



DONNA RHODES  
USMC Lt. Col. (Ret.) Val Scarborough of Plymouth salutes the flag over Hebron Town Common as the old flag was lowered and a new flag raised on Veteran's Day.



DONNA RHODES  
During the Veteran's day ceremonies in Hebron last week, Henry Lynch and Arthur Cummings raised a new flag presented to the town by VFW Post 10640.



DONNA RHODES  
Local Girl Scouts sang a number of patriotic songs as part of a special Veteran's Day ceremony on Hebron's Town Common last Friday morning.

# Hebron Historical Society hosts solemn tribute to veterans

BY DONNA RHODES  
drhodes@salmonpress.news

HEBRON — The Hebron Historical Society hosted a special Veteran's Day ceremony on the Town Common last Friday morning, highlighted by music, solemn tributes and words from keynote speaker, USMC Lt. Col. (Ret.) Val Scarborough of Plymouth.

Scarborough began her address by saying that Pres. Gerald Ford once stated to a critic of the nation, "Perhaps we have not always lived up to our ideals, but then no country ever had higher ideals to live up to."

Scarborough went on to recall a discussion she had once had as she and her fellow Marines watched a protest take place. The senior officer present at that time told her that while people may not agree with what the protesters had to say, they as soldiers, would always defend their right to express those opinions.

Every man or woman who enters into service to the United States military takes a solemn vow to defend the Constitution, Scarborough said. In that oath they pledge to "support and defend the Constitution of the United States against all enemies, foreign and domestic...and to bear true faith and allegiance to the same."

She said that the

U.S. Armed Forces are a diverse community, reflecting all races,

## Local election results mirror statewide and national trends

BY DONNA RHODES  
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REGION — On Nov. 8, much of America held its breath as citizens awaited the results of the 2016 General Election. It wasn't until the early hours of Wednesday, Nov. 9, before the nation learned that Donald J. Trump had garnered the 270 Electoral College votes needed to be declared victor over Democratic opponent Hillary Clinton, and he was declared to become the 45th President of the United States of America.

That night, some results for New Hampshire's major elections came in earlier than the Presidential race however, while others, such as the nationally watched race between incumbent U.S. Sen. Kelly Ayotte and her challenger, Gov. Maggie Hassan, were not decided until mid-day on Wednesday.

Overall, a total of 755,878 votes were cast in the state during the 2016 General Election.

Statewide, Republican Chris Sununu was selected as the next governor of New Hampshire, defeating his challenger, Colin Van Ostern. The win makes the 42-year-old Sununu

genders, ethnicities, religions, and even opinions.

the youngest governor in the state's history.

Current Governor Maggie Hassan upset incumbent U.S. Sen. Kelly Ayotte in their duel for the seat in New Hampshire's Senate District 2, while in another notable race, incumbent Republican Congressman Frank Guinta lost his bid for a return to Congress after a defeat by long time opponent and former Congresswoman

"We are the strongest when we work together as a team though," Scarborough said.

an Carol Shea-Porter. A Democrat, Shea-Porter will now head back to

## Veteran firefighter Ben LaRoche named new Chief of Bristol FD

BRISTOL — The Bristol Board of Selectmen and Town Administrator Nicholas Coates were pleased to announce this past

As she continued her reflection on the basis

Washington after once again taking the lead in their ongoing, back and

for the Constitution she said that in light of the

forth possession of the Congressional seat for



First grader Owen Robie, Kindergartener Aiden Fisher and fifth grader Savannah Mussey had the honor of cutting the ribbon on the new entrance to Bristol Elementary School last Tuesday morning.

## Safe Routes to School program paves the way for new entrance at BES

BY DONNA RHODES  
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BRISTOL — First grader Owen Robie, Kindergartener Aiden Fisher and fifth grader Savannah Mussey had the honor of cutting

the ribbon on the new entrance to Bristol Elementary School last Tuesday morning.

Town Administrator Nicholas Coates said the latest piece of the community project,

part of a seven-year project that began with the sidewalks and entrances surrounding Newfound Memorial Middle School, was made possible through grants from the national Safe Routes to School Program. This phase provided new neighborhood sidewalks, steps and handicapped accessibility leading to the elementary school. Selectmen are now awaiting word on a final grant that will provide new sidewalks along N. Main and Union Streets as well as Spring and Central Streets. Those improvements will encompass other residential neighborhoods near the schools while also providing safe access to the river and a

planned walking trail on the downtown waterfront.

Once that is completed, Coates said Bristol will become "probably one of the most walkable towns in the state."

On hand for the ribbon cutting were Selectmen Rick Alpers, Paul Manganiello and Shaun Lagueux (chairman), Coates, Newfound Area Superintendent Stacy Buckley, BES Principal Dr. Sarah Rollins, school paraprofessional Sandy Sharp, project engineer Mike Vignale of KV Partners, Highway Superintendent Mark Bucklin and Jeff Chartier, superintendent of Water and Sewer for the Town of Bristol.

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## Thanksgiving makes for early deadlines

MEREDITH — With our offices at 5 Water St. in Meredith closing in observance of Thanksgiving on Thursday, Nov. 24, that week's edition of the Newfound Landing will be published a day earlier than usual, arriving on local newsstands on Wednesday, Nov. 23.

The submission deadline for any press releases, letters to the

editor, and obituaries intended for publication the week of Thanksgiving has also been moved up to Monday, Nov. 21 at noon. Submissions are welcome in person at our offices or by e-mail at record@salmonpress.com.

Any submissions received after noon on the 21st will be held for publication on Dec. 1.

For information regarding the Thanksgiving deadlines for display advertising, please contact our Sales Representative, Tracy Lewis, or Sales Assistant Lori Lynch at 444-3927 or courieradv@salmonpress.com.

The staff of the Newfound Landing wishes our readers a safe and very happy Thanksgiving.



# Bristol outlines needed for unified building codes

BY THOMAS P. CALDWELL  
Contributing Writer  
BRISTOL — The town’s planning department will be em-

barking on an educational campaign to make the case for strengthening land use regulations and en-

forcement. “There’s a perception that, because something is not allowed without a vari-

ance, that we’re a hard town to do business with,” said Selectman Shaun Lagueux. “Just because there’s a pro-

cess, it doesn’t mean we don’t want you here.”

Bristol has been without a building inspector for several years, and Scott LaCroix, the town’s new land use officer, is charged with enforcing the building and zoning regulations. Since coming to the job, he found that the town has a process for issuing building permits, but no way to enforce the regulations.

“There have been a lot of complaints about certain properties, but there’s nothing in our ordinances to [allow us to] make them conform,” LaCroix said. “We don’t have building inspections.”

LaCroix wants to have the town adopt new building codes. Bristol has the Building Officials and Code Administrators International (BOCA) codes on the books, and they are the rules and regulations that govern the design and construction of buildings, but LaCroix wants to put in place more comprehensive regulations, with better enforcement provisions. However, he said he wants to take it slowly so people understand the importance of building codes. In the past, voters have rejected unified building codes and inspections.

While it is possible to have proposed codes on the warrant for the March Town Meeting, LaCroix suggested taking a year to make people aware of the need for such policies. Meanwhile, he can enforce cleanup and compliance under his authority as the town’s health officer and, with Christina Goodwin, the town’s planning and assessing assistant, he has been working on a health ordinance that would spell out the rules.

The planning department already has been working at streamlining the process for business owners to obtain the approvals they need to move forward with their projects.

“We walk them through the process, telling them what they need to do before it goes to

the planning board. We also do preliminary conceptual consultations,” Goodwin said.

The town also has been looking at addressing the lack of cellular telephone service downtown. Surrounded by hills, downtown Bristol is a “dead spot” for most cell phone users.

One possible solution is microcell coverage — wireless network extenders that act as mini cellular towers. While two tower companies have not found enough interest from carriers to proceed with such a system, a third has agreed to discuss deploying small cells.

The lack of cell coverage, which is troubling to individuals, is a critical issue for many companies and for the town’s emergency providers. Reliable communications are so important for Eversource that the electric company is backing the town’s efforts to bring in microcells.

Town Administrator Nik Coates also is looking for political support, based on the critical needs of the town’s emergency services. With government representatives behind the effort, carriers might be forced to provide the coverage.

Other initiatives for the economic development of the town include efforts to bring in more events. Bristol already is host to the New Hampshire Marathon and other road races, a summer concert series, and events such as Making It In Bristol and Old Home Day. There was a scarecrow contest this fall, and the annual tree-lighting ceremony on the day after Thanksgiving has expanded to include a Make and Take holiday crafts workshop at the Slim Baker Lodge and a two-day Festival of Trees at the Old Town Hall.

The town also is working on a Bristol Falls trail from Central Square to the old train depot at the confluence of the Newfound and Pemigewasset rivers, with hopes to eventually extend it through the Franklin Flood Control area to Profile Falls. The trail would provide yet another reason to make Bristol a destination, officials say.

## Local youth donate to Child and Family Services

BRISTOL — A group of boys from the Mayhew Program recently contributed \$370 representing a portion of their summer work hour earnings to President and CEO Borja Alvarez de Toledo of Child and Family Services.

For the eighth year, boys participating in Mayhew’s 25-day residential summer program contributed a portion of their work hour earnings to a local nonprofit. Six days a week the boys have a morning work hour project to help keep Mayhew Island in tip-top shape. Projects include rowing the garbage to the mainland, clearing trails, and splitting wood for bi-weekly cookouts.

Following the work hour, the boys and their cabin counselor debrief the session, critique their own participation and how well they worked with their cabinmates and discuss how much they feel they earned. The boys are paid in



Accepting the donation on behalf of Child and Family Services is President and CEO Borja Alvarez de Toledo.

Mayhew “money” which they can use to purchase items like pencils, stickers, harmonicas, t-shirts and sweatshirts from the Mayhew Market. Since 2009, the staff have provided a charitable giving option as well. “It’s really quite inspiring to see the boys give back to the community. This year, 45 percent of the boys made a donation to help other kids,” says Development Director

Lisa Clark. This summer, 45 percent of the boys chose to contribute a portion of their work hour earnings to CFS. In total, the contributing boys gave \$14.80 in Mayhew Money (\$370 in U.S.D.), which represented almost 9 percent of the total earned by the entire Island community! Bryce, in his first Mayhew summer and the single largest contributor, gave almost 80 percent

of the money he earned to CFS!

Past recipients of the boys’ generosity have been the NH Humane Society (2015), NH Food Bank (2014), Camp Spaulding (2013), CASA of NH (2012), Granite United Way (2011), CHaD (2010) and the Circle Program (2009).

Since 1969, Mayhew has been dedicated to helping New Hampshire boys from low-income and difficult circumstances work toward futures they’re proud of, where the focus is on family, community and achievement. Mayhew’s work begins when a boy is 10 or 11 and continues through his high school graduation; it includes a transformative summer program on Newfound Lake and regular mentoring throughout the school year.

**About the Mayhew Program**  
Mayhew challenges and helps more than 230 at-risk New Hampshire boys to believe in themselves, work well with others, and find their best. Mayhew is a member agency of the Granite and Mo-nadnock United Ways.

### How Should You Use Retirement Plan Distributions?

During your working years, you are (hopefully) putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But once you’ve retired, how can you maximize the benefits you get from these plans?

First of all, you need to be aware of the rules governing withdrawals from your retirement plans. If you are older than 59½, you can withdraw money from your traditional IRA without paying penalties, though the withdrawals will typically be taxable. But once you reach 70½, you generally must start taking “required minimum distributions” (RMDs) from these accounts, with the annual amount determined by your age, the account balance and other factors. (The situation is different with a Roth IRA. If you are the original account holder, you are not required to withdraw funds from your Roth IRA at any age. You can choose to withdraw your contributions at any time, tax and penalty free. To withdraw your earnings tax and penalty free, you generally must have owned the account for at least five years and have reached age 59½.)

So, assuming you do have a traditional IRA and a 401(k) or similar plan, what should you do with the RMDs? You’ll probably require at least some of these distributions for your living expenses, but if you don’t need it all, what should you do with the “excess”?

Here’s one suggestion: As part of your overall retirement investment portfolio strategy, you can reinvest the money into these three “buckets”:

- Near-term income bucket – For this bucket, you’re not concerned with high returns – you just want the money to be there when you need it for expenses and unexpected costs, such as a major car repair, a new furnace, and so on. It’s always a good idea to have an emergency fund containing three to six months’ worth of living expenses – and your short-term income bucket could be an ideal source to help build such a fund.
- Medium-term income bucket – During retirement, you can probably never have too many sources of income, so you may want to fill a bucket with intermediate- and long-term bonds, which make

regular interest payments.

- Long-term income bucket — Even when you’re retired, you will need some growth potential in your portfolio to help keep you ahead of inflation in the long run. So this bucket should be filled, not surprisingly, with growth-oriented investments. These investments can fluctuate in value, but as long as you don’t need to tap into them in a hurry, you may be able to avoid taking withdrawals when the price is down.

In addition to this “bucket” approach, you do have other options for your RMDs. For example, you could give your grown children some financial assistance, possibly for help in funding their IRAs. Or, you could contribute to a college-savings vehicle, such as a 529 plan, for your grandchildren. And you can always make charitable contributions, which allow you to support worthwhile organizations and, by doing so, earn some potential tax benefits.

Clearly, you can do a lot with your RMDs. And you worked hard for them – so make sure they work just as hard for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com. Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or “like” her on Facebook [www.facebook.com/EJAdvisorJacquelineTaylor](https://www.facebook.com/EJAdvisorJacquelineTaylor).





GIVE SAFETY A  
**Green Light.**

School is in session, and before you can say, “red light, green light, one...two...three”, a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

**Please Drive Carefully.  
Our Kids Are Depending On You.**



# Welcome the holidays with annual tree lighting in Bristol Square

BRISTOL — The Bristol Downtown Decorating Committee is busy getting ready for the annual tree lighting in Bristol Square on the day after Thanksgiving, Nov. 25. Swags have been hung on the wrought iron fence in front of Beno's apartments. The barrels have been filled with greens and wreaths on the light poles and the big tree will arrive soon. Everyone is invited to join in the celebration and tree lighting organized by the Bristol Town Events Committee on Nov. 25. All

Blakely will again be the master of ceremonies. Caroling will commence at 5 PM with Libby Danahy leading everyone in song. Some carolers will be attired in 1800's costumes but this is not required to join in the singing. The Lion's Club will offer hot chocolate and the Town Events Committee will be serving free roasted chestnuts, popcorn and hot cider. Santa will arrive on a fire truck at 6 p.m. to turn the big switch that will light up the tree. While the celebrants wait for Santa they will

be visited by Frosty, the Grinch, a gingerbread boy and maybe more. A special bench will be set up for photo opportunities.

Santa will be heading to the TTCC after the tree lighting to meet with all the children. A special mailbox and writing materials will

be available for the children to get those letters off to Santa. Other events taking place on that day will be the Make & Take

Natural Holiday Craft at Slim Baker Lodge between 2 and 4 p.m., and the One Stop Christmas Shop for Kids at the TTCC from 4-7 p.m.

## Bristol Baptist Church hosting "Christmas in Song" program Dec. 11

BRISTOL — The Bristol Baptist Church, located at 30 Summer St. in Bristol, will be hosting the annual "Christmas In Song" program on Sunday, Dec. 11 at 6 p.m.. This will include area talent and audience

participation. A free will offering will be collected to benefit the Bristol Community Services. A time of fellowship and refreshments will follow the program. For more information, please call 744-8804.

## Alzheimer's Disease..... Let's Talk

BRISTOL — The Day Away Program welcomes you to join them on Saturday, Nov. 12, from 1 -3 p.m. at the Minot-Sleeper Library 35 Pleasant St. in Bristol as we delve into the world of Alzheimer's disease and related Dementias. A Panel of Medical professionals will be presenting on topics such as the disease itself and related Dementias, coping strategies, how to handle difficult conversations and how to intervene when needed, as well as local support groups in our area. Current treatments available for those struggling with the disease will also be discussed, as well as current studies being held working towards a cure. Time will be allotted for questions following the presentations.

If you are caring for a loved one with Alzheimer's or a related Dementia you are not alone. If you are working with elderly or have questions and are more interested in this epidemic, this forum is a perfect opportunity for you to understand more about this complex disease. According to the Alzheimer's Association 2016 Facts and Figures more than 5 million Americans are living with Alzheimer's disease-it is the sixth leading cause of death in this country. Come and get the facts, get your questions answered and become informed. The event is free and open to the public, light refreshments will be served. For more information contact Mary Lapanus at 774-282-0588 or mtlapanus@comcast.net.

BRISTOL — Newfound Memorial Middle School has released its honor roll for the first quarter of the 2016-2017 academic year.

### Sixth Grade High Honors:

Leah Deuso, Romeo Dokus, Paige Fischer, Ela Goucher, Gabriel Henriksen, Lillian Karkheck, Adelaide McGowan, Taylor Mooney, Sydney Owen, Brynn Sidelinger, Mikayla Ulwick, Elizabeth Wentworth

### Honors:

Malina Bohlmann, Alexis Braley, Emma Carlson, Rebecca Dillon, Dalton Dion, Kevin Dyer, Lilly Farrar, Emily Harmon, Emily Huckins, Jeffrey Huckins, Ada Klapyk, Riley Lacasse, Lani LaPage, Brady MacLean, Cas-

sandra McGuirk, Molly Lu McKellar, Madelyn Monahan, Alexis Moore, Andrew Murray, William Murray, James Paratore, Myles Perry, Gretchen Reynolds, Colby Runnels, Samuel Sanborn, Trevor Sanschagrinn, Quinn van Lingen, Danielle Walker, Natalie Walker, McGowan Willey, Emily Wingate

### Seventh Grade High Honors:

Alexia Bassett, Margaret Bednaz, Hayse Broome, Cassie Coffin, Zoe Davol, Connor Downes, Ryder Downes, Christian Duba, Noah Eckert, Julia Huckins, Mackenzie Jenkins, Evan Labonte, Lindsey Lacasse, Madeline Sargent, Emma Sawyer, Bodhi Smith, Natalie Susi, Cassandra-Marie Zick

### Honors:

Sabrina Alan, Tynan Beauchemin, George Belville, Ryan Berg, Paige Blad, Nicolas Camire, Timothy Cantwell, Alexis Daughen, Orion Davis, Paul Fleming, Alana Frame, Gabriella Frasca, Logan Glidden, Nathaniel Hatch, Devin Hersherberger, Zoe Hewitt, Aidan Hill, Mason Kesselring, Kaleigh LeBlanc, Emily Lower, Caleb Moores, Kaelyn Nadeau, Shannen O'Donnell, Nathan Paige, Madison Patterson, Aria Peringer, Emalie Ruiter, Michelle Sallies, Caden Sharp, Ezekiel Shedd, Abbey Springer, Hannah Tobine

### 8th Grade High Honors:

Autumn Braley, Tiffany Doan, Cassidy

Dumont, Erik Hanser, Owen Henry, Matthew Karkheck, Tyler MacLean, Gretchen McGowan, Thomas Moore, Hunter Pease, Madison Perry, Simon Shedd, Oceanne Skoog, Hailey Towne, Kori Wilkins

### Honors:

Andrew Bird, Jacob Blouin, Alyssa DeVirgiliis, Haley Dukette, Sadira Dukette, Adrian Ehmann, Baile Fairbank, Jacob Huckins, Jazmin Ivers, Lexi Keselring, Garrett King, Jennifer MacDonald, Michael Macklin, Mia-lora Mahmoud, Alyssa McDonough, Alexia McGlew, Adele Meyer, Meghan Murray, Hannah Owen, Jasmine Peterson, Hayden Reynolds, Shyann Seymour, Marisa Stafford, Skylor Torsey, Gabriel Tyson

## Local Scouting for Food Drive brings in thousands of items for area food pantries

BY DONNA RHODES  
dhrhodes@salmonpress.news

PLYMOUTH — Both gratitude and enthusiasm rode high when local Scouting groups gathered at the National Guard Armory in Plymouth last weekend to box all the nonperishable goods they received from residents who participated in this year's Scouting for Food Drive, benefiting local food pantries. "Scouting for Food rocks," cried out one Scout as together Cub Scouts, Boy Scouts and Venture crews stacked boxes filled with goods for eight local food pantries. The project began on Nov. 5 when the troops drove through neighborhoods in their communities to drop off notices about their initiative.

The notices informed everyone that scouts would be back in a week to collect any donations of nonperishable foods people wished to contribute. Last Saturday morning, the troops began with a contingency that put together boxes for all the collected foods before scouts hit the road at 8:30 a.m. to begin their collections. The crews, comprised of Plymouth Cub Scout Pack and Boy Scout Troop 56, Newfound Cub Scout Troop 59 and the co-ed Venture Crew, came from Plymouth, Rumney, Ashland, Bristol, Littleton and surrounding towns. Once the food donations were collected, they all teamed up to package everything up for local pantries.

In a most efficient manner they unloaded collection vehicles, separated and counted the goods into groups of 25, then pushed them down to other scouts who were waiting to double count the items and seal them into boxes. "The pantries will be down to pick this all up later in the day," said Heather Scroggins, whose husband Roger is the Scout Master for

Troop 56. Heather herself takes part in the troop activities, too, and was recently named a committee member for upcoming fundraisers they will be holding. Last Saturday, however, she oversaw the distribution of food boxes between the eight pantries they were benefiting. "You can see they have boxing it all up SEE FOOD DRIVE, PAGE A12

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• 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  
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**DOCTOR STRANGE** PG-13  
Fri. & Sat.: 12:45, 3:45, 6:45 & 9:45 PM  
Sun. - Thurs.: 12:45, 3:45 & 6:45 PM  
**TROLLS:** PG  
Fri.-Sat.: 12:30, 2:45, 5:00, 7:15 & 9:30 PM  
Sun. - Thurs.: 12:30, 2:45, 5:05 & 7:15 PM  
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## PET of the Week



New Hampshire Humane Society is the kind of shelter where you will find some of our residents roaming and enjoying a suite of rooms – so are the arrangements for Bagel, a big tabby cat leads here with us.

Bagel is feline inquisitiveness personified. From her sturdy, robust though agile personage, to her gentle and constant talk, and thank god she cannot speak English, since she has accompanied many into the ‘smallest room’ in the building!

She loves to oversee the comings and goings of humans and enjoys and often demands the sweet, cool H2O only found

from the kitchen sink. Is this a little bizarre (?) we think not; rather this adorable idiosyncrasy gives Bagel a little bit of feline edge, and shows how her superior intelligence.

We know Bagel would prefer to be the main cat in your life. WE’VE seen her in action, a canine free home would be appropriate, she is NOT enamored with dogs! If you’re looking for a cat with a real zest for fun and exploration in your home, then Bagel, surely is the perfect choice.

She’s been calling NHHS home since May – let’s see if she could be home for the holidays – check [www.nhhumane.org](http://www.nhhumane.org)

## Newfound Landing

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## North Country Notebook



By JOHN HARRIGAN

COLUMNIST

Editor's note: Mr. Harrigan was unable to submit a new North Country Notebook column for this week's edition. The following column was originally published in November 2015.

On a day not long ago--it will seem long ago when the snow arrives in good shape--I took the long way home, up the old Route 3, the morning after one event or another in Concord when I had plenty of time to enjoy the drive.

Franklin and the part of Tilton on the west side of the Interstate are two towns that always make me pause, mentally and often physically, because of their architecture and history.

They are on the southern edge of this column's circulation area, which basically stretches from Concord to southern Quebec, yet when I stop there I inevitably run into readers. Among them are various elements of the extended Katsigiannis family, who run the justly famed Tilton House of Pizza. When I first went in there, I was immediately swept up, not just in great food, and in the epitome of what a fine and warm house of pizza should be, but also in all things Greek, an embrace I've always relished.

Before the age of steam, before the devel-

## After two centuries of abuse, Thoreau's river is again ours



JOHN HARRIGAN

Up through Franklin, Tilton and beyond, examples of ingenious waterpower use abound.

opment of petroleum and the age of electricity, waterpower was the wonder of the ages. Theoretically it was free (there's the little matter of ownership), requiring only gravity and the means to channel water to where it was best put to use, and settlers followed rivers up toward their sources until they fetched up at places like Franklin Falls. There the water was put to use indeed, via ingenious dams, diversions, impoundments, canals, penstocks, water wheels and turbines that powered ever-evolving machines in enterprises from furniture factories to foundries.

Franklin, where the Winnepesaukee and Pemigewasset rivers meet to form the Merrimack, offered a series of rapids and falls that

to early settlers spelled power to drive gristmills and sawmills, the two essentials for founding a viable settlement and ultimately a town. Thus along up rivers all over New Hampshire one can see gristmill stones in town parks, and see the earliest actual board-built frame houses that replaced the first log cabins.

+++++

At the junction of the two rivers in Franklin there is a neat little point of land, half island, half peninsula, where one of several monuments to escaped Indian captive Hannah Dustin stands. It is a great place to launch a canoe, which is what Dirk Ruemenapp (now a pooh-bah at the New Hampshire Union Lead-

er and Sunday News) and I did back in the mid-Seventies at the start of a two-day trip down to Nashua, just above the Massachusetts border.

Back then the Merrimack River, long fouled by industrial waste and untreated human sewage, was beginning to clean itself up, thanks to the Clean Waters Act and a savvy strategy built around small numbers, example, and shame.

The idea was that the numbers farther downriver in the big towns and industrial conglomerates and cities were too big to tackle. Instead, initial efforts targeted small towns far up on the headwaters, where a few hundred thousand dollars--big money back then--could get you a

SEE NOTEBOOK, PAGE A11

## The dangers of over-the-counter cough medicines

BY DEB TOBINE

Contributor

As cough and cold season approaches, we look for the best ways to protect ourselves and our families, as well as the best ways to relieve symptoms when we are ill. For some, taking cough and cold medicines is one answer. These medicines are usually consumed orally in tablet, capsule, or syrup form.

Each generation of kids looks for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter (OTC) medicines. Teens report getting many of these medicines from home medicine cabinets and mistakenly believe that abusing them is “safer” than other drugs. A problem that often flies under the radar is the abuse of OTC cough medicines containing dextromethorphan (DXM). These medicines are often times mixed with soda for flavor and are abused in combination with oth-

er drugs, such as alcohol or marijuana.

While millions of Americans safely rely on OTC cough medicine to temporarily relieve their cough, some teens intentionally take large amounts – sometimes more than 25 times the recommended dose of these medicines – to get high. This means some teens ingest multiple packages or bottles of OTC cough medicines that contain DXM, the active ingredient in most OTC cough medicines and the most widely used cough suppressant ingredient in the United States. Teens may mistakenly believe that because DXM is usually found in OTC cough medicines that it must be harmless and is an easy and safe way to get high. But it's not. When taken in excessive amounts DXM can cause serious side effects including rapid heartbeat, high blood pressure, memory problems, nausea and vomiting.

What are the warning signs of OTC cough med-

icine abuse?

Empty cough medicine boxes/bottles in trash of teen's room, backpack or school locker;

Purchase or use of large amounts of cough medicine when not ill;

Missing boxes or bottles of medicine from home medicine cabinets;

Hearing your teen use certain slang terms for DXM abuse, such as skittles, skittling, tuss-in, robo-tripping, robo, CCC, triple Cs, dexing, and DXM;

Visiting pro-drug websites that provide information on how to abuse DXM;

Internet orders, the arrival of unexpected packages, or unexplained payments by credit card/PayPal;

Changes in friends, physical appearance, or sleeping or eating patterns;

Declining grades or loss of interest in hobbies or favorite activities;

Hostile and uncooperative attitude;

Unexplained disappearance of household

money; and

Unusual chemical or medicinal smells on your child or in his or her room.

Talk to your teen about prescription and OTC cough medicine abuse. Teens listen, even if they act like they don't. In fact, teens who learn about the risks of drugs from their parents are 50 percent less likely to use drugs.

Safeguard your medicine cabinets. Take steps to protect your teens by safeguarding all the medicines you have in your home. Know what you have and how much, so you will know if anything is missing. Discard any medicines you no longer need.

Share what you have learned about medicine abuse at school meetings, sports, community events, Blog, Facebook, Tweets, and other gatherings of parents to make sure others are aware of these dangers. For more information, visit [www.cadyinc.org](http://www.cadyinc.org) or [ww.facebook.com/cadyinc](http://ww.facebook.com/cadyinc).



## Ann Marie Gormley Flynn

BRISTOL — Ann Marie (nee Coughlin) Gormley Flynn, of Naples, formerly of Bristol, passed away peacefully on Oct. 26, 2016.

Born in Boston, Mass., she was the daughter of the late Edward T. and Anne (nee Larkin) Coughlin.

Ann started her career as a server and then a hostess on the Shore Line Route of the New York-New Haven & Hartford Railroad. She then went on to study at Boston City Hospital and became a Registered Nurse. Ann worked at the Univer-

sity Hospital until her retirement. Her love of travel took her around the world. She especially loved her many trips to Ireland where she visited with family and friends. In later years she enjoyed painting with her friends in the art club at Riviera Golf Estate.

Ann is survived by her loving sister, Dorothy Ouellette, and her husband, Armand of Rockland, Mass.; sister-in-law, Patricia Coughlin of North Attleboro, Mass.; nephew, Ronald Coughlin and his wife, Katherine of Naples; niece,

Joanne Steele and her husband, Richard of Cape Coral, Fla.; many loving nieces and nephews; and her life long friend, Rita Martini.

Ann was the beloved wife of the late John "Jack" Gormley and the late John Flynn. Mrs. Gormley Flynn was also the sister of the late Charles, Leo, Henry, Edward, and Raymond Coughlin, Alice Coughlin Pierce and Catherine Coughlin Marino.

Committal Services will be held on Saturday, Nov. 19, at noon at Homeland Cemetery in Bristol.

ALEXANDRIA — Dorothy M. Gordon died peacefully at The Golden Crest in Franklin on Nov. 8, 2016. She lived a long and productive life. She was a devoted wife, a loving mother, a loyal friend and a kind neighbor.

She was born in Boston on Feb. 22, 1921, to Ruth (Page) and George Lyle Marshall. Her early years were spent at her mother's family's home in Tamworth. She displayed early academic promise by skipping the third grade. Perhaps recognizing



her abilities, her parents sent her to attend school and live with friends in Mount Vernon, N.Y., where she lived for eight years, returning home during the summers to spend time with her sisters.

After graduating from a commercial high school, Dorothy returned to New Hampshire and found employment at the State School in Laconia where she met another employee, Arthur Karl Gordon. They were married on June 9, 1940, and began constructing their home on the Gordon family farm in South Alexandria. In those early years, she helped out on the farm and held jobs at the local shoe shop and mica factory.

In 1953, she and Arthur relocated their family to Connecticut, where they lived for nine years. While there, she was employed by the Tolland County Extension Service, acquiring business skills.

In 1962, having returned to New Hampshire, she went to work for the Bristol Bank as a bookkeeper. She steadily progressed through the ranks and ultimately became a director and vice president of the bank. She survived many changes and transitions with the bank, but her focus was always on meeting the needs of the community which she came to love.

She showed respect to everyone regardless of their circumstances.

Dorothy retired in 1983, but remained very active. Whether it was making wreaths for the church, baking apple pies for the Community Center, playing cards with friends, picking the bugs off the potatoes in the garden, or just working on a puzzle, she had no countenance for idle time. She was also an avid reader.

Dorothy's husband, Arthur, died in 1987. She was also predeceased by two sisters, Laurie (Marshall) Nixon and Virginia (Marshall) Mehl.

She is survived by her son, G. Karl Gordon, and his wife, Edna of New Smyrna Beach, Fla. and South Alexandria; her son Edward "Ned" Gordon and his wife, Gayle, of Bristol; a sister, Mildred Streeter, of Tamworth; a sister-in-law, Irene Enos, of Concord; a brother-in-law, Paul Mehl, of Lake City, Fla.; five grandchildren, 11 great-grandchildren and three great-great-grandchildren.

A memorial service in celebration of Dorothy's life will be held on Saturday, Nov. 19, 2016 at 10 a.m. at the Bristol United Church of Christ on South Main Street in Bristol. A reception will be held in Fellowship Hall following the service.

In lieu of flowers, memorial gifts in honor and memory of Dorothy's life and service may be made to the Tapply-Thompson Community Center, North Main Street, Bristol, NH 03222 or to the Bristol United Church of Christ, South Main Street, Bristol, NH 03222.

Emmons Funeral Home of Bristol is handling arrangements for the family.

## John Joseph Kuhns, 67

NORTHFIELD — John J. Kuhns, 67, a longtime resident of the Lakes Region area, died suddenly, Monday, Oct. 31, 2016 at the Concord Hospital in Concord after being stricken ill on his way to work.

"Big John," as he was known by many, was born in Philadelphia, Pa., Nov. 17, 1948, son of the late, John J. Kuhns and Betty (McKinley) Kuhns. John was a Police Officer with both the City of Franklin



and Town of Tilton, retiring in 2001 following 29 years in law enforcement. He presently worked as a Security Officer for the Merrimack County Nursing Home in Boscawen. He enlist-

ed in 1968 and served honorably with the U. S. Army during the Vietnam War, discharged after four years as a Sp5 (E5).

He leaves his five children (John J. Kuhns of Boston, Elizabeth A. Kuhns of Franklin (and her three children), William E. Kuhns of Northfield, James C. Kuhns of Bristol (along with his wife and two children) and Dennis A. Kuhns of Northfield (and his wife and two children); and

two brothers, Dennis and Richard Kuhns.

A brief committal service with military honors will be held Thursday, Nov. 17, 2016 at 1:30 p.m. in the chapel of the New Hampshire State Veterans Cemetery with burial following.

Assisting his family would be the William F. Smart, Sr. Memorial Home of Tilton.

For more information, go to [www.smart-funeralhome.com](http://www.smart-funeralhome.com).

## Deborah Ann (Shaw) Pickering, 55

HILL — Deborah Ann Pickering, 55, a resident of Hill for the past 23 years, died at her home, Wednesday, Nov. 9, 2016, with her family at her side, following a battle with cancer.

Deb moved to Hill from Franklin.

She was born in Co-ram, N.Y., July 23, 1961, daughter of Richard



and Antoinette (Easevoli) Shaw. Deb enjoyed being a homemaker.

Up until her illness, she had been employed at Webster Valve in Franklin for 33 years.

Deb enjoyed cooking, camping and spending time with her family, sharing in activities outdoors. She had a fascination for owls and had a large collection of them. Deb was always there for others and volunteered when

she could, to provide a helping hand when needed.

She leaves her husband of 34 years, Carl R. Pickering, Sr.; son, Carl R. Pickering, Jr. of Hill; daughter, Vera Jean Pickering, serving in the Air Force, of North Dakota; her parents, Richard and Antoinette Shaw of Franklin; her brothers, Richard Shaw, Jr. of Las Vegas and James Shaw of Franklin; sisters Cindi Ruiter of Las Vegas, Patricia Sinclair of Alton and Christine Shaw of Tilton; and numerous nieces and nephews.

Calling hours were held Saturday, Nov. 12, 2016 from 2 to 4 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road, (584 West Main St.) in Tilton. A brief service will be held just prior to 4 p.m. Burial will be at a later date for her family.

Those wishing may make memorial contributions in Deb's name to the Franklin VNA and Hospice, 75 Chestnut St., Franklin, NH 03235.

For more information, go to [www.smart-funeralhome.com](http://www.smart-funeralhome.com).

## Staff Sgt. David J. Whitcher, Sr., 30

EGLIN AFB, Fla. — Staff Sgt. David J. Whitcher Sr., 30, died Nov. 2, 2016 during a dive training exercise off the coast of Key West, Fla.

He was born on July 4, 1986 in New London, the son of Horace "Bud" and Kathleen (Morrison) Whitcher.

David grew up in Bradford. He knew from the age of six that he wanted to serve in the military, and that's just what he did, joining the Army after high school and gaining the Honor Grad Award in Basic Training 2004, serving two combat tours in Afghanistan and then achieving his dream of becoming a Special Forces soldier-Green Beret. David enlisted in the New Hampshire National Guard in 2008 as a carpentry and masonry specialist. He earned many awards, the Army Commendation Medal (3rd award), Army Achievement Medal (4th award), Valorous Unit Award, Meritorious Unit Commendation, National Defense Ser-



vice Medal, Afghanistan Campaign Medal and the Global War on Terrorism Service Medal. David was a student in the Combat Diver Qualification Course (CDQC) assigned to Company C, 2nd Battalion, 1st Special Warfare Training Group, U.S. Army John F. Kennedy Special Warfare Center and School. He also earned an associate's degree in criminal justice from NHTI in Concord in 2012.

In 2013, David came on active duty and was assigned to the 6th Engineer Battalion, 2nd Engineer Brigade, Fort Richardson, Alaska. During this time in Alaska, he volunteered for a humanitarian mission to Palau, to rebuild roads, schools and hospitals. In 2014, David volunteered

for Special Forces training. He graduated from the Special Forces Qualification Courses in 2016.

David was known best by those who were close to him as a free spirit. He enjoyed the outdoors and spending time with his friends and family. He was amazing at everything he did.

In addition to his mother, Kathleen Whitcher of Bristol, he is survived by his wife, Victoria (Stewart) Whitcher of Bristol; his son, David J. Whitcher, Jr. of Bristol; his three brothers, Matthew Whitcher of Andover, Danny Whitcher of Chesapeake, Va., and Michael Robins of North Andover, Mass.; and three sisters, SEE WHITCHER, PAGE A11

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Qualifications: High school diploma or GED; must have a valid NH driver's license. Preferable to have one to three years water treatment experience and equipment operating experience. As a condition of employment, the Water Operator must hold NH Water Treatment and Distribution Grade I Certification or have the ability to obtain certification within 1 year of hire. Any equivalent combination of education and experience which demonstrates possession of the required knowledge, skills, and abilities will qualify. Further information and job description are available at [www.pvwdsd.com](http://www.pvwdsd.com).

Please submit cover letter and resume to District Administrator at [pvwsda@gmail.com](mailto:pvwsda@gmail.com) by December 16, 2016.

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# Wizards of Winter bring TSO-inspired holiday rock to Plymouth

PLYMOUTH —The Flying Monkey Performance Center presents Wizards of Winter on the Plymouth stage on Sunday, Dec. 4 at 6:30 p.m. Anchored by three former Trans-Siberian Orchestra members, they have garnered legions of fans with their original album and holiday rock opera. Tickets for this concert start at \$29.

Envision Christmas season by enjoying

progressive rock with a dash of metal? What about power ballads with a dash of theater? Well then experiencing Wizards of Winter might just be just the holiday experience for your family.

This is a holiday show extravaganza if there ever was one, blending a heavy metal, progressive rock vibe with the heartwarming sounds of the season, and the



The Flying Monkey Performance Center presents Wizards of Winter on the Plymouth stage on Sunday, Dec. 4 at 6:30 p.m.

production theatrics that reminds one of TSO itself. A 12-member ensemble will perform music from their own rock opera, Tales Beneath a Northern Star, as well as Trans Siberian Orchestra's greatest hits such as "Christmas Eve in Sarajevo," "Mad Russian," "Christmas in the Air," "Old City Bar" and "Queen of the Winter Night." Their unique

SEE WINTER, PAGE A11

## Churches

FROM PAGE A6

com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing [fwcag@hotmail.com](mailto:fwcag@hotmail.com) or Pastor Yunghans at [gyunghans@hotmail.com](mailto:gyunghans@hotmail.com), or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: [www.assemblyofgod-plymouthnh.org](http://www.assemblyofgod-plymouthnh.org).

## Holy Trinity (Roman Catholic)

**Campus Ministry**

Thank you to Mary and John Bolster for a delicious monthly supper hosted by Fr. Leo for students last weekend. The next one will be Sunday, Dec. 4, at 6 p.m. in the Rectory.

## Knights of Columbus spaghetti supper and auction!

The Knights of Columbus Family Council in Plymouth will host their annual Spaghetti Supper and Auction after the 4 p.m. Mass on Saturday, November 19th. Come and enjoy a delicious meal and buy some Christmas presents at the fun-filled auction. All proceeds go to the Knights charities as well as their scholarship fund.

Please visit our Web site at [www.kofcplymouthnh.org](http://www.kofcplymouthnh.org).

## Bristol Campus ~ Help for Blood Drives

We need volunteers to help keep our blood drives going.

We need help to run the food table, make food, welcome the donors, etc. If you would be willing to help with this valuable ministry, please email [holytrinitybristol@gmail.com](mailto:holytrinitybristol@gmail.com).

## Christmas Coloring Contest

The Knights of Columbus in Bristol are sponsoring a "Keep Christ in Christmas" coloring contest. This contest is open to children ages five to 14. Posters should have a slogan that defines how they will try to keep Christ in Christmas, and then the picture should portray the slogan. Faith Formation children in Bristol will start their projects during class and take them home to finish. All posters should

be done on 11x17 paper, (given out during class), Deadline for poster submissions is December 11th. There will be three age groups for judging: Ages five to seven, eight to 10, and 11-14. Posters will be judged in three areas: 1) Slogan ~ how clearly the theme is presented. 2) Visual ~ how well the visual conveys the message. 3) Overall Impact ~ how effective poster is at capturing attention. There will be a prize for each age group and then the finalists will be sent on to the district and state contests. For more information, contact Jim Cooper at 744-3090.

## Thanksgiving Day Liturgy

Thursday, Nov. 26 at 8:30 a.m. St. Matthew Church. Let us come together as a community to express our gratitude towards our loving God for the bountiful gifts he has bestowed on us.

## The Spirit of Giving... The Giving Tree

will be on display at St. Matthew Church and at Our Lady of Grace beginning the weekend of November 26th. Parishioners are asked to select a gift tag and return the wrapped present with the gift tag attached to the outside of the package by Sunday, Dec. 4. Your generosity has always been inspiring here at Holy Trinity Parish. If you have any further questions, please contact Clay Norwood at 786-2977 (Plymouth), or Kathleen Haskell at 744-2862. (Bristol).

## Weekly meetings Sundays

Faith Formation Class:

Bristol: Simard Hall, 10:30 a.m. - noon

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

**Tuesday**

ALPHA, St. Matthew Hall, 6 - 8:30 p.m. (dinner included)

**Wednesday**

Bible Study:

Bristol, Marian Center, 9 - 10:30 a.m.

Plymouth, St. Matthew Meeting Room, 3:30 - 5 p.m.

## Thursday

Day Away, Simard Hall, 9 a.m.

Faith Formation Class:

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

## Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

## Sunday, Nov. 20, 9:30 a.m. Story as Sacred Text

Stories give meaning to the human experience. They help us illuminate our deepest truths. We'll explore how we use story to gather courage, express love, and live well.

Worship Leader: Rev. Linda Barnes

Worship Associate: Paul Tierney

Music Director: Sarah Dan Jones

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

## Children and Youth Religious Education, Meredith Flynn, DRE

Room 1: Pre-school-Kindergarten: Chalice Children- Core Message- Our church is a place where we give thanks for our many blessings.

Room 2: First-Third grade: In Our Hands- Core Message- Every person is of value, even if they are different than you.

Room 3: Fourth-Fifth grade: Windows and Mirrors- Core

Message- To create community, we must be inclusive and aware of cultural bias.

Middle school: Neighboring Faiths- Reflect on the visit to the Temple B'nai Israel.

High school: Youth Group- The high school youth group meets the second and fourth Sundays of the month from 6-7:30 p.m. in the youth room.

## Social Justice Community Outreach - Plymouth Area Community Closet

Once a month Starr King donates the collection taken during the service to a local charity. The Social Justice Outreach for November is Plymouth Area Community Closet. The general mission of PACC is to assist those in need by providing limited emergency funds for food, prescriptions and clothing. In January, Financial Assistance will be able to provide help with fuel thanks to the KTHO program. PACC provides assistance to fourteen communities: Plymouth, Alexandria, Ashland, Bridgewater, Camp-ton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Rumney, Thornton, Warren, Waterville Valley and Wentworth. In order to provide the assistance PACC relies on private donations and the profits from the Thrift Shop. The collection for PACC will be on Nov. 20. Over the years our Fellowship has been extremely generous to PACC. The folks at PACC are very grateful! The collection will be taken this Sunday.

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## Upcoming events

Decking the Halls at SKUUF - Sunday, Dec. 4, following the service, the Youth group will provide a soup, bread and dessert lunch for all ages as a fund raiser for their service trip to Nicaragua in the spring. Afterwards we will make ornaments for the tree. All the materials will be provided. Join us in this fun time. Music provided by Sara Dan Jones for sing along.

## Ongoing activities

Choir meets on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

Lay Pastoral Care Under the guidance of the Rev. Linda Barnes, the Lay Pastoral Care Associates are here for you. When you have a pastoral care need or know of a need in our Starr King family, please contact Rev. Linda.

See Activities committee on the Web site at [www.starrkingfellowship.org](http://www.starrkingfellowship.org) where you can access the up to date calendar of events.

1st Friday morning Breakfast Group will meet at the PSU dining hall at 8:30 am for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Parking has been arranged through PSU security in Commuter Lot #301. Contact Deedie at [cdkriebel@gmail.com](mailto:cdkriebel@gmail.com) for more info and, if needed, a parking permit to place in the front window of your car during these mornings only.

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

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at [battrought@gmail.com](mailto:battrought@gmail.com) or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday at 10:30 a.m.

Starr King Men's Group will meet 6-8 p.m. on the first and third Sundays.

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

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

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

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# Christmas with the Celts comes to Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Christmas with The Celts on Saturday, Dec. 10 at 7:30 p.m. Known for their high-energy concerts involving not only fervent, inspired music but also periodic bouts of spirited Irish dancing. Tickets for this concert start at \$39.

Missed the show on PBS? Don't fret, you can still experience it live, and we dare say that is the only way you should. Christmas with The Celts isn't just a concert; it is a celebration of the holiday spirit, people, community and common connections. The high-stepping spirited musical selections will have audiences clapping along from the first lively renditions of popular contemporary Christmas classics. The show pres-

ents a combination of ancient Irish Carols, contemporary Christmas standards, spontaneous humor and Irish step dancing.

The high-stepping spirited musical selections range from classic Irish reels that will have audiences clapping along to some ancient hymns and lively renditions of popular contemporary Christmas classics. Enjoy "Silent Night," "Little Drummer Boy," "Count Your Blessings," "First Noel," "I'm Dreaming Of A White Christmas" and John Lennon's perennial favorite "Happy Christmas."

Ric Blair, founder of the Celts, stated, "I'm proud of my Irish/Scottish roots, but I'm equally proud of my American roots. Our music is kind of a hybrid that's evolved between the two."

Tickets for Christ-



COURTESY

The Flying Monkey Performance Center presents Christmas with The Celts on Saturday, Dec. 10 at 7:30 p.m.

mas with The Celts are \$39, and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Congregational Church of Laconia hosting 92nd Annual Christmas Fair

LACONIA — Join us Saturday, Nov. 19 from 9 a.m. to 2 p.m. at the Congregational Church of Laconia, located at the corner of Pleasant Street and Veterans Square in downtown Laconia, for our 92nd Annual Christmas Fair. You can enjoy complimentary morning pastries and coffee until 10:30 a.m., and lunch will be served from 11:30 a.m. to 1 p.m.

Our fair is an all-church event with homemade crafts, knitted items, baked goods, apple pies, jellies, cookies, and breads. We also have greens, small and large plants, live wreaths and berry bowls. Besides the Silent Auction items (bidding closes at 1 p.m.), you will find a Book Nook, raffle for a hand-crafted black and white lap quilt, large assortment of nice as new items and a nice as new Christmas tree



COURTESY

Join us Saturday, Nov. 19 from 9 a.m. to 2 p.m. at the Congregational Church of Laconia, located at the corner of Pleasant Street and Veterans Square in downtown Laconia, for our 92nd Annual Christmas Fair.

with ornaments that are looking for a new home! We also have several of those hard to find Department 56

Villages. Please join us and help us celebrate 92 years of Christmas spirit and fellowship.

We look forward to seeing you on Saturday!



COURTESY PHOTO

### Artistic Roots' Jen Alba to offer hand embroidery class on Nov. 20

Jen Alba, master embroider, will offer her popular Hand Embroidery Class on Sunday, Nov. 20 from 1-4 p.m. at Artistic Roots in Plymouth. Bring your own favorite garment to decorate. Jen will help you to turn your piece into a one of a kind garment with her own designs. She will help you to select colored threads and stitches. Her hand-embroidery kits are available at a discounted price on the day of the workshop. Cost of the class is \$25 for members and \$30 for non-members. Call or stop by the gallery to register for the course. Feel free to call Jen at 254-8804 to chat about the workshop. Please note that your garment should be of natural fiber.

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

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**Wedding, engagement, and anniversary announcements** are welcome at:  
**[weddings@salmonpress.com](mailto:weddings@salmonpress.com)**

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

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

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Bailey Hill Road	N/A	\$20,000	Antonio K. Monarski T 2006 and Antonio K. Monarski	Edward Phelps
Alexandria	2311 Washburn Rd.	Single-Family Residential	\$84,533	Donna M. Inglesi	Denis R. and Cathy P. Thibault
Bridgewater	267 Dick Brown Rd.	Single-Family Residential	\$188,000	Patricia A. Cwirka	Kevin T. and Candace N. Hinkson
Bridgewater	916 River Rd.	Single-Family Residential	\$56,933	Paul G. and Donna E. Vanasse	Old Field T and Raul A. Camejo
Bridgewater	N/A	N/A	\$800,000	Mary J. Perkins-Dewolf	Deborah H. Cummings T and Deborah H. Cummings
Bristol	Lancelot Lane	Residential Open Land	\$29,000	Kathleen G. Barry	Susan M. and Paul M. Thompson
Bristol	135 Prospect St.	Single-Family Residential	\$130,000	Tereza Martinez	Lu A. Hamphries
Bristol	81 W. Shore Rd.	Single-Family Residential	\$125,400	Carol A. Sweeney	Gary W. Marques
Campton	293 Eastern Corner Rd.	Single-Family Residential	\$43,000	Lisa Baggio	Anthony F. and Aldonna M. Macera
Campton	34 Evergreen Circle	Mobile Home	\$35,000	Philip Barlow and Carolyn L. Dipasale	Catherine M. Ruel
Campton	Southmayd Road (Lot)	Mxu Com+Ind	\$99,000	Last Mango RT and James R. St. Jean	Young Acquisitions LLC
Groton	155 N. Groton Rd.	Single-Family Residential	\$168,000	Yinger Pamela K. Est. and Peter B. Yinger	Thaddeus J. and Caryn C. France
Groton	Norris Road	N/A	\$245,000	Mark H. and Nancy O. Watson	Stephen and Pamela Bennett
Holderness	805 Perch Pond Rd.	Single-Family Residential	\$264,000	John F. Gately FT and John F. Gately	Erica J. and Peter M. Burnham
New Hampton	660 NH Route 132 N.	Single-Family Residential	\$199,000	Karen M. Boutwell	Brian M. Murray and Angela S. Crump
Plymouth	5 Hutchins Rd.	Ressid.-Other	\$80,200	Harry R. and Shirley F. Hutchins	Bradley L. and Esperanza Stone
Plymouth	60 Langdon St.	Single-Family Residential	\$155,000	Mary R. Estee	Kevin L. and Kristine M. Foster
Plymouth	33 Plaza Village Rd., Unit D	Condominium	\$60,000	Geraldine P. Levine	Antonia K. Gilbert 2013 T and Antonia K. Gilbert
Plymouth	8 Route 25	Res.-Mtl. Bldg.	\$87,000	Ruth G. Sherburn	Patricia D. and Frederick M. Langford
Rumney	8 Bethel Court	Single-Family Residential	\$99,000	Barbara K. Greene	Brian L. Avery and Marta H. Castillo-DeAvery
Rumney	44 Glory Ave.	Single-Family Residential	\$76,000	Evelyn B. McNutt	Stephen R. and Susan L. Gelo
Rumney	Quincy Road (Lot)	Residential Open Land	\$220,000	Marilyn Ashley-Sack	Lawrence G. and Kathleen M. Smith
Thornton	8 Fox Hollow Rd.	Single-Family Residential	\$270,000	Scott H. and Celeste L. Smith	Daniel and Nancy Callahan
Thornton	55 Mountain River Ave., Unit 24	Condominium	\$163,000	Laurie L. Greene	Daniel R. and Brittany M. Edmonds
Warren	Breezy Point Rd.	N/A	\$20,000	Mary M. Guzman	Janet A. and John R. Proost
Warren	437 NH Route 25	Single-Family Residential	\$21,000	Deutsche Bank Natl. T. Co. Tr.	Jeffrie C. and Kristine E. Pettee
Waterville Valley	42 Forest Knoll Way, Unit H2	Condominium	\$325,000	David T. Milbye	Matthew J. Flynn and Margaret McKenna-Flynn
Waterville Valley	44 Packards Rd.	Commercial Building	\$304,133	Bank of New Hampshire	Snow Star Inn LLC
Wentworth	276 Atwell Hill Rd.	Single-Family Residential	\$337,533	Robert M. and Claudia E. Anderson	Ronald C. and Donna M. Hajj

## ABOUT THE REAL REPORT

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

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

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

# Solving sleep problems in seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

It is a common misconception that sleep needs decline with age. Older adults need the same amount of sleep as younger adults: 7 to 9 hours each night.

Changes in sleep patterns, or what specialists call "sleep architecture", can occur as we age, and this may contribute to sleep problems. There are two kinds of sleep: REM (rapid eye movement) sleep and non-REM sleep. We dream mostly during REM sleep and have the deepest sleep during non-REM sleep. The sleep cycle is repeated several times during the night, and although total sleep time tends to remain constant, older people can spend more time in the lighter stages of sleep than in deep sleep.

Other factors affecting sleep are the circadian rhythms that coordinate the timing of our bodily functions, including sleep and seniors tend to become sleepier in the early evening and wake earlier in the morning,

as compared to younger adults. This pattern is called "advanced sleep phase syndrome."

### What causes sleep problems?

A number of things can cause sleep problems. By the time an adult is over 65 years old, his or her sleep-wake cycle may not work as well as it did when he or she was younger. As we age, the body makes less growth hormone and melatonin, the chemicals and hormones that help us sleep well. Some lifestyle habits, such as smoking and drinking alcohol or caffeinated drinks, can cause sleep problems, as can illness, pain, or medications. Additional causes can include:

- Insomnia is the most common sleep problem in adults age 60 and older. People with insomnia have trouble falling asleep and staying asleep.
- Sleep apnea causes frequent, short pauses in breathing while sleeping. If not treated, sleep apnea can lead to other

problems such as high blood pressure, stroke, or memory loss.

- Movement disorders, such as restless legs syndrome (RLS), a condition in which legs feel very uncomfortable when you are sitting or lying down; and periodic limb movement disorder (PLMD), a condition in which a person kicks one or both legs many times during sleep. Medications may help.

- Alzheimer's dis-

ease can cause some seniors to sleep too much, while others don't sleep enough. Some people wake up many times during the night; others wander or become agitated. Safety precautions around the home definitely need to be addressed for seniors with Alzheimer's.

- Other health factors include gastroesophageal reflux disease (GERD), diabetes mellitus, renal failure, respiratory dis-

eases such as asthma, and immune disorders. Parkinson's disease and multiple sclerosis (MS) also can cause problems sleeping.

### How seniors can improve their sleep.

No matter the reason, without a good night's sleep, the next day, a senior can be tired and irritable, unable to perform tasks, have memory problems or be forgetful, feel depressed, and be at

risk for more falls or accidents.

**Here are some preventative tips that you can give to your loved one. Talk with your doctor:**

- Ask your doctor for help if pain or other health problems are keeping you awake.
- Ask if any medicines could be keeping you awake at night. Medi-SEE SENIORS, PAGE A11

# Franklin Savings Bank unveils new logo and tagline

*New brand reflects Bank's ongoing commitment to growth, investment in technology and customer education.*



COURTESY

The Bank hosted a logo reveal party with employees, board members and Corporators on Sept. 12 where everyone got a preview of the new logo Web site and marketing materials.

look that will resonate with customers and the community. Further, the new tagline highlights FSB's focus on

technology and its ability to make managing finances easier for customers.

According to Ron Magoon, President of Franklin Savings Bank, "When we began this process a year ago, we knew that we wanted to retain our name based upon our history of serving the needs of our customers and the community. However, as we continue to focus on investing in new technology as well as devoting more resources to providing customer education, we felt it was important for our brand and image to reflect these areas of focus."

The Bank hired McDougall + Duval of Amesbury, Mass., to assist with the redesign of the logo and tagline.

Magoon further commented, "It's important for everyone to know that we are proud to be a community bank. And as an independent, mutual institution, we are able to invest resources into solutions that make life easier for our customers. That's where the smarter banking, easier living comes in. We don't have shareholders to satisfy, which means we are able to plan for and focus on the long-term success of the Bank, our customers and the community."

In addition to the rollout of the Bank's new logo and tagline, a new website will be unveiled containing a new, more secure .bank domain. Reserved exclusively for banks, the new .bank domain provides an added layer of security as well as strict controls in an effort to mitigate cyber security risk. It also provides a safer channel for confidential communications between banks and

SEE FSB, PAGE A11



## POLICE OFFICER THORNTON NH POLICE DEPARTMENT

The **Thornton Police Department** is currently accepting applications to fill a vacancy for a Patrol Officer position. The successful candidate will perform law enforcement services in a community-oriented department located in the Pemigewasset Valley midway between Plymouth and Franconia Notch.

Two years of college level education and/or military service, or an equivalent amount of training and experience desirable. NH full-time certified police officers are preferred, but not required. Applicants must possess a valid motor vehicle operator's license. We offer an attractive benefits package. Entry Level Salary ranges, \$36,000 to \$40,000, dependent on qualifications and experience.

Please submit a cover letter and resume to the Thornton Police Department, 16 Merrill Access Road, Thornton, NH, 03285 or by e-mail to [admin@thorntonnphd.org](mailto:admin@thorntonnphd.org).

APPLICATION DEADLINE: **Monday, November 28, 2016, at 1:00 p.m.**

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Election

FROM PAGE A1

New Hampshire’s First District.

For the state Executive Council in District 1, Republican Joe Kenney will continue to represent the North Country of New Hampshire after defeating two-time challenger, Democrat Michael Cryans, while neighbors Bob Giuda and Charlie Chandler of Warren battled it out for State Senate District Seat 2, which was vacated by Jeanie Forrester in her unsuccessful bid for the Corner Office in Concord earlier this year. At the end of the night Giuda came out on top by an overall vote of 15,546 to the 13,244 votes district wide for Chandler.

Locally, the overall the available votes came in as follows:

Alexandria agreed with Donald Trump as the next President by a vote of 546 over Democratic challenger Hillary Clinton, who received 343 votes in the town. While Ayotte lost in her bid for re-election to U.S. Senate, she did win approval of Alexandria voters, ending up with 523 votes over Hassan’s 379. Jim Lawrence was also preferred in the town with a vote of 487 to 371 over incumbent Congresswoman Ann McLane Kuster who, district wide, later went on to reclaim her seat.

Bridgewater also supported Trump, 423 to 267 over Clinton, while for

Congress, Kuster also gained a win that town. Sununu narrowly took a loss for governor in the community, with Van Ostern receiving 299 votes to his 275, and Kenney again beat out his challenger Cryans for Executive Council’s District 1 with 383 votes. Finally, in the major races, Chandler topped eventual State Senate District 2 winner Giuda, 462 to 407.

In Bristol, Clinton received 626 votes to Trump’s 900 votes and the town also agreed on Chris Sununu for Governor over challenger Colin Van Ostern, 859 to 657. Voters also preferred Ayotte over Hassan by a vote of 871-701 for U.S. Senate.

Democratic Congresswoman Annie Kuster was overtaken in Bristol by challenger Jim Lawrence with a vote of 822-670, but the Republican candidate did eventually lose his bid for her seat in Washington. Another incumbent, Joe Kenney, was also supported by Bristol voters however, 945 to 579.

Danbury voters approved of Trump, 386 to 247 over Clinton, and cast their approval toward Sununu for Governor. Sununu brought in 341 votes to Van Ostern’s 292 in that town’s race. Ayotte also won over the voters in Danbury with a 363-274 vote count, while Kuster lost her support in the town, 328-287, to Lawrence.

Hebron voters supported the Trump/Pence

ticket, 238 to 175, along with Sununu vs. Van Ostern by a vote of 270-156. They also favored Giuda over Chandler for State Senate District by a margin of 266-149.

Hill, which lies in Merrimack County, also rode the tide to Trump’s electoral win, 341 to 176 over Clinton. Voters went on to support Ayotte for U.S. Senate over Hassan, 327-198, and preferred Lawrence over Kuster in the Congressional District 2 race by a vote of 291 to 205.

Kenney received 323 votes to Cryans’ 170 for Executive Council, and Giuda topped Chandler for the New Hampshire Senate seat, 301-199.

New Hampton, situated in Belknap County, preferred Trump 737 to 544 over Clinton, while Sununu gained support over Van Ostern with a vote of 704-589. Ayotte also had New Hampton voters’ support over Hassan, 741 to 561, while Frank Guinta, who eventually lost his bid at re-election to the Congressional District 1 seat, did garner the support of New Hampton voters, 636 to 531, over back and forth challenger Carol Shea-Porter. Shea Porter ultimately won the Congressional seat in that district.

For more detailed results on the State Representative, county and other local election results that are meaningful to your town, please visit the N.H. Secretary of State’s Web site at [www.sos.nh.gov](http://www.sos.nh.gov).

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

LaRoche

FROM PAGE A1

recently in the position of Senior Fire Captain/Paramedic. He holds an Associates of Science degree in Health Sciences as well as a Fire Officer 4 Certification, the highest rank achieved in the field of fire services.

“Chief LaRoche has come up through the

ranks at the Bristol Fire Department and we have been impressed with his level of commitment to the community and the department during that time,” said Select Board Chair Shaun Lagueux. “We have received positive feedback from the department and the community with regard to the quality of service the department pro-

vides. We are looking forward to continuing that high level of service and care under Chief LaRoche’s leadership.” Selectmen invite residents to stop by the Bristol Fire Department, located at 85 Lake Street, to congratulate Chief LaRoche on his promotion. He may also be reached by phone at 744-2632.

Notebook

FROM PAGE A4

primary or secondary treatment plant for town sewerage, and where the few industrial problems could be cleaned up on site.

Thus one by one, towns on the far headwaters of the Connecticut, Merrimack, Piscataqua and other river systems began to get cleaned up, and gradually the rivers’ own natural flushing, gravel and sand straining abilities resulted in ever-cleaner water the

farther downstream things progressed. And soon enough, bigger towns and cities on the main stems of the rivers were presented with a fait accompli. Hey, the water’s clean until it gets to your house, Bub. And if the small and comparatively poor communities upstream can clean up their acts, so can you.

Thoreau traveled up the river in 1839, and Dirk and I camped for the night near where he did. In his time the Merrimack’s long decline into little more than a

moving cesspool was just beginning, and in our time the reverse, the beginning of atonement for previous sins, was well underway. Today, we’d have a lot to talk about around the fire.

*(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

Winter

FROM PAGE A7

style of musical intensity, soaring vocal harmonies and stage theatrics layered around a rich storyboard will create a most unique dazzling holiday spectacle.

Make no mistake: The Wizards of Winter is not a Trans-Siberian Orchestra tribute group, and they do not perform a whole evening of their music but do perform

some of their greatest hits as part of an original holiday rock opera. 2016’s holiday tour features three former members of the Trans-Siberian Orchestra with the recent return of lead vocalist Guy LeMonnier, vocalist Peter Shaw, and narrator Tony Gaynor.

LeMonnier says, “I had the fortune of meeting them in 2013, and I found a group of musicians and friends that quickly became family.

The excitement on that stage for their craft and their love for the audience is awe-inspiring and I’m thrilled to be back with the pack to rock the nation this holiday season.”

Tickets for Wizards of Winter are \$29, and \$39 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flying-monkeyNH.com](http://www.flying-monkeyNH.com).

Seniors

FROM PAGE A10

cines that can disrupt sleep include antidepressants, beta-blockers, and cardiovascular drugs.

- Limit the use of sleep aids and sleeping pills. Many sleep aids have side effects and are not for long-term use; sleeping pills don’t address the causes of insomnia and can make it worse in the long run.
- At night:**
  - Establish a regular, relaxing bedtime routine. Read, take a bath, or listen to soft music before bed.
  - Maintain a regular bed and wake time schedule, and avoid napping in the late afternoon or evening.
  - Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
  - Sleep on a comfortable, supportive mattress and pillows, and with suitable blankets.
  - Finish eating at least 2-3 hours before bed, and avoid nicotine, alcohol, and caffeine.

- Naturally boost melatonin levels. Artificial lights at night can suppress production of melatonin.

- Use low-wattage bulbs where you can. Turn off the TV and computer at least one hour before bed.

**During the day:**

- Engage with others and perform daily tasks to help prepare the body for a good night’s sleep.
- Improve your mood. A more positive mood and outlook can reduce sleep problems.
- Exercise at regular times each day with physician approval, but not within 3 hours of your bedtime, to release endorphins that can boost mood and reduce stress, depression, and anxiety.
- Get out in the sunlight each day. Bright sunlight helps regulate melatonin and sleep-wake cycles.

**Comfort Keepers® can help.** Comfort Keepers®’ Interactive Caregiving™ keeps senior clients engaged physically, mentally, and emotion-

Whitcher

FROM PAGE A5

April Messer of Newbury, Rebecca Whitcher, of Claremont, and Ruth Koloski of Claremont; and many, nieces and nephews.

He was predeceased by his father, Horace "Bud" Whitcher, in 2015, and one sister, Laurel Coronis.

There will be no calling hours.

A funeral service was held at 10 a.m. on Wednesday, Nov. 16, 2016 at the Hill Village Bible Church, 36 Crescent St., Hill.

Burial with full mil-

itary honors followed at noon on Wednesday, Nov. 16, 2016 at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen.

In lieu of flowers, memorial contributions may be sent to Victoria Whitcher, 325 Morrison Rd., Bristol NH 03222.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, N.H. is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinson-beane.com](http://www.wilkinson-beane.com).



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Veterans

FROM PAGE A1

Nov. 8 election of a new president, she hoped President-elect Trump would take the words of

that document to heart as he begins his role as Commander in Chief.

George Washington, she added, said upon his election to preside over the Constitutional Con-

vention, “Let us raise a standard to which the wise and honest can repair.”

Scarborough closed by saying she was honored to speak to the as-



James Shokal played taps as members of VFW Post 10640 stood at attention during Veteran’s Day remembrances on the Hebron Town Common last Friday morning.



A gun salute by members of VFW Post 10640 was part of the solemn Veteran’s Day ceremony on the Hebron Town Common last week.

sembly on Veterans Day and said Hebron should be proud for bringing its residents together to honor the patriotism, service and sacrifices of all who have served.

Included in the ceremony was the Pledge of Allegiance led by Mackenzie Jollie, and greetings to the crowd of approximately 50-60 people, which was given by Historical Society president Ron Collins. Local Girl Scouts joined in with the singing of

the National Anthem, Grand Old Flag, and My Country ‘Tis of Thee then invited the crowd to join them as they sang America the Beautiful.

Just after 11 a.m. on the 11th day of the 11th month, Henry Lynch and Arthur Cummings also oversaw the lowering of the flag on the town common while VFW Post 10640 made the presentation of a new flag for the community.

The Post also delivered a solemn gun sa-

lute, after which James Shokal of Newfound Regional High School played taps on his trumpet as everyone stood in silent remembrance and respect for all who have served the nation.

The invocation and benediction that day were given by Rev. John Fischer, who himself is a veteran.

Following the ceremony, the crowd gathered inside the Hebron Community Hall for refreshments.

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Food Drive

FROM PAGE A3

down to a science now,” Scroggins said. “Each box has 25 food items in them, and there’s 20 boxes per pantry, with even a few extra items for each.”

At the end of a long but successful morning, that tallied up to more



As the Scouting For Food Drive got underway last Saturday morning, Boy Scout John Ullricson of Plymouth’s Troop 56 stacked boxes of donations for food pantries serving Lincoln/Woodstock, Plymouth, Campton, Ashland, Warren/Wentworth and Bristol.



Cub Scouts Blaine and Robert from Pack 56 of Plymouth joined hands to push groupings of 25 nonperishable items at a time to their fellow scouts who then packaged them for distribution to eight area food pantries during last weekend’s Scouting for Food Drive.

than 4,000 nonperishable goods donated to help neighbors in need.

Campton’s Welfare Director, May Brosseau, who also oversees Campton Community Cupboard, was among the first to stop by and pick up her charitable foundation’s donations and was very excited about the assistance from the Scouts.

“This is a significant help,” she said. “Our organization runs on local donations and contributions from the New Hampshire Food Bank so this will help get us through the holidays. There are some very generous people out there and we thank them all for

helping with our town’s operating budget.”

Besides collecting and boxing up food for her pantry, the scouts took the initiative to direct Brosseau’s vehicle as it backed up to the Armory then loaded it up for her as well.

Scouting for Food was a nationwide drive, but locally the scouts contributed to not only Campton’s Community Cupboard but the Warren-Wentworth Food Pantry, Lin-Wood Food Pantry, Helping Hands and the Plymouth Area Community Closet, Center Harbor Food Pantry, Ashland Food Pantry and Bristol Community Services.

# Mount Washington is Moving to Manchester

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Jacobson Arena will be the new home for the New Hampton hockey teams.

COURTESY PHOTO

## Jacobson Arena welcomes in new era for New Hampton hockey

NEW HAMPTON — On Friday, Nov. 4, at 4:30 p.m., New Hampton alumni, trustees, staff and varsity hockey programs gathered to formally dedicate Jacobson

Arena, an \$8.5 million enhancement to the school's physical plant and an exceptional opportunity for the school's hockey programs. Special guests at the

dedication included Trustee Dean Jacobson '68 who enabled the construction of Jacobson through his generosity and spurred the building project with his entrepre-

neurial spirit and enthusiasm. In addition, former Head of School Andrew Menke returned for the dedication and spoke of the growing prominence of New Hampton's hock-

ey program, the clear need to give New Hampton student athletes and the community the advantage they deserved with a state-of-the-art facility to grow the hockey program.

Two senior hockey team members were honored to speak at the dedication, Cayla Barnes from Corona, Calif. and Max Osborne from Anchorage, Alaska. Barnes noted the time that she and her teammates spend at the rink during hockey season.

"I am really looking forward to Jacobson Arena because it will be our new home. A place where we eat, sleep, and breathe hockey. This arena will see big overtime wins and some heartbreaking losses, but the heart of Husky Hockey will electrify this building, making it come to life."

Director of Athletics Jamie Arsenault reflected with great enthusiasm, "The vision and execution of Jacobson Arena is an effort of many, and we are thrilled to open this facility. Not only will our hockey programs have access to an incredibly sophisticated facility, but we look forward to seeing Husky Nation, our fellow schools and

the local community members brought together by an exceptional arena in which to celebrate a beloved sport."

Following the dedication ceremony and the official ribbon cutting, returning members of the varsity men's and women's hockey teams took to the ice with Harry the Husky for a ceremonial skate.

The facility boasts a full size rink with proper boards and glass, stadium seating, wiring for sound and video, stunning locker rooms and showers, a warming area and glass lobby that overlooks the ice, proper housing for the Zamboni, and plenty of room for viewers to enjoy the game.

Founded in 1821, New Hampton School is an independent, co-educational, college preparatory secondary school of 315 students who come from more than 25 states and 25 countries. An International Baccalaureate school, New Hampton School cultivates lifelong learners who will serve as active global citizens. Students benefit from an average class size of 11 and a student-faculty ratio of five to one. For more information, please visit [www.newhampton.org](http://www.newhampton.org).

## One epic end to the baseball season

I promised last week that there'd be something here this week on the epic World Series that we witnessed just a few short weeks ago.

As a Red Sox fan, I can never forget where I was when Keith Foulke fielded that bouncer off the bat of Edgar Renteria and threw to Doug Mientkiewicz for the final out of the 2004 World Series and I know that Cubs fans will feel the same way about the Michael Martinez (former Red Sox) dribbler fielded by Kris Bryant and thrown across to Anthony Rizzo (former Sox farmhand) for the final out of the 2016 World Series.

The Cubs were the best team in baseball this year and it is a fitting end to the season that they come up with the win in the World Series. But it's also fantastic to all baseball fans out there that the World Series went all the way to seven games and featured plenty of dramatic comebacks and moments.

When the Red Sox get

### SPORTING CHANCE



By JOSHUA SPAULDING

eliminated from postseason play, I tend to turn away a bit from baseball, despite the fact that it is my favorite sport. It can be frustrating listening to the sport I love when the team that I love is no longer in it. However, I usually end up tuning in to the World Series and this year I had plenty of incentive to listen. Not only was history a possibility if the Cubs won, the Indians were also a great story, as the underdog Cleveland boys rolled over the Red Sox and Blue Jays on their way to the World Series.

There were also tons of Red Sox connections in this World Series. The Cubs were led by former Red Sox General Manager Theo Epstein, who probably earned himself a spot in the Baseball Hall of Fame after ending the two most epic

World Series droughts in Major League history. The Indians were led on the field by Terry Francona, who will probably never have to buy a drink in Boston again after leading the Red Sox to two World Series wins. Additionally, Jon Lester, John Lackey, Rizzo and David Ross are all on the Cubs roster after at one point being part of the Red Sox organization. Coco Crisp, Martinez, Andrew Miller and Mike Napoli all suited up for the Indians in this World Series after previously wearing the Red Sox uniform.

The one thing I don't particularly like about the World Series (and the postseason in general) is the late start for games, but I know this has to do with both being on the east coast and the television rights. However, I found myself tuning in each and every night, whether it was on my iPad in the office as I was working, on my car radio as I was driving or on my television when I got

home, or a combination of the three. The radio got the nod more for me because I didn't have to listen to the unbearable Joe Buck, but the end of the seventh game I did see on television and was happy I got to witness a historic moment.

While inside I was probably rooting for Terry Francona, I can't hold any ill will towards the Cubs and their fans, who waited a long time for this moment and deserve the chance to celebrate.

Finally, have a great day Kathleen Hill.

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

## Winter sports under way in Bristol

BRISTOL — The winter sports season will officially kick off at Newfound Regional High School next week.

The girls' basketball team and the spirit team both began official practices on Monday, Nov. 14.

The boys' basketball and alpine skiing teams will start their official practices the following week, with the basketball boys starting at 6:30 p.m. and skiing determined at a time to be determined.

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# Bobcats topple top-ranked Jaguars

## *Plymouth football earns trip to Division II finals*

BY JOSHUA SPAULDING  
Sports Editor

WINDHAM — The sign at the entrance to Windham High School had no mention of the Division II football semifinal game against Plymouth on Saturday, Nov. 12.

Whether it was the fact that someone simply forgot to reprogram the sign or the fact that the Jaguar community was looking a bit past the Bobcats and into the finals will never be known.

But what will be known is that the Plymouth boys can play a little football, as the Bobcats traveled to the ironically-named Mount Jaguar (the hill the school sits on barely qualifies as a hill, never mind a mountain) and knocked off the top-seeded Jaguars by a 20-18 score.

“We thought they would be playing smash mouth football,” Plymouth coach Chris Sanborn said. “And we always say that if anyone wants to play smash mouth football against us is going to have to buckle up their chin straps.

“Windham wanted to play smash mouth football,” Sanborn said. “And you don’t want to play smash mouth football with Plymouth boys.”

The Bobcats almost gave the game away in the final few minutes, as the Jaguars feverishly pressed for the win. Windham scored inside the two-minute mark and then stopped the Bobcats on fourth and one with just less than a minute to play.

Three plays later, the Bobcats appeared to have the game won when Garrett Macomber intercepted a Windham pass. However, a penalty on the Bobcats gave the Jaguars another chance and they were able to get the ball down inside the 15-yard line. But out of timeouts, the Jaguars had to hurry to try and get off a field goal attempt and Macomber blocked the kick to seal the 20-18 win.

“Just when you think you’ve got the game won, they call a penalty,” Sanborn said. “That was devastating, but the kids came back.”

Out of the gate, Plymouth picked up a first down on the first drive, with Macomber and Colby Moore doing the running, but they were eventually forced to punt. Windham picked up consecutive first downs to open their first drive, but stops from Macomber, Collin Goodale and Isaiah Crane eventually forced Windham to punt as well.

The Bobcats got on the board first on the next drive. Macomber and Moore got the ball to the 40 on three carries for the first down and then Macomber picked up three more yards to inch closer to midfield. Then, on second and seven, the junior star broke through the line and raced down the field, getting into the end zone just before the Jaguar defense got to him, giving Plymouth the lead. Danny Carey booted the extra point and the Bobcats had the 7-0 lead with 4:08 to go in the first quarter.

The Jaguars then ate up the rest of the first quarter clock, running the ball down the field. Cody Campbell and Wes Lambert both had stops for the Bobcats and the quarter ended with the Jaguars on the 16-yard line and Plymouth still up by a 7-0 score.

A penalty put the Jaguars in a second and long situation from the 25 and Rowan Drew made a stop. But on the next play, the Jaguars connected on a pass up the middle for the 25-yard touchdown. A bad day of conversions for the Jaguars began moments later when the kick attempt barely made it off the ground and Plymouth remained in the lead by a 7-6 score.

Plymouth responded by eating up the second quarter clock, led by the legs of Moore, Macomber and Tony Velez, who picked up a key first down on fourth and one. On fourth and six, quarterback Brandon Roy hit Moore with a screen pass for a key first down and a run from Macomber got Plymouth inside the 10-yard line. The Bobcats were stopped short on third and goal from the fourth, so Sanborn called on Carey to boot a 22-yard field goal and the



JOSHUA SPAULDING  
The scoreboard tells the story as the Plymouth football team celebrates its semifinal win over Windham on Saturday.



JOSHUA SPAULDING  
The Plymouth football team reacts as coach Chris Sanborn (arms raised) helps them celebrate a trip to the state championship.



JOSHUA SPAULDING  
Tony Velez looks for a hole during action against Windham on Saturday.

junior did his job, striking the ball through the uprights for a 10-6 lead.

Windham came back and couldn’t move the ball, as Drew Hodges got in the backfield on the first play and the Jaguars had to punt away. Plymouth was forced to punt three plays later and Sam Slaughter came through with a huge punt, pinning Windham deep and the Bobcats went to the half with a 10-6 lead.

The Jaguars got the ball to start the second half and they moved the ball down the field but an incomplete pass on fourth and nine gave the Bobcats the ball back.

Plymouth went back to the ground, with Velez, Macomber, Moore and Roy all running the ball and then Roy hit Jacob Lamb on a screen pass for a first down, getting the ball down to the eight. Two plays later, Roy carried into the end zone from two yards out, Carey booted his second extra point of the game and Plymouth’s lead went to 17-6 with 3:48 to go in the third quarter.

Windham came back and moved the ball down the field as the third quarter came to a close and stood at the two-yard line as the quarter came to a close. The Jaguars scored on the first play of the second quarter but Moore intercepted the two-point conversion attempt and Plymouth’s lead was 17-12 just three seconds into the fourth quarter.

Windham tried an onside kick and Crane was able to recover the ball for Plymouth. The

SEE FOOTBALL PAGE B3

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# Local spikers earn All-State nods

BY JOSHUA SPAULDING  
Sports Editor

REGION — Four local athletes were named to the volleyball All-State teams that were announced last week.

In Division II, Kingwood senior Liz McLaughlin earned first Team honors and Plymouth's Anja Swanson

picked up Second Team honors.

Joining McLaughlin on the First Team were Shannon Riley of Coe-Brown, Stevie Orton and Cynthia Gagnon of Gilford, Isabelle Fradilada of Oyster River, Kaitlyn Lavoie of Somersworth, Payton Hodson of St. Thomas and Lexi Sawyer (Play-

er of the Year) and Casey Dinga of Windham.

Joining Swanson on the Second Team were Con-Val's Aidan Dissinger, John Stark's Nicole Yelle, Laconia's Riley Littlefield, Milford's Gabby Monico, Portsmouth's Natalie Gravelle, Somersworth's Hunter Gosselin, Souhe-

gan's Katie O'Brien and Emma Gould of St. Thomas.

Earning Honorable Mention for Division II were Kerry Riley of Coe-Brown, Hannah McCormick of Fall Mounatin, Taylor Ricard of Manchester West, Mikayla Sequeira of Pelham, Morgan Kroitzsh of Portsmouth and Ava Scholes of St. Thomas.

Steve Hodsdon of Somersworth was named Coach of the Year and Amy Tripp of Gilford was named JV Coach of the Year.

In Division III, Prospect Mountain senior Shannon Armstrong earned Second Team honors and Newfound sophomore Ashlee Dukette earned Honor-

able Mention.

Joining Armstrong on Second Team were Shannon Davies of Belmont, Epping's Sophia Randall, Farmington's Gillian Kobbe, Inter-Lakes' Rebecca Otis and Amanda Kurowski, Mascenic's Shannon Agonis, Portsmouth Christian's Ashley Vining and Winnisquam's Talia DeBlasie.

Joining Dukette with Honorable Mention were Franklin's Brianna Judkins, Hillsboro-Deering's Nicole Mooney, Pittsfield's Emma Smith, Raymond's Moria Audette, Stevens' Cameron Cullison and Trinity's Hannah Fabiano.

Earning First Team honors for Division

III were Gabe Sott of Campbell, Kayleigh MacDougall of Farmington, Melanie Ojala of Mascenic, Carlee Morgan and Alexa Price of Moultonborough, Nichole and Emilee Flanagan of Nute, Meg Frederick of Sunapee and Shannon Goodwin of Winnisquam.

Nichole Flanagan was named Division III Player of the Year, while Mike Livernois of Winnisquam was named Coach of the Year and Kevin Archibald of Winnisquam was named JV Coach of the Year.

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

## Newfound searching for JV baseball coach

BRISTOL — Newfound Regional High School has an opening for a JV baseball coach. Please send letter of intent, resume

and names and phone numbers of three references to Superintendent Stacy Buckley, SAU4, 20 North Main St., Bristol, NH. 03222.

Questions should be directed to Peter Cofran, Athletic Director at pcofrn@sau4.org or 744-6006, x1507.



JOSHUA SPAULDING

Rowan Drew (left) and Isaiah Crane combine to stop a Jaguar runner on Saturday.



JOSHUA SPAULDING

The Plymouth football team heads back to the field after halftime.



JOSHUA SPAULDING

Drew Hodges (50) drags down a Windham runner as Jordan Docen (22) helps out and Connor Magowan (26) and Collin Goodale (38) prepare to assist as needed.



JOSHUA SPAULDING

Kicker Danny Carey was a key part of Plymouth's semifinal win, kicking two extra points and two field goals.

## Football

FROM PAGE B2

Bobcats then got a great catch from Jordan Docen on a pass from Roy for a key pick-up and Carey again came through for the Bobcats, delivering a 30-yard field goal with 8:59 to go for a 20-12 lead.

Macomber came up with a big stop on Windham's next drive and Campbell and Hodges got in the backfield for a sack and Windham eventually kicked the ball away. Plymouth promptly gave the ball back to the Jaguars with a bit more than four minutes to go, as they fumbled the ball and Windham recovered.

The Jaguars then ran the ball down the field and into the end zone

with 1:52 to go to cut the lead to two. However, Docen was able to intercept the two-point conversion to keep the lead. Plymouth was unable to convert a fourth and one on the next drive and Windham got the reprieve when Macomber's interception was overturned by a penalty. However, the Jaguars couldn't get the field goal kick past Macomber and Plymouth had the win and its first trip to UNH for the championship game.

Sanborn touted the work of his special teams, which kept the Jaguars from getting any of their conversions following the touchdowns.

"We tell them, if (the other team) scores touchdowns, there's still points on the board,"

Sanborn said. "You can still stop those points."

Those proved crucial, as had the Bobcats been able to get two-point conversions on two of the three touchdowns, they would've won the game.

Sanborn also praised the play of Macomber, who has been one of the top runners in Division II, gaining more than 2,000 yards on the season.

"That is the best player in Division II, one of the best in the state of New Hampshire," Sanborn said. "And every play on defense, he's in there making plays."

He also praised the work of Campbell and Tyler Morrison up front.

And Sanborn noted that he has been in the same position as Windham was this week, bat-

ting an underdog in an intense playoff battle, remembering back to the late 1990s when Laconia knocked off the undefeated Bobcats.

"We've been in that situation with an undefeated team," Sanborn said. "There's a lot of pressure and I'm sure they felt it."

The Bobcats now turn their attention to the Bow Falcons, the seventh-seeded team in the tournament. The Falcons upset second-seeded John Stark and third-seeded Hanover to earn a trip to the finals in their first year in Division II.

The game will be a rematch of the week-four battle in Bow, a game won by the Bobcats by a 28-12 score.

Sanborn pointed out that he hadn't looked past Windham, so there was no game plan in place yet for the Falcons.

"We were a little worried about Windham," Sanborn said. "Now we'll regroup."

"Bow is one hell of a team, we'll have our hands full," Sanborn

said. "It's going to be a dog fight."

Game time is set for 2:30 p.m. at the new UNH football stadium on Saturday, Nov. 19.

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

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TOWN-TO-TOWN CLASSIFIEDS



Plymouth Village Water & Sewer District  
Water Operator

The Plymouth Village Water and Sewer District seeks full time Water Operator.

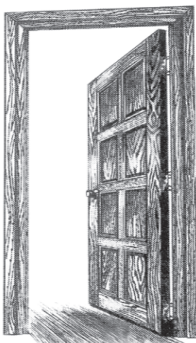
Responsibilities: Performs routine duties in the treatment process and distribution system; collects samples and performs and analyses laboratory tests; performs work required for the operation of water related facilities including water services, mains, and booster pumping stations; performs emergency duties in the water system as required. This position also assists in maintaining the District facilities and grounds, including rights of way and properties used for the production, distribution, and metering of water and wastewater operated by the Plymouth Village Water & Sewer District.

Qualifications: High school diploma or GED; must have a valid NH driver's license. Preferable to have one to three years water treatment experience and equipment operating experience. As a condition of employment, the Water Operator must hold NH Water Treatment and Distribution Grade I Certification or have the ability to obtain certification within 1 year of hire. Any equivalent combination of education and experience which demonstrates possession of the required knowledge, skills, and abilities will qualify. Further information and job description are available at [www.pvwsd.com](http://www.pvwsd.com).

Please submit cover letter and resume to District Administrator at [pvwsda@gmail.com](mailto:pvwsda@gmail.com) by December 16, 2016.

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**Job Requirements:** BSW / MSW - or other human service related field; or NH LPN/RN Licensure, BSN Preferred

Background in social services or care management.

If interested please apply online: [www.ucvh.org](http://www.ucvh.org)

Human Resources  
Upper Connecticut Valley Hospital  
181 Corliss Lane  
Colebrook, NH 03576  
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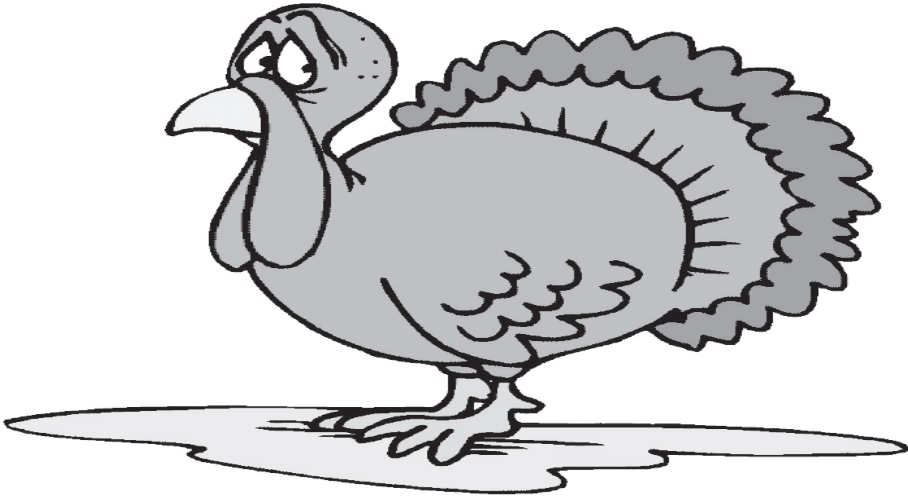
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Powerhouse Nick Wright sat in the box on Friday after dropping gloves with a Watertown Wolf.



River Driver Daniel Chang scored his first goal during a home game on Friday in which Berlin lost to the Watertown Wolves 3-2 in overtime.



Cole Gunner provided assists in all three of Dominik Synek's goals on Saturday.

# River Drivers win one, lose one in weekend of action

BY JODY HOULE  
Contributing writer

BERLIN – The FHL Berlin River Drivers had two home game matches at the Notre Dame Arena this past Friday and Saturday. On Friday, the team lost a close one to the Watertown Wolves in a game that came down to sudden death. On Saturday, the River Drivers dominated the Cornwall Nationals in a 5-2 victory.

The game on Friday was sponsored by the Northland Restaurant and Dairy Bar for Military Appreciation Night. Veterans as well as those active in the military were given free admission with complimentary tickets or with their military IDs. The Berlin team sported camouflage jerseys in honor of veterans. The jerseys were raffled off at the end of the game.

According to the box score, Daniel Chang scored the first goal at 4:32 assisted by Dominik Synek and Jay Croop. It was Chang's first River Drivers goal according to the team website.

A minute and a half later, the Wolves tied it up.

"The enforcer," Nick Wright was given 12 min-

utes in the box for game misconduct and instigating, which privileged the Wolves with a man advantage – however, they didn't benefit with any more shots. Wright later received another five penalty minutes for fighting.

At 10:31 in the second period Berlin took the lead after Cole Gunner scored with an assist by Patrick Harrison. It was 2-1 when the buzzer went off.

Just more than two and a half minutes into the third period, the Wolves tied it up again. Both teams had many shots on goal but neither scored. The game was sent into sudden death overtime.

Overtime consisted of more shots on goal from both teams for 18 minutes of nail-biting play until the Wolves made the winning shot.

Berlin goalie Garret Storms had 28 saves and the Wolf goalie had 44.

After a Nov. 4 loss to the Cornwall Nationals, Berlin avenged them on Saturday and bumped up with a 0.524 win percentage. Even though the Nationals out-shot the River Drivers 33-31, Berlin came out on top 5-2. Berlin's Synek pow-



Dominik Synek had a hat trick that helped secure the 5-2 win for the River Drivers over the Cornwall Nationals on Saturday.

ered a hat trick to secure to win.

The first three Berlin goals happened in the first period. A little over three minutes in Artur Drindrozhih scored, assisted by Lester Brown and Ryan Skalski. About eight minutes later, Cornwall tied it up but Berlin took the lead back with a goal by Synek, assisted by Gunner and

Kristaps Nimanis. Berlin brought the score 3-1 with another goal by Synek and another assist by Gunner. Pavel Kubena also assisted.

Cornwall scored at 17:08 in the second and it was the team's last goal. At 5:04, Wright and Cornwall's Anthony Pittarelli both spent 12 minutes in the box for fighting and misconduct.

It was all Berlin for the final period. Brown made the score 4-2 at 8:42 with assists from Edgars Ozolins, and Drindrozhih. A minute later, Synek had his third goal once again assisted by Gunner and Kubena for the 5-2 win.

River Drivers goalie Matt Kaludis had 31 saves and the Nationals had 26 saves.

Berlin is currently ranked third with a record of three wins, two losses and two overtime losses. They played the Danbury Titans on Sunday and dropped a 4-2 decision. The River Drivers trailed 3-2 and pulled the goalie for a final chance to score and the Titans added an empty net goal.

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