

Alexandria recognized for joining Recovery Friendly Workplace unit



Representatives from the Town of Alexandria were joined by representatives of Gov. Sununu's office, CADDY and the Granite Way United Way's Recovery Friendly Workplace to welcome the town as one of more than 300 Recovery Friendly Workplaces in New Hampshire.

BY DONNA RHODES
Contributing Writer

ALEXANDRIA – Dave Mara and Eliza Zarka of Gov. John Sununu's office made the trip from Concord to Alexandria last week to congratulate the town on being one of more than 300 towns and businesses who have signed on to become a Recovery Friendly Workplace.

Mara is the Governor's Advisor on Addiction and Behavioral Health, while Zarka is

the Behavioral Health Coordinator and together they work to promote statewide assistance in helping people recover from substance abuse and become meaningful members of their community once again.

The two partners in this campaign, which began in 2018, were pleased to welcome the town of Alexandria as one of more than 330 companies, organizations and town employers that have joined them in their quest to help people not

only maintain gainful employment but achieve positive support for both they and their loved ones in doing so.

"When in the depths of addiction, self-worth goes down," Mara said. "If we can get people back to work, that improves and leads to a much better outcome."

Jeanne Venuti, a Recovery Friendly Advisor from Granite United Way, was instrumental in bringing their Recov-

SEE ALEXANDRIA PAGE A11

Newfound Area School District seeks public participation in Facility Needs Survey

BRISTOL — The Newfound Area School District, comprised of the Towns of Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron and New Hampton, seeks participation from community members, parents, students, faculty, staff, taxpayers and other stakeholders of the Newfound Area School District in its Facility Needs Survey. The Survey was developed at the request of the Newfound Area School District Building Committee, which was convened by the NASD's School Board to assess facility condition and space needs at the Danbury Elementary School, Bristol Elementary School and

New Hampton Community School.

The three Elementary School buildings are all of advanced age, and in need of significant structural repair and improvements to continue to meet the instructional and safety requirements of this generation's students. The NASD is at a point where it needs to decide whether the people of the District would be better served by reconfiguration, consolidation and/or construction of new facilities rather than making substantial investment in the current three deficient Elementary School facilities.

The Building

Committee understands that much more than pure economics factors into such decisions, including practical considerations like bus and family travel times, and loftier ideas like how schools figure into a community's identity. To identify and respond to these concerns, the Building Committee seeks participation in its Facility Needs Survey. A link to the Survey may be found online at www.sau4.org, or a paper copy of the survey may be obtained by calling the Newfound Area School District SAU4 office at (603) 744-5555, ext. 8000. All responses must be received on or before March 16.



Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of Jan. 10 are students, Madison Colburn, Emily Hinkson and seventh Grade Math Teacher Mr. Fuller. They have been recognized for their representation of the NMMS Core Values. These members of our NMMS community continually show us what RESPECT, RESPONSIBILITY, PRIDE & INTEGRITY are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners!

Ashland School District warrant to go before voters with no changes

BY DAVID RUELL
CONTRIBUTING WRITER

ASHLAND — The Ashland School District deliberative session on Feb. 7 quickly reviewed the four articles in the annual district meeting warrant and lasted only nine minutes. The school and town officials attending the session outnumbered the audience.

Only the last article, which asked the voters if they wish to exercise the right of first refusal to buy back the old elementary school from Tri County CAP for \$400,000, drew any comments. The article is not recommended by the School Board or the Budget Committee, but was required by the deed from the school district to TCCAP, to see if the voters wish to repurchase the building.

Ann Richards asked why there was no tax impact statement with the article, as there is on the town warrant articles. The school district has not voted to require tax impact statements on the warrant articles, but the handout accompanying the text did include that information. The school board later agreed at their own meeting to add the tax impact statement to that article on the ballot.

At the close of the session, School District Clerk Patsy Tucker explained that the Secretary of State had asked that deliberative sessions in multi-town school districts be scheduled so that they do not conflict with each other. (For several years, the deliberative sessions of the Ashland School District and the Pemi-Baker Regional School District have been held on the same

Bobcat girls win Nordic Coaches Series title



COURTESY PHOTO

The Plymouth Nordic girls captured the New Hampshire Nordic Coaches Series title in Whitefield this weekend.

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — After winning the first New Hampshire Coaches Series Race in Waterville Valley last month, the Plymouth Nordic girls repeated that feat in the second race of the series to claim the Coaches Series title on Saturday at White Mountains Regional High School.

Elli Englund skied to third place overall in the freestyle race with a time of 12:12.

Addison Englund finished in sixth overall with a time of 12:21 and Ella Ronci was ninth overall in a time of 12:25.

Leah Ines finished out the scoring for Plymouth with a 25th place finish in a time of 13:45.

Reagan Sutherland was 33rd in 14:33, Heron Hannon was 34th in 14:34, Johanna Wakefield placed 46th in 15:00, Anna Boyer was 54th in 15:26, Kelsey Maine skied to 60th in 15:38 and Erica Currier finished in 103rd place with a time of 18:31.

For the Bobcat boys, Nicholas Ring led the way with a 23rd place finish in a time of 11:32.

Tate Hayman skied to 57th place in a time of 12:53 and Declan Ulricson was the third scorer with a 90th place finish in 13:57.

Gordon Love rounded out the scoring with a time of 14:05 for 95th place overall. Xavier Tirrell was 148th overall with a time of 17:46.

Students from Plymouth Elementary and Holderness Central School competed in the middle school race.

Elena Laroche of Holderness was third in 14:07, followed by a number of teammates, with Sylvie Elliott fourth in 14:19, Mabel Casey in sixth in 14:34, Hannah Casey in seventh in 14:35, Corva Hannon in eighth in 14:51 and Madeline Ronci in ninth in 15:14. Lena Fish of Holderness was 14th in 16:24, Kellen Mitchell of Holderness

SEE TITLE PAGE A11

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Unsafe ice conditions force cancellation of fishing derby

DONNA RHODES
Contributing Writer

A L E X A N D R I A
— There is an old, opti-



DONNA RHODES
With unsafe ice on Newfound Lake this winter, the Alexandria Firefighters Association is instead selling 250 raffles tickets for great prizes as well as the Grand Prize of \$1,000.

mistic proverbial phrase that states, “When life gives you lemons, make lemonade,” and as ice conditions continue to falter on Newfound Lake, that is exactly what the Alexandria Firefighters Association has opted to do by changing their longtime ice fishing derby to the “2023 Can’t Have a Fishing Derby Raffle.”

Through a unanimous decision last Wednesday night, unsafe conditions on Newfound Lake this year prompted members of the Alexandria Volunteer Firefighters Association to cancel the 2023 derby.

“We’re not happy about it, but we had to do it,” said Firefighter Jim Shokal, one of the organizers of the annual event.

Shokal said in the past that the fire department and its support group have relied on guidance from N.H. Fish

and Game on conditions across Newfound Lake before deciding whether or not their annual ice-fishing derby could be held. This year unseasonable temperatures delayed ice formation and strong winds broke up any ice that did develop, even after the arctic temperatures two weeks ago. The result is that open water or thin black ice remains across broad portions of the lake, reaching even to Wellington State Park where the derby headquarters are typically set up.

“It’s just not worth the risk,” Shokal said. “We’re in the business of saving lives, not risking them.”

It’s not the first time the derby has had to be cancelled in the past thirty-plus years but this time a “Plan B” the association came up with could help them continue support the fire department for things

outside of the day-to-day needs covered by the town.

In a typical derby year, the Alexandria Volunteer Firefighters Association, a 501c3 organization, offers lots of raffle prizes made available from local businesses and supporters. There are also cash prizes for fish caught over the weekend in a number of categories, along with trophies provided by the Simula family for the top three fish pulled through the ice by children. The biggest attraction though has always been the \$1,000 grand prize presented to whomever, in all categories, brings in the largest fish of the weekend.

Since the raffle prizes have already been donated and the grand prize money has been put aside, the AVFA this year decided to create their first ever “Can’t Have a Fishing Derby Raffle.”

Tickets to enter the raffle are now on sale at Bristol’s Newfound Trading Post for \$20 each with all donations benefiting the AVFA’s support for the fire department’s equipment purchases and other needs.

People can also get on-board to support the association by purchasing tickets from AVFA members or online at the Alexandria Volunteer Fire Department Newfound Lake Ice Fishing Derby Facebook page.

The best news is that only 250 of these special tickets will be sold this year, upping the chances of taking home one of the many great raffle prizes and gift certificates, while each ticket holder is also in the running for the \$1,000 Grand Prize; all without heading out to drop a line through the ice.

Tickets for AVFA’s “2023 Can’t Have a Fishing Derby Raffle” will be drawn and broadcast live on the Alexandria Volunteer Fire Department Newfound Lake Ice Fishing Derby Facebook page at 7 p.m. on Wednesday, March 8, and all winners will be contacted following the online announcement.

Ashland selectmen hire firm to re-design electric substation

BY DAVID RUELL
CONTRIBUTING WRITER

ASHLAND — At their Feb. 13 meeting, the Ashland selectmen approved the hiring of a firm to redesign the town’s electric substation, and dealt with other issues, including a Squam Lakes Association plan for town beach area, and the destruction of public records, Town Manager Fred Welch explained that the engineering firm that had been hired to design the upgrading of the municipal electric substation had fallen behind schedule. So, he asked for permission to contract with another firm (which he had worked with before in another community) to do the work at a projected cost of \$20,000. Those funds are now available in the Ashland Electric Department’s accounts. The selectmen approved his request. An important part of the plan will be to switch the station from manual controls to remote electronic controls, which will be much safer for the Electric Department employees,


given the tight quarters in the substation. Welch said that the rebuilding needs to be done within the next few years. The Squam Lakes Association has developed a plan for the eastern end of Little Squam Lake, including the Ashland Town Beach. The Town Manager said that the proposal was quite extensive, and needs a lot of study. It would require approvals from the State of New Hampshire and the New Hampshire Department of Environmental Services and perhaps, the federal government. It would also be expensive for the town, probably requiring a bond issue, for changes to the beach. The proposal will be referred to the Planning Board and other town boards and agencies for review. No details of the proposal were discussed at the meeting. The Town Manager raised the question of the destruction of town records. Recently, the state retirement board asked to look at the town’s 2012 payroll records. But, it was found that they had been de-

stroyed. Welch explained that, under state law, there should be a committee overseeing the destruction of municipal records, which also requires the permission of the selectmen. He asked that the selectmen authorize him to write letters to the various town departments telling them not to destroy any town records until proper procedures had been established. The selectmen agreed. Chairman Bob Letourneau suggested purchasing a high speed scanner so that an electronic copy of town records could be made and stored in a safe place such as a safety deposit box. Ashland is part of the Pemi-Baker Solid Waste District, which currently contracts with the landfill in Bethlehem for the disposal of the solid waste from its member towns. Welch explained that the town had recently received a copy of the revised agreement with the landfill, which includes an increase in tipping prices. The landfill is slated to close in 2026. It is unclear what will happen with the town’s

trash then. So, the selectmen are interested in constructing a trash to energy plant in Ashland. A warrant article to see if the townspeople wish to investigate that option will appear on the town ballot at the March 14 local election. Dan Grossman of Ames Brook Campground explained that the campground will be holding a summer concert on Saturday, Aug. 5, as they have in the past. However, this year, the band and others would like to extend the concert by one hour past the 10 p.m. deadline in the town’s noise ordinance. So Grossman asked for that extension. The selectmen tabled the issue, as they were unsure if they had the power to approve such an extension, and they also wished to get the input of the Police Chief on the request. The town deliberative session voted to increase the donation to the Ashland Historical Society for Whipple House re-

pairs from the requested \$2,000 to \$3,000. As the selectmen had voted to recommend the original petitioned warrant article, they were asked if they wished to still recommend the revised article. They voted to do so, so the increased amount will go to the voters at the March 14 local election with their blessing. The selectmen also agreed to the payment schedule for the Town Library appropriation that was proposed by the Library Trustees. They ended their meeting with a non-public session.

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NLRA hosting guided birding excursion at Grey Rocks!

HEBRON — Join local birder Tom McShane for a birding walk at Grey Rocks Conservation Area, Sunday, Feb. 19, 10 a.m. - noon. Participants will explore the trails at Grey Rocks using their eyes and ears to locate and identify local birds. Winter can be a great time to find birds without leaves on branches to provide cover, and recent warmer weather has some species practicing their spring songs. Tom will share his tips for bird ID and enthusiasm for exploring Newfoundland in winter.

This event is geared toward all people with an interest in exploring the natural world. Registration is required for this event- register and find more information including other upcoming events at NewfoundlandLake.org/events or call 603-744-8689.

NLRA works to protect the high-quality waters of Newfoundland Lake and its watershed, maintaining a healthy and diverse ecosystem. Along with educational programming like guided walks and paddles, NLRA monitors water quality, conserves land, manages stormwater pollution, and monitors for invasive species. For more than 50 years NLRA has been protecting Newfoundland Lake, and the results of that conservation are as clear as Newfoundland's water. You can learn more about NLRA's initiatives at NewfoundlandLake.org.



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White Mountain Dowzers hosting program featuring Kate Rafferty

PLYMOUTH — White Mountain Dowzers presents "Soul Centered" with Kate Rafferty Sunday, Feb. 26 from 1-4 p.m. at the Enterprise Center Plymouth, 1 Bridge St.

Color, sound, and fragrance. Healing, meditation, and practicality. Soul-Centered Manifestation. Transformational Kinesiology (TK) is a proven method for releasing fear, worry, and irritation. Muscle testing is used to get to the heart of the matter. A goal is set, then, the energy (etheric) blocks are identified and cleared out with creative visualization, using color, sound and fragrance (essential oils). The senses help identify blockages and move through the blocks. The student quickly "sees" how their energy flow has shifted. Their goal can then be achievable.

Kate Rafferty is a Certified Transformational Kinesiologist, teacher and practitioner with more than

34 years of service in the healing arts. She is a former President of the Theosophical Society in Boston, and has studied and lectured on the Blavatsky and Bailey, Ancient Wisdom Teachings. She teaches the background material for TK, including studies of the 7 Ray, Esoteric Astrology, and Esoteric Psychology. She has more than 34 years of service in the healing arts. She is a Dowser who has cleared houses and offices of geopathic energies and has lectured on her healing arts at the National Dowzers Convention for years. More at www.kate-rafferty.com.

White Mountain Dowzers is a chapter of The American Society of Dowzers, Inc.

For more information or to RSVP for this meeting, visit <https://www.facebook.com/profile.php?id=100057536084294> or sheila@coppertoppe.com.

Squam clothing fabric painting with the SLA

HOLDERNESS — Calling artists, fashionistas, and anyone who likes to be creative! Bring a picture (photo, design, drawing) of something you would like to paint on an article of clothing, and the clothing item to paint. Squam Lakes Association will provide fabric paint and brushes, as well as chalk to set up the design. This program will be held at

SLA on Saturday, Feb. 25, from 1-3 p.m. All are welcome.

Participants should bring an article or two of clothing to paint and a picture of what they'd like to paint.

For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact directly (603-968-7336). The SLA offers Adventure Ecology

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

The Squam Lakes Association is dedicated to

conserving for the public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.

NHEC sets deadline for candidates seeking nomination to Board of Directors

PLYMOUTH — Members of the New Hampshire Electric Cooperative (NHEC) interested in being considered for nomination to the NHEC Board of Directors should submit their candidate material to the NHEC Nominating Com-

mittee by noon on Feb. 20.

Any NHEC member in good standing can run for a seat on the board. NHEC members vote annually to fill open seats on the board. To learn more about the director election process, please

visit <https://www.nhec.com/board-of-directors/director-election-process/>. To apply, please contact Sharon Yeaton (yeatons@nhec.com) for a candidate packet.

"This is an exciting time to be involved with NHEC," said President/CEO Alyssa Clemens Roberts. "At a time of great change in the way energy and information is shared, and our expansion into broadband, our board and employees are embracing new ways to support the lives of our member-owners. It's an important and rewarding job."

This year, three of the 11 board seats are up for election to three-year terms and one seat is up for a one-year term. Election ballots are

mailed to all members in May. Winners will be seated at the Annual Meeting of Members in June.

The NHEC Nominating Committee meets each year to review applications and interview candidates for the board of directors. Committee members consider the needs of the cooperative and nominate a slate of candidates they feel can best meet those needs. The candidates selected will be identified on the ballot as having been nominated by the nominating committee.

NHEC is a member-owned electric distribution cooperative serving 86,000 homes and businesses in 118 New Hampshire communities.

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Edward Jones: Financial Focus

Don't let fear drive investment decisions

In the past year, we've seen some big swings in the financial markets. This volatility may make you feel as if you have little control over your investment success. But the truth is, you do have more control than you might think — as long as you don't let fear guide your decisions.

Investment-related fear can manifest itself in a few different ways:

Fear of loss – Some investors may emphasize avoiding losses more than achieving gains. Consequently, they might build portfolios they consider very low in risk, possibly containing a high percentage of certificates of deposit (CDs) and U.S. Treasury securities. Yet, a highly conservative approach carries its own risk — the risk of not achieving enough growth to stay ahead of inflation, much less meet long-term goals such as a comfortable retirement. To reach these goals, you'll want to construct a diversified portfolio containing different types of assets and investments

— each of which may perform differently at different times. Your objective shouldn't be to avoid all risk — which is impossible — but to create an investment strategy that accommodates your personal risk tolerance and time horizon.

Fear of missing out – You're probably familiar with the term "herd mentality" — the idea that people will follow the lead of others for fear of missing out on something. This behavior is responsible for fads or the sudden emergence of "hot" products, and it's also relevant to investing. In fact, herd mentality may contribute to sharp jumps in the financial markets as investors drive up prices by buying stocks to avoid being left behind. And the same may be true in reverse — when the market starts dropping, skittish investors may accelerate the decline by selling stocks so they, too, can get out before it's too late. Buying or selling investments should be considered as needed to help advance your long-term financial strategy —

not in response to what others are doing.

Fear of the unknown – Some investors fall victim to "familiarity bias" — the tendency to invest only in what they know, such as local or domestic companies. But this behavior can lead to under-diversified portfolios. If your portfolio is dominated by just a few investments, and these investments are fairly similar to each other, you could experience some losses when the inevitable market downturn occurs. To help reduce the impact of market volatility, it's a good idea to spread your investment dollars across large and small companies in a range of industries and geographical regions. And that's just on the equities side — it's also wise to consider further diversifying your portfolio by owning bonds and government securities. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.)

Fear of admitting failure – Some individuals don't like to admit when they've been wrong about something, and they may continue the same failed activities, hoping for eventual success. This behavior can be costly in the investment arena. Sometimes, a particular investment, or even an investment strategy, just doesn't work out, but an investor is determined to stick with it — even if it ultimately means considerable financial loss. Don't let his happen to you — if it becomes apparent you need to change your investment approach, move on to something better.

Fear can hold us back in many walks of life — but don't let it keep you from making appropriate investment moves.

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Ribbon cutting welcomes The Edge of Town Tavern to Plymouth

PLYMOUTH — Central NH Chamber of Commerce (CNHCC) new member, The Edge of Town Tavern, is holding a grand-opening ribbon cutting on Thursday, Feb. 16, from 4-6 p.m. at 38 NH Route 25 in Plymouth.

The ribbon cutting will include remarks from CNHCC Executive Director Matty Leighton, The Edge of Town Tavern's chef and other partners. Complimentary cake and appetizers will be served and a cash bar will be available. Following the ribbon cutting, the restaurant will be open for dinner.

Located on the border of Plymouth and Rumney, The Edge of Town Tavern offers an American-style menu in a comfortable and relaxing atmosphere. The Edge caters to area residents and is open for lunch, dinner and late-night seven days a week. Live entertainment is available in the lounge Wednesday through Sunday, and patrons may enjoy pool, darts and broadcast sports games.

"I saw this beautiful location and instantly wanted to provide a great menu to the area," noted Henry Vigeant, chef and partner. "I wanted it to be a place where local residents could bring their families. Our atmosphere and food are designed to create a location that brings the community together."

Registration for the event is free and available on the Chamber's Web site at www.centralnh.org. CNHCC members and non-members are welcome to attend, though advance registration is required.

"Events like ribbon cuttings are an important part of what the Chamber offers the Cen-

tral NH business community," said Leighton. "We are thrilled to bring fellow business owners, community members and municipal leaders together to encourage and celebrate growth and economic vitality in our region."

About Central NH Chamber of Commerce

As a non-profit, non-governmental agency, the Central NH Chamber of Commerce

969-7271 or director@centralnh.org. For information about The Edge of Town Tavern, visit their website at <https://edgeoftowntavern.com> on Facebook at <https://www.facebook.com/EdgeofTownTavern>.

advocates for, connects, and empowers entrepreneurs, business owners, and organizations within a 23-town region. Through strong community partnerships, programs, and events, the Chamber (a non-profit, non-governmental agency) and its volunteer Board of Directors contributes to building a vibrant and innovative business community.

PSU's Museum of the White Mountains continues lecture series tonight



Jenny Bower

PLYMOUTH — PSU's Museum of the White Mountains is continuing its Mountain Voices Lecture Series with a talk by UVM Ph.D. candidate and research soil scientist Jenny Bower (she/they) on Thursday, Feb. 16 at 7 p.m.

The lecture, entitled "Digging Deeper: Uncovering the Stories of Soil and Rocks at Hubbard Brook" explores how soil and rocks provide the foundation for the ecosystem in the White Mountains, by supplying nutrients, sequestering carbon and supporting an intricate web of life above and below the

ferent parts of Hubbard Brook.

The Museum of the White Mountains recently concluded its exhibition, "Field Station: Art-Science in the White Mountains," on Feb. 11, which showed the interplay between resident artists and scientists who partnered to showcase the long-running ecological research done at the Hubbard Brook Experimental Forest. One collection in the exhibition showed how different soil samples taken at various locations in the experimental forest expressed different patterns and colors when applied to paper and water, which inspired scientists to explore new lines of inquiry in their research.

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CADY Corner

Discover prevention, treatment and recovery supports with Findwell NH

BY DEB NARO
Contributor

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

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

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

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

For more information about Findwell NH, visit findwellnh.org or call 603-236-1873 where you can reach a consultant Monday-Friday between the hours of 9 a.m. and 5 p.m. Messages will be returned within one business day.

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

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



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RC GREENWOOD

Bobcat hoops

Johnny Flaherty drives toward the basket during Plymouth's loss to Sanborn last Friday night. The Bobcats will be wrapping up the regular season with home games against Bow on Friday, Feb. 17, and Kennett on Tuesday, Feb. 21, both with 6:30 p.m. starts.



CONSERVATION MATTERS

Is green scum coming to a favorite lake near you?

Part I: What is a harmful algal bloom (HAB)?

BY JUDITH SAUM

Rumney Conservation Commission

The sudden unexpected appearance of greenish, stagnant water at a preferred swimming spot is becoming a disturbing summertime experience for more New Hampshire beachgoers.

Indeed, the regulatory staff in the water division at the New Hampshire Department of Environmental Services (NHDES) confirm that reports of sightings are on the rise.

I encountered this issue for the first time about four years ago while visiting family who live on Cape Cod. Preferring to stay away from overcrowded ocean beaches, I ventured out one summer day to a pristine freshwater pond for a swim. I got there to find a sign posted directing swimmers to stay out of the water due to "cyanobacteria". Just the sight and smell of the pea-soup water was enough to keep me beached that day!

I found out that cyanobacteria consist of a large group of naturally occurring algae species that live in both fresh and sea water. The population of these organisms can overmultiply when conditions are right, producing toxins harmful to humans and animals and causing what is known as a "harmful algal bloom" or HAB.

I learned that the testing for town HAB health advisories is done by a nonprofit organization called the Association to Preserve Cape Cod (APCC). With the help of volunteers, APCC now tests 130 ponds on a bi-weekly basis throughout the summer to provide an early HAB warning system for residents and visitors. The data from that robust testing program is being used to

investigate the spread of harmful algal blooms and find out what factors contribute to it. <https://apcc.org/our-work/science/community-science/cyanobacteria/>

Despite my awareness about the spread of cyanobacteria on Cape Cod, I was in denial that this could happen here in NH. In fact, it was a bit of a shock two summers ago when friends who live on Lake Winona told me that we'd have to cancel plans to go swimming from their dock because of an HAB warning.

Residents at Stinson Lake in Rumney were similarly shocked by the sudden appearance of what turned out to be a dangerous cyanobacteria bloom last summer. That HAB incident took place during the 4th of July weekend causing some anxiety around holiday celebrations. Lake residents were alarmed, describing the incident as "unprecedented."

The coordinated response around that incident by Stinson Lake homeowners and NHDES staff was exemplary. A kayaker noticed and immediately reported the unusual scum to NHDES. Within three hours NHDES confirmed the presence of harmful cyanobacteria and posted a public health advisory. A Stinson Lake Association (SLA) director, Janine Mori, promptly initiated an email alert system to warn members about the problem.

Gratefully, that situation did not last long, and the advisory was lifted within seven days after testing showed that the organisms had returned to a safe level. However, SLA members express fear that the problem will return.

These experiences prompt some questions that I will attempt to answer here:

What kinds of illnesses are related to HAB exposure? Symptoms can vary greatly ranging from skin rash, abdominal pain, vomiting, and headache to neurological reactions such as numbness, tingling and speech disturbances. For a comprehensive list, see the Centers for Disease Control website. <https://www.cdc.gov/habs/index.html>.

Other illnesses that could be related are still under study. A well-known University of New Hampshire professor and cyanobacteria expert, Dr. Jim Haney, found that HAB toxins can emerge from a lake into the air and be transported to other locations,

a discovery that could have community-wide health implications.

Why is this happening more often? The rise in HABs is likely related to many factors. Better water monitoring, increased public awareness leading to more reporting, increasing land development near bodies of water, as well as climate warming may all play a role.

The fact is that the warm season has extended in central NH, with frost-free days lasting up to three weeks longer allowing more time for water bodies to warm up and create optimal conditions for algal blooms.

SEE CONSERVATION PAGE 12

Letters to the Editor

Keep The Heat On helped, but not enough!

To the Editor:

The outpouring of support to help Keep The Heat On was very impressive and the Board of the Plymouth Area Community Closet is so very grateful. Approximately \$30,000 tallied up on Jan. 25 - not enough to re-open our fuel assistance office. Because PACC manages the Food Pantry and Meals for Many and other unexpected programs the Board wants to earmark those funds in mid-October when another heating season will begin.

A huge thank you goes out to the many, many donors of fabulous auction items, the area restaurants who generously donated lots of marvelous food for about 170 guests, the PRHS appetizer servers, the musical sounds of Dave Lockwood and the Dueling Pianos, and of course, Plymouth's own patron saint, Alex Ray, for his continued donation of the Common Man Restaurant space, food stuffs, and myriads of in-kind help! It does take a village to support our many area social service programs....because we care!

And many kudos to the KTHO Committee under the stellar management of Audrey Eisenhower this year - new ideas and enthusiasm made it a super evening!

Donations to PACC are welcome and needed throughout the year, and may be sent to PO Box 434, Plymouth, NH 03263.

Again, my deep appreciation and gratitude to everyone who helped make KTHO successful - see you in 2024!

Thank you.

Sincerely,
Martha Richards
President, PACC
Holderness

Newfound girls split final two regular season games



RC GREENWOOD
Malina Bohlmann fights for the ball during action against Inter-Lakes last week.

BY JOSHUA SPAULDING
Sports Editor
BRISTOL — The Newfound girls' hoop team split the final week of the regular season. The Bears played their final home game against Inter-Lakes and came out with a 59-13 win over the Lakers. "It was one of those

nights where nothing went wrong," said coach Kammi Williams. "It was a magical end to the home regular season." The Bears honored seniors Malina Bohlmann and Matti Douville before their final home game and Williams praised both of them. "(They) are special



Cora Sanschagrin goes hard to the hoop in action last week against Inter-Lakes.

young ladies, I have had the pleasure of coaching both of them since sixth grade," Williams said. "They both have personified excellence on and off the court." Bohlmann finished with 24 points and Douville had a career-high 18 points, shooting four

from five from beyond the arc in the first half. Rylee Barney scored 11 points for the Bears. In more good news for the Bears, Adeline Doll-off stepped on the court for the first time since December, putting in a couple of minutes. The Bears then

dropped a 55-40 decision to Newport to close out the season. "Newport took charge right from the first minute," Williams said. "We had a really tough first quarter and got down quick. We got into early foul trouble and just couldn't get on the right

side of it." The Bears trailed 16-4 at the end of the first quarter and ended up losing by 15 points. Barney led the way with 12 points and Bohlmann scored 11 points despite being double-teamed all night. Newfound finished the regular season at 7-9 and while Williams said that they only had three returning players, it was still a bit disappointing. "There were a few games that we were winning in the last minute, but just couldn't finish the game with a victory," Williams said. The Bears were slated to start the Division III tournament after deadline on Wednesday, and the tournament continues on Saturday, Feb. 18, at the home of the higher seed.

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

Bobcats third in final regular season jumping meet



JOSHUA SPAULDING
Nathan Lorrey leaps through the air during last week's meet at Kennett.

BY JOSHUA SPAULDING
Sports Editor
ALBANY — The Plymouth ski jumping team wrapped up the regular season with a trip to Albany for a meet hosted by Kennett High School on Wednesday, Feb. 8. The meet was postponed by an hour after a

fire in the shed housing the power for the site, which killed the lights on the jump. Kennett coach Chip Henry was able to get a temporary power source to the jump and did some rewiring to get the lights back up and running and the meet got



Kerry Tole jumps for Plymouth during the final regular season meet last Wednesday.

under way. Overall, Plymouth finished in third place, with Hanover taking the top spot and host Kennett earning second place. The Bobcats were led by Nathan Lorrey, who finished in seventh place with 177.6 points, with

his top two jumps at 90.3 and 87.3 points. Leo Ebner was right behind in eighth place, finishing with 176.3 points on two jumps of 87.1 and 89.2 points and Kerry Tole finished in 12th place with 164.63 points on jumps of 82 and 82.625 points. Hailey Garnsey finished out the scoring for Plymouth with 140.3 points for 20th place on jumps of 69.2 and 71.1 points. Vivian McCarr finished in 25th place with 121 points on jumps of 58 and 63 points and Delaney Comtois was 26th with 118 points on best jumps of 58.7 and 59.3 points. The ski jumping state championships are scheduled for today, Feb. 16, at 2 p.m. at Nansen Ski Jump in Milan. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Sutherland, Ahern compete in D2 championships

BY JOSHUA SPAULDING
Sports Editor
HANOVER — A pair of Plymouth athletes competed in the Division II indoor track championships on Sunday at Dartmouth College and both returned home with points scored on the afternoon. Reagan Sutherland ran to sixth place in the 1,000 meters with a time of 3:27.98 and also placed eighth in the high jump, clearing four feet, six inches. Cole Ahern finished second in the 55-meter hurdles for the boys, finishing in a time of 8.69 seconds. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

HIGH SCHOOL SLATE

- Thursday, Feb. 16
PLYMOUTH
Ski Jumping at Nansen (State Meet); 2
Friday, Feb. 17
PLYMOUTH
Boys' Hoops vs. Bow; 6:30
Girls' Hoops at Bow; 7
Saturday, Feb. 18
PLYMOUTH
Hockey vs. Pembroke-Campbell (PSU); 5
Wrestling at Bow (State Meet); 9
Tuesday, Feb. 21
PLYMOUTH
Boys' Hoops vs. Kennett; 6:30
Girls' Hoops at Kennett; 6:30
Wednesday, Feb. 22
PLYMOUTH
Hockey at Belmont-Gilford; 5
Nordic Skiing Home Meet; 3
All schedules are subject to change.

Bobcat boys and girls second at Gunstock

BY JOSHUA SPAULDING
Sports Editor
GILFORD — The Plymouth alpine boys and girls both finished second in the final regular season meet, held at Gunstock on Friday, Feb. 10, with Hopkinton taking top honors overall for boys and girls. For the girls in the giant slalom, Kate Ricotta led the Bobcats in fourth place in a time of 57.86 seconds. Macky Welch skied to eighth place in a time of 59.17 seconds and Ella Wieser finished in 10th place with a time of 59.36 seconds. Kerry Tole rounded out the scoring with an 11th place finish in a time of 59.41 seconds. Maddy Levin was 13th in 1:00.06, Vivian McGarr placed 23rd in 1:04.36, Delaney Comtois was 36th in 1:07.39 and Maggie Pitman finished in 40th in a time of 1:09.79.

Ricotta also led Plymouth in the slalom, putting up a time of 1:05.13 for sixth place overall. Tole was ninth overall with a time of 1:10.46 and Levin skied to 11th place with a time of 1:11.8. Welch finished out the scoring for Plymouth with a time of 1:12.64, which placed her 15th overall. Pitman was 30th in 1:24.08 and McGarr was 40th with a time of 1:33.41. In the morning giant slalom for the boys, Dylan Welch skied to the win with a time of 50.85 seconds. Nathan Lorrey was fifth overall in a time of 53.82 seconds and Tyler Dekutoski finished in eighth place with a time of 57.06 seconds. Harper Preston rounded out the scoring with a time of 1:00.8 for 16th place overall. Evan Tyler was 28th in 1:03.7, Eliot Sargent

was 36th in 1:06.01, Sebastian Eisenbarth was 46th in 1:09.54 and Jacob Benton was 55th in 1:32.19. Welch also won the afternoon slalom, putting up a combined time of 54.19 seconds for the win. Lorrey skied to fifth place overall with a time of 1:00.18 and Dekutoski was ninth overall in 1:04.99. Preston finished in

12th place to finish out the scoring, putting up a time of 1:07.76. Benton was 15th in 1:09.89, Eisenbarth was 25th in 1:16.35, Tyler was 34th in 1:19.89 and Sargent was 41st overall in 1:28.8. The Bobcats took part in the Division III State Meets after deadline Monday and Tuesday at Gunstock.

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Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
memysunshine51@yahoo.com

Here we are, the beginning of a new week and a little closer to Spring! We've had mud "season" a couple of times already, so it will be interesting to see what the next few weeks bring in that department. Balmy breezes every day would be nice.

Town

Board of Selectmen meeting Tuesday, Feb. 21 at 6 p.m. in the Municipal Building.

Conservation Commission meeting Wednesday, Feb. 22 at 6:30 p.m. at AVS (Alexandria Village School) 44 Mount Cardigan Rd.

These meetings are open to the public, unless otherwise noted.

Tuesday, March 14, Town Election Day. Polls are open from 11 a.m. until 7 p.m. If you are unable to go to the polls, you can vote by Absentee Ballot. If you have questions, our Town Clerk, Fran Skiffington will be happy to assist you. You can reach her by phone during business hours at (603)744-3288.

Alexandria Volunteer Firefighters Association

The 32nd Annual Fishing Derby has been cancelled due to unsafe ice conditions. There will be a drawing on March 8 at the AVFD. There will be 250 tick-

ets sold, and the Grand Prize is \$1,000 The ticket cost is \$20 each and may be purchased at the New-found Trading Post or from any AVFA member.

Alexandria UMC

Mark Zaccaria will lead worship on Sunday, Feb. 19 at 9 a.m. Sunday School will begin at 10:15 a.m. All are welcome.

Contact information for Pastor Mark Lamprey. To reach him by phone, you can reach him at (603) 848-9269 or by email at pastor-mark06@tds.net.

Had a very proud Grammie moment last week. I watched my little sidekick, Miss Kayleigh, installed into the Rainbow Girl office of Confidential Observer! This coming weekend, we're off to the Rainbow Charity Ball!

That about wraps it up for this week folks! Have a wonderful week ahead, and if you see someone without a smile, give them one of yours!

Ashland

David Ruell 968-7716
davidruell@gmail.com

Legion Breakfast
The American Legion will serve its monthly breakfast from 7 to 11 a.m. this Sunday, Feb. 19, in the Legion Hall at 37 Main St. The prices are \$8 for an adult, \$6 for a senior, and \$4 for a child.

Mardi Gras Pancake

Breakfast for Supper

The Dupuis Cross Post of the American Legion will serve a Mardi Gras Pancake Breakfast for Supper from 5 to 7 p.m. next Tuesday, Feb. 21, in the Legion Hall at 37 Main Street. The price is \$6 for an adult, \$5 for a child or a senior.

Fourth of July Committee

The Fourth of July Committee will meet at 6:30 p.m. on Tuesday, Feb. 22, in the Booster Clubhouse to prepare for the holiday, which may seem far away if you look out the window, but will be here sooner than you think.

The Mary Ruell Citizen of Ashland award goes this year to Stephen Heath, former AES teacher and present Fire Chief. Daniel "Bird" Uhlman will be the Grand Marshall of the Parade. The theme for the celebration will be "America The Beautiful". Anyone with ideas for this year's logo is asked to send them to the committee's email address- july-fourth@ashland.nh.gov.

Skate Day

The Ashland Firefighters Association will host Skate Day at the ballpark from 11 a.m. to 2 p.m. on Saturday, Feb. 25. A sledding hill has been set up. Hot dogs, hot chocolate and baked goods will be served at no cost. A bonfire will be lit at 1 p.m. (Donations to the Association will be accepted, but are not necessary to attend.)

Currier Museum pass at Library

The Ashland Town Library now has a library pass to the Currier Museum of Art in Manchester for use by Library patrons. Each pass provides 50 percent off for up to two adults (normally \$15 for an adult, \$13 for a senior 65 or older, \$10 for a student) and free admission for all youth family members 13 to 17 years old (normally \$5 each).

Children 12 and under are always free. The new pass was donated by the Friends of the Ashland Town Library.

School Deliberative Session

The lightly attended School District Deliberative Session on Feb. 7 lasted only nine min-

utes. No amendments were made to the four articles on the warrant, which is now ready for the voters at the March 14 local elections.

Clothing Shed at Legion (from Christine Cilley)

Dupuis-Cross Post 15 would like to thank everyone in the community that has donated to the clothing shed located outside our Post. Here are the statistics for 2022 - 18,235 pounds of clothing were donated in the shed. This was enough to clothe an estimated 3,359 people all over the world. Again, thank you, Dupuis -Cross Post 15 and The Team at St. Pauly Textile, Inc.

Bristol

Al Blakeley
Adblakeley0@gmail.com

I would like to offer my sincere thanks to our former chief of police Jim McIntire for his service to our community and wish him all the best in his new position of chief deputy in the Belknap County Sheriff Department. At the same time, I would like to congratulate NRHS graduate Kristopher Bean on his appointment as our new Bristol Police Chief! Kris is the son of NMHS graduates, Joel and Susan Bean.

Recurring events at the Minot-Sleeper Library include: Knot Only Knitters on Mondays from 2:30-4:30 p.m., Storytime on Wednesdays at 10:30 a.m., Mah Jongg on Wednesdays from 1-3 p.m., Scrabble with Jenna on Thursdays from 10:30 - 11:30 a.m., Lego club on Fridays at 2:30 p.m. and Quilt Club on Fridays at 1 p.m.

On Thursday, Feb. 21, at 6:30 p.m., Executive Director Rebecca Hanson and Conservation Program Manager Paul Pelissier of the Newfound Lake Region Association will discuss our latest water quality data, the results of expanded invasive aquatics monitoring, the watershed planning process and concerns about watershed health. This program is free and open to all at the MSL.

A Rummikub Clas-

sic with Jenna will be held on Friday, Feb. 24 at 1 p.m. at the MSL. Join Jenna for a friendly game of the classic where players take turns placing numbered tiles in runs or groups, Rummy style - the first player to use all their tiles wins!

A Craft Corner will be held at the MSL on Tuesday, Feb. 28 from 6 to 7:30 p.m. where Itsy-bitsy worry dolls will be fashioned from tiny sticks, heavy thread and fabric to be kept in your pocket to help you with your worries.

The Library will be closed on Feb. 20 for Presidents' Day.

Baseball Winter Workouts will begin on Thursdays, from Feb. 2 through April 13. TTCC Baseball has rented out the Lakes Region Cages again for an exciting opportunity for upcoming Major and Minor League players (ages 9-12 as of May 1, 2023). This is free training for any players interested in working on their game in the off-season. Coaches are needed. If you are interested, please contact the TTCC (744-2713). Space is limited to 15 players per time slot (Group 1- 6-7 p.m. and Group 2 - 7-8 p.m. To sign up, register online at www.ttcrc.org. Transportation is the responsibility of parent/guardian of players.

TTCC February Cash Calendars are on sale now at the TTCC to benefit the TTCC youth programs. The calendars are \$5 each. The February one will have \$1,700 in prizes, with the final day being a \$500 prize. Each day a winner is drawn and will win the amount listed for that day. Winners names are posted on the TTCC website daily during February at www.ttcrc.org. To purchase a calendar, stop by the TTCC at 30 North Main St. in Bristol. Calendars will also be sold by the TTCC Youth Basketball Teams. High sellers win prizes and the highest selling team will have a pizza party at the end of their season.

The TTCC has new email addresses: General information - info@ttccrec.org, Les Dion, Director of Recreation -

ldion@ttccrec.org, Dan MacLean, Assistant Director - dmaclean@ttccrec.org, Gina Richford, Program Supervisor - rrichford@ttccrec.org, Mark Dionne, Grants and Community Engagement Manager - mdionne@ttccrec.org.

There will be a new Parents Night Out on Saturday, Feb. 18 from 5 - 9 p.m. at the TTCC! Kids ages 4 and up can be dropped off at the TTCC while the parents can enjoy a night out.

The Teen Council always has fun-filled nights planned for your youngsters including a special dinner, games, bingo, crafts, themes and more. The cost is \$20/child.

A Blood Drive will be held at the Bristol Community Marian Center Hall at 17 West Shore Rd. on Wednesday, Feb. 22 from noon to 5 p.m. You can schedule an appointment by visiting the town website: town-offbristolnh.gov.

Join the Newfound Lake Region Association in exploring animal tracks and other signs during Newfound Nature Station, a free program that connects youth and families to the natural world. This event will be held at Grey Rocks Conservation Area at 178 N. Shore Rd., Hebron, on Feb. 15 from 1 - 3 p.m. and Feb. 18 from 10 a.m. to noon. At Nature Station, NLRA educators will help visitors become animal detectives, searching for tracks and other signs to figure out what wildlife has been doing at Grey Rocks. Participants will also make a craft to take home. This program is free and open to all.

Hopefully you all discovered your valentine this past week and that you enjoyed a token acknowledging that. We find it difficult to find crisp, new bills to send loved ones in carefully chosen valentine cards nowadays! I guess they are only printing new big bills to pay the country's large debts!

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

The sap has started running up here at the farm, a sure sign spring is right around the corner!

Campton Library news

We now have Tranquility Totes available for loan. These kits contain books, activities, and toys for children to provide support for managing anxiety and other difficult emotions. We also are pleased to offer a Brain Booster Bag with books, puzzles, games, and activities for brain health and to spark memories and conversation. This kit would be helpful for caregivers

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Berry Road	N/A	\$30,000	Stephen and Candace Hanser	R.J. Pendergast 2020 Trust
Alexandria	Cass Mill Road	N/A	\$320,000	Sheerman-West RET and Anne-Marie E. Sheerman	Arthur R. and Madeleine N. Hudon
Ashland	24 Mountain View Dr.	Single-Family Residence	\$370,000	Gary M. Doyon	Richard J. and Stephanie A. Penta
Bristol	N/A	N/A	\$63,000	Rossi Family 2017 Trust and Linda D. Rossi	Taylor Family 2022 Trust and Stephen H. Taylor
Campton	16539 Kelly Way	N/A	\$140,000	Christopher D. and Paula Kelly	Jason and Catherine Schalebaum
Campton	80 Richardson Trail, Unit 17	Condominium	\$400,000	Aria A. Tzika	Eric W. and Maureen A. Jasie
Ellsworth	92 Ellsworth Pond Rd.	Single-Family Residence	\$290,000	Angela S. Beaulieu	Matthew and Melissa Groves
Plymouth	N/A	N/A	\$43,350	Antoinette Trajlinek and Deutsche Bank National Trust	
Thornton	56 Mountain River Ave. Unit 17	Condominium	\$310,000	Novastar Mortgage Funding Trust and Deutsche Bank National Trust Co. Trust	
Thornton	N/A	N/A	\$62,000	Matthew P. Richer	Michael O'Brien
Warren	338 Beech Hill Rd.	Single-Family Residence	\$440,000	E. & Bozena O'Brien Fiscal Trust	Bigfoot Lodge LLC
				Fe Rodriguez	Jeffrey J. and Christina D. Hytinen

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 in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Towns

FROM PAGE A8

of adults with cognitive decline or anyone who wants to strengthen brain health. Don't forget we now have passes to the New England Aquarium in Boston! They allow four people access to the aquarium for half price. Check the calendar section of our website, camptonnhlibrary.com, for all the details on our upcoming events and programs.

Antique Track Driven Machine Show

Save the date Saturday, Feb. 18 from 10 a.m. to 3 p.m. for the Antique Track Driven Machine Show sponsored by the Central New Hampshire Snowmobile Club. Have the opportunity to go for a ride on some of the tractors brought by enthusiast of many early model tracked machines. The Boy Scouts will be on hand cooking and grilling food. This event is accessible for snowmobile or car at 73 Laundromat Rd. in

Thornton. Bring the whole family!

Holderness

Fran Taylor 968-3846

Birthday wishes to summer resident Eugenie Lovett West on her 100th birthday! Sister of Sid and mother of local residents Eric and Vicky, aunt to many Lovett kin, she became an author after years of volunteering and raising a family. Many of us recall her talk at the Library at age 95 discussing her book "Sarah's War."

Squam Lakes Association will hold its annual Winterfest on Saturday from noon-3 p.m. featuring sledding, ice skating (subject to conditions), chili cook off, mini golf and ice fishing demos. To reduce waste, participants are encouraged to bring their own mug and spoon for tasting chili.

Congratulations to Jonathan Abear who caught the winning Yellow Perch on Big Squam on Sunday. It weighed in at 1.67 pounds, 14.75 in. at the Meredith Rotary Club Ice Fishing Derby. Jonathan also won 3rd prize in the Grand Prize drawing. Wow!

The 2023 Proposed Zoning Map that has been reconciled with the descriptions in the town's Zoning Ordinance. It will be voted on in March. We are lucky that so much of the town is out of the hazard zone. The college doesn't have to abide by these restrictions although, in hindsight, they may wish they had! How many remember that right after the PSU Field House opened in the 70's we had a flood and the doors in the back of the building, not built to flood standards, allowed the Pemi to flood all of the lower floor. Then, there was hurricane Irene, just af-

ter the ice arena opened, and again, the lower level flooded. In that case it was still under warranty so the contractor had to repair the damage. All entries are now up to flood standards and can be sealed.. Many have noted the high water marks on the nearby Citgo gas station.

Central School will be participating in the 2023 Middle School Nordic Championships on Feb. 20 on the Sandwich Fairgrounds. This is a great location for watching the students. Races start around 10 a.m. and end at 3 p.m. More info online.

Friday Night House Parties from 8:30-10 p.m. have started up again at the PSU ice arena for the older kids. Lots of public skating during the day Monday through Friday to accommodate kids on vacation. Schedule online at Plymouth.edu/arena.

The Bears took part in the Division III State Meet after deadline on

Learn to curl in March at Plymouth State University

PLYMOUTH — Are you one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the "house," well now is your chance. What has seen a rise in popularity since becoming a medal sport in the 1998 Winter Olympics, curling is an athletic Cinderella story. With an air of mystery, the sport has taken flight, much like Harry Potter in a game of Quidditch. What is it exactly? Where did it come from? And more importantly, how do we play?

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

The PSU Ice Arena is hosting two Learn to Curl sessions: Sundays,

Monday and Tuesday.

Sports Editor Joshua

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



COURTESY PHOTO

Learn to curl at Plymouth State University on March 5 and March 12.

March 5 and 12, from 3 to 5 p.m. These sessions are an opportunity for the public to learn what curling is all about and to get on the ice and give it a try. Instructors will be available to demonstrate the sport and will also assist anyone that would like to try "delivering a stone." Participants are asked to carry in a clean pair of rubber-soled athletic shoes and wear warm, loose-fitting clothing. Pre-registration is required to attend the open house, which can be done online at plymouth.edu/arena/curling.

The event is absolutely free and all equipment will be provided. With so few opportunities to try curling, they feel it is

their duty and pleasure to introduce this sport to the community.

If you really catch the curling bug and would like to participate in league play, there will be a four-week session for beginners on Sundays beginning March 19. Staff will be on hand to teach skill development, rules and etiquette, and each session will have a pick-up game. You can register as a team or as an individual to be placed on a team.

For more information or to check the curling schedule, visit the PSU ice arena website at plymouth.edu/arena/curling, e-mail psu-icearena@plymouth.edu or call 603-535-2758.

Alpine Bears wrap up regular season at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Newfound alpine ski team wrapped up the regular season with a meet at Gunstock on Friday, Feb. 10, racing against Hopkinton, Plymouth, St. Thomas, Gilford, Bishop Brady, Belmont, Laconia, Hillsboro-Deering, Prospect Mountain, John Stark and Inter-Lakes.

In the morning giant slalom, Elle MacDonald led the way for the Bear girls with a fifth place finish in a time of 58.29 seconds.

Ceili Irving was 19th in a time of 1:02.68 and Addie Alpers skied to 21st place in a time of

1:03.78.

Lily Karkheck rounded out the scoring for Newfound with a time of 1:11.77 for 43rd place overall.

MacDonald finished in second place in the slalom with a time of 1:02.59 to lead Newfound.

Irving was 21st overall in a time of 1:18.22 and Alpers finished in 25th place with a time of 1:20.13.

Karkheck finished out the scoring with a time of 1:39.61 for 43rd place.

For the Newfound boys, Beckett VanLenten led the way with a 17th place finish in the giant slalom in a time of 1:01.19

Broderick Edwards skied to 19th place with a time of 1:01.57 and Cameron Ehmann was 26th overall in a time of 1:03.15.

Jack Ehmann finished in 35th place with a time of 1:04.8 to round out the scoring and Trevor Sanschagrin was 42nd in a time of 1:07.68.

Jack Ehmann led the Bear boys in the slalom with a 17th place finish in a time of 1:12.81.

Edwards skied to 18th place with a time of 1:13.59 and VanLenten was 19th overall with a time of 1:14.06.

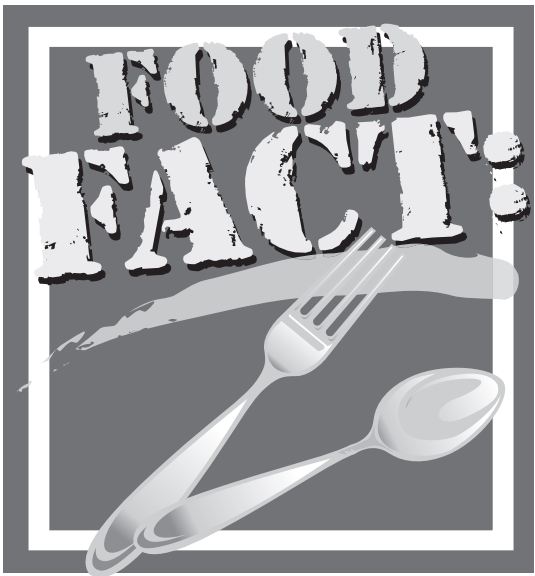
Cameron Ehmann finished out the field of Bears with a time of 1:17.07 for 27th place.

Trout Unlimited meeting Tuesday in Plymouth

PLYMOUTH — The February chapter meeting of the Pemigewasset Chapter of Trout Unlimited is Tuesday, Feb. 21, at 7 p.m. at the Common Man Inn in Plymouth.

This month, the group is hosting Gabriel Winant, New Hampshire Stream Restoration Technician. He will be presenting the ongoing and future projects that Trout Unlimited will be conducting in New Hampshire. Currently TU NH is working on replacing stream crossings and decommissioning dams that present barriers to aquatic organism passage as well as enhancing instream habitat through strategic wood additions. This presentation will provide background information on the process of initiating, funding and conducting these projects. Trout Unlimited is committed to working with local chapters to identify and pursue applicable projects within their home waters. The Pemigewasset Watershed is a stronghold for wild brook trout, and TU New Hampshire is excited to have a discussion with local chapter members and the public about ideas for stream restoration and enhancement projects in the area.

Pemi-TU Chapter meetings are free and open to the public, all are welcome. E-mail PemiTU@gmail.com with any questions or suggestions.



THIS FOOD MAY CAUSE ALLERGIC REACTIONS IN SOME. BUT FOR THOSE WHO CAN ENJOY IT, IT'S OFTEN PAIRED WITH CHOCOLATE OR JELLY.

ANSWER: PEANUT BUTTER

Crossword Puzzle

1				2			3
4		5			6		
7							
	8						

- ACROSS
1. Individuals
4. Trash receptacle
7. Thanks in advance (abbr.)
8. Peas, beans and peanuts
- DOWN
1. Ground nuts
2. Small street
3. Containing small, thick pieces
5. Split among others
6. To flower

ANSWERS:
Across
1. People 4. Wastebin 7. TIA 8. Legumes
Down
1. Peanuts 2. Lane 3. Chunky 5. Share 6. Bloom

THIS DAY IN...



HISTORY

- 1912: THE GIRL GUIDES, LATER RENAMED THE GIRL SCOUTS OF THE USA, ARE FOUNDED IN THE UNITED STATES.
- 1918: MOSCOW BECOMES THE CAPITAL OF RUSSIA AGAIN.
- 1989: TIM BERNERS-LEE SUBMITS A PROPOSAL FOR AN INFORMATION MANAGEMENT SYSTEM, WHICH WOULD LATER DEVELOP INTO THE WORLD WIDE WEB.

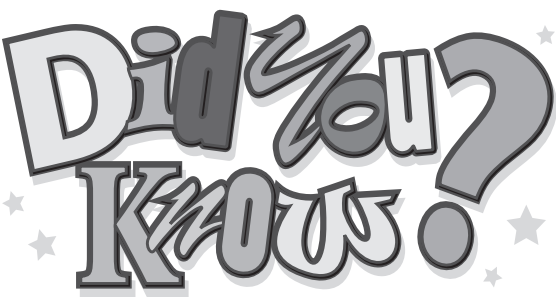


LEGUME

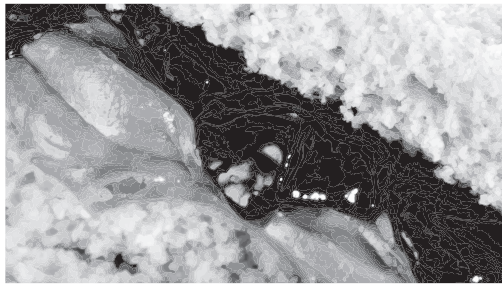
a member of the pea family that includes peanuts and lentils

How they SAY that in...

- ENGLISH: Peanut
- SPANISH: Cacahuete
- ITALIAN: Arachide
- FRENCH: Cacahuète
- GERMAN: Erdnuss



PEANUTS ARE SOMETIMES CALLED GROUND NUTS OR GROUND PEAS BECAUSE THEY GROW UNDERGROUND.



Can you guess what the bigger picture is?

ANSWER: PB&J SANDWICH

CRYPTO FUN

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to peanuts.
Each number corresponds to a letter.
(Hint: 3 = O)

A. 14 23 3 22 16 21

Clue: We stand upon it

B. 14 23 3 12 8 4

Clue: Measured progress

C. 18 3 3 21

Clue: Sustenance

D. 1 23 3 8 6 20 16

Clue: Essential nutrient

Answers: A. ground B. growth C. food D. protein

SUDOKU

7	6				5			
				4	9		6	
2	8		1					
				8		2		
				2	7		9	
3					4			
				8				
	1		3			6	7	
	3	2				4		

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	4	8	1	7	6	9	2	3
9	2	6	7	4	5	3	8	1
7	6	2	9	8	1	5	3	4
3	9	1	5	8	2	6	7	4
8	5	4	7	6	9	1	2	3
9	3	7	2	1	5	4	8	6
1	6	2	8	3	4	7	9	5
4	7	3	6	1	5	9	8	2
6	8	9	4	2	7	3	1	5

ANSWER:

Warrant

FROM PAGE A1

evening, which prevents Ashland voters from attending both sessions.) At the relatively short school board meeting that followed the deliberative session, the board heard reports on school activities from Principal Kelly Avery and on the school's Federal energy grant proposal from Paul Bemis of Air Cleaners Inc., who worked on the proposal. The proposed energy upgrades to the school

buildings include increased insulation and new triple-pane windows to reduce energy demand, the installation of Energy Recovery Ventilators to improve air quality, the replacement of oil burning heaters with cold weather electric heat pumps, and the addition of solar electric panels and battery storage systems. The initial proposal has been submitted for grant funds made available under the recent Infrastructure Act. Bemis was expecting to hear "any

day" if the project could move on to the final application, which will be due at the end of April. Bemis felt rather confident about the proposal's chances of success in the first round of the process. The project is innovative, a quality that the Department of Energy is looking for. In her report, Avery noted that enrollment had risen to 161 students. The Winter Concert on Jan. 31 was well attended. The Winter Recreation program was able to proceed on four of the five

scheduled days. The Student Council is seeking recipes for a cookbook. Winter Carnival will be held at the end of February. Avery asked for permission for a bonfire during the Carnival. The Winter Warrior awards will be presented in February. Students will put on a play, a parody of fairy tales, on March 9. The eighth grade is considering two options for their class trip, Lake George and the Boston Red Sox Experience. The principal named intermediate tier teachers

Jim Wenhart and Alys-sa Nelson as the staff members of the month. She also noted that School Board Chairman Steve Heath had been named this year's recipient of the Mary Ruell Citizen Award. Superintendent Mary Moriarty reported that 95.2 percent of the school budget has been spent or encumbered. The chimney on the Ober wing was repaired

but will need more work, estimated at \$4,000, in the spring. The New Hampshire Department of Revenue Administration will present a workshop to the board at their March meeting. The April board meeting was rescheduled from the usual first Tuesday to the first Thursday to avoid a conflict.

Alexandria

FROM PAGE A1

ery Friendly Workplace designation to Alexandria.

The process begins with a declaration from employers stating they will support and provide assistance for any and all in their employment, including family members. Applicants also need to state what it means to provide this support and how they will communicate with their employees regarding any methods which will prevent the stigmas that have long since stood in the way of those dealing with substance abuse, be it past or present.

Mara, a former police chief, said numbers so far show that in 2022 there were more than fatal 473 drug overdoses in New Hampshire, the highest ever since 2016.

"It's Fentanyl. It's just in everything," Mara said.

Alexandria Police Chief David Suckling agreed, pointing out that that number also represents the population of Newfound Regional High School.

"To put it in perspective, just imagine that it's like bombing the school," he said. "Horri-fying."

With numbers like that in mind, Suckling and Officer John LeBlanc have been working hard to clear their community of these drug issues and, more impor-

tantly, help those dealing with substance abuse find the help they need to recover.

Venuti said it has been a pleasure to work with the Alexandria Police Department on their mission to protect their residents and even outside individuals dealing with substance abuse. Among the key notes she brings to communities is the encouragement to get youth involved in "protective factors" such as school activities, sports and groups such as CADY (Communities for Alcohol- and Drug-Free Youth).

"We want to help communities be proactive," Venutti said.

Chief Suckling and Officer John LeBlanc of APD have worked hard to not only prevent substance-related issues from their small town but to also help people suffering addiction find the resources they need to overcome those problems. That's the reason they presented selectmen with the request to approve the town as a drug-free community in December of 2022 and applied for the Drug Friendly Workplace certification for the town. All three selectmen readily agreed.

In celebrating those who have reached out to them for assistance, the town now has a yellow bell with a smile painted on it, which they ring whenever they find someone who has changed their life

around and last week they presented one of those bells to Mara and Zarka for their own office.

"Every time we find someone goes into recovery and has a successful outcome, we ring the bell," said APD Administrative Assistant Becky Huntoon.

People from any part of the state are welcome to reach out to APD for assistance in finding the road to recovery. No explanations are needed, Chief Suckling said.

A lengthy discussion on the drug issues facing not only New Hampshire but the nation today followed Mara's presentation from Governor Sununu. Taking part in it were Alexandria selectmen George Tuthill, Bob Piehler and Chet Caron, along with Nicki Shedd, the Restorative Justice director for CADY.

As Alexandria now becomes a Recovery Friendly Workplace, they learned that the town now helps boost the number of employees in the state-wide program to more than 80,000 people, making up over 10-percent of the state's workforce.

A great bit of progress in Mara's eyes but there is room to grow.

"We're building our capacity to bring on even more in the future," he said.

And for people working in the private sector like Venuti, helping the state promote such pro-

grams, the presentation of the state's Recovery Friendly Workplace certification for the Town of Alexandria last week was a move in the right direction.

She said that Recovery Friendly Workplace is a state-funded program that promotes the health, safety and well-being of employees by challenging the stigma around addiction and providing support to those who have been affected by substance use disorder. This includes those in recovery, those who are seeking help and those who may be indirectly impacted due to a loved one with an addiction.

"You here in Alexandria are now leading the way for success in other towns," Venuti said.

LEGAL PROBATE NOTICE
THE STATE OF
NEW HAMPSHIRE

2nd Circuit - Probate
Division - Haverhill
1/20/2023 thru 2/2/2023

APOINTMENT OF
FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Perry, William L, late of Bristol, NH. Matthew Scott Perry, 594 Murray Hill Rd., Hill, NH 03243. #315-2022-ET-00767

Rubin, Marcia, late of Natick, MA. Cindy E Dimpfl, 21 Fairbanks Rd, Framingham, MA 01701. Leslie K Levine, 24 Foster Dr, Framingham, MA 01701. Leonard W. Foy, III, ESQ, Resident Agent, Foy Law Office PLLC, 402 Amherst St Ste 100, Nashua, NH 03063. #315-2022-ET-00793

Smith, Beverly Ann, late of Holderness, NH. Susan P Smith, 1132 US Route 3, Holderness, NH 03245. #315-2022-ET-00773

Tinney, Doris Allison, late of Campton, NH. Henry Clay Tinney, JR, 97270 Overseas Hwy, Key Largo, FL 33037. John T. Katsirebas, Jr., ESQ, Resident Agent, Schwartzberg Law, 572 Tenney Mtn Hwy, Plymouth, NH 03264. #315-2022-ET-00621

Dated: 2/3/2023

Attention Thornton Residents

If you have or know of someone who has a child that will be 5 years of age before September 30, 2023, please have them call to register their child for Kindergarten.

Please call Mrs. Campbell at 726-8904 or email lcampbell@pemibaker.org to request registration materials

NOTICE OF SCHOOL DISTRICT MEETING

THORNTON
SCHOOL DISTRICT

The Thornton School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget

on Thursday, March 9, 2023

at 6:00 p.m.

at the

Thornton Central School
1886 NH Rte. 175
Thornton, NH 03285

NOTICE OF SCHOOL DISTRICT MEETING

PLYMOUTH
SCHOOL DISTRICT

The Plymouth School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget

on Monday, March 6, 2023

at 7:00 p.m.

at the

Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264

Title

FROM PAGE A1

was 19th in 17:30, Riley Mask of Plymouth was 25th in 18:04, Grace Galvin of Plymouth was 29th in 18:15, Molly Flynn of Holderness was 35th in 18:25, Autumn Lane of Plymouth was 43rd in 20:49, Naomi Koren of Plymouth was 58th in 23:12 and Sidney Halter of Plymouth was 63rd in 25:56.

For the boys, Fim

Whitworth of Holderness was third in 12:49, Bridger Ekstrom of Holderness was fifth in 14:03, Henry Yust of Holderness placed ninth in 14:35, George Sutherland of Holderness was 11th in 15:05, Graham Sevi-gny of Holderness was 16th in 15:56 and Woody Emmons of Holdernes was 17th in 16:07. Plymouth's Ryker Peck was 37th in 18:22, Andrew

Crane-Gough of Plymouth placed 41st in 18:46 and Lucian Scagliarini of Plymouth placed 42nd in 19:01.

The Bobcats are scheduled to host a meet on Wednesday, Feb. 22, at 3 p.m.

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

NOTICE OF SCHOOL DISTRICT MEETING

CAMPTON
SCHOOL DISTRICT

The Campton School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget

on Monday, March 6, 2023

at 6:30 p.m.

at the

Campton Elementary School
1110 NH Route 175
Campton, NH 03223

TOWN OF THORNTON



ZONING BOARD of ADJUSTMENT
NOTICE OF PUBLIC HEARING
Thursday, February 23, 2023

The Zoning Board of Adjustment for the Town of Thornton will hold a Public Meeting on **Thursday, February 23, 2023** beginning at **6:00 PM** at the Thornton Town Offices for the purpose of conducting the following business:

6:15 p.m. APPLICATION/PUBLIC HEARING: Chad Stocker as agent for LCJ Holdings, LLC [Tax Map 240, Lot 109] for an "Equitable Waiver of Dimensional Requirements Request; ARTICLE VI: Dimensional Requirements." The structure extends into the setback area.

The Town Hall is open to the public and the public is allowed to attend; the public is also able to participate remotely using ZOOM by going to (or via telephone at 1-646-876-9923) with Meeting ID: 825 673 1802.

For further information please visit our web page at www.townofthornton.org

Joseph Monti, Chairman

For Advertising
Information
Call
603-279-4516
email: Tracy@salmonpress.news

Campton Congregational

Sunday, Feb. 19
9:30 a.m. Rev. Jeff Ro-
bie will lead us in Wor-
ship (Fellowship Hall).
10 a.m. Children's
Sermon/Sunday School.
Following Worship
we gather for coffee and

fellowship.

Tuesday, Feb. 21
10:30 a.m. Bible Study
Noon BYO Lunch
1 p.m. Ladies Guild
6 p.m. Bible Study on
Zoom

Tuesday, Feb. 21 is
Shrove Tuesday or Mar-
di Gras, which marks

Conservation

FROM PAGE A6

Changing weather patterns may contribute in another way. As NH Lakes President Andrea LaMoreaux told NHPR, "What's happening is New Hampshire is getting wetter. We're getting more rain, but we're getting fewer storms, which means our storms are bigger. And when we have bigger storms, we have more pollution running off the landscape." This polluted runoff into lakes can feed algal growth.

Why do some lakes and ponds experience blooms while others do not? According to NHDES water division assistant manager Ted Diers, it's complicated. A bloom can be triggered by a variety of factors including surface conditions, wind, and lake water temperature making it difficult to predict when and where one will occur.

Other causes are being investigated through water testing. The APCC data shows some correlation with lawn fertilizers and waste from faulty septic systems that enter Cape Cod waters through storm runoff. This type of pollution which contains phosphorus is trending upwards in many ponds. Cyanobacteria thrive on phosphorus which is increasing in Cape ponds probably due to runoff from more intense storms related to climate disruption.

At Stinson Lake the situation is less certain. The SLA is utilizing the ongoing NHDES Volunteer Lake Assessment Program water quality testing to explore reasons for last summer's bloom. Unlike Cape Cod, the Stinson Lake testing shows low levels of phosphorus suggesting that pollution from septic and lawns is not the source of the problem.

Paul Giannasca, a Stinson Lake resident who oversees the NHDES water testing program for SLA, says that test results indicate that chloride levels have increased during the past five years. While this increasing chloride, which is probably related to road salt runoff, could have contributed to last summer's HAB, Paul is expanding the SLA testing program to assess all possible factors.

There is still much to learn about what triggers a harmful bloom. Next month's Conservation Matters column will focus on how to recognize cyanobacteria, and what can be done to protect our New Hampshire water bodies.

Photo credit: NHDES

the day before the beginning of Lent on Ash Wednesday. This period is traditionally associated with feasting and merrymaking, as it is the last opportunity for people to indulge in rich, fatty foods and sweets before the austerity of Lent. Shrove Tuesday itself is a time for confessing one's sins and seeking forgiveness, as well as a time for making preparations for the fasting and penitential period of Lent.

In some communities, the entire Shrovetide period (the week preceding Ash Wednesday) is marked by festivities such as carnivals, masquerade balls, and parades, while in others, people may simply gather with friends and family to enjoy food, games, and other leisure activities. Pancakes are a popular food during this time, as they were traditionally a way of using up rich ingredients like sugar, butter, and eggs before the start of Lent. And so Lent begins on Ash Wednesday, which can fall on any date between Feb. 4 and March 10, depending on the date of Easter in a given year. This year Ash Wednesday is Feb. 22.

All are welcome Sunday mornings, as we come together to Worship God and celebrate the Resurrection of Jesus Christ this Easter Season. Our Church is a member of the National Association of Congregational Christian Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world.

Our Services are

available on Facebook. Bible studies are available on Zoom. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223.

Please direct any questions or needs to ourcccc1774@gmail.com.

Christian Science Society, Plymouth

Refinishing of the sanctuary floor has started, and so we will hold our next two Wednesday meetings, Feb. 15 and 22, at 6 p.m. on Zoom. The next Sunday service Feb. 19 at 10 a.m. will also be Zoom. Then we will have lovely refinished floors!

The Bible lesson sermon for Sunday, Feb. 19, is "Mind" and begins with the words from II Timothy "...may the Lord give you understanding in all things." This lesson, which can be studied during the week, will be read all around the world next Sunday in more than seventy countries.

Please visit our Web site at www.cs-plymouth-nh.org if you would like to join in these zoom services!

Our Sunday school, which takes place during the church service, will also be on Zoom next Sunday. Here children and young people learn Bible-based lessons which help them in all areas of their lives – at school, with friends, and at home and in community.

At our Wednesday meeting there are short readings from the Bi-

ble and from the Christian Science textbook. There's also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our spiritual study and prayer. All this will happen on the two Zoom services!

At jsh-online.com you'll find a wealth of articles and audio offerings which are new each week, including ones for children and teens. This week there is a podcast "Let yourself be loved" with great ideas on this subject.

The Reading Room will be closed for floor refinishing from Feb. 6-23. When it opens back up you can read helpful articles from the weekly and monthly periodicals in our reading room in the church building. You can browse, read, borrow all books and resources, and there are free magazines to take home.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship holds Sunday services each Sunday at 9:30 a.m., both in person at 101 Fairgrounds Rd., Plymouth, and live streamed via Zoom. Nursery and childcare services are available. Religious education classes are offered every week.

Feb. 19
In Everyone's Story
is Our Story: Reflections
on the Spiritual Journey
Quentin Blaine,

Stephanie Halter, and
Nancy Dowey

Join us on this Sunday for one of our favorite Sunday services, Spiritual Journeys. We will hear stories from three of our Fellowship members. Each will offer us a glimpse into their spiritual experiences and learnings.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Welcoming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

For more information and Zoom link visit our Web site: www.starrkingfellowship.org.

Wentworth Congregational

Please join us each Sunday at 10 a.m. for worship. We are currently worshipping downstairs, to save on the fuel upstairs.

At this time we are hosting a rotation of speakers each Sunday. Here is our list of speakers:

Feb. 19—Ruth Martz
Feb. 26—Lynn Morrison
March 5—West Rumney Communion 9 a.m.

Blessings to all!



ALEXANDRIA
Alexandria United Methodist
12 Washburn Rd.
Alexandria Village, Alexandria
9 a.m. Sunday Worship Service
Pastor Mark Lamprey • 603-744-8104
Methodist Church
April 16th Easter Worship @ 9a.m.

ASHLAND
Ashland United Methodist
18 Washington St., Ashland
All are welcome.
9:30 Sunday morning Worship Service.
Church School for 3-7 year olds during worship service.
Communion on 1st Sunday.
Sunday Evenings 6:30-7:30
Praise and Prayer gathering.
Wednesday Bible Study 2:30-4:00 p.m.
Pastor Roger Kleinpeter

Ashland Community Church
55 Main Street - Ashland
(across from Shurline Market)
10:00 a.m. Worship
August 18 – September 15 Teaching Series: "I Love My Church!"
Toddler Zone (infants – five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.
Pastor Ernie Madden
(603) 968-9464
accernie@hotmail.com

Emmanuel Episcopal Church
18 Highland Street, Ashland
(603) 968-7640
9:30 am Sunday School and Worship
Rev. Stephen Rugg

BRISTOL
Bristol Baptist Church
30 Summer Street, Bristol, NH 03222
(603) 744-3885
SUNDAY
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.
•We also do "live streaming" of this service. Sermons/message of each week can be found on our website (bristolbaptistchurch.org)

Bristol United Church of Christ
15 Church St., Bristol
9 a.m. Bible Study • 10 a.m. Sunday School
10 a.m. Worship Service • Child Care Available • 744-8132

Holy Trinity Parish Bristol (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Rd
Bristol, NH
Marian Center
17 West Shore Rd Bristol
Bristol Office by appointment only
Call (603) 724-1825
Mass Schedule: Sundays at 9:30 AM
Thursdays at 8 AM
Eucharistic Adoration every Thursday from 8:30 to Noon
At North American Martyrs Oratory in the Marian Center
Website: holytrinityparishnh.org
FB: Holy Trinity News and Info

CAMPTON
Campton Baptist Church
1345 Main Street, Campton (603) 726-4662
Sunday 10 a.m. Worship Service followed by Time of Fellowship
Monday 4 p.m. Bible Study
Wednesday 7 p.m. Prayer
Friday 5:30 p.m. Dinner & Movie (free)
Women's Gathering 2nd Tuesdays 10 a.m.
Men's Breakfast 2nd Saturdays 7 a.m.
"Digging Deeper" Service 3rd Sundays 7 p.m.
Food Pantry by Appointment
All are Welcome • Handicapped Accessible
Pastor Chuck Green

Campton Congregational
#495 Rt. 175, Campton
9:30 a.m. Sunday Worship Service
Nursery and Child Care Available
11 a.m. Tue. Bible Study for Youth & Adults
Rev. Russell Petrie • 536-2536
Member NACCC

New Light Chapel
Southmayd Plaza (off I-93 Exit 28)
24 Southmayd Road, Campton
(Across Route 49 from Campton Mobil)
10:00 a.m. Sunday Worship Service
Childcare and Children's Ministry available
Pastor Steven Veinotte
www.newlightchapel.com

DANBURY
Danbury Christian Church
High St., Danbury
9:30 a.m. Sunday School
11 a.m. Morning Worship
Tuesdays 6:30 p.m. AWANA
Thursday 7:00 p.m. Prayer Group/Bible Study

United Church of Danbury
"All Are Welcome"
Rt. 104 — Near Center of Town
9:30 a.m. Sunday Worship Service
9:30 a.m. Sunday School
Contact: Sylvia Hill, Deacon at 768-3936
danburypastor@myfairpoint.net

HANOVER
Our Savior Lutheran Church
5 Summer Street, Hanover • 643-3703
10:30 a.m. Sunday Service of Holy Communion and Children's Church
9:15 a.m. Adult Education Hour

HEBRON
Union Congregational Church
16 Church Lane, Hebron • 744-5883
Recorded Services on website
hebronchurchnh.org
Rev. Mary Jane Barber

HILL
Picturesque "1800" Hill Center Church
Non-denominational, All Welcome
Murray Hill Rd.
5 p.m. Sunday Services June-October
Rev. Carol Snow-Asher • 744-7864

Hill Village Bible Church
9 a.m. - Sunday School
10 a.m. - Morning Worship
11 a.m. - Coffee Fellowship
11:30 a.m. - Bible Hour
6:30p.m. - Wed. Prayer & Bible Hour
Teen/Children's Ministries
Nursery provided at all services
Pastor: Rev. Daniel Boyce
Youth Pastor: Nathan Pelletier
www.hillvillagebiblechurch.com
Look for us on Facebook

HOLDERNESS
Holderness Community Church
919 US Route 3 – P.O. Box 613
Holderness, NH 03245
Worship Service—Sunday 10 a.m.
Rev. Chris Drew – 968-3219
www.holdernesscommunitychurch.org

NEW HAMPTON
New Hampton Community Church
• 744-8252
A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Small groups throughout the week in area homes

PLYMOUTH
Calvary Independent Baptist • 536-3024
115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service—Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

Christian Science Society
7 Emerson St., Plymouth
10-11 a.m.—Sun. Service/Sun. School
Wed. 6:00-7:00—Testimonial Meeting
www.cs-plymouth-nh.org

Church of Jesus Christ of Latter-Day Saints
354 Fairgrounds Rd., Plymouth
10:00a.m. Worship Service
11:10a.m. Sunday School
Kevin Simpson • 536-3664

Gateway Alliance Church
9 Fairgrounds Road, Plymouth • 536-3043
Sunday School and Adult Education
9:45 a.m.
Worship Service 11:00 a.m.
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Grace Baptist Church
Meeting temporarily at the
Baker River Bible Church
at 259 Route 25, Wentworth, NH
1:30 p.m. - Sunday School for all ages
2:30 p.m. - Sunday Worship Service
Thursday, 6:30 p.m. - Teen and Adult Bible Study
Thursday, 6:30 p.m. - Kids "Patch the Pirate" Club
(from September - May)
Fall Meetings with Morris Gleiser, October 18-22.
Sunday, 1:30 and 2:30 PM; Monday - Thursday at 7:00 PM.
Visit www.gbcnh.org for sermons and more information.

Holy Trinity Parish (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Rd, Bristol
St. Matthew Church
11 School St in Plymouth NH.
Parish Office: 11 School St in Plymouth
(603) 536-4700.
Office email: holytrinitynh@gmail.com
Communications coordinator:
Christine Chiasson email:
chrischiasson@holytrinityparishnh.org.
Pastor: Fr. Mark Dallard.
Instagram: holyTrinityNH.
FB page is Holy Trinity News and Info.

Plymouth Congregational United Church of Christ
Sunday Worship 9:30 AM on Facebook Live
Virtual Sunday School 9:30 AM
Open and Affirming, Just Peace
Global and Local Missions. Fully Accessible
Pastor, Rev. Sara M. Holland
Ashley Paine, Organist/Accompanist
David Williams, Director of Music
536-2626 • www.uccplymouth.org

Plymouth United Methodist Church
334 Fairgrounds Road
(603)536-1941
Sunday Morning Worship 9:30 am weekly

Restoration Church
319 Highland St., Plymouth
10:30 a.m. Morning Service
Helping Hands Food Pantry 1st & 3rd
Monday of the month, noon-2 p.m.
Food, Fun, Fellowship, 2nd Friday of the month, 6 p.m.
Kate Gagne, Pastor

Starr King Unitarian Universalist Fellowship
101 Fairgrounds Rd., Plymouth
536-8908
9:30 a.m. Sunday Service and Church School & Nursery Care
Rev. Linda Barnes
www.starringfellowship.org

RUMNEY
Rumney Baptist Church
Rumney Baptist Church
Rev. Seth Powers, Pastor
375 Main Street • 786-9918
rumneybaptist.org
office@rumneybaptist.org
Like us on Facebook
Sundays: 10:00 a.m. Sunday Worship Service
Livestreaming on YouTube

Blended, worshipful music
Relevant Bible teaching
Children's ministry
6:30 p.m. Mondays: Teen Worship Service
Small group Bible studies throughout the week

West Rumney Community Church United Church of Christ
1218 Old Route 25, West Rumney
Sun. Worship 9 a.m., All are welcome.

THORNTON
Thornton United Methodist
22 Church St., Thornton
Off Cross Road between Rts 3 & 175
Call 603-726-3774 for more information or to leave a message.

WARREN
Warren United Methodist Church
On the Common, Warren, NH
Sunday Worship 1:30 p.m.
Sunday School 10 a.m.
Rev. Dr. David Palmer • 787-6887

WENTWORTH
Baker River Bible Church
259 Moosilake Hwy., Wentworth
* Sunday School - 9:45 a.m.
* Morning Worship Service 11:00 a.m.
* Potluck Lunch - 12:00 noon
* Afternoon Service 1:30 p.m.
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

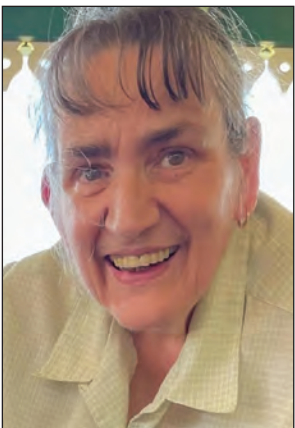
Wentworth Baptist Church Independent, Fundamental, K.J.V.
260 Cape Moonshine Rd., Wentworth
9:30 a.m. Sunday School
10:30 a.m. Sunday Service
1 p.m. Sunday Afternoon Service
7 p.m. Wednesday Evening Service
Pastor Jeffrey Greeson
764-9800 www.wbcnh.org

Wentworth Congregational Church
Wentworth Village Road (Common)
wentworthcongregationalchurch.org
Sunday services: 10:15 a.m., Sept.thru May.
9:00 a.m., May thru August
764-9081

WOODSTOCK
Pemi Valley Church
1091 Rte 3 South Woodstock, • 745-6241
ALL ARE WELCOME
Wednesday - 6:30 p.m. Bible Study and Prayer Group.
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.
Reverend John Muehlik Jr.

Linda M. Smith, 67

Lincoln, NH – Linda M. (Willey) Smith, 67, of Maltais Farm Road, passed away with her family by her side on Wednesday, February 8, 2023. Her parents, Barbara (Sweeney) and Roy E. Willey welcomed Linda into the world on June 6, 1955. Linda attended Lin-Wood High, class of 1974. After marrying Gene Smith Sr., she continued to grow her life. Linda and Gene had three children, Gene Smith Jr., Russell Smith, and Kendra Smith. Linda was employed at Burndy in Lincoln for 47 years. She was a consummate problem solver, both at work and in her personal life with family and friends. Linda helped organize Re-



lay for Life in the north country for 12 years. Linda was predeceased by her parents, Roy and Barbara Willey; son, Gene Smith Jr.; and sister, Betty (Willey) Dexter. Linda is survived by her husband, Gene Smith Sr.; son, Russell Smith and Cherie of Springfield TN; daughter Kendra Macneil and David of Concord NH; daugh-

ter-in-law, Lisa Smith Robinson and Todd; two brothers, Lee Willey and Roy Willey, both of Lincoln, NH; sister, Barbara Mack-Keeney and Steven of Woodstock, NH; 6 grandchildren and two great grandchildren; numerous loved family members and friends.

There will be a graveside service on May 20th, 2023, at 10:00 at the Riverside Cemetery in Lincoln, NH.

For more information, or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is helping the family with arrangements.

CHICHESTER – David D. Thorne, Sr., 82, of Chichester, NH passed away peacefully at home surrounded by family on Tuesday, January 31, 2023.

Born on February 4, 1940 in Waterville, ME, he was the son of the late Charles and Janet (Pierce) Thorne.

David was educated in the local schools and went to proudly serve in the Army National Guard for over 40 years. He worked for many years as a Mail Carrier/Clerk for the United States Postal Service until his retirement. He enjoyed sports, particularly baseball and was an umpire for many years. David was a Boy Scout Leader in Plymouth for many years. He was a member of the Elks Lodge 2312 in Plymouth NH for 49 years. David loved working in the woods and being with



his family and grandchildren.

Besides his parents, he was predeceased by his brothers, Edward and Lawrence Thorne; sisters, Elizabeth MacMillian and Karen Carlson; infant daughter, Kathleen Elizabeth Thorne; grandson, Dustin Killen and granddaughter, Krystal.

He is survived by his wife, Debra (Vachon) Thorne; sons, David Thorne, Jr. and his wife, Sharon, Andrew Thorne and his wife, Tina, Darren Thorne, Donald

Thorne and his significant other, Dawn, Clark Thorne and his significant other, Danielle and Christopher Thorne and his significant other Nicole; daughters, Andrea Kohler and her husband, Donald, Donna Killen and her husband, Rufus; brothers, Gary and Robert Thorne; grandchildren, Jennifer, Nathan, Jared, Evan, Isabelle, Acadia, Joseph, Robert, Layla, Stella and Atlas; great grandchildren, Abigail, Aiden, Jameson and Savanna as well as one great-great granddaughter, Violet Grace.

A Celebration of Life will be held at the convenience of the family in the spring. The Roan Family Funeral Home in Epsom is assisting the family with arrangements. To share a memory or offer a condolence please visit www.roanfamilyfuneral.com.

Send all obituary notices to Salmon Press, by e-mail to obituaries@salmonpress.news
Deadline is Monday at noon

Plymouth candidate forum set for Feb. 21

PLYMOUTH — A candidate question and answer forum for town of Plymouth candidates is scheduled Tuesday, Feb. 21 at 6:30 p.m. at Plymouth Regional High School. Pemi-Baker TV will provide ability to attend online. The link will be posted on the town Web site at <https://www.plymouth-nh.org/>. One can also log in to the event at PBTv Channel 1302 or on YouTube. There will be a question box at the Town Hall for any who would like to submit questions in advance.

This year's Select board candidates are Zachary Tirrell, Maryann Barnsley, and Phillip Malick Hammond. Also on the ballot are Library Trustee: Doug Grant and Joyce Weston. Treasurer: Carol L. Geraghty. Moderator: Robert B. Clay. Cemetery Trustee: Mark J. Halloran. Elections will be held at Plymouth Elementary School March 14.

Local residents earn academic honors from Florida Tech

MELBOURNE, Fla. — The following local students have been named to the Fall 2022 Dean's List at Florida Institute of Technology.

* Ava Dorow of Waterville Valley

To be included on the Dean's List, a student must complete 12 or more graded credits in a semester with a semester grade point average of at least 3.4.

The premier private technological university in the Southeast, Florida Tech is a Tier 1 Best National University (U.S. News & World Report) and a Top Technical Institute (Fiske Guide to Colleges), as well as a Best Value University (Forbes) and a top 100 global university for graduate employability (GEURS). Florida Tech is known worldwide for its strengths in aerospace, advanced manufacturing, aviation, autism treatment, biomedical science, cybersecurity and machine-learning, and marine science. It offers more than 150 bachelor's, master's and doctoral degrees in engineering, science, computing, aeronautics, business, psychology and the liberal arts. The university is located in the dynamic and innovative city of Melbourne in the heart of the "Space Coast," where students have been watching rocket launches from campus since the dawn of the Space Race. Learn how Florida Tech is making history and shaping the future at floridatech.edu. Find stories about our relentless pursuit of greatness at floridatech.edu/news.

For Advertising Information
Call 603-279-4516
email: Tracy@salmonpress.news

NHEC now accepting applications for 2023 lineworker scholarship

PLYMOUTH — New Hampshire Electric Cooperative (NHEC) is now accepting applications for the 2023 lineworker scholarship program.

One \$2,500 scholarship will be awarded in July 2023 to support the

training and education of a person pursuing a career in electrical linework. Applicants must be at least a senior in high school at the time of applying and must be either a NHEC member or the child/dependent of a NHEC member. The

deadline to apply is June 23.

For eligibility criteria and scholarship application, please visit the scholarship page on the NHEC website at www.nhec.com/scholarships/, or contact Sara

Thielbar at 603-536-8884.

NHEC is a member-owned electric distribution cooperative serving 86,000 homes and businesses in 118 New Hampshire communities.

Endicott College announces local Dean's List students

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2022 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average

of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Madison Woods of Campton and Thomas Hendricks of Holderness met these require-

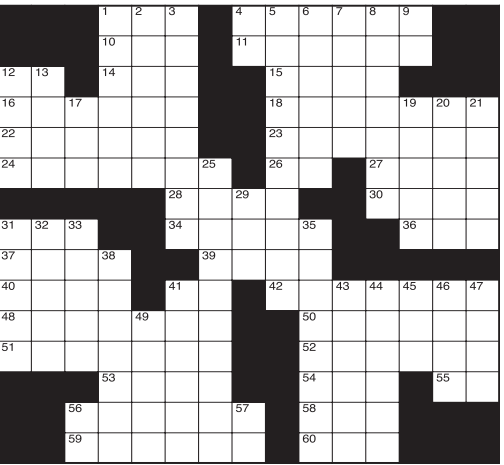
ments.

About Endicott College

Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites

online and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit endicott.edu.

TAKE A BREAK



- ACROSS
1. Belonging to a thing
 4. Pass or go by
 10. Partner to cheese
 11. Subjects
 12. U.S. State (abbr.)
 14. Bits per inch
 15. Forest-dwelling deer
 16. Illinois city
 18. A salt or ester of acetic acid
 22. Wholly unharmed
 23. Cuddled
 24. Bane
 26. Global investment bank (abbr.)
 27. Oh my gosh!
 28. Arrive

30. Famed Spanish artist
31. Home of "Frontline"
34. Group of quill feathers
36. Keyboard key
37. Army training group
39. Detail
40. Pole with flat blade
41. Football play
42. Makes unhappy
48. Island in Hawaii
50. Back in business
51. Of an individual
52. Painful chest condition
53. Tropical American monkey
54. Matchstick game
55. For instance

56. Even again
58. Popular beverage
59. Evaluate
60. Time units (abbr.)

DOWN

1. Stain one's hands
2. Nocturnal hoofed animals
3. Back condition
4. Popular movie alien
5. City of Angels
6. Peaks
7. Infantry weapons
8. Left
9. Atomic #99
12. Told a good yarn
13. Vale
17. Resistance unit
19. Aquatic plant
20. Bluish greens
21. About some Norse poems
25. Reinforces
29. Egyptian mythological goddess
31. Supportive material
32. Subatomic particle
33. Expired bread
35. Cereal grain
38. Goes against
41. Walkie ____
43. One who does not accept
44. Beliefs
45. Indicates near
46. Brazilian NBA star
47. Grab quickly
49. Romantic poet
56. College dorm worker
57. Set of data

PEANUTS WORD SEARCH

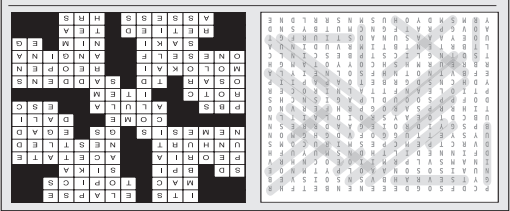
P C D F S O G D E E E N E N B E T F H R
G Y T S E V R A H B V S N S O I S V E B
N U A I S O S O N A A O L P Y T M N O E
I N A M S V L P R M I I O E O C N H R V
D F I N N E D I L T H D N S M U C Y U F H
D V R C T P E M C P E S M I R U C O M S
U Y S Y E T T U G O F V D G H G M O N
B P S G Y I D R O I E G A D R E S N
U B C D T O E A Y S R O I D L A I T L N
T I H R R P S A R O G P R H F E R V N O
D O F P P S O O U D L P A G I S N C H S
P T I O L E A N F T T A L N I R O C E R
D H C N S D G R B E T O A P A P I P
Y F B V T N O T N H F S O L N E I Y L A
R B R E U R M H S C O Y Y O T A M G H
T S D T N G L I C S T P B E S C I N L C
L T B R T E N T B T I M R V U D I N U A
U O E Y A A S U N A O S T I U F G T
A O V P R A T F G C N U T B Y S N D
Y R M S M D Y O H U S M N S R R L D N E

Find the words hidden vertically, horizontally, diagonally, and backwards.

PEANUTS WORD SEARCH

BENEATH, BUDDING, COMPOST, CURE, FARM, FRUITS, GEORGIA, GROUNDNUT, HARVEST, HOPPER, LEGUME, PEANUT, PEG, PLANTING, POD, PRODUCTION, ROASTED, ROOTS, RUNNER, SOIL, SPANISH, VALENCIA, VARIETY, VIRGINIA

This Week's Answers



PETS OF THE WEEK



Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Buck

Are you looking for an active companion? Buck is craving an outdoor adventure buddy to help keep busy. With proper introductions and management, he could do well living with other dogs. He has not previously lived with small animals. Buck is very treat motivated which will be very beneficial while continuing training!

NH Humane Society
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

HELP WANTED

Construction Help
2023 Immediate Openings
Sitework and Concrete Divisions

Seeking Individuals With Minimum 3-5 years experience:
*Site Foreperson *Equipment Operators
*Dump Truck Drivers *Haul Truck Drivers

Concrete Laborers/Form Workers:
*Experience preferred but willing to train

Pre-employment physical, Drug Screen Required

Andrews Construction Co., Inc.
PO Box 720
Campton, NH 03223
Email: info@andrewsconst.com
www.andrewsconst.com
Telephone: 603-726-7623 - Fax: 603-726-7313

ANDREWS CONSTRUCTION Co. Inc.
GENERAL CONTRACTORS
CAMPTON N.H.

WENTWORTH ELEMENTARY SCHOOL
2022-2023 SCHOOL YEAR

Immediate Opening

PART-TIME/FULL-TIME CUSTODIAL POSITION

Flexible hours. Pay commensurate with experience.

Please send cover letter, resume, 3 references to:

Tami Keyes, Principal
Wentworth Elementary School
PO Box 139
Wentworth, NH 03282
tkeyes@pemibaker.org

Library Position

The Trustees of the Joseph Patch Library in Warren are accepting applications for a library director. This part-time position, beginning in mid-March, serves the greater Warren community.

The director is responsible for day-to-day operations in a small library setting. Applicants should be highly motivated, enthusiastic, aware of changing patron needs, and able to carry out all aspects of library operations.

Library experience is preferred, but not essential for the right person.

Email resumes to: jpatchlibrary@yahoo.com

Send resumes to: P. Wilson, Chair
Joseph Patch Library
320 NH Rt. 25
Warren, NH 03279

Inquiries: 603-764-9072

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

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Help Wanted

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Phone:(603) 279-4516

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DAYTIME SHIFT
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or email precisionlumber@lumbemh.com to request us to email an application

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Part-Time 10 hours per week

Newfound Area Senior Center, Bristol

Grafton County Senior Citizens Council
Training provided

Gail : gshaw@gcsc.org
603-536-1204
www.gcsc.org
EEO



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You bring the heart, we train the skill!

Are you retired? Want a second job? Earn extra income! Balancing a busy household? We offer two-hour shifts! Work as little or as much as you would like!

Pay starts at \$17-\$19 per hour.

Apply at ckapply.com or call us at 603-536-6060



Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE

Precision Lumber Inc.
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
603-764-9450

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PART-TIME HOME DELIVERED MEAL COORDINATOR

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EMAIL: maria.mcintyre@gcsc.org
www.gcsc.org
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Email us at smahoney@wallacebp.com or call (603) 768-5900 and ask for Gayle.

 **Wallace**

Moultonborough Academy

Moultonborough Academy has the following openings for Coaching positions for 2023.

Fall:
Head Boys Middle School Soccer Coach
Assistant Boys Middle School Soccer Coach
Assistant Girls Middle School Soccer Coach
Assistant Girls Varsity Volleyball Coach

Winter:
No Positions Available at this time.

Spring:
Assistant Varsity Baseball Coach
Assistant Middle School Baseball Coach
Assistant Middle School Softball Coach
Assistant Varsity Softball Coach
Middle School Track and Field Coach

Year Round:
Full Time Athletic Trainer
Volunteer Coaches – all seasons

Previous coaching and playing experience preferred but not mandatory. If you are interested in one of these opportunities, please contact Athletic Director, Chris Wood at 603-476-4817 or cwood@sau45.org. All positions open until filled.

salmonpress.com

NCH | Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

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HELP WANTED



Town of Thornton • 16 Merrill Access Road • Thornton NH, 03285 • 603.726.8168

PART TIME MUNICIPAL CLERK

The Town of Thornton is seeking qualified candidates for an immediate opening for the position of Part Time Municipal Clerk. This part-time position has an average work week of 18-20 regularly scheduled hours. On-call and additional hours may also be required. This position is a Labor Grade 6 with an hourly pay starting pay \$20.49 depending on experience.

Job functions include but are not limited to performing complicated calculations of vehicle registration transactions; collect, reconcile, and deposit daily cash receipts for transactions processed; must attend trainings pursuant to NH Motor Vehicle requirements; works under direct supervision of the Tax Collector/Municipal Agent; assists with tax collection functions; serves as support staff as requested by other municipal departments and the Town Administrator.

Preferred minimum qualifications include Associates degree in business, secretarial sciences or related field, 3-5 years' experience in dealing with the public and some bookkeeping; or any equivalent combination of education and experience.

A full job description and application is available at the Thornton Town Office or on the town's website at: <http://www.townofthornton.org/> on the Employment tab.

Applications with letters of interest and resumes must be submitted to:
Desiree Mahurin, Town Administrator
Re: PT Municipal Clerk
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Marketing and Sales Manager

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The Marketing and Sales Manager is responsible for developing and implementing the marketing strategy of The Morrison Communities; and overall sales at Summit by Morrison, comprised of 47 Independent Living units and 36 Assisted Living and Memory Care units. Marketing includes driving the sales and outreach necessary to reach The Morrison Communities overall occupancy goals, encompassing all facilities within the Community. Sales management includes maintaining and tracking all leads, delivering personalized tours, providing coordination and assistance of resident move-ins while maintaining clear communication before and during the move-in process.

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If you are interested in this position you can apply online, or email your resume to cathy.harrington@themorrisoncommunities.org
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HELP WANTED HEAVY EQUIPENT OPERATOR

Summary of Position

The position of Heavy Equipment Operator ensures the safe operation of heavy equipment at the landfill for the purpose of Covering, Grading, Ditching, Excavating, Hauling soils, Screening, etc. in an efficient and safe manner, operates one or more types of heavy construction equipment including Dozers, Excavators, Haul trucks, and Loaders. All equipment is new and well maintained. The position provides competitive wages, paid benefits, and stable hours.

Key Accountabilities

- Assists in the maintenance and upkeep of the landfill site
- Ability to learn and become efficient in the use of GPS guidance systems
- Performs pre/post operation inspection of equipment in accordance with Casella safety standards as well as state and federal regulations. Ensures all safety equipment and devices are operational and secured properly to equipment
- Monitors the condition of the equipment frequently to ensure it is always operationally ready to minimize downtime; clean tracks or wheels on equipment as needed
- Perform and document minor service on equipment, referring more complicated mechanical issues to maintenance shop for repair
- Operates heavy equipment following all safety and training protocols and ensures that the facility is properly maintained
- Observes operation of heavy equipment performing trouble shooting procedures as necessary.
- Occasionally assists technicians with maintenance and ensures communication of mechanical issues
- Follows all required safety policies and procedures
- Participates in training and other learning opportunities to expand knowledge of the company, products, sales, and services and performs any other duties needed to help drive our vision, fulfill our mission, and/or abide by our core values.

Education, Experience & Qualifications:

The successful candidate will be a self-directed person, at least 18 years of age, have a demonstrated ability to work as part of a team and be legally eligible to work in the US. It is required to have a high school diploma or GED and two years of prior experience in heavy equipment operation is preferred. Proven commitment to work and safety, excellent communication and problem-solving skills are required.

Attributes:

Positive, team-oriented individual who has a strong work ethic, is committed to safety, customer driven, open to personal and professional training and development, and results-oriented with the ability to see the larger picture while focusing on detailed information.

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Community Mental Health Centers provide crucial medical services

Lakes Region Mental Health Center CEO Maggie Pritchard has been busy this month, appearing before legislators to request critical funding that will address workforce shortages and wage gaps for workers in New Hampshire's Mental Health Centers. Pritchard also serves as the President of the NH Community Behavioral Health Association, that represents the 10 CMHCs across the state, and advocates for a strong New Hampshire mental health system.

Community Mental Health Centers provide crucial medical services for the individuals in our state who are living with- and recovering from- mental illness and

emotional disorders. The network of centers provides ongoing and emergency mental health services to all NH residents, services that promote public safety and overall public health. Lakes Region Mental Health, which serves 24 towns in Belknap and Southern Grafton counties, as well as its nine sister agencies, rely heavily on Medicaid rates as they represent an average of 70% of their operating revenues. Those rates are controlled by the legislative process. The missions of these safety net providers serve our most vulnerable NH citizens.

Workforce challenges and the rapidly increasing demand for mental

health services impact every community, to include basic access to care, and added pressure placed on emergency rooms, public safety personnel, and housing providers.

To respond to increasing demands, CMHCs have invested in increasing the number of full-time positions, and adding new services such as residential supports and mobile crisis response teams that stand ready to respond to the mental health crises of NH residents, 24/7. Additional investments are necessary to respond to the increased service demand.

An analysis of wage data of NH CBHA sal-

aries demonstrates a wage gap of up to a 45% difference for certain critical clinical health positions, as compared to Bureau of Labor Statistics national averages. A conservative figure to bring CMHC salaries to scale, as well as add additional residential supports, is \$28.2M. "We want to be able to pay our providers what they are worth", Pritchard adds, "and honor the investments they made in their educations that enabled them to provide services for our agencies."

"Workforce challenges are the number one issue facing businesses today, in New Hampshire and the nation as a whole", says Pritchard.

This is not just true for the field of mental health. A Fall of 2022 survey of New Hampshire businesses conducted by NH Businesses for Social Responsibility revealed mental health as the number one priority for businesses that are losing workers. Businesses from all sectors identified the top two priorities for workplace mental health as: spotlighting mental health in the workplace, and providing resources and access to mental health experts and programs to employees.

-Beth Vachon
Director of Development & Public Relations, Lakes Region Mental Health Center

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Laconia: 3BR/ 2BA, new construction ranch style home boasting 9ft. ceilings, granite countertops, & attached oversized 2 car garage, walk-out unfinished basement w/ roughed in plumbing and Mitsubishi mini split for heating/ air-conditioning in each rm. \$479,900 MLS# 4921841

Laconia: 5BR/5BA, set in the Oakleigh community of Long Bay. 1st floor Primary suite w/ twin vanities, walk-in shower, and jetted tub. 4 of the 5 BRs have ensuites. Amenities include 2 beaches, an inground heated pool, a tennis court. Contact (603) 520-1057 for a gate code. \$1,099,000 MLS# 4937640

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Adolescent Brain Development and the Importance of Preventing Drug Use

CONTRIBUTED BY: DEB NARO

From early adolescence through the mid-to-late 20s, the brain develops somewhat unevenly. The parts of the brain to develop first are those that control physical activity (cerebellum), emotion (amygdala) and motivation (nucleus accumbens). The prefrontal cortex, which is responsible for impulse control, more reasoned thought, and good judgment, develops later.

With the prefrontal cortex, or one's 'voice of reason,' developing last, it's easier to understand why teens are so driven by emotion, excitement, and short-term reward. This leads to unpredictable — and sometimes risky — behavior.

Finding ways to satisfy our different needs and desires is a part of life. It's one of the many skills being fine-tuned during the teen years. But when substances are used to fulfill needs and to feel good, it interferes with the body's development of its natural reward system.

The brain is made up of billions of nerve cells. Nerves control everything from when the heart beats to what your teen feels, thinks, and does. They do this by sending electrical signals throughout the body. The signals get passed from nerve to nerve by chemical messengers called neurotransmitters.

Some of the signals that neurotransmitters send cause feelings of satisfaction or pleasure. These natural rewards are the body's way of making sure we look for more of what makes us feel good. For example, when we eat something tasty, neurotransmitters tell us we feel good. Seeking more of this pleasure helps to ensure we

don't starve.

The main neurotransmitter of the "feel-good" message is called dopamine. Substances overload the brain with dopamine — they cause the reward system to send too many "feel-good" signals. In response, the brain tries to right the balance by letting fewer of the "feel-good" signals through. As time goes on, the brain needs more and more of the substance to feel its positive effects. This effect is known as tolerance, and it can be especially dangerous in the cases of drugs like heroin and cocaine.

The effects of substances on the brain don't just stop when the substance wears off. When a person stops taking a substance, dopamine levels remain low for some time. They may feel down, or flat, and unable to experience the natural pleasures in life. The brain will eventually restore the dopamine balance by itself, but it takes time. This can take anywhere from hours, to days, or even months,

depending on the substance, the length of time and amount of use and the person.

Because teenagers have an over-active impulse to seek pleasure and less ability to consider the consequences, they are especially vulnerable when it comes to nicotine, alcohol, or drugs. And because the internal reward systems are still being developed, a teen's ability to bounce back to normal after using substances may be compromised due to how substances affect the brain, making teens more vulnerable than adults to developing addiction.

For more information about how to talk to your

child about staying drug and alcohol free, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at (603-934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parenh.org or 603-238-3555.



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Ora Schwartzberg, Attorney-at-Law

Attorney Ora Schwartzberg has maintained an office here in Plymouth since 2013 as well as other locations in NH since 2002. Ora has served as the President of the Grafton County Bar Association, as a member of the Board of Governors of the New Hampshire Bar Association, Co-Chair of the Alternative Dispute Resolution Section of the NH Bar and as a member of the NH Bar Legislative Committee.

Certified Financial Litigator as well as a Certified Collaborative Law Practitioner. Prior to attending Vermont Law School, upon graduating from Temple University, Ora taught in an inner-city high school in Philadelphia. She also received an MS in Counseling from State University of New York (Plattsburgh). Ora founded her firm, Schwartzberg Law, in 1985 and began practicing in Lake Placid, NY.

Country surrounds with three attorneys who focus their practices in the area of Family Law as well as providing services in the areas of Estate Planning and Probate Administration. The firm prides itself on being accessible and available to counsel its clients and assist them with their immediate needs.

In the Estate Planning practice, Attorneys Schwartzberg and Mark Skandier (of Counsel) advise clients about how to best protect their property, assets and the needs of their families by offering both simple and complex plans tailored to our clients' individual needs. Attorney John Katsirebas, who heads our Family Law division, is often immediately available to assist clients with urgent and not so urgent family issues.

Our ability to provide the quality of service on which we pride ourselves is due to the professionalism and support of our team inclusive of Paralegal Tiffany Hodges and Legal Assistant Cassie Sanborn.

Ora's experiences include being a Certified Court Mediator, a

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We can meet your needs in the comfort of home and eliminate burdensome traveling and scheduling. Our therapists also gain access to important information about your home setting and any challenges that you might face. By receiving care in your home, your family has the opportunity to participate, increasing the benefits to you as well.

I had a stroke and can speak fine, but my ability to swallow was impacted. Can therapy help me? Yes! Pemi-Baker's licensed Speech Thera-

pists work with patients every day helping them to cope with swallowing concerns and improve functioning. This allows many to regain their independence when it comes to eating and drinking.

After returning home from my knee replacement, I can no longer bend to tie my shoelaces or pick up objects. Can you help me to cope? Our Occupational Therapists can help you by improving the skills that you currently use to complete these tasks as well as teach you new methods for completing them. This would require a physician's referral and is beneficial for improving your ability to complete many activities of daily living.

Will my Physical Therapist teach me activities that I can do on my own? Fitness and wellness are important parts of home health Physical Therapy. Your therapist will teach you many appropriate exercises that you can complete on your own or with assistance from your caregiver or a family member. These exercises often enhance your recovery and help to speed healing.

How Do You Get Home Health Therapy?

Most patients who receive home health therapy are referred to the service by their physician. Your doctor can make the referral to any local visiting nurse service that offers therapy, and he or she can attest that home services are medically necessary. This medical necessity report will likely also state that

home health therapy is needed because you are unable to leave the house due to your condition or circumstances. Patients can choose who they go to for services, they just need to mention the organization to their physician. (Keep in mind if you have insurance you should always check to confirm what providers are included).

If you feel you may benefit from Physical, Occupational or Speech Therapy at home, you can also call Pemi-Baker Hospice & Home Health. We can help you navigate the pathway to receiving home health therapy.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

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- Receive support to access services
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 - Booking a vaccination appointment
 - Transportation assistance
- WellnessLink offers follow up to confirm that your needs have been met.

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Protect Your Health with One Call



WellnessLink

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In partnership with ServiceLink Resource Centers, NH's Public Health Networks and the NH Department of Health and Human Services

Connect to Living and Aging Well in New Hampshire

Finding accurate and easy-to-understand information on COVID-19 can be challenging. With one phone call to WellnessLink, older people in New Hampshire can connect with an expert to answer their questions related to COVID-19. Partnership for Public Health Inc., partnered with New Hampshire's Department of Health and Human Services to launch WellnessLink last spring and assist older Granite Stater's in accessing the information they need to make informed decisions about COVID-19 testing, vaccination, and resources like transportation and language assistance.

WellnessLink ensures efficient access to these services while also connecting older adults to other community resources and services that support community living. Furthering the missions of the partnering organizations, WellnessLink provides an easy-to-understand and accurate source for New Hampshire residents to live and age well.

"Our hope is that we can grow WellnessLink to become a trusted place where older people in New Hampshire can access information on health promotion and disease prevention that is happening in their community — from connecting to social activities to health education classes," says Carissa Elphick, Deputy Director at the Partnership for Public Health.

For more information, visit www.wellnesslink.org or call WellnessLink at 866-452-1693 to start protecting your health.



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Emily DuPont, RN
LRH Diabetes Educator

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The Scary Truth About What's Hurting Our Kids


THE SCARY TRUTH

Youth in our region are higher in sadness, hopelessness and suicidal ideation than statewide averages. (CDC: Central NH Youth Risk Behavior Survey, 2019)


MARIJUANA USE IS CONSISTENTLY LINKED TO POOR MENTAL HEALTH OUTCOMES. (JAMA Psychiatry, 2020)

HIGH POTENCY MARIJUANA USE


6.2 million daily marijuana users in 2009


13.8 MILLION DAILY MARIJUANA USERS IN 2019 (SAMHSA)

GREATER RISK


Anxiety
Depression
Addiction (JAMA Psychiatry, 2020)

MARIJUANA USE IN ADOLESCENCE AND THE USE OF HIGH-POTENCY MARIJUANA INCREASES THESE RISKS. (JAMA Psychiatry, 2020)


FOCUS ON PREVENTION

Know the Five Signs


Learn the 5 signs that may mean someone needs help at: giveanhour.org

Personality Changes
Agitation
Acting Withdrawn
Poor Self-Care
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Mental Health Emergency Services Available



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Marijuana: What You Need to Know to Help Protect Children, Teens and Young Adults



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