

# Newfound Landing

THURSDAY, JANUARY 19, 2023

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COMPLIMENTARY

## Fire destroys home in Campton

BY DONNA RHODES

Contributing writer

CAMPTON – In the early morning hours of Friday, Jan. 13, Lakes Region Mutual Fire Aid sent out a call to Campton-Thornton Fire Rescue and the neighboring Woodstock Fire Department for the report of a building fire on Sunset Circle in the town of Campton. LRM-FA advised CTRF that a neighbor had called 911 about the fire, stating the structure appeared to be fully involved but that all occupants were safely out of the home.

Those first on scene found the building was indeed fully involved with exposure to another structure so additional calls for equipment and crews were made to

SEE FIRE PAGE 11



COURTESY

At approximately 3:30 a.m. last Friday morning, a home on Sunset Circle in Campton was destroyed by fire, with flames extending to a second structure, but fortunately, there were no injuries as a result of the blaze

## NLRA hosting birding and animal sign walk at Grey Rocks



COURTESY

A Hairy Woodpecker

HEBRON — Join local birder Tom McShane and the Newfound Lake Region Association's (NLRA) Education & Outreach Manager, Mirka Zapletal, for a birding and animal sign walk at Grey Rocks Conservation Area, Monday, Jan. 23, 10:30 a.m.- 12:30 p.m.

As participants explore the trails at Grey Rocks, they'll be on the lookout for birds and tracks left behind by a range of animals. While some wildlife leaves the area in winter and other species sleep their way through it, branches without leaves can make it easier to spot the birds that remain, and snow can record not only who passed through the area but also what they did on their journey. Tom and Mirka will share their knowledge and enthusiasm for exploring Newfound 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 NewfoundLake.org/events or call 603-744-8689.

NLRA works to protect the high-quality waters of  
SEE SIGN WALK PAGE 11

## DAR hosting program on composer Amy Beach

PLYMOUTH — Amy Marcy Cheney Beach was born Sept. 5, 1867, in Henniker. She would become one of the most respected and accomplished American composers of her time. As a pianist, she had her debut at 17 with the Boston Symphony Orchestra performing the "Chopin Piano Concerto #1." At the age of 29, her "Gaelic Symphony" was premiered by the Boston Symphony Orchestra, the first symphony composed and published by an American woman.

Come learn more about this fascinating composer as we listen to/watch a music-filled one hour, 15 minute documentary entitled, "Composer Amy Beach." This program is open to the public and is being sponsored by the Pemigewasset Valley Chapter Daughters of the American Revolution. Date: Pease Library, Saturday, Feb. 4 at 10 a.m.

Any woman interested in joining Daughters of the American Revolution is encouraged to contact Paula Woodward at woodwardpm1@gmail.com or call 603-536-4778 for information on requirements.

## Mount Prospect Academy donates \$10,000 to Plymouth Police Department

PLYMOUTH — At a luncheon ceremony in their Career Development Center in Plymouth, Mount Prospect Academy presented the Plymouth Police Department with a check for \$10,000. The donation stems from a phone call Plymouth Police Chief Alex Hutchins had with MPA's President, Jeffrey Caron.

"I recently assisted Mount Prospect Academy staff here in Plymouth in a high-stress situation involving one of their students," explained Hutchins. "I was impressed with how the staff conducted themselves in a professional manner while de-escalating the situation. It was obvious to me that these staff members had been well trained for these types of situations. I really felt that they needed to be recognized, so I contacted Jeff to of-



fer my commendation to his team. Jeff was very appreciative and asked if they could assist us in any way."

The result was two financial donations, totaling \$10,000 to be used towards active threat resources for the town of Plymouth and surrounding communities.

"MPA never overlooks the fact that we are more than just a school for at-risk kids," said Jeffrey Caron at the presentation ceremony. "We're a part of several communities, including Plymouth, Campton, Rumney, Warren and Pike. As such, we're not only here to help our

kids, but our communities. When Alex mentioned initiatives that would benefit from community support, I saw an opportunity for us at Mount Prospect Academy to help out."

On-hand was the MPA Plymouth team recognized by Chief  
SEE DONATION PAGE 11

# Reap the rewards of volunteering!

## Join Pemi-Baker Hospice & Home Health's team of hospice volunteers

PLYMOUTH — Hospice volunteers know that helping others at the end of their lives is tremendously rewarding. Being part of a hospice team gives you the profound privilege of bringing comfort, peace and care to patients, caregivers, and their families during their transitional journey. Volunteers feel a greater appreciation of life itself, a deeper understanding of what's truly important, and an authentic sense of fulfillment.

### Why volunteer?

As a hospice volunteer, you become part of a person's life when you are needed most. That sense of fulfillment is priceless. Also, without caring volunteers like you, there would be no Medicare-certified hospice programs. Medicare law requires that 5% of hospice care hours are provided by volunteers.

### Who volunteers?

People just like you. Adults, young adults, and in some cases mature teens from all backgrounds, experiences, and cultures. Effective hospice volunteers embrace the fact that their role is one of compassionate service.

### What skills do I need?

Pemi-Baker Hospice & Home Health will provide the training and orientation you need to feel confident and comfortable with whatever level of support you choose to give. Training can include things such as grief counseling, boundaries between the volunteer, the patient and the family, and emergency medical support.

Do you love music? Sharing stories? Playing cards? Whatever passions, talents, or interests you bring can also be valuable assets. The most precious asset, of course, is simply caring.

### What does a hospice volunteer do?

Ultimately, hospice care is about providing patients, caregivers, and families with the most comfortable and compassionate end-of-life experience possible. Your responsibilities will vary. In many cases it's as simple as companionship. Sitting and talking. Or just listening. Or playing a patient's favorite music.

You may also assist patients with tasks they can no longer perform for themselves. It may include anything from light household chores to lending emotional support to the patient's family during this difficult time.

If you prefer to work in a different capacity, we also have opportunities to help with administrative office tasks and fundraising.

### What is the time commitment?

As with most things around hospice volunteering, your commitment can vary. It depends a lot on the time you're willing to commit and the needs of the patients you are matched with. Some volunteers work an hour a week, some two hours each month.



Karen Bownes, Hospice Volunteer Coordinator PBH&HH.

I'm interested; how do I pre-register?

The next free virtual Hospice Volunteer training will start Tuesday, Feb. 7 and run five weeks through March 7. Class time is 2-4 p.m. All the training is done via TEAMS meetings (like Zoom) in the comfort of your own home. Contact Karen Bownes, Pemi-Baker Hospice & Home Health's Hospice Volunteer Coordinator at 603-536-2232 or email her at kbownes@pbhha.org. For more information visit Pemi-Baker Hospice & Home Health's Web site: [www.pbhha.org](http://www.pbhha.org).

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern New Hampshire 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.

Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth)

## Charitable Foundation awards \$3.8 million in operating support to nonprofits

CONCORD — The New Hampshire Charitable Foundation has made \$3,810,500 in grants through its Community Grants Program to support the operations of 82 nonprofits serving New Hampshire communities.

Contributions from Foundation donor-advised funds made it possible to increase the total amount awarded through this grants program in 2022 by more than \$1 million.

"New Hampshire asks a lot of the nonprofit sector — from teaching our youngest children

to sheltering struggling families to helping protect natural resources and promote civil discourse. In the past couple years, we have asked even more of them and they continue to meet their missions in the face of increased community need and challenges," said Anne Phillips, director of grantmaking at the New Hampshire Charitable Foundation. "The Foundation is proud to partner with and support these organizations that help make New Hampshire a community where everyone can thrive."

The Charitable Foundation awards more than \$50 million in grants each year. The Foundation administers multiple grant programs — some focused on geography, populations and issue areas — and also makes grants through donor-advised funds.

The Community Grants program is a competitive application program open to all qualified nonprofits that serve New Hampshire in the areas of health and well-being, environmental protection, education, housing and other basic needs, arts and culture, civic health and economic security. A majority of these grants are paid out over three years and provide unrestricted operating support, which allows nonprofit organizations to focus grant dollars where they are needed most. All grants provide unrestricted operating support, which allows nonprofit organizations to focus grant dollars where they are needed most.

To learn more about the New Hampshire

Charitable Foundation's grantmaking programs, please visit [nhcf.org](http://nhcf.org).

Among the grants made in December 2022 through the Charitable Foundation's Community Grants Program was:

Squam Lakes Association, Holderness, \$60,000

About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit [nhcf.org](http://nhcf.org) or call 603-225-6641.

## Pemi Choral welcomes singers to join rehearsals for May concert series

PLYMOUTH — The Pemiawasset Choral Society (Pemi Choral) begins rehearsals on Monday, Jan. 23 for its May Broadway-themed concerts: A Grand Night for Singing. Rehearsals take place at the Silver Center for Performing Arts at Plymouth State University, Plymouth on Monday evenings from 7 to 9 p.m., with optional sectional rehearsals that start at 6:30 p.m.

The chorus welcomes any interested

singer, new or old, to join them. If you sang with Pemi in December, or anytime in the past, they would love to see you return. The first three rehearsals may be attended without obligation to see if Pemi is the right fit for you. Also, invite friends to join in singing this refreshing repertoire of both classic and contemporary Broadway showstoppers from composers such as Richard Rodgers, Lin-Manuel Miran-

da, Stephen Schwartz, Cole Porter and Sara Bareilles.

Become part of Pemi's 90-voice chorus that performs in Gilford, Moultonborough and Plymouth for a musical trip to Broadway to experience the music from "Hamilton," "Wicked," "South Pacific," "Guys and Dolls," "Dear Evan Hansen," "Man of La Mancha," "Rent," "The Color Purple," "Waitress" and more.

Registration and music distribution on Jan. 23 begins at 6 p.m. at the Plymouth State University Silver Center and the rehearsal starts at 7 p.m. Our registration fee is \$50 but is waived for high school and college students.

Pemi Choral is di-

rected by locally renowned music director, Will Gunn, and collaborative pianist Laura Belanger.

The Pemi Chorus is a regional community chorus based in Plymouth, with a wide-ranging musical repertoire. Members come from communities throughout the Lakes Region and the White Mountains. Membership has ranged from 60 to 90 members per semester with a diverse range of ages from high school students to age 80. They perform concerts in December and May, and welcome new members at the beginning of each semester. For more information, please visit [pemichoral.org](http://pemichoral.org), and find us on Facebook and Instagram.



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## University of New Hampshire announces December 2022 graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2022. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Domenic Ferretti of Bristol (graduated with a BS in BusAdm: Marketing)

Keeyote Slover-Carpenter of Rumney (graduated with a BSPHYS in Physics)

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# Little Antlers receives donation from Newfound Area Charitable Foundation

PLYMOUTH — In late December, members of the Newfound Area Charitable Foundation (NACF) Board presented Little Antlers Learning Center with a \$5,000 donation to help fund the outdoor playground at the childcare center.

While the center's outdoor playground has other supporters, such as Littleton Hospital's Alpine Clinic, the donation was made in memory of a dear friend Brian Collins, who recently passed. Brian was an avid racer, friend, and volunteer of the NACF's Annual Run Your Buns Off 4.2 Miler Road Race held at the Newfound Lake on Labor Day weekend each year.



## Comfort Keepers

How seniors can enhance mental health

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits.

Exercise— Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection— At any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering— Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.

Spending time on joyful activities— Everyone has a different interest or hobby that brings joy, whether that's music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

Comfort Keepers® can help Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families

stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

### About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

### References

Science Daily/McMaster University. "Working it Out: Researchers find exercise may help fight depression in seniors." Web. 2019.

WebMD. "Depression in the Elderly." Web.

Healthline. "Geriatric Depression (Depression in Older Adults)." Web.

According to NACF Vice President, Garlyn Manganiello, Brian was a beloved and dedicated member of the running community and is deeply missed.

"Brian's passion for running and his genuinely caring personality is what made him an icon in the running community. He was there from day one when our little road race began, and we loved having both him and his son Emmett participate in our annual event," said Manganiello.

The NACF Board chose to make the donation to the Little Antlers Learning Center in honor of Brian, knowing that he would have been happy to see future generations encouraged to stay active and enjoy the outdoors.

Audrey Goudie, NACF President and co-race director, said "The donation aligns with our mission to promote healthy activities for all, and connecting this gift in memoriam of Brian just made it a perfect fit for us."

Little Antlers proudly accepted the donation and are honored to have been the recipient of this meaningful donation.

## SNHU announces Fall 2022 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 President's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning

12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Samantha Akerman of Alexandria  
Amy Fairbank of Bristol  
Benjamin Prive of Bristol  
Kyle Rosendahl of Bristol  
Jillian Benoit of Campton  
Lindsey Betts of Campton  
Kelly Daugherty of Campton

Madison Kiley of Plymouth

Christopher Marshall of Plymouth

David James of Plymouth

Jasper Beaver of Rumney

Natalie Hirschfield of Hilton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners world-

wide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Re-

port and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).



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# Silent comedy masterpiece “The Kid Brother” to screen with live music in Campton

CAMPTON — He was the most popular film star of the 1920s, routinely outpacing comic rivals Charlie Chaplin and Buster Keaton at the box office.

He was Harold Lloyd, the boy next door who could wind up hanging from the hands of a clock high atop a skyscraper. Audiences loved Lloyd’s mix of visual comedy and thrilling adventures, making him one of the most recognized icons of early Hollywood.

See for yourself when “The Kid Brother” (1927), a feature-length film regarded as Lloyd’s masterpiece, is screened by the Campton Historical Society on Saturday, Feb. 4.

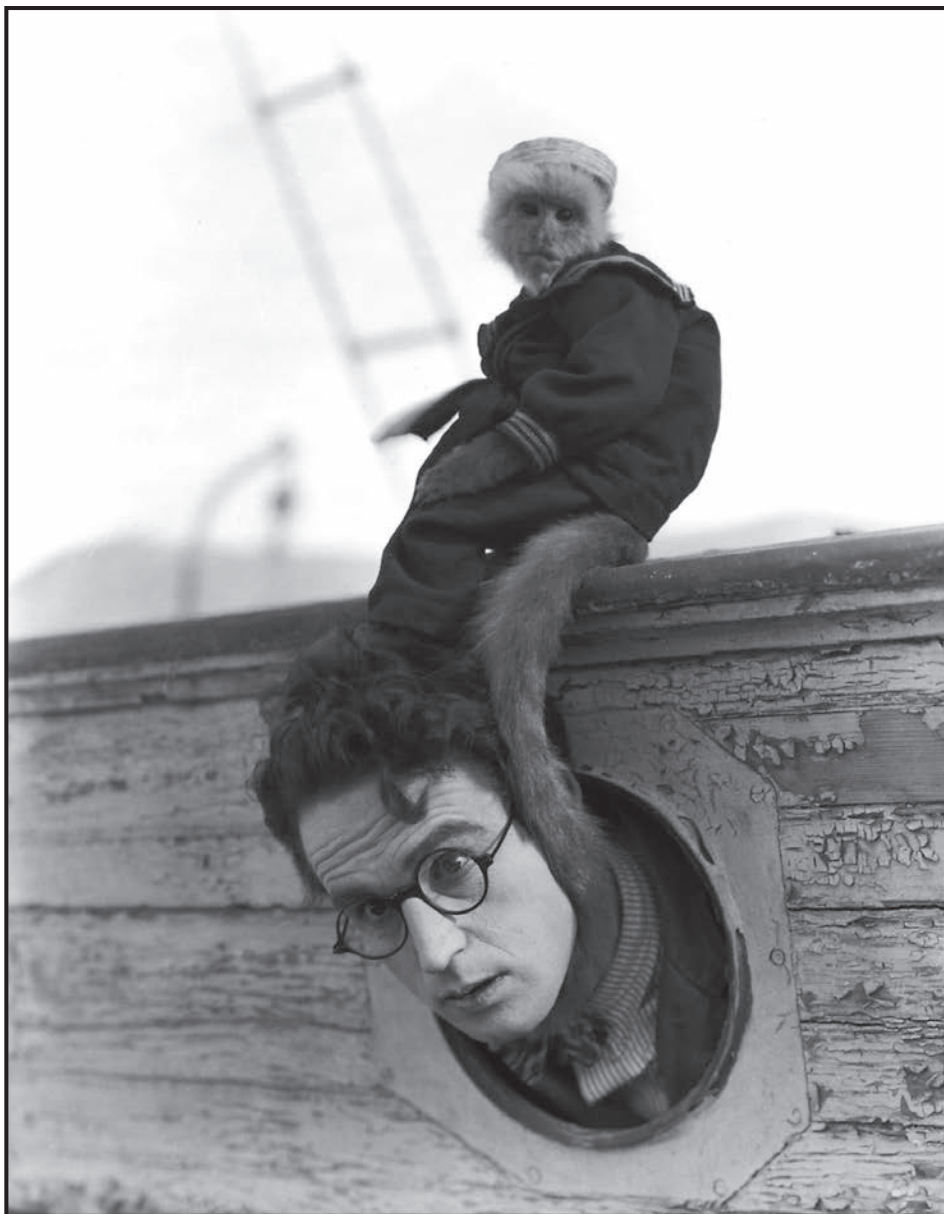
The event, which is free and open to all, takes place at Old Campton Town Hall, 529 Route 175, Campton.

It starts with a pot luck dinner at 5 p.m., with the film program to begin at 6 p.m.

Those attending the pot luck dinner are asked to bring one of the following: soup, bread, salad, main dish, dessert or beverage.

Music during the pot luck will be played by members of the Fiddlehead Field Kids Orchestra.

Live music for the silent film program will be provided by silent film accompanist Jeff Rapsis.



Harold Lloyd encounters a monkey in “The Kid Brother” (1927), a classic silent comedy to be screened with live music on Saturday, Feb. 4 at 6 p.m. at Old Campton Town Hall, 529 Route 175, Campton. The film will be preceded at 5 p.m. by a pot luck supper. The event is free and open to the public, with donations accepted to support the Campton Historical Society. For more information, visit [www.camptonhistorical.org](http://www.camptonhistorical.org).

In “The Kid Brother,” meek country boy Harold Hickory (Lloyd) looks up to his tough father, but is overshadowed by two burly older brothers. When a traveling circus brings trouble to town and possible disgrace to the Hickory clan, can Harold save the family name?

uation, Lloyd weaves a roller coaster of a tale that critics and film historians say show him at the height of his powers as a filmmaker and comedian.

“The first silent film I ever saw that made me actually stand up and cheer,” wrote critic Steven D. Greydanus of The Decent Films

Guide. “As a first introduction to silent film, I would pick ‘The Kid Brother’ over the best of Chaplin or Keaton every time.”

“Unlike Chaplin’s Little Tramp, who was as much defined by his bizarre eccentricities as his bowler and cane, Lloyd’s character, with his trademark spectacles, was an instantly likable, sympathetic boy-next-door type, a figure as winsome and approachable as Jimmy Stewart or Tom Hanks,” Greydanus wrote.

The film co-stars Jobyna Ralston, Walter James, Eddie Bolland, and Constantine Romanoff.

Harold Lloyd, along with Chaplin and Keaton, stands as one of the three masters of silent comedy. Though Lloyd’s reputation later faded due to unavailability of his movies, the recent re-release of most of his major films on home media has spurred a reawakening of interest in his work and a renewed interest in theatrical screenings.

“Seeing a Harold Lloyd film with live music and an audience is one of the great experiences of the cinema of any era,” said Jeff

Rapsis, a New Hampshire-based silent film musician who will accompany the film.

“Films such as ‘The Kid Brother’ were designed for a specific environment. If you can put those conditions together again, you can get a sense of why people first fell in love with the movies,” Rapsis said.

“The Kid Brother” will be screened with live music on Saturday, Feb. 4 at 6 p.m. at Old Campton Town Hall, 529 Route 175, Campton.

The film will follow a pot luck supper that starts at 5 p.m. Those attending the pot luck dinner are asked to bring one of the following: soup, bread, salad, main dish, dessert or beverage.

Music during the pot luck supper will be provided by the Fiddlehead Field Kids Orchestra.

The event is free and open to all, with donations accepted to support the Campton Historical Society.

For more information, visit [www.camptonhistorical.org](http://www.camptonhistorical.org). For more about the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

## Lillian Jane Magnus of Holderness named to Clarkson University's Dean's List

POTSDAM, N.Y. — Lillian Jane Magnus of Holderness a junior majoring in mechanical engineering, was named to the Dean's List for the Fall 2022 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to

innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region,

Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn sala-

ries that are among the top 2.5% in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

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grouped in fall, winter/spring, and summer.

Stella Smith of Campton

Reina Ray of Plymouth

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campus in Manchester. Recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

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**ALEXANDRIA RESIDENTS**

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Tuesday, January 24, 2023, from 7:00 to 7:30 p.m. for additions and corrections to the checklist. Change in party registrations will be accepted at this time.

Loretta Brouillard  
Suzanne Cheney  
Danielle Reed

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# Plymouth Historical Society presents program on Lewis & Clark's third in command

PLYMOUTH – Local historian Ronald W. Collins will talk about the life of John Ordway, who grew up in neighboring Hebron and was third in command of the Lewis and Clark expedition. Ordway was already a sergeant before he was recruited by Lewis and Clark and was chosen for his character, skills and education. He wrote a detailed daily journal about the expedition, including descriptions of the many Native American groups they met as well as the hardships and challenges they overcame. After the expedition Ordway returned to Hebron, then moved to Missouri, where he became a major landowner. At age 42, this robust, healthy man, who had walked to the Pacific coast and returned fit and strong, died of mysterious causes. What happened to John Or-



dway that would kill him at such a young age? Did the leave descendants? These and other aspects of Ordway's life, including his roles during the expedition, will be addressed in the talk.

Ronald W. Collins is an historian, genealogist, and author of "Sergeant John Ordway, A History with this Genealogy." Collins has written over thirteen other histories and genealogies on topics and families around the Newfound Lake area and beyond. He is a past president of the Hebron Historical Society and Chair of the Hebron Heritage Commission.

The in person program will be held on Feb. 8 at 7 p.m. Because the Webster Courthouse and Museum is

closed in February, we will meet at the Plymouth Congregational Church, next to Town Hall. The program is free and refreshments will be served.

Please join us! There is no need to register, but if you have questions, contact Marcia Schmidt Blaine at [mblaine@plymouth.edu](mailto:mblaine@plymouth.edu).

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## Andrew Hazelton of Holderness named to Springfield College Dean's List

SPRINGFIELD, Mass. — Springfield College has named Andrew Hazelton from Holderness to the dean's list for academic excellence for the 2022 fall semester.

Hazelton has a primary major of Health Science.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.



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## CADY Corner

### Naloxone can save lives

BY DEB NARO  
Contributor

A variety of drugs and drug combinations carry the risk of a fatal overdose. Overdose occurs when a toxic amount of a drug or combination of drugs is taken. Opioids (prescription painkillers and heroin) in particular pose a higher risk of overdose as they can depress the central nervous system causing breathing to slow, sometimes to the point of stopping altogether. However, in the case of opioids, which includes heroin and prescription pain medication like Vicodin, OxyContin and Percocet, Naloxone (also known by the name brand Narcan) can reverse an overdose, potentially saving a loved one's life. Naloxone is a medicine that rapidly reverses an opioid overdose by attaching to the opioid receptors in the brain and reverses the effects of the opioid.

Anyone using opioids, whether for recreational purposes or otherwise, can be at risk for an overdose. There are several other factors that can put someone at risk for an overdose including mixing opioids with other drugs like alcohol, benzodiazepines (e.g. Xanax and Ativan) and prescription stimulants (e.g. cocaine and Adderall), having a lower tolerance due to recent detox/drug treatment, incarceration or illness and lack of knowledge on what drugs one is consuming (e.g. using heroin cut with fentanyl).

An overdose can happen when the amount ingested causes suppressed breathing in a way that oxygen can't reach vital organs and the body begins to shut down. It's important to note that an overdose can occur anywhere from 20 minutes to two full hours after drug use. If you suspect an overdose and your loved one is unresponsive, call 911. Note, that naloxone is only effective in the case of an opioid overdose. However, if you are unsure of the substance(s) involved, it's best to err on the side of caution and administer Naloxone. Naloxone is not known to cause any harm if the case is a non-opioid overdose.

Naloxone is administered as a nasal spray or via injection and acts as an opioid antagonist by binding to opioid receptors, reversing their effect. Narcan Nasal Spray is an FDA-approved naloxone product and is very easy to use. Each package comes with two devices prefilled with a single dose. Simply hold the device with your thumb on the bottom and your first and middle fingers on either side of the nozzle. Gently insert the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose. Once in place, press the plunger firmly to spray the entire dose of Narcan into one nostril. There is no need to spray into both nostrils. Naloxone only works in the body for 30 to 90 minutes. It is possible for a person still to experience the effects of an overdose even after Naloxone wears off or need multiple doses if a potent opioid is in a person's system.

Naloxone is not a solution to opioid addiction, nor is it treatment for addiction. Having naloxone readily available is a safety matter. For more information about how to get Naloxone, contact the CADY office at 603-536-9793. If you or someone you know struggles with substance misuse or addiction and/or would like to obtain opioid reversing Naloxone kits, please call 2-1-1 or the Doorway at (603-934-8905) for help.



COURTESY

### AES student successful at Plymouth Elks Hoop Shoot

Principal Kelly Avery presented Keygan Inkel with a certificate and medal in recognition of his third place finish in the District level Elks Hoop Shoot Competition. Keygan was also the Plymouth Lodge of Elks local champion. The Elks Hoop Shoot is a free throw program for youth ages eight to 13.

## Letters to the Editor

### Hydro Quebec in 2023

To the Editor:

Hydro Quebec has already established itself as ruthless with regard to its own citizens. By damming up rivers, HQ destroyed the Salmon fishing that supported Indigenous people in Quebec. HQ has excess energy to sell because they put 200 dams in the James Bay Area in addition to their other dams that destroyed their Indigenous people's fishing business.

Whoever controls the water, food, and energy, controls the people consuming it. It is alarming that Gov. Sununu would consider New Hampshire's demise a way to celebrate his last term in office by putting the Northern Pass back on the table. What a legacy!

Quebec once enjoyed a strong tourist industry. People came to canoe and kayak the rivers. Indigenous guides provided tourists with many options. That business has now ended due to all the dams and the displacement of Indigenous people from eastern Quebec who have been literally picked up and

dropped down in the western Quebec wilderness.

Who wants to portage around dams rather than run the rivers? Quebec Indigenous people are no longer able to survive without their Fishing Industry and Guiding business. They have literally been stripped of their means to earn a living, dumped from established homes and expected to survive in the woods with no guarantee that there will not be more dams concocted all over again. They have been supplied instead with Company Stores selling food laced with sugar and processed foods that have given them new documented health problems such as Heart Disease and Diabetes. How would anyone expect to survive under such conditions?

We do need to generate more energy, but not at the cost of harming or endangering the other life we are privileged to live with. Perhaps the Northern Pass experience has clarified that issue for us. Now it is up to us to move consciously, and kindly.

Elizabeth Terp  
Lincoln

### Why are we talking about the debt ceiling again?

To the Editor:

The term "debt ceiling" is misleading. It does not limit spending. What it does do is limit the total amount of borrowing needed to fund pre-existing spending approved by Congress.

Biden is required under the Constitution to pay our past debt, including the massive debt incurred under Trump. The 14th Amendment to the Constitution includes a clause that provides that the "validity of the public debt of the United States, authorized by law . . . shall not be questioned." That clause was added to the 14th Amendment because Southern states were threatening to default on paying pensions to Union soldiers. Under this clause, Biden has the authority and obligation to continue to pay pre-existing debts if Congress does not raise the debt ceiling, even if it requires more borrowing to do so.

But what would default look like, if it ever did take place? Retirees would find out that their rock-solid investments will not be paid out. No Social Security checks. Hospital administrators would

not be able to pay suppliers. Construction workers on government contracts would not receive their paychecks. Global financial markets would seize up, possibly causing an immediate global economic collapse.

And after the default, paying for the existing national debt would become much more expensive, as investors would require a risk premium to continue to hold U.S. debt. Ironically, the debt would then rise — not fall.

It is interesting the Republicans dropped their objections to government borrowing as soon as President Obama left office. Under Trump, they happily suspended the debt ceiling, cut taxes for businesses and rich people, and spent gleefully on their own priorities, such as "the wall." With a Democrat in office again, however, the old "discretionary spending" arguments come back into play.

This is an absurd political game.  
Joyce C. Weston  
Plymouth

SEE MORE LETTERS PAGE A7



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E-MAIL: brendan@salmonpress.news

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### 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.



Changing The Conversation

The New Year, resolutions & recovery

BY TARA GRAHAM

Central NH Community Opioid Response Program

2022 has closed its doors, and a brand new year is now upon us, welcome 2023. While everyone has varying degrees of beliefs on what a new year means, it can be very helpful whether you or a loved one are in recovery or not, to look positively at the new possibilities. The new year can be what you make of it.

New Year's resolutions are a very popular topic around this time of year. The new year is filled with endless possibilities about the better person we hope to be and all the goals we hope to achieve in the months ahead. For those in substance misuse recovery, New Year's resolutions can be more than an annual tradition, they are an important tool for the long-term recovery process. Throughout the year, make it a daily practice to reflect on these resolutions and remember the reasons they were set in the first place. In order to be successful, addiction recovery resolutions must be attainable, realistic and timely.

According to the New York Times and the time management firm Franklin Covey, one third of resolutions don't make it past the end of January.

"A lot of these resolutions fail because they're not the right resolutions," they write. "And a resolution may be wrong for one of three main reasons: it's a resolution created based on what someone else (or society) is telling you to change, it's too vague, or, you don't have a realistic plan for achieving your resolution. Your goals should be smart — and SMART. That's an acronym coined in the Journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too."

To look at that acronym a bit further, for a goal to be specific, it means your resolution should be very clear, with a concrete goal. Measurable, means that you should have a way of measuring that goal, such as a log of numbers (data), something you can track over time in a journal, take photos of for progress, etc. Achievable means goals that are within reach. Relevant means that the goal means something to you and that you are doing it for the right reasons, striving towards a change you can incorporate into your life for

the long-term. Finally, time-bound means that you are giving yourself an attainable timeline to achieve your goals. Most changes don't happen overnight and building healthy habits is a continual process.

For those already in recovery, you have surpassed a great challenge and your resolutions may now look like what you want out of your new life. Setting positive goals can not only help you in your continued recovery process, but also help with your positive outlook on life in general. Some examples of positive goals may include making self-care a priority, being kind to yourself and others, giving back to the community, sharing your story with others, or seeing more of the world.

The beginning of a new year brings a fresh start and a chance to reinvent oneself, it's a new chance to build new, healthy habits. Especially for people in recovery, or people who want to recover from a substance misuse disorder, this can be an excellent opportunity to do just that. It can also be just as hard as it is at any other time of the year. To stay focused, it is recommended that you resolve to use certain tools to help you along your path. Keeping a journal, learning a new hobby or skill, or making healthy choices

such as exercise or learning new ways of healthy eating are great options. You should also keep in mind that reaching out for help when you need it is important, whether that means reaching out to sober friends, talking to your doctor or mental health professional, or attending group counseling – whatever works for you. If you do slip up, do not beat yourself up, just start again.

Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on the path to wellness. You can visit FindWellnh.org any time to learn more about prevention, treatment, and recovery services in the Central NH region or to speak with someone directly during regular business hours by calling 603-236-1873. Please reach out for more information and to explore the many options available right here in our own community.

Our local recovery community organization, Plymouth Area Recovery Connection (PARC), is available to provide in-person support and answer questions about treatment and recovery. You can reach PARC at info@parcnh.org or by phone at 603-238-3555. In addition, the Whole Village Family Resource Center has many family-centered resources available, they can be reached at 603-536-3720.

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is then under a legal obligation to use this property for your benefit, or for the benefit of those you have named in the trust – according to the rules you create within the trust.

How a DAPT works  
When you create a DAPT, you sign a trust document and transferred certain property into the trust. If designed correctly, the trustee may be able to make distributions to you as the grantor, thereby allowing you to continue enjoying some benefits of the property in the trust.

What kind of creditor protection does a DAPT provide?

A DAPT does not protect against certain state and federal claims. It also does not protect against creditor claims that existed at the time the DAPT was funded. Creditors are also precluded from bringing claims against the grantor more than 4 years after the DAPT was funded.

Despite the protection offered by a DAPT, some creditors will be able to reach the property owned by the DAPT. Currently, state law does not allow a DAPT to be used to spend down or qual-

ify a grantor or the grantor's spouse for Medicaid eligibility;

defeat state or federal reimbursement claims or rights of recovery for Medicaid benefits paid to the grantor or the grantor's spouse; or

defeat pre-existing creditor claims if property is transferred to a DAPT with the intent to prevent, hinder, or delay a known or present creditor from reaching the property.

Who is likely to need a DAPT?

Not everyone will need a DAPT because not all people face the same kinds of risks. However, there are certain professions and circumstances for which you may want to consider using a DAPT as part of your estate planning.

High-risk occupations. Lawsuits are increasingly common against those in certain professions, such as doctors, accountants, lawyers, real estate developers, builders, architects, and business executives. Creating a DAPT to protect a portion of your assets can be an effective shield against risks associated with lawsuits if you are in one of these occupations.

Owning a business. Owning a business can put you at a higher risk of lawsuits. Using a DAPT can protect your home and other personal property against claims brought against your business.

Personal injury and accidents. Unfortunately, accidents happen to everyone. Moreover, it is common today for even innocent accidents to lead to litigation and potential loss of personal wealth. A tool such as a DAPT can be a critical part of protecting your property for your family both now and in the future.

Additional benefits  
To the extent assets within the DAPT generate income, the income, if distributed to a beneficiary, can be taxed to the beneficiary. In the event that the beneficiary is in a lower tax bracket than the grantor, this strategy can save income taxes. Grantors can use annual gifts to offset the income tax payable by the beneficiary, allowing the beneficiary to receive the income, and use part of the gift to pay the income taxes, which are already subject to a lower rate than that of the grantor.

LETTERS TO THE EDITOR CONTINUED

School Board needs to reconsider price tag for Thornton Central School renovations

To the Editor:

On Monday, Jan. 23 at 5:30 p.m., there will be a bond hearing at the Thornton Central School to discuss bonding the renovations of the school for \$14,228,795 and library for \$1,491,256, a total of \$15,720,055. This is to renovate a 1950 core school building and a modular library formerly used as school space during a past school renovation.

Whatever is bonded will be paid through property taxes.

(A side note: Rumney recently replaced their school for \$6,156,000: \$2,058,200 state aid; \$1,300,000 reserve fund; 20-year bond of \$2,793,000 - including the demolition of the old school.)

Why shouldn't the school and library be one building built on the existing parking lot? If the school has separate restrooms accessible from the gymnasium, and it is stipulated as an emergency shelter, then it's possible that 50 percent of the generator costs for the facility might be covered by state emergency management grants.

If the school is as severely deficient as suggested, the Fire Chief should be issuing a letter giving the school one year to complete a safety upgrade or he will close the school. This would impact the needs-based funding available from the State.

At this time, residents are faced with inflation, including costs for food, utilities, gas and everyday needs. Some may be forced to choose between their housing, food and heat, thus increasing the need for assistance from the town.

The school board needs to start over. Utilize an SAU facilities coordinator to help plan and come back to the town for a special town meeting in early August with a new proposal. Any proposal then should be contingent on State School Building Aid.

Roughly 70 percent of your tax dollars support school(s) needs.

Respectfully,  
Bruce Andrew  
Thornton



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### Edward Jones: Financial Focus

**Worried about inflation? Consider these moves**

As you know, inflation was big news throughout 2022. But will it continue in 2023? And looking even further ahead, how should you account for inflation in your long-term plans?

In regard to the first question, many experts predict that inflation will cool off this year, though there are no guarantees. The high inflation of last year is thought to have been caused by some unusual factors, such as a spike in the demand for consumer goods as the world came out of the COVID-19 pandemic, which led to supply chain issues. Also, the war in Ukraine drove up oil prices, increasing the cost of manufacturing and shipping and driving up the price of wheat and other commodities.

In any case, last year reminded us that inflation needs to be reckoned with as you work toward your financial goals. But how you respond to

inflation will depend somewhat on your stage of life. So, here are some suggestions to consider:

**If you're still working...**

- Contribute more to your retirement plans. If you can afford to put more money away in your IRA and 401(k), you may want to do so. The more resources you'll eventually have available in retirement, the better protected you are against the rising cost of living.
- Adjust your portfolio objectives with your financial professional. Using tools such as "hypothetical" illustrations, a financial professional can show you some different paths you might take with your investments, given different rates of inflation. So, for example, if you feel that inflation may be higher for a longer period than you once thought, you could request a hypothetical showing how you might

need to adjust your investment mix to achieve your long-term goals, given your risk tolerance and time horizon.

**If you're already retired...**

- Consider part-time work or consulting. Once you retire from your career, it doesn't mean you can never do any paid work again. If you've accumulated years of experience and expertise, you could use your skills as a consultant. Also, many part-time jobs are available for retirees. With the added income from employment, you may be able to delay taking withdrawals from your retirement accounts and other investments, possibly extending their longevity. (Once you turn 72, though, you will need to begin taking money from your 401(k) and traditional IRA.)
- Delay taking Social Security. You can begin taking Social Security

when you're 62, but your monthly checks will be substantially bigger if you wait until your full retirement age, which will likely be between 66 and 67. (You could even wait until 70, at which point your monthly benefits will max out.) Of course, the ability to delay taking Social Security depends on whether you can afford it, but it may be possible if you work longer than you once planned or if you work part time in retirement. But even if you do need to take Social Security before your full retirement age, your payments will be adjusted annually for inflation — in fact, for 2023, benefit checks will rise 8.7% over 2022.

We'll always have to deal with some level of inflation — so it's a good idea to be prepared.

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# Talk of the Towns

## News from our Local Correspondents

### Ashland

David Ruell 968-7716  
davidruell@gmail.com

#### Snowy Story Time

The Ashland Town Library will hold a Snowy Story Time, starting at 3:30 p.m. next Tuesday, Jan. 24, with snow stories, activities and a craft project. Registration is recommended for this event.

#### Filing period

The filing period for Ashland Town and School District offices begins next Wednesday, Jan. 25, and continues until 5 p.m. on Friday, Feb. 3. Town offices up for election on March 14 include two selectmen, the Town Treasurer, a Trustee of Trust Funds, a Library Trustee, and one Budget Committee member; all for three-year terms, also two Cemetery Trustees, one for a three-year term and one for a two-year term. Two School Board members for three-year terms will be on the School District ballot. Those interested in becoming candidates should file at the Town Office during business hours.

#### Zoning ordinance hearing

The Planning Board will hold a public hearing on Zoning Ordinance amendments at 6:30 p.m. next Wednesday, Jan. 25, in the conference room at the Town Garage-Utility Building. The proposed amendments to Article 4.10 on Flood Hazard Areas would allow Ashland to continue to participate in the National Flood Insurance Program. Their texts can be found on the town Web site, ashlandnh.org.

#### Firefighters raffle

The Ashland Firefighters Association is raffling off a \$500 Visa gift card to raise money for a training facility for Ashland firefighters. The tickets cost \$5 each and can be bought from any Association member. The winning ticket will be drawn on Feb. 15.

### Bristol

Al Blakeley  
Adblakeley0@gmail.com

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., and Quilt Club on Fridays at 1 p.m.

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 web-

site daily during February at [www.ttccrec.org](http://www.ttccrec.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 is holding a Coat Drive from now through Feb. 11. Drop off a gently used coat at the TTCC. They would appreciate sizes 5T - Adult XXL. Donate a brand new coat and be entered to win a Date Night Basket! The winner will be announced on Feb. 13.

Don't forget that Adult Tap Dance classes are starting on Monday, Jan. 23. Contact the TTCC for more information. Baseball Winter Workouts will begin on Thursdays, from February 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). 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.ttccrec.org](http://www.ttccrec.org). Transportation is the responsibility of parent/guardian of players.

A Valentine Luncheon for Seniors will be hosted by TTCC and sponsored by the Bristol Rotary Club on Thursday, Feb. 9 at noon at the TTCC for \$2 per person. Takeout will be available. This Valentine themed luncheon is for Newfound Area Seniors. Door prizes and Bingo will be offered. Call the TTCC at 744-2713 to reserve a spot by Feb. 7.

A Father-Daughter Valentine Dance will be held at the TTCC on Friday, Feb. 10 from 6:30 - 8:30 p.m. for \$20/couple (\$5 each additional child). All ages are welcome. The evening will feature: music and refreshments, corsages for all the girls, prizes for dance contest and limbo plus door prizes throughout the evening. Register online @ [ttccrec.org](http://ttccrec.org). Call if any questions.

If you are interested in signing up for a position in town government, the deadline is at the end of January. There are two openings for select board and you could visit the town website for more information about other open positions.

Supervisors of the Checklist will hold a session on Tuesday, Jan. 24 at 7 p.m. for correction of the checklist. Change in party registration may be accepted at this session.

There are two job openings at the Bristol

Town Office: Administrative Assistant, a full-time position, and Transfer Station Lead Attendant. For information regarding these openings and their qualifications, etc., consult the town website under job opportunities. [www.bristolnh.gov](http://www.bristolnh.gov).

The Joyful Noise Ukulele Band from the Bristol United Church of Christ has two performances scheduled in February: Saturday, February 4 at 11am at the Minot-Sleeper Library singing 'love songs.' Audience participation will be encouraged. On Valentines Day, Tuesday, Feb. 14 they will entertain folks at the Senior Luncheon held in Fellowship Hall at the church at 11am.

The Newfound Lake Region Association and Minot-Sleeper Library will present Winter Storytime at the MSL on Wednesday, Jan. 25 at 10:30 a.m. "Over and Under the Snow" will explore what animals are doing while the world around them is in a deep freeze. Learn about the different ways that local animals respond to winter and how we can investigate their lives without even seeing them. The presentation will be followed by a winter-themed craft to take home. The presentation will be by NLRA Education and Outreach Manager, Mirka Zapletal.

The Slim Baker Foundation for Outdoor Education will hold their annual Winter in the Woods gathering on Sunday, Jan. 22 at the Slim Baker Lodge from 2 - 4 p.m. Visitors are welcome to stop by the Lodge and enjoy cocoa, cookies and a campfire outside. Bring a sled or snowshoes to discover the winter wonderland up on the hill overlooking the town. Come connect with friends and family; a time to unwind, explore, enjoy and relax. Please be prepared with warm clothing, as this will be an outdoor event.

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: [townofbristolnh.gov](http://townofbristolnh.gov).

### Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church Services Sunday worship at the South Danbury Church is at 11 a.m. Rev. Gail Kinney will lead worship and Holy Communion on Jan. 22. Bonnie Nichols will lead worship the following Sunday, Jan. 29.

South Danbury Friday night events Looking ahead, on Friday, Feb. 3, popular humorist, author, and NH PBS host Rebecca Ruh will present "I Have a Story to Tell You" at the church at 6 p.m. NH Hu-

manities' "Humanities to Go" is sponsoring the program; admission is free. Rule knows Danbury well. It's a night not to miss!

On Feb. 12, the Sunday before Valentine's Day, we'll repeat last year's popular drive-by "Love Your Neighbor" donation event. Donations of non food items, benefit the "South Danbury Church Essential Home Goods Shelf" at the Danbury Community Center. Contributions can also be brought to the DCC or to church services and events. Personal care items are especially helpful.

The church can be followed on Facebook at "Friends of the South Danbury Christian Church," call/text 603491-3196, or email [southdanburychurch@gmail.com](mailto:southdanburychurch@gmail.com). Email them to be included on their emailing list. They are also happy to give rides to their services and events. The South Danbury Church, an Open & Affirming Congregation of the United Church of Christ, UCC is located at 1411 U.S. Route 4 in South Danbury, NH 03230, and is listed in the National Register of Historic Places.

Danbury Winter Farmers Market The farmers market continues from 9am to noon, every first Saturday of the month through May. The Feb. 4 market features ice cream and waffle sundaes in honor of National Eat Ice Cream for Breakfast Day. Yes, it's truly has national day set aside on the first Saturday of February, and has been a standing tradition for the Danbury market. Live music will be on stage, provided by "The Nameless Band" a group of musicians from the Lebanon area.

Heart of the Forest Farm, a mushroom vendor from Grafton will host a mushroom growing and enjoying exhibit along side their sales table. They also offer mushroom kits as fun growing adventure for the winter months, While not physically at each market, DnSglutenfreebakery.com will deliver their gluten free products to the market as long as orders are placed thru their website by the Thursday before the market at 10am. Alonda Peterson, local author Danbury connections, will be present to sell and autograph her book, "My Name Means Ready for Battle" a sensitive story of child abuse and her determination to change New Hampshire laws to protect our children.

February's market will offer bagels, international sweets and treats, soap, goat and bovine dairy items, mushrooms, meats, eggs, prepared foods, and sewn, carved, eco dyed and needled crafts. In addition to ice cream for breakfast, regular breakfast sandwich-

es will be available as well as assorted lunch items. As usual, veterans receive \$20 in market bucks to shop and SNAP/EBT benefits are matched. The market is held at the Blazing Star Grange Hall, 15 North Rd. in Danbury. For information check out [blazingstargrange.org](http://blazingstargrange.org) or call/text 512-676-7722.

Blazing Star Grange Open House The Blazing Star Grange invites all to an open house on Sunday Feb. 5 from 2 to 4 p.m. It's a celebration of Grange and a casual gathering for their master, Tricia Taylor, for being elected master of the New Hampshire State Grange. There will be kid's activities, food and information to answer the questions often asked...What is the Grange and what do you do? Snow date will be the Feb. 12. For more information, call/text 512-676-7722.

### Holderness

Fran Taylor 968-3846

Do you know a young person 18 or older looking for a summer job? Camp Hale, located on the shore of Squam, is part of the United South End Settlements and is looking for summer staff. Information at [www.uses.org/get-involved](http://www.uses.org/get-involved).

Additionally, there are openings at Rockyworld/Deephaven Camps. Go to <https://www.rdcscquam.com/jobs/>.

Rod Weinberg reports that the temperature for January at the mid-month point is well above average at higher than 10.1 degrees. If the second half of the month should average normal, the average for the entire month would still be much warmer at higher than 5.1 degrees. Monthly extremes can be very wild. December of 1989 was an incredible 14 degrees below normal for the entire month. The next month, January 1990, averaged 7.5° above normal. This is a 21.5 degree swing in readings from the previous month. The warmest January was back in 2006 at higher than 11.0 degrees! Snowfall so far is 7.0 inches. The average for the month is 26.2 inches, but a couple of storms could easily bring the average up to normal making this much less dramatic than the temperature departure at this point.

Interested in running for local office? Filing dates are from Jan. 25 through Feb. 3 at the Town Clerk's office. The last day for filing any petition to have the Select Board include articles on the Town Meeting warrant is Tuesday, Feb. 7. The following positions are available: 2 Selectmen, Town Clerk, Trustee of the Trust Funds, Library Trustee and Fire Ward, 1 School Board Member and 1 School District Treasurer all for 3 year terms.

Town Moderator for 2 years.

Tuesday, March 14 will be the date of the Town and School Election. Polls will open at 10 a.m. and close at 7 p.m. at the Town Hall. On the following day, Wednesday, March 15, School Meeting scheduled for 6:30 and Town Meeting 7 p.m. or following the School District meeting at the Central School.

The Recreation Department offers Session 1 of Zumba Chair with Maureen Salvoni starting on February 1 at the Town Hall. This is a fun, easy, five week 60 minute workout in a chair. Register by January 27. Also, a four week Drumming Class with Jared Steer beginning on Feb. 4 from 11-11:56 a.m. Family Paint Nights with Jadi Mercer starts February 10. More information on the Rec website. On January 25 from 5-7 p.m. there's a class at Peppercorn in Plymouth called Intro to Plant Based Cooking with Wendy Hills. For adults and children over 8. Fees, registration forms and location for all activities available on the Town website.

Our local Educational Theater Collaborative presents the musical Guys and Dolls at the Flying Monkey this week. As many of you know, this is a local production with many talented young school children along with adults of all ages performing a much anticipated production. Musical runs Thursday through Sunday. The program is a two-time Moss Hart Award divisional winner for excellence in community and children's theater and the 2013 winner of the Moss Hart Trophy for "Marking The Moment," celebrating Plymouth's 250th anniversary. Always impressive!

Have you noticed the new solar array at the Science Center? Metal frame has been up for some time but now the collectors are mounted and wiring is in progress.

### Warren/Wentworth

Gary Jesseman 707-7129  
garjy@together.net

Greetings everyone. Hope you are all having a good week.

Little by little the theaters are starting to announce their summer line up of shows...I will do a special recap when all is announced.

**WARREN NEWS**—I don't have any at this time.

**WENTWORTH NEWS**—The Webster Memorial Library's Book Group will meet on Monday, Feb. 13 at 6 p.m. to discuss "The Last Green Valley" by Mark Sullivan. Books are available at the Library.

Have a good week, and always remember to count your blessings!



# THE STORY PAGE... building community one story at a time

## MUSIC

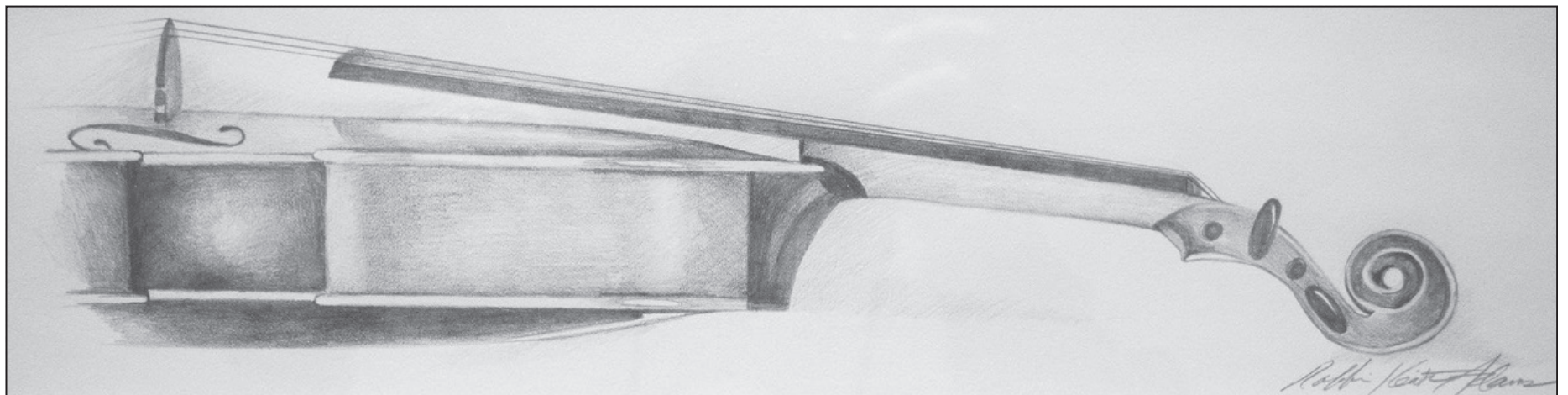
Ballads record histories, songs help us celebrate and mourn, and some say music is the language of the heavens. This month's writers and artists have paid beautiful homage to the role and power of music not just in

traditions such as weddings and funerals, but in everyday life. Maybe we don't sing, or only played the recorder for a week in fifth grade music class, or have said more than once "I can't dance", but we all have music in us somehow—our heart beats, our toes tap, our lips hum. It is something innate that is in us and all around us. So let's celebrate music by reading and viewing this month's submissions by the talent in our midst.

### A STORY PAGE SUBMISSION

And...if YOU would like to be a contributor, please consider submitting a piece of artwork, photography or writing of 400 or so words or less to [storypagenh@gmail.com](mailto:storypagenh@gmail.com) by the 30th of month for the upcoming themes. Thank you for visiting the Story Page where we believe that in this brief, magical life...every story counts!

Theme: ..... Due the 30th of:  
 SNOW ..... Jan 2023  
 TRADITIONS ..... Feb 2023  
 TIME ..... March 2023  
 MOTHERS ..... April 2023



"Untitled", Graphic pencil drawing by Robbin Adams, Campton

### Music is Magic

Music is magic: that a sound can come from a string moving against a string  
 That a 200-year-old farmers' hall can still hold its history of a fiddle and banjo setting hearts  
 and feet to a common beat that swings them 'round late into a long winter night  
 That an a Capella choir can bring one to tears just for the beauty of the harmony  
 That a music teacher can land in a small town and light up a generation of children

Music is magic at an open mic night where men and women from every walk of life  
 Pick up their mandolin, their flute, set up a keyboard, warm their voices  
 And we are all transfixed by the coming together  
 The pursing of lips on a reed, a brass mouthpiece  
 Fingers, arms and lungs all in on the accordion

The circle of fifths, the beat of drums with hardwood sticks  
 Or light brushes on brass  
 The hollows strung with 4 or 5 or 6 or 12  
 Gregorian chants  
 The major and minor chords  
 And what of the seven?

It's magic that we did not create, like Pi and Fibonacci, only discovered and machinated into  
 instruments and techno-boards that reinvent something that came before us and that will last far  
 beyond us – the music of calling birds and mourning doves, of whales and the wind.

Who made the octave for us to discover?  
 Who put chords in our windpipes so that we could sing?

- Margaret Lewis, Plymouth

### Galway City by the Spanish Arch, September 26, 2022

Galway's buskers inspire delightful angel tears.

I was drawn in, confused to turn which way-  
 To the pure pitch of her voice or a stranger's pitiful walk.

The presence of her singing stopped me.  
 Her words were not hollow when her voice made nature's purest presence.  
 That perfect human voice that conveys joy and incites tears in a bystander's eyes.

His walk was unbalanced, stopping, disjointed, but continuing  
 With one arm reaching for an imaginary rail.  
 His mother loved and blessed his crooked feet and wobbly frame  
 So he could hold his head low with pride and  
 Listen to this song so sweet, it brings happy angel tears to his steady, satisfied heart.

Tom Keegan, Bristol

### Blue Notes

[Delphinium Song-Left, Peggy Houseworth]

Autumn's garden gleams electric blue.  
 Petals scatter along the leaf-strewn ground.  
 September's light transforms the flowers' hues;  
 wind pulls their notes into twilight sound.

Symphony of October's tawny grass  
 and azure notes lightly frosted in white,  
 all trumpet their last chords from stems of brass  
 Delphiniums' song fears winter's long night.

Yet seeds take comfort in this lullaby,  
 for beneath the snow a blue hum can be heard  
 and frozen days measured by steel gray skies.  
 are not a flower's funeral dirge.

Oh break not hope, though winter's cold draws near;  
 Blue spur fields will sing out next year.

Kate Donahue, Holderness, NH

### A Blue Song

[Delphinium Song-Right, Peggy Houseworth]

What dance of notes makes April sing her hymn?  
 Beneath the soil small black seeds root and swell—  
 and from loam green stalks spring in rhythm,  
 to laud June's flower gardens in which they dwell.

Long stems are finely tuned by summer's wind.  
 Tender leaves unfurl emerald-toothed lobes.  
 Larkspur and buttercup: their kith and kin  
 dress mountain and rangeland in blue choir robes.

Cerulean spears are pollinated by bees;  
 their melody of meadows fills the sky.  
 To the voice of the flowers bend the trees:  
 an indigo chorus heard far and wide.

Delphinium song breaks open in May.  
 Its blue-spur glory lasts 'til Autumn's day.

Kate Donahue, Holderness, NH

Author's Note: These companion sonnets are ekphrastic poems inspired by two paintings by artist, Peggy Houseworth.

### The Memory of Music: A Story

*When I was young,  
 the dancing was done  
 in halls with wooden floors.  
 In lines and squares, circles  
 and pairs, the caller was king,  
 the fiddles could sing and joy  
 drove the miseries away.*

The boy from Sweden stomped his boots and twirled me three times round. We moved as one to the beat of the drum and bass. A fiddle picked up the tune and we dancers slid in unison down the wooden floor and back again.

Heel to toe. Slide. Slide. Back to the hall-shaking rhythm of stomping boots and feet. I was swept away by the motion, the heat, the bobbing people. I grasped strangers' hands and wove my way down the line and back again. Dancers surged around me in waves, and the pace of the music gathered speed.

Whoop! Voices roared. Each musician stepped forward and played a fiery solo. At the end the lone drummer, his hand a blur on the wide circle of hide and wood, beat an ancient call, a thrum that pounded our bodies.

The people all stopped and opened a space in the midst of the hall. The oldest man, his face roughened

by years of farming, glided into our center. He held his torso straight and still, but his feet -- oh, his feet in worn black leather shoes tripped and tapped and met the drummer's beat.

The two men, young and old, answered one another measure by measure. Hands and feet, drum and shoe teased back and forth. The crowd jumped in time to the rhythm. A crescendo rose until it seemed the roof would lift from its heavy beams.

Boom! The drummer and old farmer ended on the same, exact, unexpected note. People cheered and hollered. The two masters shook hands and joined their mates.

"That's Old Garry," said a voice behind me. "He's Scots-Irish. Like you." My friend Robert moved to my side. "We say here that Old Garry bears an Irish temper, a Scot's purse, and the shoes of an angel." Robert laughed. "Or the shoes of the devil, depending on who tells the story."

"Which story do you tell?" I asked. But I'll never know. The dance master summoned us back with his fiddle. "Two lines. Ladies left!" And we were off once again, lost in the music and motion.

Gretchen Draper, New Hampton



"My Brother's Guitar", Photograph by Gretchen Draper, New Hampton

# THE REAL REPORT

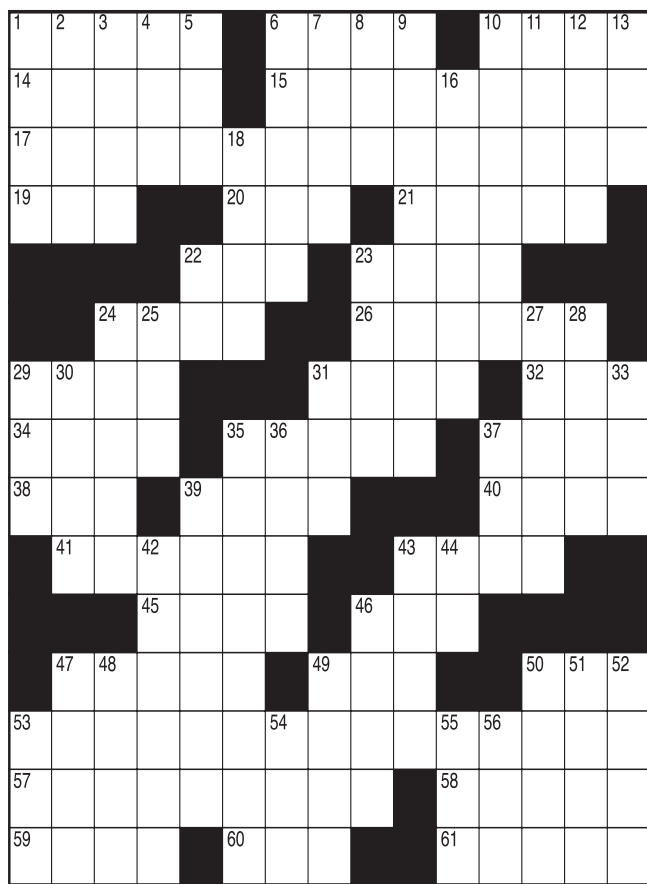
RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	120 Dinardi Rd.	Single-Family Residence	\$227,000	Lunardi RT and Beverly Lunardi	Alison Digloria and Taylor R. Robidoux
Campton	N/A	N/A	\$43,733	Vitaly Falkenstein	Katia and Raymond Iacobacci
Groton	N. Groton Road	N/A	\$23,000	Janelle M. Wysocki	Christy and Dustin Donahue
Holderness	27 Evans Rd.	Single-Family Residence	\$125,000	Lhtsf RT and Alexander L. Ray	Jackson Family 2020 Trust and Stephen T. Jackson
Holderness	N/A (Lot 2)	N/A	\$125,000	Lhtsf RT and Alexander L. Ray	Bobbi A. Dross and George G. Bourbeau
Plymouth	Chaddarin Lane	N/A	\$64,000	Patrick and Michelle Naughton	Stephen R. and Eva A. Dugas
Rumney	426 Depot St.	Single-Family Residence	\$272,000	David Desaulniers	Paul A. and Dorien E. Morin
Thornton	44 Fraser Rd.	N/A	\$599,000	White Mtn. Escapes LLC	Mark E. Willett and Elizabeth Clement
Thornton	365 Mill Brook Rd.	Single-Family Residence	\$320,000	Mildred J. Parziale and Diane S. Anderson	Andrew E. and Catherina Hostetler
Thornton	25 True Lane	Single-Family Residence	\$345,000	Michael Carter	Jennifer and Rong Chen
Thornton	3478 US Route 3	Res.-Mtl. Bldg.	\$380,000	Joy Pasquariello	Brian P. Lojko
Warren	N/A (Lot 5C)	N/A	\$70,000	William C. and Leighton F. Peck, Jr.	Michael A. and Christy A. Duffany
Waterville Valley	5 Devereaux Way, Unit A3	Condominium	\$871,933	Chinburg Development LLC	Luke and Jennifer McCabe

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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.thewarrendata.com](http://www.thewarrendata.com)

## TAKE A BREAK



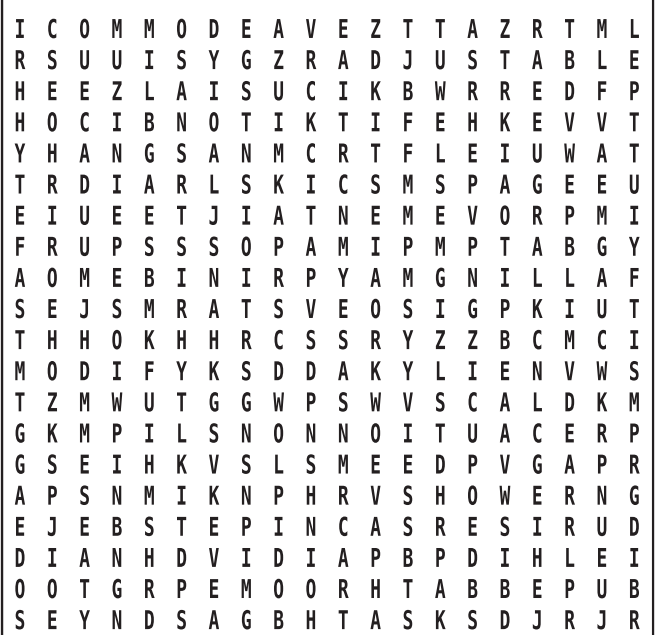
### ACROSS

- Not invited
- Whale ship captain
- One point south of southwest
- Small cavity in a rock
- Recidivists
- City of Angels hoopster
- A way to mark with one's signature
- OJ trial judge
- Rice cooked in broth
- One point east of due south
- One point east of southeast
- Complements an entree
- Grouped by twos
- Disfigure
- Woods
- Political action committee
- Longer of 2 bones in the forearm
- Kin groups

### DOWN

- Green and yellow citrus fruit
- A bright color
- Thicket
- Journalist Tarbell
- A place to work or relax
- Sharp mountain ridge
- Helicopter
- Mimic
- Suggests
- More musty
- Large, flightless rail
- Make beer
- Soviet Socialist Republic
- People who can account for you
- Taunt
- South Dakota
- Cover the entirety of
- Kids' favorite visitor
- A way to save for retirement
- Fencing swords
- C. China mountain range
- Type of sandwich
- Team
- Paddle
- Partly digested food
- Most cagey
- Shoppers make one
- Cathode-ray tube
- Food supplies
- Backbones
- Concern
- Blood group
- Broadway songwriter Sammy
- Dutch colonist
- Full-grown pike fish
- Deity of a monotheistic cult
- Type of bread
- S. Nigerian people
- Scottish tax
- Young women's association
- Brazilian city
- Hide of a young animal
- Midway between north and northeast

## BATH SAFETY WORD SEARCH

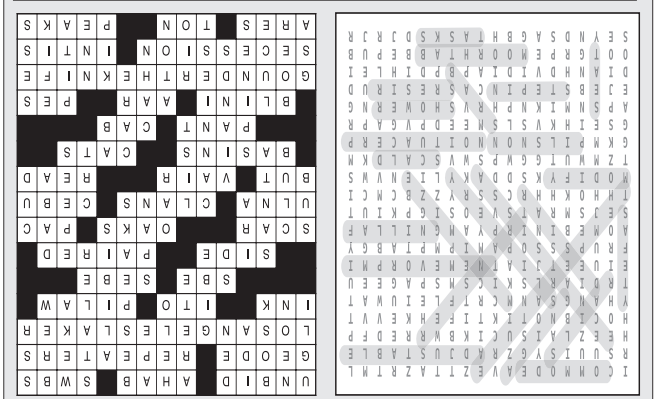


Find the words hidden vertically, horizontally, diagonally, and backwards.

## BATH SAFETY WORD SEARCH

ADJUSTABLE, AGING, ASSISTANCE, BARS, BATHROOM, COMMODE, FALLING, IMPROVEMENT, MINIMIZE, MODIFY, NONSLIP, PRECAUTION, RAILS, RAISED, RISERS, SAFETY, SCALD, SEAT, SHOWER, SLIPPERY, STEP-IN, TASKS, TEMPERATURE, TRANSFER

## This Week's Answers



One Too Many,  
once again?



Don't Let  
Alcohol Put  
Your Life on  
the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

### Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit [ncaadd.org](http://ncaadd.org) for more information.



Life On The Back Roads

Welcome to the roads I've traveled

BY DONNA RHODES

*"I shall be telling this with a sigh somewhere ages and ages hence; Two roads diverged in a wood and I- I took the one less traveled by, and that has made all the difference." — Robert Frost*

Those who know me well will tell you that I, like Robert Frost, have never met a back road I didn't like and never regretted any one I chose as they have each made a difference in my life.

I pride myself in being able to travel from Bristol to Warren then back to Tilton or Belmont, rarely seeing speed limits above 30; coaxing my car up to 40 or 50 mph only when it's necessary to get to the next back road.

My grown children don't necessarily understand my passion for the back roads, but if you love rural life like I do, tractor-trailers, roads clogged with leaf peepers and even traffic lights just don't cut it for me. There's a lot more to enjoy on an old dirt road than on a two- or four-lane highway.

Shhh- keep it a secret, but I grew up in rural New Jersey. On the bright side, Mom worked in the biology department of Princeton University, which I always thought was really cool, while my father was an avid outdoorsman who worked for the highway department before he got his dream job in forestry. That meant that in my high school years we moved to a 1,000 acre state park on the Delaware River. The woods were filled with all types of wildlife, including a large deer population that boasted an albino deer strain, the occasional



bear, and the bobcat who treed my cat in our backyard one time when I was returning home from a date. That was one goodnight kiss I'll never forget!

Anyway, getting back to my love of back roads, each summer our family would load up the car, hitch up the boat trailer and head to Cupsuptic Lake in the Rangeley Region of Maine for two weeks of camping. When we weren't swimming or trolling the lake for fish, Dad would take us for a drive to explore the logging roads that crisscrossed the area. Looking back, perhaps that's when I got my passion for dirt roads and the adventures they afforded.

Getting my driver's license was heaven because then I could explore on my own. In my junior year in college I moved a short distance off the campus of what was then Plymouth State College. There I could have my car throughout the entire school

year and (hopefully) not receive so many parking tickets.

Most of my friends didn't have a car though so I became the main mode of transportation. My 1962 German-made, battle-ship gray VW Beetle that I called "Benny" had a steel plate protecting the undercarriage and was light enough for four people to pick it up if we got stuck in mud or snow. I have to remind myself to this day that I no longer have that great little backwoods buggy.

Bored one Sunday in October, I invented a driving game that entertained us many a weekend thereafter. We would decide upon a route- take the second right, third left and the fifth left- then see where that got us. Accomplishing that, we'd determine another set of turns and keep going until we ran low on gas or got hungry. We got lost a few times but I soon knew how to get almost anywhere in

the region.

Enough about my background, however.

To this day, I still love a back road and all that it has to offer, be it wildlife, beaver ponds, pristine lakes or raging rivers in the spring. Old barns, flowering shrubs and vistas of the surrounding mountains make me pause on my journeys. I sometimes stop to take a photo but have come to find the pictures in my mind are even better than what my Nikon or iPhone can capture.

I head out almost daily these days on "Critter Patrols" as sunset nears, a time when I feel blessed by any wild creature I see. During the daylight hours I may also take a break from work to inspect water levels in nearby brooks (I loved my college limnology classes) and just enjoying all New Hampshire offers us. Every now and then I am surprised by hawks, owls or even a deer out for a daytime stroll.

checks and send her occasional "wildlife alerts" when I come upon my friends of the woods.

So here I am today, challenged with the mission of filling the big boots of John Harigan, a man whose writing I have admired for many years. It is humbling, a bit intimidating, but most of all challenging for me to not only honor his love for the outdoors but fulfill my own dreams. John, thank you for your inspiration and leadership in journalism.

Through this column I hope to share my adventures and rural observations. I have a long list of things to write about and future adventures to report on because, after all, New Hampshire is a state filled with history, hard working people, beauty and some really awesome tales. That's what makes this the greatest place to live.

As this new column gets underway, I encourage readers to contact me at 603backroads@gmail.com with your own stories that I can in turn share with others. Happy Trails!

Fire

FROM PAGE A1

Plymouth-Fire Rescue, Holderness, and Ashland fire departments along with the Waterville Valley Department of Public Safety, while Rumney provided a cover truck for Campton. Campton police officers were also

among the first to arrive, offering assistance in assuring the safety of all concerned.

The call originated at 3:39 a.m., and CTFR reported that it took approximately one hour for crews on scene to bring the fire under control. Not long afterward, the mutual aid response

crews were able to be released while firefighters from Campton remained on scene for an additional two hours to extinguish any hotspots that flared up.

The department stated in their press release that while the cause of the fire is still under investigation as of last

weekend, it is believed to have been the result of an electrical issue within the home. They also expressed their gratitude that, while the home is sadly considered to be a total loss, there were no injuries to occupants or First Responders as a result of the fire.

Sign Walk

FROM PAGE A1

Newfound 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 Newfound Lake, and the

results of that conservation are as clear as Newfound's water. You can learn more about NLRA's initiatives at NewfoundLake.org.

Donation

FROM PAGE A1

Hutchins. They included Nayou Shar, Devin Michalewicz, Clayton Sca-

la-Habert, Andrew Fosh- er, Adelaide Schumaker and Hilel Gubenko. The funds will be used to purchase equipment, tools and supplies to

better prepare the department in case of an active threat situation in Plymouth or area towns. In keeping with MPA's mission, a portion of the

money will also be used to purchase supplies for community events to continue to connect the police department and the community.

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- Retirement savings
- Insurance planning
- Education planning
- Estate considerations

In addition to the education and examination components of my certification, I have also committed to abiding by the CFP® Board's Code of Ethics and Standards of Conduct.

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603-279-3284

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# Churches

A12 SALMON PRESS, THURSDAY, JANUARY 19, 2023

## Campton Congregational

### Sunday, Jan. 22

9:30 a.m. Rev. Jeff Robie will lead us in Worship.  
10 a.m. Children's Sermon/Sunday School.  
Following Worship we gather for fellowship.

### Tuesday, Jan. 24

10:30 a.m. Bible Study  
Noon BYO Lunch  
1 p.m. Ladies Guild gathers for fun and card games  
6 p.m. Bible Study on Zoom

No doubt we are all still adjusting to the fact it is actually two thousand and twenty three! And it is the two hundred and forty ninth year for Campton Congregational Church! Let this be the year you make worship a part of your lives. We at Campton Congregational Church are a very kind and friendly bunch and Pastor Robie's sermons give us strength and inspiration to traverse the trials and tribulations of the week ahead. Join us and may this year be the beginning of God's answer to your prayers and all our prayers for peace and joy and love to prevail...throughout our community our area...and the world.

All are welcome Sunday mornings, as we come together to Worship God. 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 and Bible studies are all 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 ourccc1774@gmail.com.

## Christian Science Society, Plymouth

Our Sunday services are held at 10 a.m. each week. They are centered on a Bible lesson read in all Christian Science churches in more than sixty countries around the world. The subject this week is "Truth" and begins with the verse from Psalm, "Teach me thy way, oh Lord, and I will walk in thy truth."

We were happy to welcome as a guest soloist last Sunday Ryan Vigil. Next Sunday, Kathy Andrlle will be with us again. It's a pleasure to have these two musicians as part of our service!

We have a Sunday school which takes place dur-

ing the church service where 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 6 p.m. Wednesday evenings, we hold a meeting where there are short readings from the Bible 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. We love to have visitors.

You can visit our church Web site, [www.cs-plymouth-nh.org](http://www.cs-plymouth-nh.org), to learn about joining online services, both Sundays and Wednesdays, on Zoom.

At [jsh-online.com](http://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's Sentinel publication's lead story is "Start with the solution."

You can read helpful articles from the weekly and monthly periodicals in our reading room in the church building. This week the topic in the Sentinel is "Love, the basis for a renewed democracy". We're open on Mondays, except for legal holidays, from noon to 2 p.m. You can browse, read, borrow all books and resources, and there are free magazines to take home.



**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](mailto: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](http://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: [holyltrinityparishnh.org](http://holyltrinityparishnh.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.  
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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](http://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](mailto: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](http://hebronchurchnh.org)  
Rev. Mary Jane Barber

**HILL**  
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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  
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Youth Pastor: Nathan Pelletier  
[www.hillvillagebiblechurch.com](http://www.hillvillagebiblechurch.com)  
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**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](http://www.holdernesscommunitychurch.org)

**NEW HAMPTON**  
**New Hampton Community Church**  
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**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](http://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](http://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](http://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: [holyltrinitynh@gmail.com](mailto:holyltrinitynh@gmail.com)  
Communications coordinator: Christine Chiasson email: [chrischiasson@holyltrinityparishnh.org](mailto:chrischiasson@holyltrinityparishnh.org)  
Pastor: Fr. Mark Dollard.  
Instagram: [holyltrinityNH](https://www.instagram.com/holytrinitynh).  
FB page is Holy Trinity News and Info.

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David Williams, Director of Music  
536-2626 • [www.uccplymouth.org](http://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.  
Nate 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](http://www.starringfellowship.org)

**RUMNEY**  
**Rumney Baptist Church**  
Rumney Baptist Church  
Rev. Seth Powers, Pastor  
375 Main Street • 786-9918  
[rumneybaptist.org](http://rumneybaptist.org)  
[office@rumneybaptist.org](mailto:office@rumneybaptist.org)  
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**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 Mooslake 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](http://www.wbcnh.org)

**Wentworth Congregational Church**  
Wentworth Village Road (Common)  
[wentworthcongregationalchurch.org](http://wentworthcongregationalchurch.org)  
Sunday services: 10:15 a.m., Sept.thru May.  
9:00 AM May thru August  
Rev. Dr. Margaret Bickford, Pastor  
764-9081/786-2475

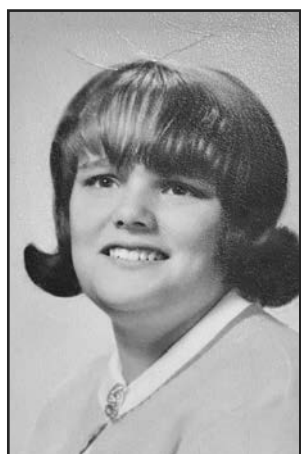
**WOODSTOCK**  
**Pemi Valley Church**  
1091 Rte 3 South Woodstock, • 745-6241  
ALL ARE WELCOME  
Wednesday - 6:30 p.m. Bible Study and Prayer Group.  
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.  
Reverend John Muehke Jr.

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**Catherine (Cate) R. Coleman**

Catherine (Cate) R. Coleman passed away peacefully on January 4, 2023, surrounded by loved ones. Catherine was born to Stanley Smith and Catherine Yorks Smith on November 13, 1949. She graduated from high school in Danbury, Connecticut. Cate and her husband Roy moved to Wentworth, NH with their 3 children and built their homestead on a mountain top. They didn't have running water or electricity but made the best of it. Cate was fondly known to many as the mountain lady. She loved her home, her family and her 'Little House on the Prairie' days. Cate's life was forever changed in January 1997, when she suffered 3 brain aneurysms and had to be put into nurs-

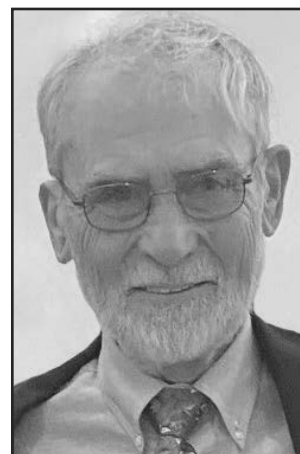


ing care. She lived the last 20 years of her life at the Glencliff Home. Cate is predeceased by her husband Roy E. Coleman and her youngest daughter, Jennifer S. Coleman Colle, as well as her father, mother, 1 brother and 3 sisters. She leaves behind her son Charles Coleman and his wife Sherrie of Hillsborough NH, her daughter Glorialynn Coleman Avery and

her husband Frederick of Warren NH, 7 grandchildren- Devin, Ryan, Morgan, Brittany, Steven, Tyler and Andrew. Her grandchildren at heart, Malerie Ruff, Hannah and Hal Thompson as well as 11 great grandchildren. Cate is also survived by her loving aunt, Gloria Wilcox, whom she loved like a mother, 1 brother and 6 sisters as well as many nieces and nephews. A celebration of life will be held on Sunday, February 5, 2023 at the Warren Town Hall from 12-3pm. Arrangements have been entrusted to the care of The Pillsbury-Phaneuf Funeral Home & Crematorium. To view Cate's online tribute page or write in the guestbook please visit [www.phaneuf.net](http://www.phaneuf.net).

**Daniel Joseph Hanrahan, 81**

Daniel Joseph Hanrahan, 81, of Camp-ton, NH passed away peacefully on January 13, 2023 following complications from cancer. Dan is survived by his loving wife Anna, children Joseph and Sheila, their spouses Aimee and Jim, grandchildren Maeve and Kevin, several cousins, and many lifelong friends. He was born on April 11, 1941 in Brooklyn, NY. Dan had a long and impactful career in the social services field, most notably at The Bridge of Central Massachu-

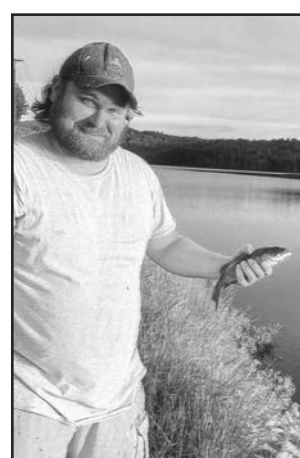


setts, where he worked for several years and retired as Executive Director. Dan and Anna moved to the White Mountains of NH in 1996, where he

was able to take advantage of his love of the outdoors. He climbed to the summits of all 48 peaks over 4000 feet twice. He especially enjoyed cruising and family vacations. Dan was a lifelong blood donor, and blood donations may be made in his memory to the American Red Cross. Contributions may also be made in Dan's name to Open Sky Community Services at [www.openskycs.org](http://www.openskycs.org). A Celebration of Life will be held at a later date.

**Ronald Foley, Jr., 28**

Ronald Foley, Jr., age 28, of St. Johnsbury, VT died unexpectedly on Wednesday, January 4, 2023, at Northeastern Vermont Regional Hospital following an accident.



Ronald, son of Ronald Foley Sr. and Kimberly (O'Brien) Foley, was born in Lowell, MA on October 1, 1994. He attended Waterford Elementary School, graduated from St. Johnsbury Academy, Class of 2013, and went straight from high school into the U.S. Marine Corp. Upon returning to St. Johnsbury, Ronald worked as a carpenter.

Ronald was an easy-going, good-natured kid who never had a bad word to say about anyone. He had a kind heart and loved helping people. He was the type of person who when seeing a homeless person would sit down with them and have a conversation. Ronald was proud to be part of Independent Brothers whose cause is to raise money for people who also have struggled in

life and need a helping hand. He loved trying new things from taking a boating course to painting to music and so much more. His mom remembers when he wanted to open his own kabob truck. He loved fishing, disc golf, playing instruments, camping, and swimming. His motto was, "reach for your dreams." Most of all, Ronald loved hanging out with friends and family. We will deeply miss his smile and laugh. He will be forever in our hearts.

Survivors include his mother: Kimberly Foley and step-dad, Robert Bellerose, of Waterford, VT; his father: Ronald Foley and partner, Brenda Krotzer, of Rumney, NH;

brothers: Michael Foley and Robbie Bellerose and his significant other Raven Crown, all of St. Johnsbury; sister: Sarah Perez and her husband, Carlos, of Littleton, NH; nieces: Karleigh, Maya, and Avery Perez; nephew: Coleson Bellerose; and goddaughter: Mila Lang.

He was predeceased by his grandparents: Helen Zupokfska, and Tom and Rose Foley.

Calling hours will be held on Thursday, January 12, 2023, 2-6PM with a prayer service with military honors immediately following at 6PM at Sayles Funeral Home, 525 Summer Street in St. Johnsbury, VT.

Donations can be made in Ronald's name to a local food shelf or community meals program.

Memories and condolences can be shared online at [www.sayles-fh.com](http://www.sayles-fh.com)

**David D. Raycroft Sr.**

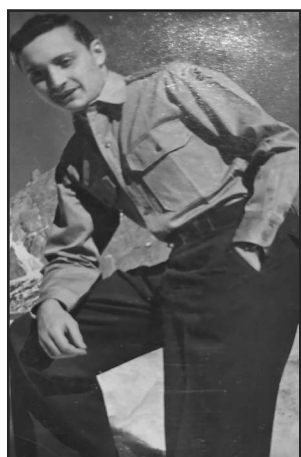
**September 28, 1925 - December 23, 2022.**

It is with great sadness and honor that I share the passing of David D. Raycroft Sr.

September 28, 1925 - December 23, 2022.

Veteran, writer, musician, loving husband and caring father. David is survived by his son, daughter, son-in-law, grandsons and his great-granddaughter.

His generous soul



will be missed, but the light of his spirit continues to shine.

Services will be held on April 22, 2023 - 10:00am

Union Congregational Church, Hebron, NH

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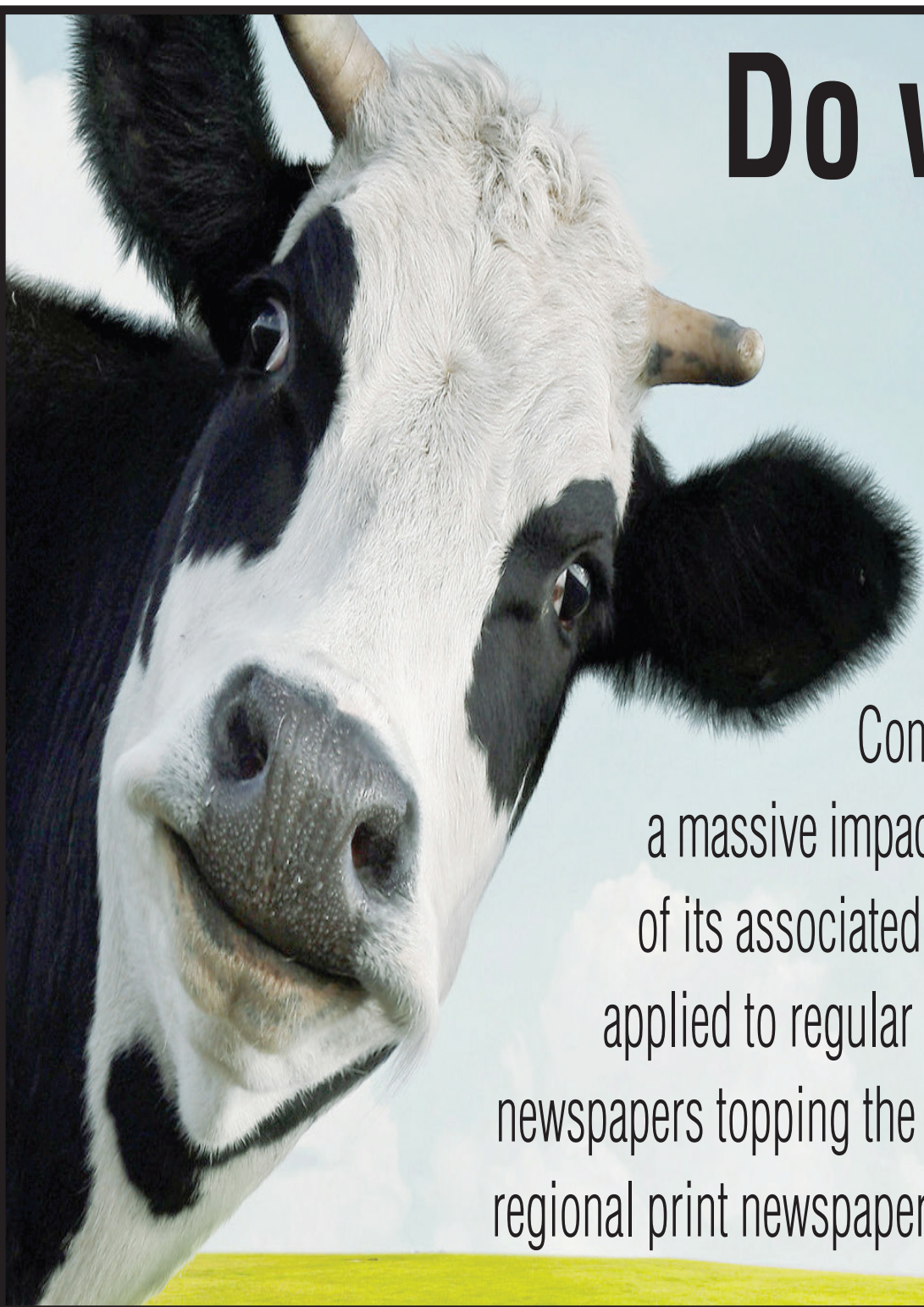


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## Englund skis to the win at Great Glen Trails



JOSHUA SPAULDING

Addison Englund won the Nordic race at Great Glen Trails in Pinkham Notch last week.



Leo Ebner charges to the finish line of last week's race in Pinkham Notch.



Elli Englund (front) and Ella Ronci charge toward the finish line last week at Great Glen Trails.



Nicholas Ring races at Great Glen Trails last Wednesday afternoon.

BY JOSHUA SPAULDING

Sports Editor

**PINKHAM NOTCH** — With all their scorers in the top 10, the Plymouth Nordic girls took top honors at a freestyle race at Great Glen Trails on Wednesday, Jan. 11.

Addison Englund skied to the win with a time of 14:54 to lead the

Bobcat girls.

Sister Elli Englund came home second overall in a time of 15:20 and Ella Ronci was fourth overall in 15:36.

Heron Hannon rounded out the scoring for the Bobcats with a time of 17:10 for ninth place.

Leah Ines was 10th in 17:21, Reagan Sutherland

finished in 11th in 17:27, Anna Boyer was 16th in 18:46, Johanna Wakefield finished in 17th in 19:27, Kelsey Maine was 19th in 19:55 and Erica Currier finished in 24:25 for 32nd place.

For the Bobcat boys, Leo Ebner was third overall with a time of 14:07.

Nicholas Ring was sixth overall in a time of 14:46 and Tate Hayman skied to 22nd place in 17:07.

Gordon Love rounded out the scoring for the Bobcats with a time of 18:26 for 29th place.

Declan Ulricson was 31st in 18:34, Mason Glew was 41st in 21:57

and Zander Tirrell was 51st overall in 26:45.

In the middle school race, which was run on a shorter course, Claire Gervez led a trio of Plymouth skiers in the top three spots, finishing in 10:18. Grace Galvin was second in 11:17 and Eliza Flynn was third in 13:56. Emelia Wakefield placed eighth in 16:47, Naomi Koren was 13th in 24:30, Riley Mask was 15th in 26:19, Autumn Lane placed 17th in 31:14, Aubrey Prescott was 18th in 34:14 and Sidney Halter was 19th in 38:37.

Lucian Scagliarini led the Plymouth mid-

dle school boys in ninth place in 15:54, with Ryker Peck in 10th in 15:56, Andrew Crane-Gough in 11th in 25:59, Caleb Thielbar in 12th in 16:02, Chase Houle in 16th in 30:56, Porter Doyle in 32:08 for 18th and Trevor Livingston in 19th in 32:22.

The Bobcats are slated to compete at Whitaker Woods in North Conway on Wednesday, Jan. 25.

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

## Gilpatric wins all-around, Bobcats second at Top Gun meet

BY JOSHUA SPAULDING

Sports Editor

**HOLDERNESS** — The Plymouth gymnastics team hosted its second meet of the season at Top Gun Gymnastics on Monday, Jan. 9, and came through with some solid results against gymnasts from Timberlane, Bishop Guertin and Coe-Brown.

Overall, the Bobcats finished second as a team with 115.75 points, with Bishop Guertin taking first with 128.1 points and Timberlane finishing in third with 114.3 points.

The highlight of the day for the Bobcats was the performance of Morgan Gilpatric, who won the all-around competition with 31.4 points.

"We got our highest vault and bar scores of the season," said coach Carrie Kiley. "It's coming along."

"The girls are work-

ing hard, the energy is awesome," she continued. "And they're great teammates to each other."

Kiley had all six girls compete in each of the four events, with one athlete competing as an exhibition in each event. The Bobcats started with the vault, moved on the bars and then the beam before finishing up on the floor exercise.

In the vault, Gilpatric led the Bobcats with a score of 8.55 points and Ruby Clogston finished with 8.0 points, while Riley Kingsbury and Kaylan Lang each scored 7.6 to round out the scoring for the Bobcats. Ainsley Girouard had a 7.3 and McKenzie Melanson was the exhibition athlete, scoring 7.5 points.

On the bars, Gilpatric again led the Bobcats, finishing with 6.8 points, while Girouard was right behind with

6.6 points. Clogston finished with 5.6 points and Melanson finished with 4.2 points to finish the scoring. Kingsbury finished with a 3.3 and Lang was the exhibition athlete, finishing with a 4.0.

Lang led the way for Plymouth on the beam, finishing with a score of 7.4, with Gilpatric right behind with a score of 7.35. Girouard finished with 7.2 points and Melanson rounded out the scoring with 6.75 points. Kingsbury had 6.5 points and Clogston, as the exhibition athlete, finished with 6.85 points.

Kiley noted that the girls have been great on beam during practices but have struggled with the apparatus when it comes to meets.

"The goal is to have five solid beam routines at a meet before we get to the state meet," the Bobcat coach said.

For the floor exercise, Gilpatric finished with

a score of 8.7 to lead the Bobcats, with Girouard finishing with 8.1 points, Lang finishing with 8.0 points and Clogston put up 7.3 points. Melanson finished with 6.9 points and Kingsbury, as the exhibition athlete, finished with 6.5 points.

Kiley pointed out that the team has three home meets this year, which is unusual, but something she says is a nice change of pace for the Bobcats.

"It's nice to be on your own home turf, because we travel a lot," she stated. "And it's nice that their friends can come and see the hard work they put in."

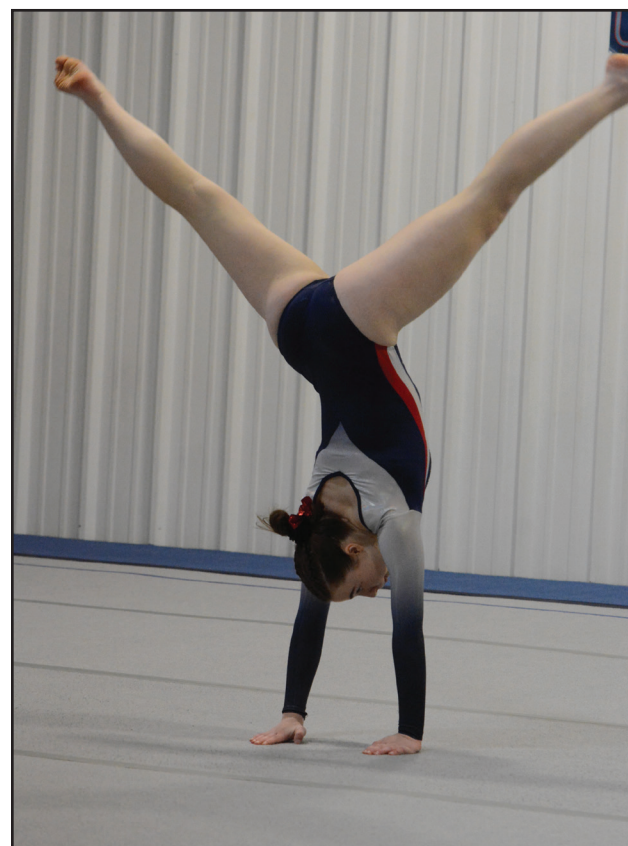
The Bobcats will be back at home at Top Gun Gymnastics for their third and final home meet of the season on Monday, Jan. 23, at 6 p.m.

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



JOSHUA SPAULDING

Morgan Gilpatric launches off the vault during action last week at Top Gun Gymnastics.



Ainsley Girouard competes in the floor exercise at Top Gun Gymnastics last week.

## Trout Unlimited to hear about Zealand River restoration Jan. 24

PLYMOUTH — The January Chapter Meeting of the Pemigewasset Chapter of Trout Unlimited will take place on Tuesday, Jan. 24, at 7 p.m. at the Common Man Inn in Plymouth.

This month, Mark Prout from the White Mountain National Forest will present a talk entitled "Ditching the Ditch Mentality by Reconnecting the Floodplain: Zealand River Restoration."

A summary of the talk's focus: The Zealand River Valley could be considered ground zero for the land use decisions that led to the establishment of the White Mountain National Forest. The watershed was the home to the first logging railroad into the interior of the White Mountains, which was abandoned after fires and floods caused significant damage. The railroad was rebuilt as a road by the US Forest Service after the federal government purchased the valley to maintain access to the Bethlehem town water supply, hiking trailheads, and a source of forest products. After the 1959 flood did considerable damage to the valley, the Forest Service took on an aggressive flood protection project in the Zealand River composed of thousands of feet of rock gabions, berms, and channel straightening. Floods of the last two decades have undermined these efforts as the project had prevented the river from using its historic floodplain. An effort to reconnect the river to its floodplain is under way using historic photos and LiDAR to guide a solution best for the road and the river.

Prout, a Michigan State University graduate has been a Forest Service fisheries habitat biologist for 33 years. He began his career near the birthplace of Trout Unlimited where he worked on the Hiawatha National Forest in the Upper Peninsula of Michigan. Since then, he served 23 years in the White Mountains. His tenure on the White Mountain NF gives him perspective regarding stream dynamics relative to floods and an aging riparian forest, as well as to the status of wild Eastern Brook Trout.

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

# Bobcat grapplers strong second in Vermont tournament



BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth wrestling team split up over the weekend, with a dozen grapplers heading north to Essex Junction, Vt. for the MJB Essex Classic, while another group made the trip south to Winnisquam for the Winnisquam Winter Classic.

“It was a really good weekend,” said coach Randy Cleary. “It gave the more experienced kids a chance to go to see some high level competition and the others got the chance to compete in a varsity tournament.

“I am really proud of the both groups and the way we competed,” the Bobcat coach added. “The way we handled ourselves at Essex was a good showing for Plymouth.”

At the Vermont meet, the Bobcats came in second place overall with 174.5 points, just 11 points behind Maine powerhouse Massabesic, with a total of 24 teams in attendance from Maine, New York and Vermont.

Out of the 12 wrestlers that made the trip to Vermont, eight earned place finishes,

Emmit Nossaman finished first at 195 pounds for Plymouth’s lone win of the day. Gianni Cioti at 135 pounds, Matt Cleary at 170 pounds and Caden Sanborn at 182 all earned second place finishes. Robbie Phipps took third at 113 pounds and Jake Heath at 138 pounds and Ben Valenti at 160 pounds both finished in fourth place. Luc Diamond finished in sixth place at 126 pounds.

Because of the weather last Thursday, the Bobcats didn’t have a chance to practice the day before they traveled, so that made their finishes even more impressive to Cleary.

“We went up there without practice, but the kids responded pretty well,” Cleary said. “It was a good weekend.”

At Winnisquam, Cole Ahern finished in second place at 145 pounds, Eli Crane finished third at 145 pounds, Noah Galvin was fourth at 138 pounds and Sebastian Sargent finished in fourth at 132 pounds.

The Bobcats will be at Concord for a quad meet on Saturday, Jan. 21, at 10 a.m. and will host Pelham and Souhegan on Wednesday, Jan. 25, at 6 p.m.

“Those are two good D3 opponents,” Cleary said. “That should be a good night.”

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

The Plymouth wrestling team took second place at Essex Junction, Vt. over the weekend.

COURTESY PHOTO

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# Bobcat boys rally but can't hang on against Kingswood

BY JOSHUA SPAULDING  
Sports Editor

WOLFEBORO — The Kingswood boys' basketball team had things going right early on, as the Knights opened up a 12-point lead early in the second quarter of Friday night's game with visiting Plymouth.

However, the Bobcats didn't go away and came charging back, cutting the lead to five at half-time and then taking the lead a couple of different times in the second half. The Knights were able to get some big baskets late and pulled away for the 66-53 win.

"We haven't put together a full game yet," said Kingswood coach Joe Faragher. "We have a good start and middle, but then haven't finished. It was nice to see us make plays down the stretch to get the win."

"I don't know what the recipe is for us right now," said Plymouth coach Ben Cronin. "It seems to be we're starting every game down eight to 10 points."

Plymouth actually got the first five points of the game, as Dylan Webster hit a hoop to start things and Johnny Flaherty drilled a three-pointer



Kingswood's Casey Arsenault and Plymouth's Chance Twomey dive to the floor in pursuit of a loose ball in action on Friday night.

for the 5-0 lead. A Casey Arsenault free throw got Kingswood on the board and then hoops from Matt Jacobs and Cullen Davey tied the game at five.

Brady Moulton hit a hoop and a free throw, Jacobs drained a three-pointer and Emerson DeNitto hit two from the charity strip to stretch Kingswood's lead to 13-5. After a Webster free throw got the Bobcats back on the board, Brady Clarke hit a three for the Knights and a Jacobs hoop made it 18-6.

Webster followed

with a basket and a Chance Twomey three at the buzzer cut the lead to 18-11 heading to the second quarter.

A three from Moulton and a bucket from DeNitto opened the Kingswood lead up to 23-11 before Twomey and Will Foisy hit consecutive hoops for the Bobcats. After a pair of Davey free throws, Lukas Legacy drained a pair of baskets for the Bobcats to cut the lead to six at 25-19.

DeNitto hit a hoop for the Knights and Trevin Stone sunk two free throws at the other

end for Plymouth. Jacobs connected for the Knights and Twomey came back with two free throws and a hoop to cut the lead to 29-25.

Will Crane got a hoop for the Knights before a Stone free throw. Clarke drained another basket, but Twomey got the final points of the quarter and the game went to the half with the Knights up by a 33-28 score.

A bucket from Stone started the third quarter, cutting the lead to three, but Jacobs answered with a hoop for the Knights. Flaherty then hit consecutive three-pointers for the Bobcats to give them the lead at 36-35 two minutes into the second half.

Arsenault promptly responded with a three for the Knights and Jacobs hit a basket to put his team up by four. After Legacy hit two free throws, Twomey drained four free throws in a row to propel the Bobcats back in front by a 42-40 score.

Crane hit two from the line to pull the Knights even and hoops from Jacobs and Crane put Kingswood up by four. A Flaherty three-pointer cut the lead to one, but Jacobs got the final hoop of the frame and Kingswood led 48-45 heading to the final eight minutes.

A Flaherty three to start the fourth quarter pulled Plymouth even but Crane put back a rebound and Clarke hit a hoop to push Kingswood to a 52-48 lead. After a Stone free throw, Moulton drained a



Logan Finkle works under the basket in action against Kingswood last Friday night.

three-pointer at the other end for the six-point lead for Kingswood.

Stone put back a rebound for the Bobcats, but Crane did the same at the other end and hit a free throw for the 58-51 lead. Stone finished a nice feed from Legacy to cut the lead to five again, but Kingswood got the final eight points of the game, as DeNitto had a hoop and a three, Jacobs hit a free throw and James Yarling finished off a steal for the 66-53 final score.

"Ben's group always plays hard, you have to be ready to play," Faragher stated. "Winning is hard at any level, but we made enough plays down the stretch and a couple players stepped up.

"We don't have that one guy, but we have a bunch of guys," the Knight coach added. "It has got to be a group effort for us."

Give Joe's team credit, down the stretch they hit some shots and sealed the win," Cronin said. "We played three and a half good quarters, but that 13-0 run there in the first hurt.

"We're pretty slim as far as depth and we got in foul trouble, which we've been able to avoid the first few weeks," the Bobcat coach added. "If we get in foul trouble, it can be a long night.

"I do applaud them though, they play hard and they are very coachable," he noted.

Jacobs finished with 18 points to lead the Knights while DeNitto and Crane each added 11. Flaherty and Twomey each had 15 points for the Bobcats and Stone chipped in with 10.

Plymouth will be at Coe-Brown on Friday, Jan. 20, at 6:0 p.m. and will be hosting Pembroke at 6:30 p.m. on Tuesday, Jan. 24.

The Knights will be hosting Laconia on Friday, Jan. 20, at 6 p.m. and will be at Milford on Tuesday, Jan. 24, at 6:30 p.m. and at Kennett on Thursday, Jan. 26, at 6 p.m.

KRHS 18-15-15-18-66  
PRHS 11-17-17-8-53

Kingswood 66  
Crane 4-3-11, Yarling 1-0-2, Moulton 3-1-9, Arsenault 1-1-4, Jacobs 8-1-18, Clarke 3-0-7, Davey 1-2-4, DeNitto 4-2-11, Totals 25-10-66

Plymouth 53  
Twomey 4-6-15, Flaherty 5-0-15, Webster 2-1-5, Legacy 2-2-6, Foisy 1-0-2, Stone 3-4-10, Totals 17-13-53

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

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## Bristol's Wilson chips in for PSU alpine team

NEWRY, Maine — Freshmen Tindra Bergstrand (Stockholm, Sweden) and Hanna Larsson Nathorst (Stockholm, Sweden) finished just off the podium to lead the Plymouth State University alpine ski teams in the 2023 Eastern Intercollegiate Ski Association (EISA) opener at Sunday River Resort last Thursday.

Bergstrand took fourth, just 0.92 seconds off the podium, with Nathorst right behind her in fifth as the Panthers competed in the GS at the Bates Carnival.

On the men's side, sophomore Max Haussmann (Reutlingen, Germany) was the top finisher with his 16th-place showing.

The women's team finished second overall, with the men placing seventh. Haussmann got off to a fantastic start after posting the sixth-fastest opening run (58.77) to sit less than a half-second off the lead. He ended the day in 16th with a combined 2:05.96.

Freshman Julius Mondschein (Oslo, Norway), sophomore Reed Wilson (Bristol) and junior Dawson Hill (Calgary, Alberta) were separated by just 0.19 seconds after their first runs. Mondschein was in 48th in 1:01.32, one

spot ahead of Wilson (1:01.35), with Hill in 51st in 1:01.51.

Mondschein moved all the way up to 31st in 2:08.80 following his second run, while Wilson was just five spots behind him with a time of 2:09.50.

Hill was unable to complete his second run.

Junior Dan Harrison (Calgary, Alberta) posted an opening run time of 1:03.34 but did not qualify for a second run, while sophomore Jorgen Breivik (Lillestrom, Norway) also raced for the Panthers.

Bergstrand was tied for seventh after blazing through the first course in 1:00.88. She climbed into fourth with a combined 2:09.51 to finish just 0.92 seconds out of a podium spot in her collegiate debut.

Nathorst, also making her first appearance on the collegiate stage, was right on her heels. Her opening run time of 1:01.03 was good enough for 10th, but she jumped up five spots after her second run to finish fifth in 2:09.97.

Junior Franny MacDonald (North Vancouver, British Columbia) finished 24th in 2:12.46.

Junior Camryn Metzger (Thornbury, Ontario) and freshmen Ronja Dahlin (Hudiksvall, Sweden) and Vanessa Riise Naas (Lillestrom, Norway) also raced for the Panthers.

# LEGAL

## Town of Alexandria

**First Day to file for candidacy** January 25, 2023

*Positions to be filled 2023:*

- Selectman 3-year term
- Trustee of Trust Funds 3-year term
- Cemetery Trustee 3-year term
- Planning Board (2 positions) 3-year term
- Supervisor of the Checklist remainder of term (5 years)
- Budget Committee (3 positions) 3-year term
- Budget Committee (1 position) remainder of term (1 year)

**Last Day to File for candidacy** February 3, 2023

*Town Clerk's Office open from 3 to 5 pm on Friday, February 3, 2023*

## TOWN OF RUMNEY PUBLIC HEARING ON EXCAVATION PROPOSAL LEGAL/PUBLIC NOTICE

Notice is hereby given in accordance with RSA 155-E:7 that an application for an Excavation Permit was submitted by SAAMCO Properties LLC, Tax Map # 12-12-10 located on Halls Brook Road The application was accepted by the Rumney Planning Board at it's December 20, 2022 meeting. On January 31, 2023 at 7:15 pm a Public Hearing will be held to approve or disapprove this request. Interest holders may be heard upon request per RSA 676:4, (e)(1). Should a decision not be reached at the public meeting, this application will stay on the Planning Board agenda until such time as it is either approved or disapproved. Anyone needing assistance to attend this meeting should contact the Selectmen's Office one week prior to the scheduled date.

## TOWN OF RUMNEY PUBLIC HEARING ON EXCAVATION PROPOSAL LEGAL/PUBLIC NOTICE

Notice is hereby given in accordance with RSA 155-E:7 that an application for an Excavation Permit was submitted by Central NH Aggregates, Tax Map # 16-4-21 and 16-4-5-1 located at 979 Rt. 25. The application was accepted by the Rumney Planning Board at it's December 20, 2022 meeting. On January 31, 2023 at 7:45 pm a Public Hearing will be held to approve or disapprove this request. Interest holders may be heard upon request per RSA 676:4, (e)(1). Should a decision not be reached at the public meeting, this application will stay on the Planning Board agenda until such time as it is either approved or disapproved. Anyone needing assistance to attend this meeting should contact the Selectmen's Office one week prior to the scheduled date.

## TOWN OF HOLDERNESS

### NOTICE TO RESIDENTS

**Filing dates for the following Town Officials and Holderness Central School District Officials are from January 25, 2023 through February 3, 2023.** Filing may be done at the Holderness Town Clerk's Office. Filing times will be during regular business hours: Monday-Friday 8:30 a.m.-4:00 p.m. and until 5:00 p.m. on Friday, February 3, 2023. The last day for filing any petition to have the Select Board include articles on the Town Meeting warrant is Tuesday, February 7, 2023

### THE FOLLOWING POSITIONS ARE AVAILABLE:

#### TOWN OFFICIALS:

2	Selectmen	3 Year Term
1	Town Clerk	3 Year Term
1	Town Moderator	2 Year Term
1	Trustee of Trust Funds	3 Year Term
1	Library Trustee	3 Year Term
1	Fire Ward	3 Year Term

Ellen King  
Holderness Town Clerk

#### HOLDERNESS CENTRAL SCHOOL DISTRICT:

1	School Board Member	3 Year Term
1	School District Treasurer	3 Year Term

Linda Levy  
Holderness District Clerk

## TOWN OF ASHLAND

To those Ashland residents duly qualified to run for office the following positions that are to be elected on March 14, 2023. The filing period for the March 14, 2023 election of officers is January 25, 2023 to February 3, 2023 at 5PM at the Ashland Town Office.

BOARD OF SELECTMEN - 2 POSITIONS - 3 YEAR TERM  
TOWN TREASURER - 1 POSITION - 3 YEAR TERM  
TRUSTEE OF THE TRUST FUNDS - 1 POSITION - 3 YEAR TERM  
LIBRARY TRUSTEE - 1 POSITION - 3 YEAR TERM  
BUDGET COMMITTEE - 1 POSITION - 3 YEAR TERM

CEMETERY TRUSTEE - 1 POSITION - 3 YEAR TERM  
CEMETERY TRUSTEE - 1 POSITION - 1 YEAR TERM

ASHLAND SCHOOL BOARD MEMBER - 2 POSITIONS -  
3 YEAR TERM

PATRICIA TUCKER, CTCTC,  
ASHLAND TOWN CLERK  
ASHLAND SCHOOL DISTRICT CLERK

## TOWN OF GROTON NOTICE OF PUBLIC HEARINGS

The Groton Planning Board will hold hearings to take public comment on proposed Zoning Amendments. The time and place of these hearings is 7:30 PM Wednesday, January 25, 2023 Groton Town Offices, 754 N. Groton Rd, Groton NH 03241. The Final Hearing to review all changes suggested at the first hearing or by mail/email is scheduled for Monday, February 6, 2023 at 7:00 PM, Groton Town Offices, 754 N. Groton Rd, Groton NH 03241.

You are invited to attend the hearings or submit written comments directed to the Planning Board's attention, to the Town Offices (address above) or emailed to [planningboard@grotonnh.org](mailto:planningboard@grotonnh.org).

The effect of adopting the proposed Zoning Amendments will be to add permitted uses to the existing zoning. The proposal will establish the following:

- A. The right of property owners to construct one garage or shed on their lot prior to construction of their single-family residential dwelling
- B. Clarity of various definitions and sections of the current Zoning, such as what constitutes a single-family residential dwelling, seasonal camp and recreational vehicle.
- C. The right of residents to rent Short-Term or Long-Term.

Prior to the hearings, the proposed Zoning Amendments will be placed on the Town's web site under the Planning Board tab. You may also review the proposals in the Town Clerk's office during regular business hours.

## ADVERTISEMENT FOR BIDS NORTH DORCHESTER ROAD BRIDGE #126/050 WENTWORTH, NEW HAMPSHIRE

Sealed Bids for the rehabilitation of the **North Dorchester Road Bridge #126/050**, located in Wentworth, NH will be received by the Town of Wentworth, at the Wentworth Town Hall (mailing address: PO Box 2, Wentworth, NH 03282), until **2:00 p.m.** local time on **Thursday, January 26, 2023**, at which time bids received will be publicly opened and read.

The Project generally consists of replacement of existing concrete bridge deck with a new composite concrete bridge deck.

A pre-bid conference will be held at the site local time on **Wednesday, January 4, 2023 at 9:00 a.m.** All bidders are encouraged to attend but it is not required.

Bidding Documents may be obtained from the Issuing Office in electronic format (.pdf only) at no cost. The Issuing Office for the Bidding Documents is HEB Engineers, Inc., (603) 356-6936. Prospective Bidders may examine the Bidding Documents at the Town of Wentworth on Mondays through Fridays between the hours 9:00 a.m. and 2:00 p.m., and on [www.constructionsummary.com](http://www.constructionsummary.com) and [www.worksinprogress.com](http://www.worksinprogress.com). The Contractor shall have obtained one set of electronic plans and specifications from HEB Engineers to be considered a responsive bidder.

The Owner reserves the right to reject any and all Bids, to waive any and all informalities not involving price, time or changes in the Work, and to negotiate contract terms with the Successful Bidder, and the right to disregard all non-conforming, non-responsive, unbalanced or conditional Bids. Also, Owner reserves the right to reject the Bid of any Bidder if Owner believes that it would not be in the best interest of the Project to make an award to that Bidder, whether because the Bid package is non-responsive, or the Bidder is unqualified or of doubtful financial ability, or fails to meet any other pertinent standard or criteria established by Owner. Discrepancies in the multiplication of units of Work and unit prices will be resolved in favor of the unit prices. Discrepancies between the indicated sum of any column of figures and the correct sum thereof will be resolved in favor of the correct sum.



## TOWN OF THORNTON NOTICE OF PUBLIC HEARING

POSTED: January 13, 2023

The Board of Selectmen for the Town of Thornton will hold two Public Hearings on **Wednesday, February 8, 2023** at the Thornton Town Office

**Hearing #1 beginning at 6:00 pm:** to accept & expend one-time Bridge Aid funds pursuant to RSA 31:95-b for the purpose of maintenance, construction, or reconstruction of municipally owned bridges in accordance with Senate Bill 401.

**Hearing #2 beginning at 6:10 pm:** to consider the 2023 Budget in accordance with NH RSA 32:5.

If required, due to a snow cancellation, or the need for a second public hearing it will be held on **Wednesday, February 15, 2023** beginning at 6:00 pm at the Thornton Town Office.

# LEGAL

## PUBLIC NOTICE

### Newfound Area School District

will conduct the First Session - Deliberative for the Proposed School District Warrant on Saturday, February 4, 2023 at 10:00 am in the Newfound Regional High School Auditorium located at 150 Newfound Rd., Bristol, NH.

The make-up date in the event of an emergency postponement is Monday, February 6, 2023 at 6:00 pm same location.

Pierre Couture  
Superintendent of Schools  
SAU #4

### 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](mailto:lcampbell@pemibaker.org) to request registration materials

### Town of Plymouth

The Supervisors of the Checklist will be in session on **Tuesday, January 24, 2023, from 6:00 to 6:30 pm**, at the Town Offices, for the purpose of making corrections and additions to the checklist.

Supervisors of the Checklist  
Jane Clay  
Mary Halloran  
Mary Nelson

## FILING FOR SCHOOL DISTRICT OFFICES

### Newfound Area School District

The Newfound Area School Board announces that anyone filing for district offices must do so between **January 25 and February 3, 2023.**

Individuals filing for School Board, Budget Committee, or Moderator should file with their respective Town Clerks by February 3, 2023. Town Clerks will, in turn, inform the School District Clerk of their intent.

School Board positions to be filled this year are:  
• Bristol 3-year term  
• New Hampton 3-year term

Budget Committee positions to be filled this year are:  
• Bristol 3-year term  
• New Hampton 3-year term

Moderator 1 - year term

All candidates for the above positions will be voted upon by all towns of the district at the polls on Election Day, March 14, 2023.

## TOWN OF THORNTON SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist for the Town of Thornton, NH, will be in session on Tuesday January 24, 2023 from 7 pm to 7:30 pm, at the Thornton Town Office located at 16 Merrill Access Road, to accept voter registrations, corrections to the checklist, and to conduct business as required.

Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring proof when they come to register. Qualified applicants who do not possess proof, or who do not bring proof with them may register if they sign an affidavit attesting to their qualifications.

Supervisors of the Checklist  
Cynthia Mcauley  
Mary Pelchat  
Clarissa Palmer

### NOTICE OF PUBLIC BOND HEARING

## THORNTON SCHOOL DISTRICT

The Thornton School Board will hold a public hearing in accordance with RSA 33:8-a on two proposed bond issues.

Item #1 - Bond for School Building Renovations up to \$14,228,799.

Item #2 - Bond for Library Renovations up to \$1,491,256.

The hearing will be on **Monday, January 23, 2023 at 5:30 p.m.** at the

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

## INTER-LAKES SCHOOL DISTRICT NOTICE OF BUDGET HEARING

In compliance with the provision of RSA 195:12, the School Board of the Inter-Lakes Cooperative School District, including the towns of Center Harbor, Meredith and Sandwich, will hold a Public Hearing on the proposed 2023-2024 school district budget in the **Inter-Lakes Community Auditorium at Inter-Lakes Middle/High School and via LiveStream on Wednesday, February 8, 2023, beginning at 6:00 p.m.** Public comments may be submitted remotely on February 8th starting at 6:00 PM via email to [comments@interlakes.org](mailto:comments@interlakes.org).

Signed:  
Lisa A. Merrill, Chair  
Mark Billings, Vice-Chair  
Craig Baker  
Howard Cunningham  
Charles Hanson  
Duncan Porter Zuckerman  
Nancy Starmer  
School Board of the Inter-Lakes Cooperative School District

## INTER-LAKES SCHOOL DISTRICT PUBLIC NOTICE

The filing period for vacancies for school district officer positions will begin January 25, 2023 and run through 5:00pm on February 3, 2023.

### The following positions are open for filing:

School Board Moderator.....1 year term  
School Board Member from Sandwich...3 year term  
School Board Member At-Large.....3 year term

Filing papers are available at the Superintendent of School's Office at 103 Main Street, Suite 2, Meredith.

Submitted by:  
School District Clerk

## FILING NOTICE FOR PLYMOUTH VILLAGE WATER & SEWER DISTRICT OFFICE 2023

All persons interested in filing for an office in the Plymouth Village Water & Sewer District, Plymouth, NH may do so between Wednesday, January 25, 2023 and Friday, February 3, 2023.

### Open position:

Commissioner.....3 years (1)

Filing intent may be made by phoning the District Office at 536-1733 during the filing period.

Leave your name, and a contact number.

You will be contacted for confirmation of intent. Additionally, on Friday, February 3, 2023, the District Office Located at 227 Old North Main Street will be open from 3:00pm to 5:00pm to accept in-person filing.

Barbara A. Noyes, District Clerk

## TOWN OF GROTON PUBLIC NOTICE

The Groton Select Board will hold three different Public Hearings on **Tuesday, February 7, 2023 starting at 6:00pm** at the Groton Town House located at 754 North Groton Road.

Below are the topics for the three different public hearings:

1. The bond for the Public Works Building/Highway Garage
2. The proposed 2023 budget and warrant articles
3. The potential new Public Works Building/Highway Garage

There will be a warrant article submitted at the March 2023 Town Meeting which states:

“To see if the town will vote to raise and appropriate the sum of **six hundred twenty five thousand dollars (\$625,000)** to design and construct a new Department of Public Works building, and to authorize the issuance of **two hundred fifteen thousand dollars (\$215,000)** of bonds or notes in accordance with the provisions of the Municipal Finance Act (RSA 33); with **two hundred fifty thousand dollars (\$250,000)** to come from a grant from USDA Rural Development; to authorize the withdrawal of **one hundred sixty thousand dollars (\$160,000)** from the Public Works Capital Reserve Fund; to authorize the Selectmen to issue, negotiate, sell and deliver such bonds or notes and to determine the rate of interest thereon and the maturity and other terms thereof; to authorize the Selectmen to apply for, obtain and accept federal, state or other aid, if any, which may be available for said project and to comply with all laws applicable to said project; and to authorize the Selectmen to take any other action or to pass any other vote relative thereto. Further, to raise and appropriate from taxation **ninety thousand dollars (\$90,000)** for the first year's debt service payment. Recommendations required (3/5 ballot vote required).”

Note: The wording is still being reviewed along with the total numbers. Therefore, the wording of this warrant article may change by the public hearing or by the March 2023 Town Meeting.

All residents are encouraged to attend. The Select Board meeting will commence immediately following the hearings on February 7, 2023.

Snow date is Wednesday, February 8th at the same time and location.

## TOWN OF PLYMOUTH

6 Post Office Square  
Plymouth, NH 03264

### SELECTBOARD PUBLIC HEARING NOTICES

The Plymouth Selectboard will hold 3 public hearings on **Monday January 23, 2023**, as follows:

- a. #1 - 5:15 pm - A public hearing will be held in accordance with RSA 33:8-a, I to allow the Board to take public input and discuss a warrant article which will be placed on the 2023/2024 fiscal year Town Warrant. This warrant article will seek voters' approval to allow the Selectboard to negotiate the issuance of bonds, loans, or notes, not to exceed the amount of \$686,000. These funds, if approved by the voters will be utilized to place a solar array on property owned by the Town of Plymouth.
- b. #2 - 5:30 pm - A public hearing will be held in accordance with RSA 33:8-a, I to allow the Board to take public input and discuss a warrant article which will be placed on the 2023/2024 fiscal year Town Warrant. This warrant article will seek voters' approval to allow the Selectboard to negotiate the issuance of bonds, loans, or notes, not to exceed the amount of \$1,800,000. These funds, if approved will be utilized as the additional funding needed by the Town of Plymouth to proceed with the Downtown South Main Street Drainage Project.
- c. #3 - 5:45 pm - The first Public Hearing on the Fiscal Year 2023/2024 will be held. The Board will hold this public hearing for the purpose of reviewing the Selectboard's proposed 2023/2024 Town budget as proposed.

The Selectboard has also scheduled a second Public Hearing which will be held on Thursday, February 9, 2023 at 5:00PM, if needed, for the purpose of finalization and reading of petitioned warrant articles related to the 2023/2024 Town Budget and Warrant.

The above public hearings will take place upstairs in the Town Hall and are open to the public. Those wishing to attend virtually, may attend via ZOOM through the Town's website at [plymouth-nh.org](http://plymouth-nh.org).

# LEGAL

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

## NOTICE OF BUDGET HEARING WENTWORTH SCHOOL DISTRICT

The Wentworth School Board will hold its public hearing on the 2023-2024 school district budget on Thursday, February 2, 2023 at 6:00 p.m. at the

Wentworth Elementary School  
 1247 Mt. Moosilauke Hwy  
 Wentworth, NH 03282



## TOWN OF CAMPTON PUBLIC NOTICE

Candidates wishing to file for public office may file with the Town Clerk's Office beginning January 25, 2023 and ending on February 3, 2023 at 5:00pm.

The following positions are open for filing:

**TOWN OFFICIALS:**

- Selectmen for Three Years – One Position
- Town Clerk/Tax Collector for Three Years – One Position
- Trustee of the Trust Funds for Three Years – One Position
- Library Trustee for Three Years – One Position
- Supt. & Sexton of Cemeteries for One Year – One Position

**SCHOOL OFFICIALS:**

- School Board Member for Three Years – One Position
- School Treasurer for Three Years – One Position
- School Moderator for Three Years – One Position

**\*\* Election of Town and School Officers will be held on Tuesday March 14, 2023 at the Municipal Building located at 12 Gearty Way from 8:00am to 7:00pm.**

**Town Meeting will be held on Wednesday March 15, 2023 at the Campton Elementary School in the gymnasium at 6:30pm.**

Office of the Town Clerk/Tax Collector  
 10 Gearty Way  
 Campton, NH 03223  
 603-726-3223 x-102

## LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE 2nd Circuit

- Probate Division - Haverhill  
 12/22/2022 thru 1/5/2023

### 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.

**Bohn, Jacquelyn Denton**, late of Bridgewater, NH. Jocelyn Whyte, 166 Denton Drive, Bristol, NH 03222. #315-2022-ET-00722

**Longley, Susan H**, late of Ashland, NH. Robert Hathaway, 8 Belmont Street - #2, Norwich, CT 06360. Luke Alfred Glavey, ESQ, Resident Agent, Glavey Law Office, 63 West Street Suite 3, PO Box 850, Ashland, NH 03217. #315-2022-ET-00718

**Matregano, Ralph Raymond**, late of Rummey, NH. Theresa Matregano, PO Box 186, Rummey, NH 03266. #315-2022-ET-00705

**Plant, Vernon Roger**, late of Plymouth, NH. Brian Plant, 445 Daniel Webster Highway, North Woodstock, NH 03262. #315-2022-ET-00720

**Ricci, Mary L**, late of Boston, MA. Ronald N Ricci, 1 Mount Ash Road, Hyde Park, MA 02136. Dorcas J. Gordon, ESQ, Resident Agent, Newfound Law PLLC, 75 Pleasant St, Bristol, NH 03222. #315-2022-ET-00601

Dated: 1/6/2023

## NOTICE OF BUDGET HEARING

### CAMPTON SCHOOL DISTRICT

The Campton School Board will hold its public hearing on the proposed 2023-2024 school district budget on Wednesday, February 1, 2023

at 6:30 p.m. at the

Campton Elementary School  
 1110 NH Rte. 175  
 Campton, NH 03223

## NOTICE FOR FILING FOR PEMI-BAKER REGIONAL SCHOOL DISTRICT OFFICE

All persons interested in filing for Pemi-Baker Regional School Board Member may do so with Lynn Davis, Pemi-Baker Regional School District Clerk. Interested candidates please come to the Office of the Superintendent of Schools during the hours of 8:00 a.m. – 4:00 p.m. from Wednesday, January 25, 2023 through Friday, February 3, 2023 inclusive.

Positions open are:

**School Board**

- Campton resident – One 3-year term
- Campton resident – One 1-year term
- Holderness resident – One 3-year term
- Plymouth resident - One 3-year term
- Rummey resident – One 3-year term

## FILING FOR SCHOOL DISTRICT OFFICES

*Newfound Area School District*

The Newfound Area School Board announces that anyone filing for district offices must do so between January 25 and February 3, 2023.

Individuals filing for School Board, Budget Committee, or Moderator should file with their respective Town Clerks by February 3, 2023. Town Clerks will, in turn, inform the School District Clerk of their intent.

- |   |   |
|---|---|
| <u>School Board</u> positions to be filled this year are: | <u>Budget Committee</u> positions to be filled this year are: |
| • Bristol 3-year term                                     | • Bristol 3-year term   |
| • New Hampton 3-year term                                 | • New Hampton 3-year term                                     |

Moderator 1 – year term

**All candidates for the above positions will be voted upon by all towns of the district at the polls on Election Day, March 14, 2023.**

## PUBLIC HEARING

The Hebron Select Board will be holding a public hearing at 2:30 p.m. on February 2, 2023 to accept appropriations in accordance with NH RSA 31:95-b made available to the town from the State of NH based on the passage of Senate Bill 401. The hearing will be held at the Town Office Building in the Select Board's Office located at 7 School Street. Any other business.

Hebron Select Board,  
 Richard A. James, Chair  
 Paul S. Hazelton, Vice-Chair  
 Patrick K. Moriarty, Selectman

## NOTICE OF BUDGET HEARING THORNTON SCHOOL DISTRICT

The Thornton School Board will hold its public hearing on the 2023-2024 school district budget on Wednesday, February 1, 2023 at 6:00 p.m. at the

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

## NOTICE FOR FILING FOR PLYMOUTH SCHOOL DISTRICT OFFICE

All persons interested in filing for Plymouth School District School Board Member may do so with Susan Jane Clay, Plymouth School District Clerk. Interested candidates please come to the Office of the Superintendent of Schools during the hours of 8:00 a.m. – 4:00 p.m. from Wednesday, January 25, 2023 through Friday, February 3, 2023 inclusive.

Positions open for Plymouth residents are:

- School Board Member – One 3-year position
- School Board Member – One 3-year position

## Notice for Filing for 2023 Rumney Town Election

Please go to the Town Clerk's office between the dates listed below to file for one of the following Positions.

Filing dates – January 25th, 2023, to February 3rd, 2023  
 At 79 Depot St, Rumney, NH 03266  
 Town Clerk 603-786-2237

**The following positions are available:**

- Selectman-----1 position-3 years
- Trustee of Trust Funds----1 position-3 years
- Cemetery Trustee-----1 position-3 years
- Town Planning Board-----2 positions  
 2 for-3 years
- Library Trustee-----3 positions  
 1 for-1 year  
 1 for-2 years  
 1 for-3 years
- Fire Commissioner-----1 position-3 years

Town Clerk available on  
 February 3rd, 2023, until 5pm.

## Thronton Central School

The following positions are available for the Thornton School District:

- School Board Member - two positions, three year term
- School Clerk -two year position
- School Treasurer - two year position

If you are a registered voter in the Town of Thornton and have an interest in these positions, please file your candidacy to be placed on the Thornton School District Ballot with Thornton School District's School Clerk at the **Thornton Central School during normal business hours, 8:00a.m.-3:30p.m., January 25 - February 3, 2023. All candidates filing on last day must do so in person RSA 669:19**

**You may not apply any earlier or any later than dates stated pursuant to RSA 669:19.**

## TOWN OF ASHLAND

The Supervisors of the Checklist will be meeting on the following dates for the purpose of making corrections and additions to the checklist:

Tuesday, January 24, 2023  
 7:00 to 7:30 pm

Saturday, January 28, 2023  
 11:00 to 11:30 am

These meetings are in preparation of the First Deliberative Sessions of the annual meetings of the Town of Ashland, Ashland Elementary School, and Pemi-Baker Regional High School.

**Supervisors of the Checklist**

- Beverly Ober
- Therese Linden
- Patti Bickford

# Unified Bobcats edge past Belmont



Matthew Michaud fires a shot during action last week in Belmont. JOSHUA SPAULDING



Brandon Avery looks for a passing lane in last week's game against Belmont.



Brayden Rayburn gets a high-five from teammate Jenna Benoit after scoring a basket last week in Belmont.

BY JOSHUA SPAULDING  
Sports Editor

**BELMONT** — For the second time in less than a week, the Belmont unified hoop team found itself in a back and forth battle that could have gone either way.

This time, the Raiders played host to Plymouth and the Bobcats scored the final two baskets of the game to edge Belmont by a 40-36 score on Tuesday, Jan. 10.

Olivia Mulcahy got Belmont on the board first, but Brandon Avery answered with a hoop for the Bobcats. Christian Marrone drilled a pair of hoops for the Raiders to give them a 6-2 lead before Ella Schaeffler hit a basket for the Bobcats.

After another Marrone basket, Danny

Hallock hit a shot for the Bobcats, but David Lacey answered for the Raiders with a basket. Matthew Michaud hit for the Bobcats and Marrone answered for the hosts to push the lead to four. However, Cameron Englund and Michaud hit consecutive baskets to pull the teams even at 12 after one quarter.

Mulcahy and Owen Hickey exchanged hoops to open the second quarter and then Christian Sanborn and Brayden Rayburn exchanged hoops as the teams remained tied at 16. Mulcahy hit another hoop and Gage Giovan hit for the Bobcats before Brandon Hickey gave Plymouth the 20-18 lead, but Mulcahy finished the quarter like she started, hitting

a hoop and the two teams were tied at 20 heading to halftime.

Avery drained a bucket to start the third quarter for Plymouth, but Mulcahy answered with a hoop at the other end. Michaud sunk another bucket before Lacey connected on two hoops in a row to give Belmont the 26-24 lead.

Plymouth got three hoops in a row, one from Rayburn and two from Giovan to take the four-point lead, but Marrone got the final basket of

the third quarter and the Bobcats had the 30-28 lead heading to the fourth quarter.

Hickey sunk a basket to start the fourth quarter for Plymouth, but Marrone had a pair of hoops sandwiched around a Mulcahy hoop to send the Raiders to the 34-32 lead. Plymouth got baskets from Michaud and Hickey to push them back to the lead at 36-34, but Marrone tied the game at 36 with a hoop.

However, Hickey and Michaud sank the final

two baskets of the game to give Plymouth the 40-36 win.

Marrone led the Raiders with 16 points, while Mulcahy added 12 points and Michaud led the way for Plymouth with 10 points.

Plymouth is slated to be hosting Kennett on Wednesday, Jan. 26, at 3 p.m. and Belmont will be hosting Prospect Mountain on Monday, Jan. 23, at 3 p.m.

BHS 12-8-8-8-36  
PRHS 12-8-10-10-40

Belmont 36  
Mulcahy 6-0-12, Sanborn 1-0-2, Marrone 8-0-16, Lacey 3-0-6, Totals 18-0-36

Plymouth 40  
Englund 1-0-2, Avery 2-0-4, Schaeffler 1-0-2, Hickey 3-0-6, Michaud 5-0-10, Hallock 1-0-2, Hickey 2-0-4, Giovan 3-0-6, Rayburn 2-0-4,

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Local hoop shooters qualify for state championship

**PLYMOUTH** — The Plymouth Lodge of Elks, #2312, is proud to announce that four of its participants in the recent North District Championships are moving on to the state finals.

In the girls' competition, Libby Oldenburg was the 10-11 winner, with Acelyn Lamos the 12-13 winner. Both girls are from Plymouth Elementary School. Finnleigh Reynolds from Ashland Elementary School participated but did not win her division.

In the boys' competition, Luca Reed of Holderness Central School, was 8-9 year-old winner with Cavan Sanborn from Plymouth the 12-13 year-old winner. Keygan Inkel of Ashland Elementary School participated but did not win his division.

These four district winners will now be representing the Plymouth Elks Lodge in the state championships on Sunday, Feb. 5, to be held at the Plymouth Elementary School.

## Mount Washington Road Race returns on June 17

**PINKHAM NOTCH** — The 62nd running of the Delta Dental Mt. Washington Auto Road Race is set for 9 a.m. on Saturday, June 17, and registration is opening soon.

After an enthusiastic first year, there will again be a first come first serve charity registration period, which started Monday, Jan. 11. The charity registration will be capped at 200 registrants. Each charity registrant will be responsible for raising \$200 to benefit the Coös County Family Health Services in addition to the regular registration fee.

The general random selection registration will be open from Feb. 13 at 8 a.m. through Feb. 27 at 11:59 p.m. The entry fee, charged to those who are selected, is \$105 not including administrative fees. Notification of acceptance or rejection by the random selection will be sent via e-mail to each applicant on March 2.

The fundraising goal will be to top the \$50,000 mark. The Coös County Family Health Services provides vitally needed health care, social services and dental care to the rural residents of northern New Hampshire, care that would otherwise require travels of great distances to large regional facilities. The ability to provide high quality care and services locally, services that people in cities and larger towns take for granted, is the mission of Coös County Family Health Services.

Charity and lottery registration information can be found by visiting the race website, <https://mt-washington.com/mount-washington-road-race>. Random selection registrants can register individually or as a part of a registration group. Runners registering as a group (up to 15 runners) will either all be selected together or all be turned down by the lottery.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch to the 6,288-foot summit of Mt. Washington. After a shortened race in 2022 due to hazardous conditions at the summit, runners are hoping to face the full challenge of the unrelenting grade, Mt. Washington's famously high winds, precipitation, and unpredictable temperatures, which makes this race one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5,000 bonus for setting a new course record.

## HIGH SCHOOL SLATE

**Thursday, Jan. 19**

PLYMOUTH  
Girls' Hoops at ConVal; 6:30

**Friday, Jan. 20**

NEWFOUND  
Alpine Skiing at Gunstock; 10  
Boys' Hoops at St. Thomas; 6:30  
Girls' Hoops vs. St. Thomas; 6

PLYMOUTH  
Boys' Hoops at Coe-Brown; 6:30  
Girls' Hoops vs. Coe-Brown; 6:30  
Ski Jumping at Kennett; 6

*All schedules are subject to change.*

**Saturday, Jan. 21**

PLYMOUTH  
Hockey at Kennett; 6  
Wrestling at Concord; 10

**Monday, Jan. 23**

NEWFOUND  
Unified Hoops at Hanover; 4  
PLYMOUTH  
Gymnastics Home Meet; 6

**Tuesday, Jan. 24**

NEWFOUND  
Boys' Hoops vs. Mascoma; 6  
Girls' Hoops at Mascoma; 6:30

PLYMOUTH

Boys' Hoops vs. Pembroke; 6:30  
Girls' Hoops at Pembroke; 7

**Wednesday, Jan. 25**

PLYMOUTH  
Hockey at Pembroke-Campbell; 7:30  
Nordic Skiing at Whitaker Woods; 2:30

Unified Hoops vs. Kennett; 3  
Wrestling vs. Pelham, Souhegan; 6

**Thursday, Jan. 26**

PLYMOUTH  
Ski Jumping Home Meet; 6

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