative health benefits. As a result, the demand for professionals in exercise physiology is growing much faster than the average for all occupations, according to the U.S. Bureau of Labor Statistics. Plymouth State University (PSU) is helping train the next generation of master's educated professionals with its new 3+2 Master's of Science (MS) in Applied Exercise Physiology and Human Performance, as well as its two-year MS option for students from other undergraduate institutions. The program, which will launch starting with the Fall 2021 semester, will prepare students to work in strength and conditioning, clinical and community-based settings, or to pursue fu-

ture doctoral degrees in related fields. The 3+2 Applied Exercise Physiology and Human Performance program, the only such program with this structure offered in New Hampshire, allows students to complete their bachelor's and master's degrees in just five years. Nationwide, many accelerated master's degree programs in this field require four years of undergraduate coursework and one year of graduate work. At PSU, however, fourth-year students will take part in the new full-time, on-campus cohort MS program, allowing students to do graduate-level coursework and to gain significant practical, hands-on experience earlier than students at other institutions. In addition to the practicum graduate level work, students will engage in applied labs during their undergraduate years. "The field of exercise and sport physiology is seeking individuals with

master's degrees but also practical experience, so we incorporated lots of applied practicum work into the program to prepare students for these jobs," said RYANNE Carmichael, Ph.D., CSCS, Associate Professor of Exercise and Sport Physiology and Exercise and Sport Physiology Program Coordinator. Students who have obtained an undergraduate degree in a related field at another institution may pursue a master's in exercise and sport physiology by following PSU's new, traditional, two-year MS option, which follows the same curriculum and in-person cohort as the 3+2 track. To learn more about the 3+2 and two-year Master's of Science in Applied Exercise Physiology and Human Performance programs, visit tinyurl.com/MS-exercise-physiology-PSU. About Plymouth State University Established in 1871, Plymouth State Uni-

versity serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Learning Model is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.



Summer camp registration open at TTCC

BRISTOL — The TTCC offers summer day camp programs for youth in grades 1 – 8. We have amazing staff, theme days, swimming at Wellington and lots of physical activity. Don't miss out – the camps fill up fast. Camps run from June 28 – Aug. 20 from 9 a.m. – 4 p.m. The weekly camp fee is \$85. At this point we are not planning on field trips but it is subject to change and they would be an additional fee. Scholarships are available – inquire at TTCC Office. Early (7 – 9 a.m.) and late (4-5:30 p.m.) care is also available at an additional cost. Register online and you will need to pay the \$20 registration fee, indicate what weeks you are interested in and if you will need before/after care. We are limited on the number of campers we can accommodate due to current restrictions so be sure to register early.

Karate Lessons at the TTCC: We are excited to be able to offer this new program with Sensei/Sifu Sharyl Geisert. Sharyl is the chief instructor at White Tiger Karate. The program

start date will be dependent on enrollment and participants will be contacted with more info. Youth Lessons will be on Wednesdays for ages five to 12 from 6-7 p.m. Teen / Adult Lessons (ages 13 & up) will be on Wednesdays from 7:15 – 8:15 p.m. The cost for the program is \$50/month. All lessons are at the Tapply-Thompson Community Center.

Teen Nights at TTCC High School – Drop in Teen Nights for High Schoolers beginning Tuesday, March 2. This is open to any High School students in the Newfound area. There is no cost to attend – just drop in to hang out with friends....Basketball, dodgeball, pool, air hockey and more. Masks will be required.

Middle School Teen Nights – (for Newfound area students only) Thursdays from 6 – 8 p.m. Must register for monthly session online. March session will run March 4-25 and April session from April 1-22. The cost is \$20 for the session and includes dinner. We need a minimum of 10 and maximum of 20 participants on a first reg-

istered first serve basis. We will screen participants and masks must be worn.

Special Olympics Young Athletes: This program is for youth ages two to seven with and without disabilities. It is led by Gina Richard and the TTCC Teen Council and is high energy and full of fun activities for the kids. This will be held on Saturdays from 11:15 a.m. – noon at the Bridgewater-Hebron Village School. The program runs from March 13 to April 17, and is free.

TTCC Teen Council's Parent's Night Out: Parents – do you need a night out without the kids?! The TTCC Teen Council will be hosting a series of "Parent Night Out" events. Dinner, games, crafts, snacks and lots of fun for the kids will happen while you have an evening out to yourself. The dates are March 13, April 10, and May 15. It runs from 5 -10 p.m., and is held at the TTCC. The cost is \$15 per child and it is offered for children ages 4 & up. Space is limited so sign up right away! Must Pre-Register and open to first 25. Masks will be required.

Youth Indoor Soccer: This program is offered for the younger kids that are interested in learning the game of soccer and having fun! For ages four to seven, it will be held on Saturdays at the Bridgewater-Hebron Village School. The 4 & 5 year old group will meet from 9-9:45am and the six & seven year old group will meet from 10-11 a.m. The cost is \$15 per player and registration can be done online. The program will run from March 13 to April 17.

Mother & Win Minute to Win It Game Night!: A special night for Mothers & Sons to join in some fun, silly competitions and games. All ages are welcome. Join us on Friday, March 5 from 6-7:30 p.m. The cost is \$20/ couple and includes refreshments & prizes. We will be limiting the number of participants requiring masks and taking all necessary safety precautions. Moms and Sons will play various minute to win it style games competing against other teams. All teams will be given materials to create their team poster at home prior to the event.

Registration is available on the TTCC Web site at www.ttcctcc.org.

Easter Egg Hunt– Drive Thru Event: This event will be held on North Main Street just prior to the school bus parking lot. Families will be able to wave to the Easter Bunny and pick up some 'Easter Treats'! Some eggs will contain prize coupons so check out your eggs carefully. If you have a coupon drive back around to pick it up. Four lucky winners will win a grand prize! We will also have a Guess Jar and Coloring Contest on our FB page prior to the event at facebook.com/TTCC1946. No registration is required. Call TTCC at 744-2713 if you have questions.

New Babysitting Course: Train to become a babysitter – all participants will learn the basics of babysitting and get certified in both CPR & First Aid. Designed primarily for youth ages 12 and older, this course will prepare students to be better batysitters. This course will be held at the TTCC on May 1 from 9 a.m. – 3 p.m., and the cost is \$110. Space

is limited and you must pre-register – we need a minimum of 8 students and a maximum of 14. For more info visit the TTCC Web site at www.ttcctcc.org

Granite State Track & Field: This is an amazing program that is offered by the New Hampshire Recreation & Park Association. It is a program where kids challenge their potential and explore track & field sports while running, jumping and throwing. The program is for youth ages 9-14 by Dec. 31. Practice times are still TBD, depending on coach & track availability. In 2019 it was on Sundays and Fridays beginning in early May and running through the state meet at the end of June. The fee is \$25. We need coaches – contact the TTCC if interested. For more info on Granite State Track & Field go to granitestatetrackand-field.weebly.com

For more info on any of these activities contact the TTCC office at 744-2713 or www.ttcctcc.org.

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Delivery position available. Harris Family Furniture in Plymouth is looking for delivery help. Job includes delivering furniture and mattresses to customers' homes, moving furniture and mattresses around on the store floor. If interested call Russ 603-536-1422 or stop by and pick up an application.

Office operations Manager wanted. Harris Furniture in Plymouth. This job includes, but is not limited to, order entry, receiving and generating purchase orders, answering phones if needed, and some bookkeeping. Must be willing to learn our computer software. Come join our team. Email Russ at harrisfurniture@myfairpoint.net or drop off resume at Harris Family Furniture in Plymouth.

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Minot-Sleeper Library re-opens with restrictions

BRISTOL — The Minot-Sleeper Library is now welcoming the community inside for browsing and check out of materials, copying and printing, and use of its public computers. Visitors may browse the library for 30 minutes at a time, or may use a computer for up to one hour. The library continues to offer a va-

riety of online programming, including monthly book groups, a movie group, poetry night on the first Thursday of every month, and story time on Fridays at 11am. To complement the library's virtual programs, it has partnered with Slim Baker Foundation and Newfound Lake Region Association (NLRA) to offer take-and-make activities with book bundles for fami-

lies to take home. The activities and related books are a different theme each month, all nature-based. The library continues to offer curbside service, as well as home delivery for homebound individuals in the Newfound Area. To learn more, visit minotsleeperlibrary.org or call the library at 744-3352.

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Brewster Academy, a private boarding/day school in Wolfeboro NH, is currently accepting applications/resumes for the following positions.

Housekeeping
We are currently accepting candidates for Part-time (5 pm to 9 pm) Housekeeping Associates. Duties include, but are not limited to: sweeping, dusting, mopping, scrubbing and vacuuming hallways and stairs, cleaning windows, office space, dormitories, and other assigned rooms while following appropriate and safe chemical use when cleaning. Must be available to work overtime and weekends as needed.


Dining Services
We are currently accepting candidates for a full-time (11 am to 8 pm) Utility Associate for dining services. The Utility Associate is responsible for cleaning of kitchenware (dishes, glasses, utensils, baking sheets, etc.) in accordance with dining hall sanitation procedures, general dining duties such as cleaning dining area, stocking kitchenware, delivery of meals, etc.

Campus Store/Mailroom Assistant
We are currently accepting applications for a part-time (5 evenings/week 4 pm to 8 pm) Campus Store/Mailroom Assistant. Responsibilities include processing campus store purchases, sorting, and delivery of mail and providing assistance to the Campus Store Manager as needed. Qualified candidates should also be able to work full time during the months of August and September.

Interested candidates should forward a resume and cover letter to HR@brewsteracademy.org or mail to Human Resources, 80 Academy Drive, Wolfeboro, NH 03894

Brewster Academy is an academically challenging and intellectually diverse college preparatory community that nurtures curiosity, confidence, collaboration, and character in preparation for lives of meaning and accomplishment. Learn more about Brewster Academy at www.brewsteracademy.org

*Brewster Academy is an Equal Opportunity Employer.
We welcome applicants whose background and experiences will enrich the diversity of our community.*



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THE SPEARE MEMORIAL HOSPITAL HEALTH REPORT

Maintaining your colon health during the pandemic



BY DR. JOSEPH CASEY
Plymouth General Surgery

When people ask me about putting off their colonoscopy due to the pandemic, I always have the same advice – Don’t. Even if you’ve never had a colonoscopy, you have most likely heard about it. The laxative “prep” drink the day before the procedure probably got your attention. Most people agree that the prep is the worst part. The actual colo-

noscopy involves sedation and a few hours at the hospital. While that may not sound enticing, there is a good reason why doctors recommend that both men and women have this exam done, with or without symptoms. Colorectal (colon and rectal) cancer is the third most common cause of cancer-related death for both men and women. However, if caught early, it has a 90 percent survival rate.

Symptoms of colorectal cancer include a change in bowel habits (often constipation), blood in your stool, a feeling that your bowel isn’t emptying, and persistent cramps or gas. Symptoms can also include weight loss, pencil-thin stools, weakness, and fatigue. However, by the time you experience symptoms, the cancer is usually quite advanced. Most colorectal cancers develop from polyps, which can have no symptoms at first. If we don’t catch these polyps and small cancers early and remove them, you may need more aggressive treatment such as surgery, chemotherapy, and radiation. If a cancer goes untreated for too long, it can be difficult to treat even with those options. A colonoscopy is a screening test that helps identify if you have colorectal cancer. It also allows your doctor to diagnose and treat small growths or polyps and even early-stage colon or rectal cancer. By finding

and removing colon polyps before they become cancer, doctors can prevent their later development into cancer. The American Cancer Society and the American Society of Colon and Rectal Surgeons now recommend that most people start having colorectal (colon cancer) screenings at age 45. This is particularly important because a growing number of people under the age of 50 are being diagnosed with and dying from colorectal cancer. They often have no symptoms, or if they do, they may dismiss them as hemorrhoids or constipation, which is why it’s important to get a screening even if your symptoms are mild. Doctors may recommend colonoscopies at an earlier age or more frequently if a person has risk factors like a family history of colorectal cancer, inflammatory bowel disease, or some genetic syndromes. The good news is that you only need to do this test once every 10

years unless your doctor finds any polyps the first time. Then you might need to have your second colonoscopy within 3 to 5 years. But the pandemic has raised concerns about routine preventive care. Is it okay to skip screenings like a colonoscopy while COVID-19 is still spreading? Delaying your colonoscopy can be a matter of life or death. A recent study published in The Lancet Oncology identified that delays in colonoscopy screenings since the onset of the pandemic in March 2020 have resulted in a 15-16% increase in colorectal cancer deaths. The American Cancer Society has reported that colorectal cancer deaths have been dropping in both men and women for several decades. My fear is that all the gains we have made will start reversing, with colon cancers being caught later at less treatable stages. I’m very worried about what we’ll be seeing over the next couple of years because of people’s reluctance to go in for screenings.

It is understandable that people are anxious about seeing their physicians or going to health-care facilities amid the pandemic. With so much attention focused on COVID-19, it’s easy to forget about health screenings you would have normally scheduled by now. The good news is that with screening, in many cases, you can prevent or detect problems early so that treatment is more effective. Preventive measures

such as mammograms, Pap tests, colonoscopies, and other tests and screenings are essential to good health. And, just as important: If you are experiencing any symptoms or signs of illness, don’t wait. Call your health-care providers and let them help. At Speare Memorial Hospital, our added safety measures include screening and testing for COVID-19, wearing masks, practicing physical distancing, changing processes to minimize contact, and taking additional cleaning and disinfection measures. We also test patients for COVID-19 in advance of procedures and surgeries. This helps ensure that those who are COVID-positive and don’t show any symptoms do not come into our care facilities. Scans, exams, and procedures need to be done in person. But for consultations, discussion of your test results, general health questions, and follow-up appointments, a video visit might be a good option. Ask your health care provider if their practice is set up for telemedicine. Be sure to maintain your health during this pandemic. Talk to your doctor about what screenings are best for you, and follow those recommendations, especially if you’re living with a condition that puts you more at risk for certain diseases. Speare Memorial Hospital and our physician practices are here to help keep you safe and healthy in these challenging times.

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