

# Newcomer helps Tapply-Thompson Community Center expand services

BY DONNA RHODES  
Contributing Writer

BRISTOL – When Mark Dionne was asked to write up his career objectives as he was graduating from Plymouth State University in the 1980’s, he stated that he wanted to do “meaningful work,” so when Tapply-Thompson Community Center was looking for someone to assist them as a Grants and Community Engagement Manager, he believed it was the right job at just the right time in his life.

Dionne is a New Hampshire native, now living in Sanbornton, who majored in writing at PSU. Over the years, he worked at a variety of jobs, including time with the Union Leader newspaper, the Audubon Society in Hebron and with the Friends of the Arts in Plymouth. And while two of those three turned out



Mark Dionne (left) is excited to join Tapply-Thompson Community Center Director Leslie Dion and Assistant Director Dan MacLean as the center works on changes that will meet the growing needs of the Newfound Community for years to come.

to be nonprofit organizations, he said had never imagined working for nonprofits when he was in college.

While at PSU however, he volunteered at Mt. Kearsarge Indian Museum then became a full time employee after graduation. When his first grant application was approved he was thrilled.

“It really changed my life,” Dionne said.

Later, he began the development of his own nonprofit agricultural organization in Grantham, filing for grants and doing everything necessary to establish a 501c3 nonprofit business. A year into the process however, he decided to scrap those plans when he was offered a position with the Audubon Society in Hebron. From there Dionne

SEE NEWCOMER PAGE A7

## PRHS students recognized with Scholastic Art Awards

PLYMOUTH — Plymouth Regional High School art students received 36 awards for the Annual Scholastic Art Awards of New Hampshire. Between the 24 students, they earned four Gold Keys (two of which were Gold Key Art Portfolios for a body of work they created), 14 Silver Keys and 21 Honorable mentions!

Senior Matthew Jolin’s “Undulating Through Earth’s Consciousness” received a Gold Key in Digital Art, additionally it received an American Visions Award. This distinction is one of five artworks that are selected by the adjudication panel as the best of show representatives for this year’s exhibition.

Additionally, Matthew Jolin was voted as having the top art portfolio in the state of New Hampshire, and was award-

SEE AWARDS PAGE A9

## Strong start, strong finish push Bear girls by Belmont

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — Good players can take over a game.

It’s safe to say that Newfound’s Malina Bohlmann is a good player and the Belmont hoop girls got a first-hand look at that on Tuesday, Jan. 17.



Rylee Barney pushes the ball up the court in action last week against Belmont.

Bohlmann scored the first eight points of the game and then added 10 points in the fourth quarter after Belmont cut Newfound’s lead to seven as the Bears picked up the 44-29 win over the Raiders.

“This team has improved dramatically over the last few weeks,” said Newfound coach Kammi Williams, who noted she made an adjustment to her lineup a

few weeks earlier, moving Bohlmann to the five spot on the court. “She’s in the middle on defense and offense and she opens everything up for everybody else.

“Without that other scoring threat inside, it was tough to get anything going for her,” Williams added. “She just moves off the ball so well.”

“Malina is tough,

SEE BEARS PAGE A9



New Hampshire Sen. Jeanne Shaheen visited Plymouth State University Tuesday morning, Jan. 17, to meet with nursing program students and faculty and to tour its nursing program facilities. Shaheen secured \$2.1 million for PSU as part of the final government funding bill for fiscal year 2023 to support nursing workforce expansion. (Shown in photo, L-R): PSU nursing student Ashleigh Magoon of Holderness, Sen. Shaheen, and PSU nursing student Christopher Bilotti of Ashby, Mass. in the nursing program’s clinical simulation lab.

## Shaheen visits PSU nursing education facility

PLYMOUTH — New Hampshire Senator Jeanne Shaheen visited Plymouth State University (PSU) Tuesday morning, Jan. 17, to meet with nursing program students and faculty and to tour its nursing program facilities. Shaheen secured \$2.1 million for PSU as part of the final government funding bill for

fiscal year 2023 to support nursing workforce expansion.

Specifically, the funding will enable the university to renovate the historic Samuel Read Hall Building, which has been home to PSU’s nursing program

SEE PSU PAGE A9



# Show the love for the animals at Squam Lakes Science Center

**HOLDERNESS** — This Valentine’s Day do something Wild...Sponsor A Species at Squam Lakes Natural Science Center! Give your sweetheart a unique and memorable gift by showing the love to the animals at the Science Center. Animals available to symbolically sponsor are Bald Eagle, black bear, bobcat, butterfly, coyote, mountain lion, river otter, and Owl.

Complete your sponsorship request by Sunday, Feb. 5 at [nhnature.org/support](http://nhnature.org/support) and your Valentine will receive a plush animal, trail tickets (number of tickets depending on the level chosen), a certificate of



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appreciation, subscription to the quarterly newsletter and recognition on the Science Center’s website, and in the Trailhead Gallery on the live animal exhibit trail.

“The animals at Squam Lakes Natural Science Center serve as ambassadors for their species, here for the purpose of teaching about New Hampshire’s natural world,” said Executive Director Iain MacLeod. “The cost of caring for wild-

life is considerable. All the animals need specialized diets, daily care, and creature comforts. When you Sponsor A Species your dollars go toward providing food, health care, and housing for the animals.”

*Learn more about the Science Center at [nhnature.org](http://nhnature.org). For further details about Sponsoring a Species please contact Joy Huke at [joy.huke@nhnature.org](mailto:joy.huke@nhnature.org) or 603-968-7194, ext. 146.*

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## Upcoming grief support groups offered by Pemi-Baker Hospice & Home Health, Plymouth Senior Center

BY GUY TILLSON  
PBH&HH Bereavement Coordinator

**PLYMOUTH** — Grief is the complex of feelings one experiences after loss- any kind of loss. Though we usually associate the idea of grief with the death of someone we have known and loved, grief is also experienced following termination of employment, destruction of one’s home after fire or natural disaster, divorce or the breakup of a relationship, relocation to an unfamiliar place where you know no one, loss of one’s finances through bad investments or crime, or the death of a pet. Many people choose to brush off grief or ignore it, but it really does not go away on its own. It can be helpful to be in the company of others who are also coming to terms with their grief.

Pemi-Baker Hospice and Home Health



Guy Tillson

offers grief support groups at various times throughout the calendar year to assist persons in our area who would like help and companionship in processing their losses.

**GRIEF 101: The Basics**

The next group, “GRIEF 101: The Basics,” will begin on Tuesday, Feb. 14. There will be an in-person morning session at 11:00am, held in the Exercise Room at the Plymouth Area Regional Senior Center. There will be a late afternoon session, accessible virtually only,

beginning at 5:30pm. Virtual participation is also possible for the morning session. All virtual participants will need to download the app for TEAMS (It’s like ZOOM) on their devices. There is no cost to attend either session.

Each group will go for six weeks, ending on March 21. The group meetings will include presentations by the facilitator, worksheets, and sharing and discussion on such topics as:

- “Types of Grief”
- “What Is Grief Work?”
- “Principles of Transformation”
- “What About Me?”

You must pre-register by Wednesday, Feb. 7, in order to attend so that we know how many to prepare for. The groups will be facilitated by Guy Tillson, Pemi-Baker’s Bereavement Coordinator. You may contact him by email: [gtillson@pbhha.org](mailto:gtillson@pbhha.org) or by leaving a message by phone at (603) 536-2232.

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

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. 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).

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**PROPERTY INSPECTION:** One hour prior to the auction.

**TERMS:** A \$10,000 deposit by certified check or E-check through Earnnest payable to Paul McInnis LLC Escrow or other funds acceptable to auctioneer will be required as a qualification to bid. Successful bidder to increase deposit to a total of 10% of the Total Purchase Price at time of sale with the balance due at closing within 30 days of the auction. A 10% Buyer’s Premium will be added to the high bid price to become the Total Purchase Price. Subject to all Terms of Sale. Property is being sold with marketable title free and clear of all liens. Sale is subject to all terms of sale.

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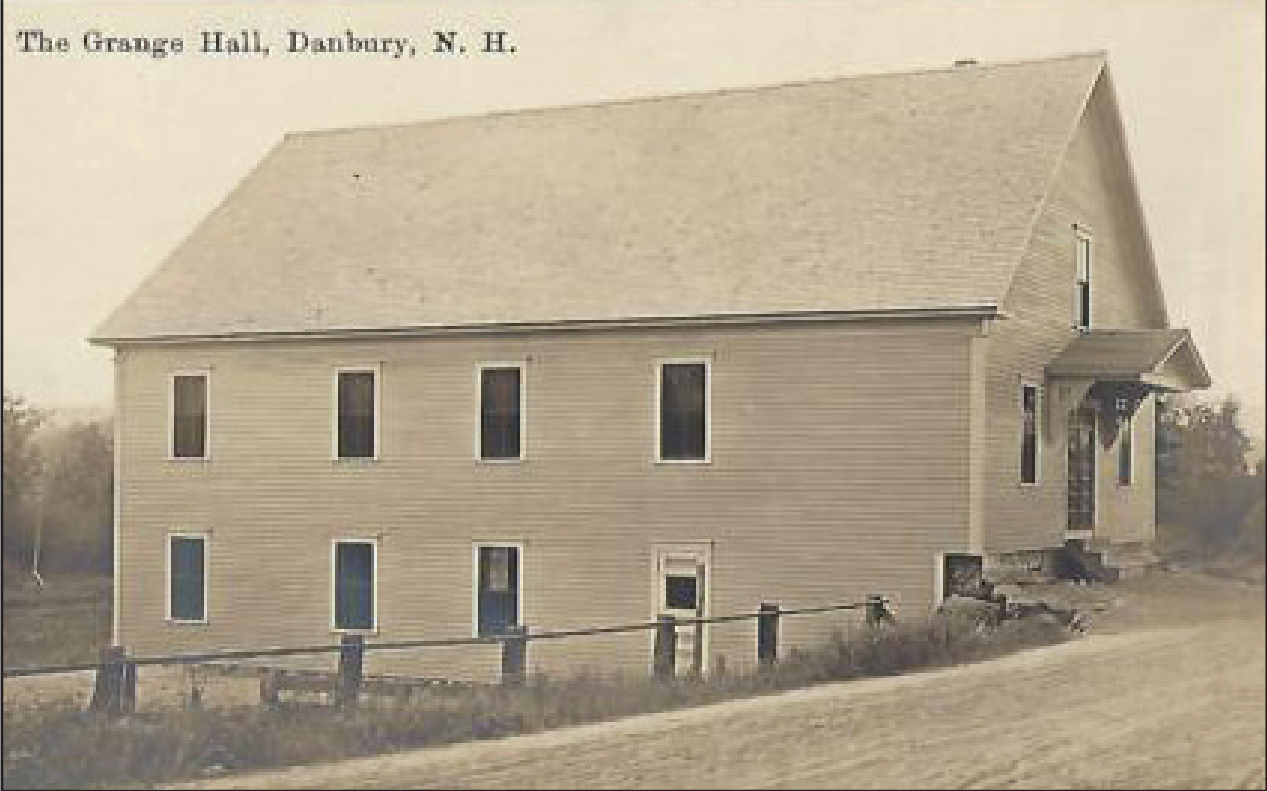
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# Grange Open House to honor new State Master

DANBURY — Blazing Star Grange #71 in Danbury is holding an open house on Sunday, Feb. 5 from 2-4 p.m. in celebration of their master, Tricia Taylor, being elected as master of the New Hampshire State Grange.

While Blazing Star Grange has known and appreciated Tricia's leadership and dedication, it is an extreme honor to have our leader chosen by Grangers across the state to lead the New Hampshire State Grange for the next two years. Coming from a line of dedicated grangers, Taylor's ancestors were charter members of both Blazing Star Grange and Mont Calm Grange in Enfield. Having served on many Grange committees and



The Grange Hall not long after its construction, ca. 1911.

having been an officer in the various levels of the Grange, called degrees, she has been chosen to lead the New Hampshire State Grange during its 150th year of serving the rural community,

strengthening families, advancing education and supporting agriculture.

What is the Grange? What does it do? In addition to being a casual reception to honor Taylor, the event will also explore Blazing Star Grange's past accomplishments, present programs, and tomorrow's visions. There will be refreshments, exhibits and activities for kids and families. Door prizes of gas, grocery and Dunkin' Donut gift cards as they will be drawn at the end of event and can be mailed to winners. Cash and type prizes will be drawn throughout the event, and you must be present to win. The blizzard date is Feb. 12.

Blazing Star Grange #71 has been active in Danbury since December of 1875. The historic Grange hall is located at 15 North Rd., just a stone's throw of the intersection of Routes 4 and 104, in Danbury. For more information, follow on Facebook at Blazing Star Grange of Danbury or call 512-676-7722.

## SLA presents "When Winter Comes": A StoryWalk® at Chamberlain Reynolds Memorial Forest

HOLDERNESS — A StoryWalk® is a fun, educational activity that places a children's story along a popular walking route in your community, in this case Chamberlain Reynolds Memorial Forest, located on Col-

lege Road off of Route 3 in Holderness. We hope you enjoy Aimee M. Bissonette's story where you will explore the winter woods. Discover how much is happening in a seemingly empty woods once

you slow down, listen carefully, and look closely. Erin Hourigan's beautiful illustrations bring this winter wonderland to life. As you walk along while reading the story, remember to look for animal signs along the

trail!

After exploring the story along the trail be sure to visit the Holderness Free Library for a fun craft activity where you can create your own animal track stories!

The StoryWalk will

be up from Thursday, Dec. 15-Tuesday, Feb. 28. This is a free activity. For more information, head to Squam Lakes or call the office at 603-968-7336.

## Are iron bridges at Livermore Falls & over England's Severn River comparable?

BY TINK TAYLOR  
CONTRIBUTING WRITER

CAMPTON — Does the old iron bridge at Livermore Falls over the Pemigewasset River qualify as ground zero for the birth of New Hampshire's Industrial Revolution? Although there are very many similarities with England's iron bridge over the Severn River at Shrop-

shire Gorge, England's wrought iron bridge is still in service. So any suggestion that New Hampshire's 1886 span over the Pemi, paid for by Plymouth, Campton and Holderness, is comparable to England's 1779 wrought iron span is a big of a stretch.

Abraham Darby III constructed England's 378-ton trestle from a nearby iron works

he built. New Hampshire's version was pre-fabricated in Connecticut and moved by rail to Livermore Falls to be assembled. But the general style of construction is strikingly similar to both in that the travel decks are entirely over their spectacular arch-supporting superstructure. Some would say "Pumpkinseed."

The nearby iron

works built by Darby, England sprang the world's Industrial Revolution, perhaps the world's greatest. But can we make this same claim at Livermore? The New Hampshire Industrial Revolution? Not so much. But it was the site of the Pemi's largest paper pulp mill.

Now underway are efforts to determine if New Hampshire's version of its old iron

bridge should be made safe and restored to its original configuration. So stay tuned.

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## Plymouth High Class of 1982 planning reunion

PLYMOUTH — The Plymouth Area High School Class of 1982 announces its 40th-Plus-One Reunion Saturday, July 15 from 5:30-10 p.m. in the Freestyle Lounge at the Base Lodge, Waterville Valley Resort.

Tickets, priced at \$55 per person, include appetizers, dinner, and dessert. A cash bar will also be available.

Payment must be made by April 15. For payment address (via check or Venmo), or for more information, please send your email address to pahs82reunion.janice@gmail.com.

Join our Facebook page "PAHS Class of 1982 Class Reunion" for up-to-date information.

Details on a Friday night gathering TBA.

Please share these details with any class member you may know. We look forward to reconnecting with all classmates!

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# SLA's Winterfest set for Feb. 18

HOLDERNESS — The Squam Lakes Association is excited to announce the return of Winterfest with its traditional in-person attendance! Join us on Saturday, Feb. 18, from noon to 3 p.m. for one of Squam's most exciting winter events. This event is free to the public and will include activities for folks of all ages. Whether you are ice skating, casting your vote in the chili cook-off, playing frozen mini golf, or simply sipping hot chocolate by the fire, this event is fun for the whole family. Come join the SLA for camaraderie and celebration of the glorious season of winter!

To reduce waste, participants are encouraged to bring their own mug and spoon for the chili cook-off. SLA mugs will also be available for purchase.

Activities such as the ice rink are subject to mother nature and current ice conditions. Go to [squamlakes.org/winterfest](https://squamlakes.org/winterfest) to check the status of the ice rink. Participants must bring their own skates.

We are also looking for volunteers to help us during the events! If you are interested in volunteering at Winterfest, please email [Rcoughlin@squamlakes.org](mailto:Rcoughlin@squamlakes.org).

## Local students named to Dean's List at Plymouth State University

PLYMOUTH — A total of 330 students have been named to the Plymouth State University Dean's List for the Fall 2022 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2022 semester and must have attempted at least 12 credit hours during the semester:

Emma Russell of Ashland  
Joseph Riess of Plymouth  
Riley Boynton of Bristol  
Ty Mittleider of Holderness  
Alexis Brunt of Plymouth  
Owen MacDonald of Plymouth  
Ashleigh Magoon of Holderness  
Cameron Donnell of Warren  
James Rousse of Plymouth  
Lilly Wright of Bristol  
Rebekah Lewis of Holderness  
Valentina Raptis of Bristol  
Carmela Olmo of Plymouth  
Caroline Gibson of Plymouth  
Josiah Page of Bristol  
Zachariah McGlone of Plymouth  
Precious Rodriguez of Plymouth  
Dominique Swanson of Plymouth

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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## Newfound Nature Station invites all animal detectives!

HEBRON — Join the Newfound Lake Region Association (NLRA) as we explore animal tracks and other sign during Newfound Nature Station, a free program that connects youth and families to the natural world. This event will be held at Grey Rocks Conservation Area at 178 N. Shore Rd., Hebron, on Feb. 15 from 1 to 3 p.m. and Feb. 18 from 10 a.m. to noon.

In winter, it can be hard to spot wildlife as we look across the white landscape- some species have left for the winter, some are hibernating, and the rest seem to be hiding from the weather. But snow can hold the clues to finding out which animals have been visiting a location and what they've been doing! At Nature Station, NLRA educators will help visitors become animal detectives, searching for tracks and other sign to figure out what wildlife has been doing at Grey Rocks. You can learn about wildlife behavior in the Newfound Watershed without actually seeing the animals! Participants will also

make a craft to take home. This program is free and open to all.

Newfound Nature Station, along with other family programs and events, is part of NLRA's year-round work to encourage residents and visitors to enjoy the natural beauty around them, learn more about the environment and how to protect it, and fall in love with the Newfound Watershed. By connecting the people of Newfound to the wonders around them, NLRA works to inspire the next generation of stewards and fulfill the mission of protecting Newfound Lake and its watershed. Along with programs like Newfound Nature Station, NLRA maintains Grey Rocks Conservation Area in all seasons as a place for people and wildlife alike. It offers walking trails, a picnic area, fishing alcoves, and a non-motorized boat launch and is frequented by wildlife like loons, turtles, and bald eagles as well as people. Learn more about NLRA including other upcoming events at [NewfoundLake.org](https://NewfoundLake.org).

# SLA to host moonlit hike through Belknap Woods

HOLDERNESS — If you'd like to wander the woods at night, this event would be a great time to do so! SLA is hosting an evening stroll through Belknap Woods. Bright moonlight reflecting off the snow and a nearly full moon can light our way, but bring your headlamp, too! Listen to the sounds of the woods at night, and perhaps witness some nocturnal animals on our journey. This program will be held at Belknap Woods on Wednesday, Feb. 1, from 6-8 p.m. All are welcome.

Participants should wear warm layers and bring water, a headlamp (preferably with red light function), and rain gear (just in case!) for the easygoing hike. Snowshoes or microspikes can be provided if needed at a first come-first serve basis, but also feel free to bring your own.

For more information, or to sign up for this Guided Hike, visit the SLA Web site ([squamlakes.org](https://squamlakes.org)) or contact the SLA directly (603-968-7336). The SLA also offers other Guided Hikes throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The LRCC AmeriCorps members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association's mission.

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



## Saint Mary's College names Dean's List

NOTRE DAME, Ind. — Caledonia McLeod of Plymouth has been named to the Saint Mary's College Dean's List for the Fall 2022 semester.

To earn this academic honor at Saint Mary's, a student must achieve a grade point average (GPA) of at least 3.6 on a 4.0 scale, have a minimum of 12 graded credit hours, no incompletes, and no grades lower than a C.

About Saint Mary's College

Celebrating over 176 years of empowering women to make a difference in the world, Saint Mary's College is recognized as both a visionary trailblazer and an enduring innovator in the education of women. A Catholic, residential, women's liberal arts institution in Notre Dame, Ind., Saint Mary's College offers more than 50 undergraduate academic programs for women as well as graduate degrees open to all. For more information, visit [SaintMarys.edu](https://SaintMarys.edu).

20	21	22	23	24
<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Meeting with Joe <input checked="" type="checkbox"/> Conference call	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Lunch with Dave	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> File invoices <input checked="" type="checkbox"/> Cold calls <input checked="" type="checkbox"/> Sales meeting	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> New biz mtg	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Cut checks
27	28	29	30	31
<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Staff meeting <input checked="" type="checkbox"/> Prep taxes <input checked="" type="checkbox"/> Review billing	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Presentation prep <input checked="" type="checkbox"/> Annual reviews	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Review RFP	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Supplier mtg <input checked="" type="checkbox"/> Conference call	<input type="checkbox"/> Do disaster plan <input checked="" type="checkbox"/> Close billing month
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# SLA to host Five Finger Point Trail guided hike

**HOLDERNESS** — Don't let the winter cold keep you from adventure! Join the Squam Lakes Association on a 3.1-mile hike that will take you through several beaches on the University of New Hampshire's Five Finger Point. Lakes Region Conservation Corps member, Shannon, will lead the hike. Be prepared for a moderately challenging hike with beautiful views of the lake and good company!

Participants will meet at the West Rattlesnake parking lot at 10 a.m. on Feb. 8. We will return to the parking lot by 1 p.m. Expect uneven terrain and moderate changes in elevation.

Make sure to bring plenty of water, a snack, comfortable hiking clothes and shoes, and plenty of weather-appropriate layers!

For more information, or to sign up for this guided hike, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology



programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The LRCC AmeriCorps

members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for the public benefit the natural beauty, peaceful character, and resources of the watershed. In col-

laboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of

the Squam Lakes Region. Hiking Five Finger Point is one of many ways to enjoy and take in the natural beauty and peaceful character of some of Squam Lakes' beaches.

## Volunteer trail work days with Squam Lakes Association

**HOLDERNESS** — Volunteer with Lakes Region Conservation Corps mem-

bers for a day of trail work! Full days run from 9 a.m. to 4 p.m. and half days from

### Thornton resident named to Dean's List at Salve Regina

**NEWPORT, R.I.** — Caitlyn Bourret of Thornton has been named to the Dean's List for the Fall 2022 semester at Salve Regina University in Newport, RI. Caitlyn is a junior studying Marketing.

To qualify for the dean's list, full-time undergraduate students must earn a minimum grade point average of 3.6 with no grade below a "B" in that semester. Salve Regina, a Catholic, co-educational university founded by the Sisters of Mercy, enrolls more than 2,500 undergraduate and graduate students. Its 80-acre oceanfront campus is in the heart of the Ochre Point-Cliffs National Historic District.



9 a.m. to 1 p.m.! We will focus on clearing drainages, removing blowdowns, clearing branches that encroach within the trail corridor, and brushing in portions of the trail where the path is unclear.

Multiple dates available:

Half Days: Jan. 29, Feb. 5, Feb. 9, Feb. 12, & Feb. 26

Full Days: Feb. 23

As always, this work is weather dependent. Should any changes to plans arise, we will provide updates. We encourage help from volunteers who love the outdoors, enjoy hands-on conservation work, and are excited to work with our LRCC members!

To register for this program, head to [Squamlakes.org/calendar](http://Squamlakes.org/calendar) or call Squam Lakes Association at 603-968-7336.

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## CADY Corner

# Lessons learned from state marijuana legalization

CONTRIBUTED BY SMART APPROACHES TO MARIJUANA (SAM)

According to the National Survey on Drug Use and Health, 95–97 percent of people who used cocaine or heroin started with marijuana. Beginning in 2012, several states legalized the commercial sale of marijuana. States that legalized marijuana have among the highest rates of marijuana use in the country, and use is sharply increasing in vulnerable demographics, like youth and young adults whose brains are still developing.

These states also have higher rates of marijuana-related driving fatalities, issues with “legally” sold, but contaminated, marijuana vapes, more marijuana-related emergency department visits and hospitalizations, accidental poisonings of young children, expansive and lucrative criminal markets, increases in workplace problems and most notably an increase in mental health issues including anxiety, depression, suicidal ideation, and psychosis.

Adding to the danger of marijuana commercialization, is the increasing market demand for high-potency products created by the combination of aggressive promotion and increasing tolerance by daily users. The commonly conceived “Woodstock Weed” had only 1–3 percent THC, the psychoactive intoxicant responsible for the high. According to recent studies, today’s average marijuana contains around 17.1 percent THC, though independent studies in “legal” states found the percentage to be even higher. Marijuana concentrates and edibles contain an average of 55.7 percent THC. But these products can be even more potent. Many marijuana retailers have products that contain up to 95–99 percent THC.

Marijuana-infused “edibles” come in the form of cookies, candy, ice cream, sodas, and other sweet treats that are particularly appealing to children. Marketing tactics make use of bright colors and catchy names, replicating images or appropriating the names of well-known commercial food products.

Studies found marijuana use can cause severe consequences for mental health. Marijuana is increasingly linked to the onset of psychosis and schizophrenia and shows an association with increases in depression and anxiety. Compared to nonusers, individuals who use high-potency marijuana daily are four times more likely to develop psychosis.

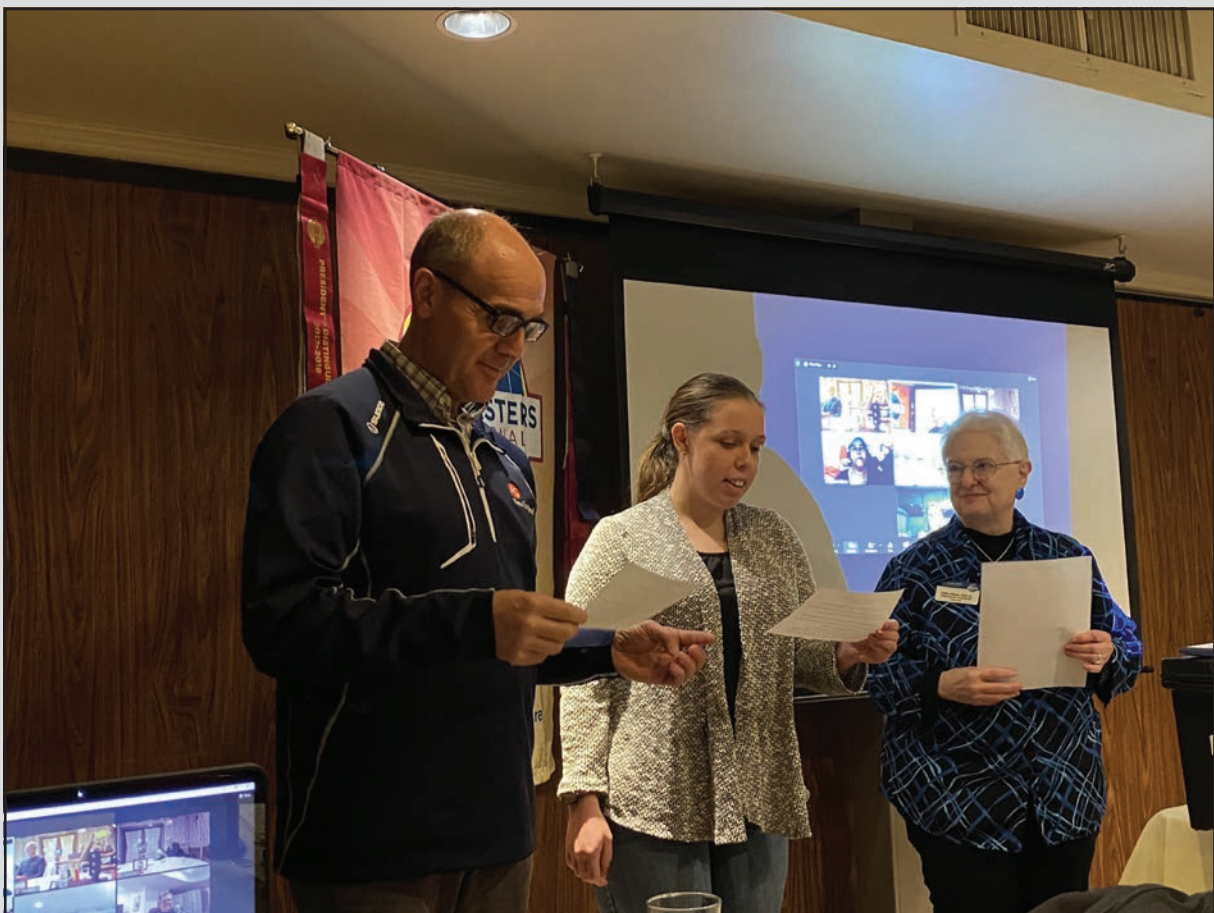
Brain scans of marijuana users show changes in the structure of the brain’s reward center to be consistent with addiction and up to 47 percent of regular users experience withdrawal symptoms when they cease use. The National Institute on Drug Abuse reports that around 30% of marijuana users have some form of marijuana use disorder and that people who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder compared with those who start later.

The legalization of marijuana has had a profound impact on youth marijuana use as well as perceptions of its harm. For more information about the harms of marijuana and lessons learned from other states that have legalized, visit [learnaboutsam.org](http://learnaboutsam.org).

## 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.



COURTESY

## White Mountain Toastmasters welcome new members

White Mountain Toastmasters inducted two new members on Jan. 4. Eric Tinker from Center Harbor and Seren Fryar from Hebron are welcome additions to the club. Pictured from left to right are Eric Tink and Seren Fryar; President, Sheila Oranch, Hebron. Visitors are welcome to attend a few meetings to decide if this is the right club and program to support their goals. White Mountain Toastmasters club meets the first and third Wednesdays at the Common Man Inn and Spa and also on Zoom, except during winter holidays. Social time starts at 6 p.m., and the program is conducted from 6:30 to 8 p.m. For more information about the club, please visit <https://5122.toastmastersclubs.org/>. The club mission is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.

## Letters to the Editor

### The truth is out!

To the Editor:

I always believed that saving lives was a good thing. The grey area in this belief is, of course, the lives of children in the womb, the pre-born. The big question: Should the government regulate one’s personal choice to end the life of their baby or not? The left chants “My body my choice,” of course; a different story from these folks, however, when it comes to government mandated vaccines. Reminder: mandated vaccinations contradict the notion of my body, my choice. Be that as it may, the right says OK, we’ll agree, to a point, and allow “choice” in the earliest stages of life. This compromise has abortion being legal in New Hampshire through 24 weeks, with exceptions in cases involving a fetal anomaly or where the life or health of the mother is at risk. Notably, New Hampshire also requires minors to obtain written consent from a parent or guardian at least 48 hours prior to them receiving the procedure. Public funding is available for abortion in cases of rape, incest, or life endangerment. So, upon inspection, New Hampshire abortion laws are not as draconian as the left would have us believe.

But why prohibit late term (greater than six months) abortion at all?

New Hampshire legislators evidently understand that current medical technology frequently sees baby’s surviving to live full productive lives at six months maturity or greater. The rules of logic find no alternative other than to say: if a human baby can survive outside the womb at six months, then abortion after 6 months is a procedure that ends a life. Period.

I heard a Democrat, an admitted Catholic, say in a political debate recently that life begins at first breath. I assume abortion at any point prior to the

slap on the bum would be ok with her. She and her Democrat supporters in the room were perfectly ok with her belief: “life begins at first breath.” Very puzzling, as this contradicts facts, and quite disturbing as seen where it counts; in current US House votes.

As recently as January 2023, we saw US House Democrats (all but two) voting to deny life support for fellow human beings. New Hampshire Dems Kuster and Pappas were among the radical Democrats who voted to deny life support to a baby born alive after a botched abortion. Botched meaning the doctor or abortionist did not properly deliver the Coup de grâce (death blow) to the baby and it now lies gasping for life on the birthing table. To me, by any definition we now have a life on that birthing table.

These two people who supposedly represent all citizens of New Hampshire as US Congress members as always voted with their puppet masters, not with their constituents. Rather than looking to Granite Staters they looked to their leaders for direction. Of course, we know minority House leader Nancy P’s position. Ms. Pelosi (a Catholic) commenting on the issue went on to accuse GOP Congress people of pushing an extreme anti-choice agenda. Apparently in her mind saving lives is extreme.

By consistently denying life support for a living, breathing human baby; no loving attention, no life support efforts, the left has defined itself as the party of death.

Yes, whoever said; “The truth will out.” was a wise person indeed.

The truth is out and it reveals the evil living among us.

*So sad.  
David Rivers  
Thornton*



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TO THE EDITOR:

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BY LISA DONER  
Plymouth Conservation Commission

Food, energy and water - resources so vital to life that we learn about them in early childhood. Don't waste your food, shut the door you're letting the heat out, drink plenty of water ... As we mature and start fending for ourselves, discovering the costs of buying and using these resources is often a rude awakening. I remember grocery shopping the first time I moved away from home, and having to pull items out of the conveyor as the price added up. It was shocking, embarrass-

Spotlight

ETC's "Guys and Dolls"

BY GARY JESSEMAN  
Contributing Writer

The yearly production by ETC (Educational Theatre Collaborative) is always a joy to behold. This year is no exception. ETC fuses together College students and graduates, professionals, and area townspeople in a wonderful melding of talent that brings joy to the whole community. Spearheaded by Trish Lindberg, this year's

production ranks right up there with productions of the past 27 years.

Based on characters created by Damon Runyon, "Guys and Dolls" went on to become one of the best-loved Broadway musicals. I was particularly pleased with this production because a friend of mine, Brandon Pike, (and his daughter Eva) was in the cast. I didn't know Brandon did this type of thing, but his

ing and an important lesson in what younger generations now call "adulthood". That was over 40 years ago.

I spend a lot of time these days wondering about how well we're preparing youth to transition into adulthood. We seem to have done a botched job of getting there ourselves, especially around managing and protecting resources to last multiple lifetimes. I recently gave a talk on climate change to a local community group and included slides pointing out the connection between population growth and greenhouse gas

emissions. More people, more carbon emissions; it's a pretty simple relationship. Yet just this fall, I've heard several news reports, including those from the "liberal press" touting claims that we have plenty of resources to support an even larger population than the current 8 billion. Global population was just 3 billion the year I was born, a little over 4 billion when I graduated high school, and is almost double that now, less than 50 years later.

Population levels like this are not sustainable, but especially at the intersection of those three most essential resources: food-energy-water. In fact, this nexus is so important to the concept of sustainability, climate mitigation, economics, public health and risk management that many universities, federal agencies, the United Nations, have specialists working on it, and it has it's own standardized acronym: FEW. Google the "FEW nexus" and prepare to be amazed.

This term, probably new to most of you. is a big area of research and education. A nice summary of it is available for free online at: <https://eos.org/science-updates/solving-shared-problems-at-the-food-energy-and-water-nexus> (Zhuang et al, 2021). An example from this publication states: "energy production and food production, especially where irrigation is required, compete for often limited water resources; meanwhile, energy is, of course, needed to pump water for irrigation, to treat wastewater, and to process and transport food." The UN has another nice description at <https://www.unwater.org/water-facts/water-food-and-energy>.

The intertwined relationships of these resources is well known by brokers, insurers and anyone involved in the economics of global markets – it is why cereal prices increase when gas supplies are interrupted by the war in the Ukraine. It is why the prolonged drought in western US, and the reduced storage of water in Lake Mead and Lake Powell affects the price of electricity across the regional grid. Food-energy-water entanglements aren't the only things affecting resource costs and availability, of course, but they are the ones most essential to society and therefore have the potential to stabilize or destabilize economies all over the world.

I'm sure you never imagined that adulthood might mean learning what the FEW nexus is; I certainly didn't until just three years ago. I know systems thinking is a big part of school curricula these days, but if population growth isn't part of it, and the link of population size to climate change isn't part of it, and the concept of limited resources isn't part of it, how deep an understanding about future needs can we expect from our younger generations? It keeps me up at night.

Newcomer

FROM PAGE A1

onne went on to assist another nonprofit group, the Friends of the Arts in Plymouth. As his mission for them was coming to a close, the first of his two children was born and that once again changed the course of his life.

At the age of 40, Dionne, who was also an accomplished guitarist, found himself becoming a stay-at-home dad during the day, working in his love of music at night when his wife came home. Performing at venues around the state, he soon landed a job as the weekend in-house musician at the Mount Washington Hotel where he remained for several years.

"After driving an hour to work and coming home late at night in all kinds of weather though, I was starting to get tired and wanting to do something closer to home," said Dionne.

As luck would have it he recently saw TTCC was looking for someone to help them grow through grants and community engagement, and his desire to work with a nonprofit group was once again rekindled.

TTCC Executive Director Leslie Dion said the new position was developed as part of a Strategic Planning workshop that took place last March.

She felt the workshop really energized the board of directors, who flushed out what the real needs are as the center looks to the future of the Newfound community. As a result of the workshop, the board decided more space was needed and in December they purchased property at 171 N. Main St. Ideally located beside the middle school with easy sidewalk access to both Kelley Park and the community center it was perfect for their space

needs. Dion said a building on the property will be torn down soon and they are in the process of working with architects to design an additional gym, meeting space for seniors and a commercial kitchen at that location. It is hoped that the kitchen will enable them to bring back a former community meals program that was ended due to loss of a suitable location. A fundraising campaign is already underway, and Dion said the community has been very generous with the donations received thus far.

There is work to be done at the center itself and leading the way there will be plans to move the offices from their current location to the recreation room off the front hall.

"One of the things we identified is that we don't really have a lot of security here, not that we've had any problems. We decided it would be much better to have offices there though where we can greet people coming into the building," she said.

Because pickle ball is so popular and the one court at TTCC is hardly adequate for the demand, another future project will be to remove the stage area and make room for a second court beside it. This second phase of their projects include a much-needed elevator to help people access all three floors. "During Santa's Village we've had to have firemen on hand to help carry some children up to the top floor and that really isn't ideal," she said. While there is a handicapped entrance to the building behind the gym, an elevator will provide a safe means for people to enter there and still reach all three levels of the community center. Finally, they realized there was a real need to find someone dedicated

to securing funds that would support their goals and upon receiving his application, the board agreed Dionne was the perfect fit.

"He's just hit the ground running. It's been amazing," Dion said.

Beginning his job on Jan. 9, Dionne said he has been on a listening and learning tour of sorts to familiarize himself TTCC and found he already loves what he has seen.

"This position is what I really wanted to go for at this time in my life- a nonprofit that is truly

Noteworthy in particular were Sky Masterson (Michael Smyth), Sarah Brown (Melissa Furbish) and Miss Adelaide (Amy Weston).

The orchestra did a great job, and they didn't overpower the performers, which was refreshing.

All in all, a wonderfully entertaining afternoon. Can't wait to see what comes next year. I may even audition!

serving their community," Dionne said, "but, I've discovered they aren't just meeting the needs of the community here- they're exceeding them in so many ways This is a grantors dream."

As TTCC now looks to expand their services, Dionne assured the board that, in addition to their own fundraising campaign, there is plenty of money available through several grant programs and he's excited to assist them in reaching their goals.





# Talk of the Towns

## News from our Local Correspondents

### Ashland

David Ruell 968-7716  
davidruell@gmail.com

#### Friends of the Library meeting

The Friends of the Ashland Town Library will meet at 5:30 p.m. today, Thursday, Jan. 26, in the Library.

#### Deliberative Sessions

The local deliberative sessions to discuss and possibly amend the warrant articles will both be held in the Ashland School Cafeteria, the town session starting at 10 a.m. on Saturday, Feb. 4, and the School District session starting at 6 p.m. on Tuesday, Feb. 7.

#### Filing period for local offices

The filing period of Town and School District Offices has begun and will continue to 5 p.m. on Friday, Feb. 3. Only two School Board members for three year terms will appear on this year's ballot. Town offices up for election will include two Selectmen, the Town Treasurer, one Trustee of Trust Funds, one Library Trustee and one Budget Committee member, all for three year terms, and two Cemetery Trustees, one for a three-year term and one for a two-year term. Candidates should sign up at the Town Office. The local elections will be held on Tuesday, March 14.

#### Take Your Child to the Library Day

The Ashland Town Library is participating this year in Take Your Child to the Library Day, an international event which began in Connecticut in 2011. This year it will be held on Saturday, Feb. 4. The Library will be open from 10 a.m. to noon, so kids can have some fun and get free books.

#### Cat program

The Ashland Town Library and the Pease Public Library are jointly sponsoring a Zoom program "Decoding the Mysteries of Cats" by feline behavior expert Stephen Quandt at 6:30 p.m. on Tuesday, Feb. 7. This is a good opportunity to better understand your cat or cats in general. This free public program will be available through the websites of the two libraries. The Ashland share of the program is funded by the Friends of the Library.

### 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 1-3:00pm, 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 website daily during February at [www.ttc-crec.org](http://www.ttc-crec.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.

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 nine to 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.ttc-crec.org](http://www.ttc-crec.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 @ [ttc-crec.org](http://ttc-crec.org). Call if any questions.

The Joyful Noise Ukulele Band from the Bristol United Church of Christ has two performances scheduled in February: Saturday, Feb. 4 at 11 a.m. at the Minot-Sleeper Library singing 'love songs'. Audience participation

will be encouraged. On Valentine's Day, Tuesday, Feb. 14, they will entertain folks at the Senior Luncheon held in Fellowship Hall at the church at 11 a.m.

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

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 Web site for more information about other open positions.

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 Bristol Budget Committee has been working to prepare a town budget for consideration at the Town Meeting on March 18. A public hearing will be held on Tuesday, February 7 at 6:00pm in meeting room A at the Town Hall. At this hearing, the proposed budget will be presented and comments and questions welcomed from the public. All Bristol residents are invited.

Volunteers are encouraged to consider joining the Budget Committee. This is an elected position. If you are interested in more information, come to any committee meeting or contact any committee member. The filing period for all elected town positions will be January 25 through February 3 with the Town Clerk during office hours at the Town Hall.

The Deliberative Session of the Newfound School District will be held at NRHS on Saturday, February 4 at 10:00am.

### Campton-Thornton

Joël Freeman 398-4368  
[beafootfarm@aol.com](mailto:beafootfarm@aol.com)

#### Pot-Luck, Popcorn and a Movie

Please join us at the Campton Historical Society on Saturday, Feb. 4 at 5 p.m. for a pot-luck dinner: Bring a soup, salad, main dish, dessert or beverage to share. Dinner will be accompanied by the Fiddlehead Field Kids Orchestra. The movie will be followed by a silent movie at around 6 p.m. "The Kid Brother" (1927) starring Harold Lloyd goes west in this irresistible blend of action, romance, and slap-

stick invention. The bespectacled everyman is at his inimitable best as Harold Hickory, the gentle son of a prominent lawman who lives in the shadow of his rough and tumble brothers. When a traveling medicine show rolls into town, it brings with it excitement, the possibility of love, and a chance for Harold to prove his mettle. Deftly balancing Lloyd's brilliant sight gags and thrilling set pieces - including an epic, knock-down, drag-out fight aboard an abandoned ship - with one of the actor - filmmaker's most fully realized, root-for-the-underdog narratives. The Kid Brother is a hilarious and heartwarming high-water mark of early screen comedy. Jeff Rapsis will be taking his place to accompany this feature. Rapsis, a New Hampshire based musician and composer, will use a digital synthesizer to recreate the texture of the full orchestra, complete with pounding drums and clashing cymbals, all produced in real time.

#### Campton Library news

In collaboration with Mid-State Health's Rise Recovery Services, we will be hosting a Recovery and Narcan Awareness educational event on Monday, Jan. 30 at 6 p.m. This important and timely informational session, led by Scott Leighton, a Recovery Support Professional, will teach you how you can use Narcan to reverse an opioid overdose and save a life. Scott will explain how and when to use Narcan and answer any questions you may have about local recovery services and Resources. No registration required, this event is free and open to all.

We now have Tranquility Totes available for loan. These kits contain books, activities, and toys for children to provide support for managing anxiety and other difficult emotions. We also are pleased to offer a Brain Booster Bag with books, puzzles, games, and activities for brain health and to spark memories and conversation. This kit would be helpful for caregivers of adults with cognitive decline or anyone who wants to strengthen brain health. Don't forget we now have passes to the New England Aquarium in Boston! They allow four people access to the aquarium for half price. Check the calendar section of our website, [camptonnhlibrary.com](http://camptonnhlibrary.com), for all the details on our upcoming events and programs.

#### Antique Track Driven Machine Show

Save the date Saturday, Feb. 18 from 10 a.m. to 3 p.m. for the Antique Track Driven Machine Show sponsored by the Central New Hampshire Snowmobile Club.

Have the opportunity to go for a ride on some of the tractors brought by enthusiast of many early model tracked machines. The Boy Scouts will be on hand cooking and grilling food. This event is accessible for snowmobile or car at 73 Laundromat Rd. in Thornton. Bring the whole family!

#### Celebration of Life for Vincent Levasseur

On Nov. 5, Vincent Levasseur passed away at the age of 91. A pillar of the Thornton community, he will be greatly missed. On May 21 at 11 a.m., the family would like you to join them in a celebration of life for Vinnie Levasseur at the Thornton Methodist Church. A reception will follow at Hubbard Brook Experimental Forest where he worked for many years.

### Danbury

Donna Sprague  
[huntoonfarm@myfairpoint.net](mailto:huntoonfarm@myfairpoint.net)

#### South Danbury Church

The South Danbury Church meets at 11 a.m. Bonnie Nichols will lead worship on Sunday, Jan. 29.

Next Friday, Feb. 3, NH PBS host Rebecca Rule will present "I Have a Story to Tell You" at the church at 6 p.m. NH Humanities' "Humanities to Go" is sponsoring the program; admission is free.

#### Danbury Winter Farmers' Market

The Danbury Winter Market celebrates the national holiday of Eat Ice Cream for Breakfast at the market, 9 a.m. to noon, on Feb. 4. Come for ice cream, lunch or just a good dose of comradery. There will be a mushroom display, live music, bagels, soap, meats, eggs, dairy products, chocolates, the book, "My Name Means Ready for Battle" and a authors, and an array of artisans offering their craft.

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 NH State Grange. There will be kid's activities and door prizes for grocery, gas and Dunkin Donuts gift cards and misc items. Gift cards will be drawn at the end and do not require you to be present, however non gift cards will be drawn throughout the event and being present is necessary. Snow date will be Feb. 12. For more informa-

tion, call/text 512-676-7722.

### Holderness

Fran Taylor 968-3846

Town Administrator Michael Capone met recently with a planner from the Lakes Region Planning Commission (LRPC) with regard to a possible road safety audit at the intersection of Hard Hack Road and NH Route 175. Chief DiFilippe is providing some accident data to include with our request. Amazing that that tricky area has never had decent guardrails!

The Budget hearing and budget/warrant information is now posted on the Budget Committee home page. The Public Hearing for the 23-24 Town and Holderness Central School proposed budgets and warrants will take place at 6:30 p.m. on Feb. 8 at the School.

Our Recreation Committee is offering a series of Plant Based cooking classes including Feb. 8 on Starter Meals and Feb. 15 on Soups. There's also an Art Family Paint Night with Jadi Mercer with a Valentine theme on Feb. 10 from 6-7:30 p.m. Register online.

The Friends of the Library are sponsoring a Valentine's Day Tea Party at 11 a.m. on Saturday, Feb. 4. Reserve tickets \$10/family. Formal tea party attire is encouraged.

The Library Noon Book Group is reading Ta-Nehisi Coates "The Water Dancer." They'll meet to discuss the novel on February 15. Book is available at the circulation desk.

Quite a few bills coming up in the NH House Resource, Recreation and Development Committee. One this week, HB 472, "relative to the placement of temporary seasonal docks" might be of interest. The hearing was held on January 25 but you can still send in your comments beyond that date by sending them to the committee chair. Go to [www.nhencourt.com](http://www.nhencourt.com) to learn more or testify online.

Holderness School reports that several rising seniors postponed their summer vacations to take part in a week-long orientation for the Outdoor Leadership Program. They spent the week camping at nearby Rumney Rocks where they learned trip leading skills and familiarized themselves with the principles of risk management - all while taking an intensive, four-day Wilderness Advanced First Aid course. During the upcoming school year, those students will use their newfound skills to co-lead Orientation Hike and



# Nature journaling with the SLA

HOLDERNESS — Do you enjoy practicing observation and meditation in nature? This program will combine Squam and mindfulness through nature journaling. Come join LRCC members Freda and Virginia on Feb. 4 from 10 a.m. to noon, as we observe and reflect on the beauty of the Squam Watershed in the colder months! We will meet at the Squam Lakes Association building to discuss what makes up a nature journal before heading to the waterfront on SLA's campus to practice what we learn.

This program has both indoor and outdoor components. Please bring weather appropriate clothing as the latter portion of this program will be outside. Please bring microspikes if they would make you feel more comfortable walking outside. We do have a few pairs for folks to borrow. All ages are welcome, but children must be accompanied by an adult.

For more information, or to sign up for this Guided Hike, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336). The SLA also offers other Guided Hikes throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The

## PSU

FROM PAGE A1

since 2015, to expand the available physical learning space for the program, including its clinical simulation lab.

“We were honored to welcome Senator Shaheen to campus to tour our current nursing facilities and simulation lab and visiting with nursing students, faculty and staff,” said President Donald Birx, Ph.D. “The senator’s securing of CDS funding enables PSU to continue to grow our nursing program allowing us to continue to educate New Hampshire’s next generation of nurses.”

PSU Clinical Associate Professor Julie Fagan, Clinical Assistant Professor Laura Rogers, Clinical Assistant Professor Kerri Reynolds, and academic operations manager Karen Coughlin gave Shaheen an overview of the nursing program and plans for its expansion as she toured the facility. PSU nursing students Christopher Bilotti of Ashby, Massachusetts and Ashleigh Magoon of Holderness, New Hampshire, both juniors, showed her the clinical simulation lab where students gain hands-on experience in life-like clinical scenarios.

“We’ve experienced the dire challenges posed by shortages in our nursing workforce – particularly amid the pandemic. Now is the time to invest in robust nursing training and support to put quality health care within reach for every Granite Stater. I’m excited to secure funding for PSU’s Nursing Workforce Expansion project to do just that,” said Shaheen.

A senior member of the Senate Appropriations Committee, Shaheen worked to include federal support for myriad New Hampshire projects in the final government funding legislation for fiscal year 2023, including expanding access to health care, updating water infrastructure, increasing affordable housing and more. Her efforts resulted in \$111, 359,972 for 105 New Hampshire projects, including the \$2.1 million for PSU’s nursing program.

## Towns

FROM PAGE A8

Mountain Day groups, and lead several Outing Club trips.

Some great men’s hockey at the PSU ice arena this season. Men’s team is 14-3-1. Game between Salem State and the Panthers on Thursday at 6 p.m. Always intense!

## Warren/Wentworth

Gary Jesseman 707-7129  
[garyj@together.net](mailto:garyj@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—The Asquamchumauke Valley Snowmobile Club will hold its Second Annual Vintage Ride and Show on the Warren Common on Sunday, Feb. 19. Line up is at 8 a.m., Guided Ride at 9 a.m. and Show on the Common at noon. This is part of the Warren Winter Festival.

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!

LRCC AmeriCorps members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association’s mission.

The Squam Lakes Association is dedicated to conserving for the public benefit the natural beauty,

## Bears

FROM PAGE A1

she’s quick, she can jump, hit outside shots and go to the hoop,” said Belmont coach Mike Andriski. “We just don’t have the depth to compete right now.”

Out of the gate, Bohlmann hit three hoops and two free throws to get Newfound out to the 8-0 lead and then a three-pointer from Cora Sanschagrín and a Rylee Barney hoop pushed the Newfound lead to 13-0.

Alyssa Edgren got Belmont’s first points with 2:15 to go, draining a three-pointer, but Barney finished off the quarter with a three for the Bears and Belmont had the 16-3 lead after one quarter of play.

Edgren sank another three to start the second quarter, but Sanschagrín answered with a three at the other end. After a Darci Stone bucket, Barney hit another three for Newfound before Edgren hit a hoop and Stone drained two free throws making it a 22-12 game.

Matti Douville put back a rebound for the Bears and Sanschagrín sunk another hoop to

push the lead to 26-12. Stone finished off a steal for another hoop for Belmont before Bohlmann finished out the first half with a hoop to give Newfound the 28-14 lead at the break.

Bailey Dow got the first hoop of the second half for Newfound, but Edgren answered with a three-pointer. Barney hit a three at the other end for the 33-17 lead, but Belmont finished out the third quarter with nine points in a row to cut the lead to seven.

Stone finished off a steal for the first basket and then sunk two free throws. Lena Rodrigues hit a hoop and then drained a three with 40 seconds to go to cut the lead to 33-26 heading to the final eight minutes.

Bohlmann opened the fourth quarter with a three-point play and another free throw before Edgren hit a free throw for the Raiders. After another Bohlmann free throw, Madison Carrier put back a rebound for Belmont to keep the Raiders within nine at 38-29.

However, Bohlmann hit a hoop and converted a three-point play and Barney hit a free throw

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

to put the win on ice for the Bears, 44-29.

“They changed their defense against us and we didn’t make adjustments right away,” said Williams. “In the fourth we made those adjustments and opened it up again.

“We’re young on experience and sometimes it takes us longer to make game time adjustments,” the Bear coach continued. “I told the kids, how we started at the beginning of the season is not how we’ll finish. We have to see what works for this team.”

She noted that Barney had a solid game and has steadily improved at point guard, while Douville did a little bit of everything and Sanschagrín continues to contribute more each time out.

“Teams are outshuffling us and want the game more than we do,” Andriski said. “I am just disappointed in the effort we had tonight.

“That good run in the third was the only really good basketball we played all game,” the Raider coach continued. “We’re not good enough to spot teams a 13-point lead after one quarter.”

Bohlmann finished with 20 points to lead the Bears, while Barney finished with 12 points. Edgren had 12 points to lead the Bears and Stone finished with 10 points.

Newfound will be in action on Friday, Jan. 27, at home against Prospect Mountain at 6 p.m. at home against Kearsarge on Saturday, Jan. 28, at 5 p.m. and will be at Berlin on Tuesday, Jan. 31, at 6:30 p.m.

Belmont will be at Inter-Lakes today, Jan. 26, at 6 p.m., at St. Thomas on Saturday, Jan. 28, at 4:30 p.m. and will be hosting Somersworth on Tuesday, Jan. 31, at 6 p.m.

**NRHS 16-12-5-11-44**  
**BHS 3-11-12-3-29**

**Newfound 44**  
Dow 1-0-2, Bohlmann 7-6-20, Barney 4-1-12, Sanschagrín 3-0-8, Douville 1-0-2, Totals 16-7-44

**Belmont 29**  
Stone 3-4-10, Edgren 4-1-12, Carrier 1-0-2, Rodrigues 2-0-5, Totals 10-5-29

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

## Awards

FROM PAGE A1

ed The Scholastic Art Awards of NH Portfolio Scholarship of \$1,000!

The Scholastic Awards Exhibit recognizes artistic achievement in the art programs in our New Hampshire schools. Congratulations to PRHS student artists for their originality, technical skill and their emergence of personal style and vision!

Students that received a Gold Key, Silver Key or an Honorable Mention are as follows;

Jason Vuong 2GK, 2SK, Matthew Jolin 2GK, 2SK, 2HM, Vivian Yee 1SK, 1 HM, Anelie Flynn SK,

Jeffrey Doherty Jr. SK, HM, Georgia Golden SK, Sophia Hamnett SK, Rylie Langford SK, HM, Emma May SK, Skla McNamara SK, Jolene Read SK, HM, Izabella Rossner SK, Jacob Sanborn 2HM, Alexis Rollins HM,

Lucian Pouthier HM, Elleonna Perrin HM, Katie Park HM, Alexandra MacDonal 2HM, Liam Kane HM, Aaralyn Goulet HM, Jacklyn Francis 2HM, Adrianna Elfstrom, Joanna Doyle HM, Tae Batchelder HM. (Plymouth Regional High School Art Educators: Mary Boyle and Lynn Sanborn).

The Award Ceremony will be Sunday, Feb. 5 at Pinkerton Academy’s Stockbridge Theater. The seventh-to-ninth grade ceremony is at 11am, and the 10th- 12th grade ceremony starts at noon. All Gold Key works will be sent to a panel of jurors in New York City in hopes that they are accepted into the National Scholastic Art Show held in June in Carnegie Hall. The exhibit is administered by the New Hampshire Art Educators’ Association and is a Regional Affiliate of the Alliance for Young Artists and Writers, Inc.



COURTESY

(Right) An award-winning piece by Jason Vuong.

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THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

Table with 6 columns: Town, Address, Type, Price, Seller, Buyer. It lists various real estate transactions across different towns like Alexandria, Bridgewater, Dorchester, etc.

ABOUT THE REAL REPORT

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

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 889 students have been named to the Plymouth State University President's List for the Fall 2022 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

Theresa Benoit of Holderness, Campton; Abraham Faba of Campton; Oliver Callahan of Plymouth; Robert Garland of Plymouth; Christopher Costigan of Bristol; Jonathan Dickson of Campton; Fletcher Hall of Plymouth; Jamie Whitney of Plymouth; Kacie Collins of Campton; Stella Hoyt of Holderness; Makayla Marucci of Ashland; Teal McLane of Bristol; Sophia Picciotti of Bristol; Jenna Lewis of Plymouth; Elizabeth Browning of Plymouth; Danielle Donahue of

Jake Crowley of Plymouth; Jake Duggan of Campton; Emily Haik of Plymouth; Nicholas Healey of Campton; Michael Kulig of Campton; Puspaa Rai of Plymouth; Sarah Schartner of Plymouth; Frederick Schneider of Bristol; Nayou Shar of Ashland; Reed Wilson of Bristol; Brianna Therrien of Plymouth; Angelique Dauphinee of Campton; Steven Corum of Plymouth; Tatum Nadherny of Campton; Michelle Strong of Campton; Emma Diamond of Plymouth; Sarah Christiansen of

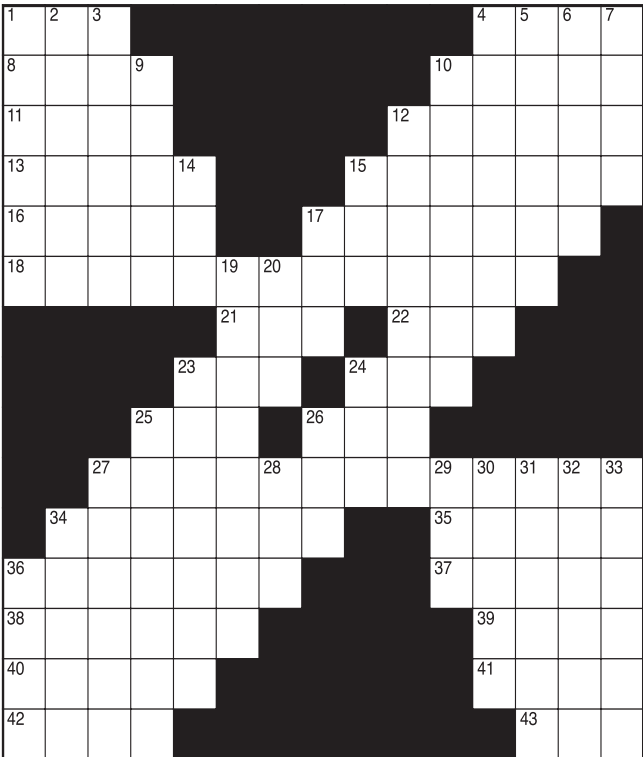
About Plymouth State University. Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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TAKE A BREAK



- ACROSS
1. Tax collector
4. Fishes without the line touching water
8. Brooklyn hoopsters
10. Actress Lathan
11. A metric for athletes
12. Food storage location
13. Colossus
15. Desolations
16. Accustom to something unpleasant
17. \_\_\_ Kubrick, filmmaker
18. You might ask this at Thanksgiving
21. Arkansas city
22. Gave food to
23. Request
24. V-shaped open trough
25. Make lively
26. It accompanies feather
27. Blonde bombshell
34. One who revolves
35. Bluish greens
36. Charity
37. Having the shape of a cube
38. Unwind
39. Believed by some to be the supreme being
40. Checks or guides
41. Leak slowly through
42. Top-quality

- 43. Midway between south and southeast
DOWN
1. Part of your foot
2. It's at the back of the eyeball
3. Where things stand
4. Offered
5. Contains pollen
6. Boisterous get-together
7. Asserts out loud
9. They're in the sky
10. Canonized
12. A politician's official stances
14. It can catch fish
15. British thermal unit
17. Helps little firms
19. Where patients go for treatment
20. Large red deer
23. Pokes holes in
24. "Star Wars" hero Solo
25. One in a hospital
26. Scandinavian god of battle
27. Famous cat
28. \_\_\_ Angeles: City of Angels
29. Type of drug (abbr.)
30. City along the Rhine
31. Animal disease
32. Martini ingredients
33. Get away
34. Rare species of rodent
36. Suppress

BLOOD CELLS WORD SEARCH
G M A P V A D A C Y O A D I S E I B O M
E E N N H B M E N H E L T H E R A P Y N
N K T Z V C V S R C T L Y C S D A G M G
E V I R F N T M A L L E F G M R E P C T
E H B F E A E A Y L S L R R P C S B I G
L E O O C C M G M A P E M O D U O A M M
C M D H N V I C I D U E G U I R D A E Z
T B Y O A E K P S T L I C P F K K H S Y
Y K C E R Y K F K B N E K I T N D N O L
P U F L U B E G I I L A U N V D H E M Y
E G A H S T K T N L D V S G I V P U P M
B S G O S Y A N S I L I P O A H H B U C
L U G E A P S E H H T L H Z L K E T Y D
O G U M M N O I S U F S N A R T R T V P
O C S O L K H Y G Y B N E K L S E T E R
D B D K N D R F N S Z O T T C T S M E I
D R D A O D V R R P P F L M U E I P S Y
H T B N T N A N I M O D O C T R S H H I
F Y O D G T N E M E G A N A M H S V T A
Z R D S E M Y Z N E P R S D I G G B G U
Find the words hidden vertically, horizontally, diagonally, and backwards.

BLOOD CELLS WORD SEARCH
ALLELE, ANTIBODY, ANTIGEN, ASSURANCE, BANK, BLOOD, CELLS, CODOMINANT, COMPATIBLE, DONOR, DOSE, ENZYMES, GENE, GROUPING, MANAGEMENT, MATCH, PHERESIS, PLASMA, RED, TESTING, THERAPY, TRANSFUSION, TYPE, VIAL

This Week's Answers
Crossword puzzle grid with answers filled in.

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Christian Science Society, Plymouth

Progress on our major interior renovations is moving along swiftly! Most of the construction and electrical work is done, and we are at the exciting phase of choosing paint colors for the Sunday School. We are very grateful to all who have been doing this good work!

We hold Sunday services each 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 "Love" and begins with Paul's familiar passage from I Corinthians which includes "Love never fails" and the familiar verses

We have a Sunday school which takes place during 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, to learn about joining online services, both Sundays and Wednesdays, on Zoom.

At jsh-online.com you'll find a wealth of articles and audio offerings which are new each week, including ones for children and teens. This week's Sentinel publication includes a helpful article "Your God-given purpose."

You can read helpful articles from the weekly and monthly periodicals in our reading room in the church building. 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.

Wentworth Congregational

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

upstairs.

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

Richard (Dick) John Cunningham, 90, died January 19 at home surrounded by his family after a period of declining health. Dick was born Jul 26, 1932 to Raymond and Florence (Taffe) Cunningham in Wellesley, MA. He was a graduate of Wellesley High School and Providence College with a Bachelors Degree in Economics. After college he joined the Air Force and attained the rank of Captain. Upon leaving the Air Force he began working at Massachusetts Mutual and then onto DuPont Corporation. He left DuPont Corp. to pursue a Master of Education from Boston College graduating in 1967. While at BC he met Mary Halpin Mullen. Mary played matchmaker and introduced Dick to her sister Martha Halpin. Dick and Martha were married on August 3, 1968. They

Jan. 29—Joy Moody (substitute for Ruth Martz)  
Feb. 5—Communion at W. Rumney 9 a.m.

Richard (Dick) John Cunningham, 90



made their home in Andover and raised their three children Raymond, Ellen and Amy there.

Dick was very involved in the Merrimack Valley community. He was one of the eight charter members of the Merrimack College Federal Credit Union, a Paul Harris Fellow and a past President of the Lawrence Rotary Club, an early supporter of the ABC House of Andover, and also a Corporator for the Andover Savings Bank.

In 1979 he left Merrimack College and

Feb. 12—Joy Moody—following the service we will have a "souper bowl" luncheon, in honor of Super Bowl, Valentine's Day and Lincoln's Birth-

day.  
Feb. 19—Ruth Martz  
Feb. 26—Lynn Morrisson  
Blessings to all!

pursued a career in sales. He worked as Manager of Sales of Operations at Software International, Director of Warranty Sales at Lechmere, and sales at Atlee Corporation.

In 1999, Dick and Martha retired to their vacation home on beautiful Newfound Lake in Bridgewater, NH. They have been a part of the Newfound Lake Community since the early 1970's. Dick was so happy to retire to the Lake and again emerged himself in community service. He was appointed President of Newfound Area Nursing Association, a member of the Bristol Rotary Club, a member of Father Bennet's Boy Club and was very involved with St. Timothy's Church and Our Lady of Grace Chapel.

He is survived by his loving wife of 54 years Martha (Halpin) Cunningham of Bridgewater,

ter, NH, his children Raymond Cunningham (Kristine) of Andover, MA, Ellen Cunningham Kearney (Vincent) of Stow, MA and Amy Cunningham of Bridgewater, NH along with 5 grandchildren Jacob and Mora Cunningham and Jennifer, Kathleen and John Kearney.

A memorial mass will be celebrated at Our Lady of Grace Chapel of Holy Trinity Parrish, 2 West Shore Rd, Bristol, NH on Friday February 3rd at 11 am. The family is grateful to the incredible caregivers at the Lakes Region Visiting Nurse Association. In lieu of flowers, the family would ask you to consider a gift to Lakes Region Nursing Association, 186 Waukegan St., Meredith, NH 03253. To share a memory or leave an online condolence, please go to www.EmmonsFuneralHome.com.



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**NEW HAMPTON**  
**New Hampton Community Church**  
• 744-8252  
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10 a.m. Sunday Worship  
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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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Wentworth Congregational Church**  
Wentworth Village Road (Common)  
wentworthcongregationalchurch.org  
Sunday services: 10:15 a.m., Sept.thru May.  
9:00 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 Muehlke Jr.



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Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)

Coldwell Banker Residential Brokerage  
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ERA Masiello: [www.masiello.com](http://www.masiello.com)

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

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


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 \$1,099,000 MLS# 4937640	 \$1,299,000 MLS# 4937895	 \$359,000 MLS# 4936754	 \$1,750,000 MLS# 4931323
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**Laconia:** 5BR/5BA, Long Bay. 1st flr Primary suite w/ twin vanities, a walking shower, & jetted tub. 4 of the 5 BRs have ensuites. Community amenities include 2 beaches, an inground heated pool, a tennis court, walking trails, and 3 ponds. \$1,099,000 MLS# 4937640

**Laconia:** 3BR/2BA Lakeside at Paus Bay, luxury waterfront condo on 400ft of Lake Winnepesaukee. 2,141 sqft. High-end finishes throughout, private direct entry from the elevator. Western exposure to enjoy the sunsets. Property boasts private docks, day-docks, 2-car garage. \$1,299,000 MLS# 4937895

**Laconia:** 3BR/2BA, antique cape has limitless opportunities! Formerly operated as boutique businesses, original hw flrs, vintage woodwork & details of a traditional post & beam design, a rig loft area, a 1-level living opening to a rig deck & a private fenced-in backyard. \$359,000 MLS# 4936754

**North Bristol:** 4BR/2BA picturesque Newfound Lake waterfront. Enjoy 237ft of lake frontage w/ 150ft. of sandy beach. 3 levels of finished living space feature a 16ft x 22ft boathouse, new boat dock, mooring, raft, a wrap-around porch & lower stone patio. \$1,750,000 MLS# 4931323



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**Warm Someone's Heart in these challenging times**



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[www. SalmonPress.com](http://www.SalmonPress.com)

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[cheryl.lcmg@gmail.com](mailto:cheryl.lcmg@gmail.com)

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POSITIONS AVAILABLE

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Upper Connecticut Valley Hospital  
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[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
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TRUCK DRIVER/YARD MAN**

Duties to include:

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- Loading/off loading incoming and outgoing deliveries

**NON CDL TRUCK DRIVER/  
YARD MAN**

Duties to include:

- Local deliveries of lumber-building materials.
- Loading/off loading incoming and outgoing deliveries

**YARD MAN**

Duties to include:

- Loading/off loading incoming and outgoing deliveries

Must be conscientious, self-motivated, good with people,  
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Able to lift a variety of building materials  
Preferably long-term employee

**Benefit to include:**

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Please Apply in person at  
2701 Route 302, Lisbon, NH 03585  
or send resume to [varneysmithlumber@gmail.com](mailto:varneysmithlumber@gmail.com)



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OUR ECONOMY!**



# HELP WANTED

Call our toll-free number 1-877-766-6891  
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### Shaker Regional School District IT Support Specialist

Shaker Regional School District has an immediate opening for an IT Support Specialist to provide technical support and assistance to staff and students using a wide range of software and hardware. This is an 8 hour/day; year-round position that qualifies for a District contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance. Other benefits include Personal, Sick, and Vacation Days. Participation in the NH Retirement System is required. Pay is \$20 - \$22/hr. For the complete job posting and to apply for this position please visit the Human Resources section of the District website, [www.SAU80.org](http://www.SAU80.org).

We want you to join our team!



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Full-Time  
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We are currently seeking a Snow Plow Driver to join our team! You will be responsible for snow removal services to our clients located in your assigned area. This is a year round job that transitions into landscaping in the early spring. Position pays an hourly rate (depending on experience) and employee performance.

**Responsibilities:**

- Driving the vehicle using snow removal equipment
- Shoveling, operating snow blower and operating sand/salt machines
- Maintaining clean and safe driveway and walkways for commercial and residential accounts

**Qualifications:**

- Previous experience in snow plowing required
- Familiarity with snow removal equipment
- Valid drivers license
- Ability to work long hours including overnight, weekends, and holidays depending on snow and ice conditions
- Ability to be reliable and on time

To apply, please send your completed application to:

3 Lakes Landscaping  
ATTN: Hiring Manager  
1 Steel Drive Plymouth NH 03264  
[info@3lakeslandscaping.com](mailto:info@3lakeslandscaping.com)  
No phone calls, please.

We are looking for motivated and dependable individuals to join our


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### Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

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

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

E.O.E.

### Shaker Regional School District Custodian Canterbury Elementary School

Shaker Regional School District has an immediate opening for a custodian at Canterbury Elementary School to perform cleaning duties according to an established schedule. Also responsible for removing snow, sanding, and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently, and to follow written and verbal instructions. Reliable transportation is required. Work hours are 11 am – 7 pm; pay is \$14.37/hr. Benefits include District contribution toward Health Insurance plus fully paid Dental, Life, and Long-Term Disability Insurance. Participation in the NH Retirement System is required. Successful completion of a post-offer, pre-employment physical and criminal background check is required. For additional information please contact Steve Dalzell, Director of Buildings & Grounds, at 603-267-9223 x5309 or via email at [sdalzell@sau80.org](mailto:sdalzell@sau80.org).



### NOW HIRING!

Riess Construction is a NH based Metal Building Company and are currently searching for a Full-Time year round employee to join our team. Experience is not required but a strong work ethic and dependability are. Applicants must be at least 18 years of age. Call (603) 536-7756 or email [pam@riessconstruction.com](mailto:pam@riessconstruction.com).

*Riess Construction is an equal opportunity employer*

### BELMONT HIGH SCHOOL OUTDOOR TRACK AND FIELD COACHING POSITION

Belmont High School is seeking an Outdoor Track and Field Coach for the 2022-2023 School Year. Past coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at [cbelyea@sau80.org](mailto:cbelyea@sau80.org), or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220



### IS HIRING!

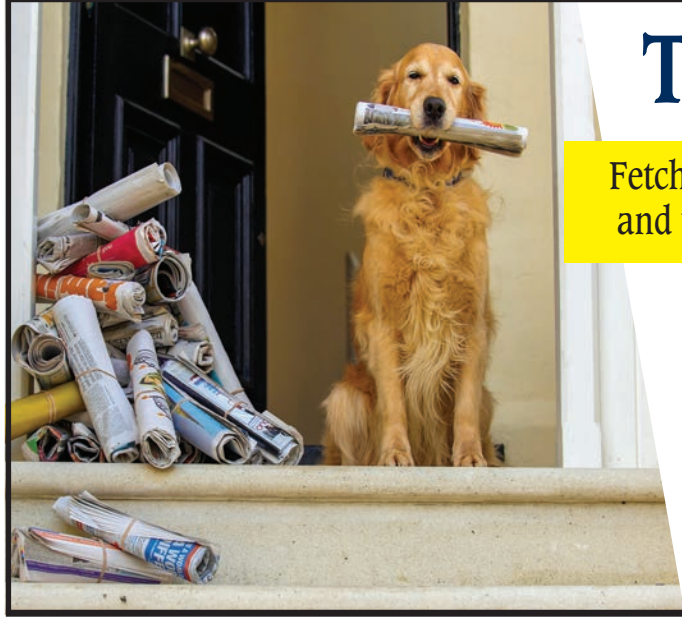
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# LEGAL

## TOWN OF ALEXANDRIA PUBLIC NOTICE

### FIRST SESSION OF THE TOWN MEETING (Deliberative Session)

Saturday, February 11, 2023 at 10:00 am  
Held at Town Hall, 45 Washburn Road,  
Alexandria, NH

## Town of Groton

754 North Groton Road, Groton, N.H. 03241  
(603) 744-8849

Any registered voter living in the Town of Groton, NH who wishes to file a declaration of candidacy for the following Town offices, may do so between January 25 – February 3, 2023 at the Town Clerk's office during normal business hours: Monday, Wednesday, Friday 9am -4pm, Tuesday 12pm – 7pm, ending February 3, 2023 at 5:00pm.

The following positions are available:

### SELECT BOARD MEMBER

1 POSITION FOR 3 YEARS

### TREASURER

1 POSITION FOR 3 YEARS

### PLANNING BOARD MEMBERS

2 POSITIONS FOR 3 YEARS

### CEMETERY TRUSTEE

2 POSITIONS FOR 3 YEARS

### LOCAL AUDITOR

1 POSITIONS FOR 1 YEARS

### LIBRARY TRUSTEE

3 POSITIONS FOR 3 YEARS

### ZONING BOARD

3 POSITIONS FOR 3 YEARS

1 POSITION FOR 2 YEARS

### TRUSTEE OF THE TRUST FUND

1 POSITION FOR 3 YEARS

## 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

## NOTICE OF BUDGET HEARING WATERVILLE VALLEY SCHOOL DISTRICT

The Waterville Valley School Board will hold its public hearing on the proposed 2023-2024 school district budget on Monday, February 6, 2023 at 6:15 p.m. at the Waterville Valley Elementary School 11A Noon Peak Road Waterville Valley, NH 03215

### 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

## 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

## 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 its 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.

## NOTICE TO THE RESIDENTS OF BRISTOL FILING PERIOD FOR TOWN ELECTIONS

Anyone wishing to file for any of the following openings in the Town of Bristol must sign up with the Town Clerk at 5 School St. Bristol, NH starting **January 25, 2023-February 3, 2023, by 5:00 PM.**

- 2 Selectmen for 3 years
- 1 Town Clerk/Tax Collector for 3 years
- 1 Treasurer for 3 years
- 1 Trustee of the Trust Funds for 3 years
- 1 Trustee of the Trust Funds for 2 years
- 1 Cemetery Trustee for 3 years
- 2 Budget Committee members for 3 years
- 3 Library Trustees for 3 years

- 1 School Board member for 3 years
- 1 School Budget Committee member for 3 years
- 1 School Moderator for 1 year

Regular Business Hours: Monday, Tuesday, Thursday, and Friday 8:00am-4:00pm Wednesday Noon-7:00pm. The office will be open until 5:00 pm on February 3, 2022. The office will be open until 5:00 pm. The office will be open January 27th for the day. Warrant articles must be in by February 7, 2023.

Raymah Simpson  
Town Clerk/Tax Collector

## RUMNEY RESIDENTS NOTICE

### PUBLIC HEARING 2023 BUDGET

The Rumney Board of Selectmen will hold a public hearing on Monday, February 6, 2023, at the Russell Elementary School at 7:00 p.m. on the proposed 2023 Budget.

Rumney Board of Selectmen

[www.SalmonPress.com](http://www.SalmonPress.com)

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**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 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

**Shaker Regional School District**  
**PUBLIC NOTICE**

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 25, 2023.

The election will occur during the annual voting on Tuesday, March 14, 2023 and will be conducted under the non-partisan ballot law.

**Positions to be filled at the election are:**

School District Moderator – one member to serve for two years  
Belmont – two members to serve for three years  
Canterbury – one member to serve for three years

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, February 3, 2023 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223, or by calling Gretta Olson-Wilder, Clerk, at 603-998-7998 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Gretta Olson-Wilder, Clerk  
Shaker Regional School District

**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

**LEGAL PROBATE NOTICE**  
**THE STATE OF**  
**NEW HAMPSHIRE**  
2nd Circuit  
- Probate Division - Haverhill  
1/6/2023 thru 1/19/2023

**APPOINTMENT 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.

**Franz, Albert J.**, late of Dorchester, NH. Patricia E. Franz, 2048 NH Rte. 118, Dorchester, NH 03266. #315-2022-ET-00754

**Greenwood, Diane**, late of North Woodstock, NH. Katherine Greenwood, Po. Box 344, North Woodstock, NH 03262. #315-2022-ET-00648

**Guyette, Jeanann Mary**, late of Alexandria, NH. David P Guyette, 175 Cream Hill Road, Alexandria, NH 03222. #315-2022-ET-00748

**Hazelton, James W.**, late of Alexandria, NH. Debra Terranova-Hazelton, 88 Akerman Rd, Alexandria, NH 03222. #315-2022-ET-00602

**Houseworth, Marguerite A.**, late of Plymouth, NH. Benjamin R Houseworth, 339 Spode Way, San Jose, CA 95123. Tina L. Annis, ESQ, Resident Agent, Annis & Zellers PLLC, 2 South State Street, Concord, NH 03301. #315-2022-ET-00747

**Mills, Eileen K.**, late of Bristol, NH. Sandra Jean Bocchino, 13 Daniel Drive, Hazlet, NJ 07730. Russell Prudhomme, Resident Agent, 55 Wicom Rd, #1, Bristol, NH 03222. #315-2022-ET-00624

**Morrison, Randy C.**, late of Wentworth, NH. Cassandra Morrison, PO Box 85, Wentworth, NH 03282. #315-2022-ET-00653

Dated: 1/20/2023

**A16**

SALMON PRESS, THURSDAY, JANUARY 26, 2023

**LEGAL-**

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**HEBRON PLANNING BOARD**  
**Notice of Hearing**

**APPLICATION FOR SUBDIVISION APPROVAL**

You are hereby notified that the following **Applications for Subdivision Approval** will be heard at a Public Hearing to be held Wednesday February 1, 2023 at 7:00 PM at the Town Offices, 7 School Street, Hebron NH the second-floor conference room. **Masks are not required but social distancing will be enforced.**

**Application for Subdivision Approval: The Von Bulow Corporation would like divide the just over 11 acre parcel into two lots in order to build a new house. The new lot would be just over 5 acres with a little over two-acre parcel for house lot of their property on 61 West Shore Road (Map#17 Lot# 13).**

**Application for Subdivision Approval: William & Sharon Greenwell would like to divide their 22.39 acre lot into three lots. One lot would be 4.26 acres, the second lot would be 11.63 acres and the third lot would be 6.5 acres. Located on 255 North Shore Road (Map#07 Lot# 46-3-4)**

**Also available by remote**

Please join Hebron Planning Board on GoTo from your computer using the Chrome browser.

<https://app.goto.com/meet/596-861-509> Tel# 1-571-317-312

**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.



LEGAL

Thornton 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.

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 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 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

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.

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

NOTICE OF DELIBERATIVE SESSION  
RUMNEY SCHOOL DISTRICT

The Rumney School Board will hold its deliberative session under RSA 40:13 (similar to the annual school district meeting except articles can be amended but not voted on until the ballot vote on March 14) on the proposed 2023-2024 school district budget on Wednesday, February 8, 2023 at 6:30 p.m. at the Russell Elementary School 195 School Street Rumney, NH 03266

NOTICE OF BUDGET HEARING  
ELLSWORTH SCHOOL DISTRICT

The Ellsworth School Board will hold its public hearing on the proposed 2023-2024 school district budget on Wednesday, February 8, 2023 at 6:00 p.m. at the Ellsworth Town House 3 Ellsworth Pond Road Ellsworth, NH 03223

NOTICE OF DELIBERATIVE SESSION  
PEMI-BAKER REGIONAL SCHOOL DISTRICT

(Ashland, Campton, Holderness, Plymouth, Rumney, Thornton, Wentworth)

The Pemi-Baker Regional School Board will hold its deliberative session under RSA 40:13 (similar to the annual school district meeting except articles can be amended but not voted on until the ballot vote on March 14) on the proposed 2023-2024 school district budget on Tuesday, February 7, 2023 at 6:30 p.m. at the Plymouth Regional High School 86 Old Ward Bridge Road Plymouth, NH 03264

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

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

NOTICE OF BUDGET HEARING  
PLYMOUTH SCHOOL DISTRICT

The Plymouth School Board will hold its public hearing on the 2023-2024 school district budget on Monday, February 6, 2023 at 7:00 p.m. at the Plymouth Elementary School 43 Old Ward Bridge Road Plymouth, NH 03264

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



# Living 50 Plus

## Life & Estate Planning and Elder Law

Attorney Edward Adamsky of Adamsky Law Offices has an office in Ashland, New Hampshire! It is located at 44 Main Street in a nicely restored antique building at the corner of Main Street and Riverside Drive. Future plans include an accessible ramp and further restoration. There is street parking right in front of the building and across the street. The new office is right next to the Quince and Quail Antiques and Vintage Store. This office increases the area that Adamsky Law Offices can serve. Attorney Adamsky said, "This location will allow us to serve clients in the Lakes Region who have not had the chance to work with an experienced Elder Law Attorney."

Attorney Adamsky's law practice concentrates on Life & Estate Planning and Elder Law. This includes preparing the required planning tools such as Trusts, Wills, Powers of Attorney and Health Care Directives. Attorney Adamsky counsels clients regarding Long Term Care issues including planning for nursing home stays and Medicaid eligibility. Attorney Adamsky is licensed to practice law in Massachusetts and New Hampshire. He is a member of the National Academy of Elder Law Attorneys and the New Hampshire Estate Planning Council.

Edward H. Adamsky, has been practicing law since 1993. Attorney Adamsky is a cum laude graduate of the Massachusetts School of Law in Andover and a summa cum laude graduate of Plymouth State University where he majored in Business Management. He served for four years as an infantryman in the United States Army. He and his wife, Madelyn, enjoy Ballroom Dancing.



Celebrating 50 years of supporting aging in community!

### GRAFTON COUNTY SENIOR CITIZENS COUNCIL

For 50 years GCSCC has been providing services that assist older adults and adults with disabilities to age with dignity and independence. Services include: home-delivered, congregate, and Grab & Go meals; door-to-door on-demand transportation; outreach, information, and referral; in-person and online activities; and wellness checks. All services are free. Donations are accepted. Please see our website at [www.gcsc.org](http://www.gcsc.org) or call our administrative office at 603.448.4897 to find a Senior Center near you.

### Littleton Eye Care Offers New Solution For Dry Eye Management

#### OptiLight, A Bright Solution for Dry Eyes

[Littleton, NH January 20, 2023] – Littleton Eye Care has announced the expansion of their dry eye management options to include OptiLight, a light-based treatment.

Dry eye is a common disease, with up to 49 million suffering from it in the US alone. This disease can have a significant impact on quality of life, leading to a foreign body sensation in the eyes, pain, blurry vision, and dry or watery eyes.

OptiLight is a light-based, non-invasive treatment done in the area below the eyes that addresses many of the key factors in dry eye disease: inflammation, tear break-up time, and meibomian gland functionality. The first and only IPL FDA-approved for dry eye management.

One OptiLight appointment lasts approximately 10–15 minutes. The treatment is safe, gentle, and effective with no downtime, typically allowing the patient to return to their daily activities straight away.

If you would like more information on Littleton Eye Care's dry eye solutions, please call (603) 444-2592.

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# Pros and Cons of a Family Limited Partnership

## What is a family limited partnership?

An FLP is an entity owned by two or more family members, created to hold the accounts, properties, or businesses that are owned by one or more of the family members. An FLP has at least one general partner who is responsible for the management of the partnership, has unlimited liability, and is compensated by the partnership for their work according to the partnership agreement. An FLP also has one or more limited part-

ners who are permitted to vote on the partnership agreement and are not authorized to manage the partnership. The limited partners receive the income and profits of the partnership and have no liability. Often, one or both parents are general partners because they contribute accounts, properties, or a business they own to the FLP and want to retain control of them as they transfer them to the next generation. To facilitate this transition, the children are given limited part-

nership interests while the parents retain general partnership interests.

## What are the benefits of using an FLP?

This estate planning strategy is useful for the following reasons:

An FLP can help protect accounts, properties, and businesses in the entity from your and your family's creditors, because those items are not owned by you and your family as individuals but instead are owned by the entity. If a creditor obtains a judgment against

you or your family for a claim not related to the FLP, it can be difficult for the creditor to access anything that the FLP owns to satisfy that claim.

Because of its lack of control and restrictions on selling a partnership interest, the value of the limited partnership interest that you give to a family member can be discounted, allowing you to maximize your annual gift tax exclusion and lifetime estate and gift tax exemptions.

Transfer of partnership control can occur slowly, minimizing transfer taxes, allowing you to maintain control, and giving your family a share of the income and profits. Your family can take time to become more familiar with the business. Meanwhile, they will not be exposed to the partnership's liabilities.

If you own real property in a different state, transferring ownership of the property to the FLP allows your loved ones to avoid an ancillary probate proceeding at your death because the entity will own the property, not you.

## What are the downsides of using an FLP?

While there are several benefits to using an FLP, there are a few disadvantages that must be considered:

An FLP must have at least one general partner that will have unlimited liability for the partnership's debts and obligations.

An FLP is a business entity, so the formalities of operating a business must be observed, including holding regular meetings, keeping track of minutes, and paying the general partner ap-

propriate compensation.

If you want to give a limited partnership interest to a minor, additional planning may be needed to make sure that the interest is held either by a trust for the minor's benefit or in a Uniform Transfer to Minors Act account.

The creation and management of an FLP is a sophisticated planning strategy that requires experienced professionals and continued management by involved parties.

## Could this be the best solution for you?

If you have a business or investment portfolio that you want to plan for, and pass on to the next generation while protecting your life savings, minimizing taxes, and maintaining control for as long as you want, a FLP might be good for you..

# Lakes Region Mental Health Center receives grant from the Dobles Foundation

Lakes Region Mental Health Center (LRMHC) recently received a \$10,000 grant from the Dobles Foundation. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the Dobles Foundation will help to support the Lakes Region Mental Health Center initiative for increased access to care.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school dis-

tricts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit [lrnhc.org](http://lrnhc.org) or call 603-524-1100.

About the Dobles Foundation

The Dobles Foundation was founded by Arthur and Olive Dobles, long-time New Hampshire residents and successful business, who had a significant history of quiet charitable giving during their lifetimes with the goal of improving the lives of New Hampshire residents. The Trust became fully charitable as a Section 501(c)(3) private foundation in 2016 and since that time has awarded 216 discretionary grants totaling approximately of \$3.6 million dollars to New Hampshire public charities. The focus of the Dobles Foundation for the next two years is in the area of mental and behavioral health.



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# Top Five Misconceptions Regarding Hospice Care

*Explained by Pemi-Baker Hospice & Home Health*

ANNA SWANSON  
(Plymouth, NH)—There are many misconceptions around hospice care that often keep patients and caregivers from seeking it out when it could be of benefit and provide much-needed comfort to loved ones in their last days. Here are some of the top misconceptions patients and caregivers have:

Misconception 1: Hospice care is a death sentence. Because it often comes at the end of life, it is a popular belief that hospice care means death is imminent. This can certainly be the case if hospice care is delayed until the very end, but waiting until the last minute is not an ideal situation for the patient or the hospice provider. The Medicare benefit has structured hospice benefits for the last six months of life. Patients may remain in hospice care longer if their illness continues to run its course and there is no cure.

Misconception 2: Hospice care means giving up. Hospice care does mean giving up active treatment for your disease. This choice is made because treatments no longer work or the side effects of treatment are worse than the disease itself. However, hospice never gives up hope for the patient; hope just



Tori Clark, MMHC, Hospice & Palliative Care Supervisor

takes a different form. It might not be hope for a long life but hope for another year, or to make it to an event or milestone. End-of-life care focuses on making the remainder of one's life as fulfilling as possible. Patients can still travel, enjoy family reunions and celebrate life events.

Misconception 3: Hospice care is expensive. Medicare pays for hospice, and most insurances will have hospice benefits. Hospice covers medications, durable medical equipment and medical supplies related to terminal illnesses. This is a substantial help to families. For more information on what's covered by Medicare, visit <https://www.medicare.gov/coverage/hospice-care>

Misconception 4: Hospice care ends with the passing of the patient.

Hospice continues to follow the bereaved family for 13 months beyond the life of the patient, understanding that those "left behind" continue to need support, people to confide in and sometimes just notes to say someone is there for them if they need to talk. Pemi-Baker Hospice & Home Health offers in-person and on line grief support groups and individual support with their chaplains, Guy Tillson and Salvatore Ippolito.

Misconception 5: Hospice care means 24-hour care. It is important to know that hospice care does not mean somebody is there with your loved one all hours of the day. Our nurse, chaplain or social worker will visit according to your needs and preferences; the visit times and days are flexible. The bulk of hands-on care is provided by family or private caregivers throughout a patient's time in hospice. Our hospice team will teach caregivers how to give medications, address symptom management and deliver the correct care.

I have questions, when should I reach out to get them answered?

If you have questions about the stage of your loved one's illness,

Pemi-Baker Hospice & Home Health will meet with you in-person or via a phone call to answer your questions. It's never too early to start asking. It is best to reach out while your loved one is still undergoing treatment for their serious illness. Our Palliative care team helps those with Cancer, Diabetes, Stroke, COPD, ALS, Emphysema, Parkinson's, Alzheimer's, Congestive Heart Failure, Liver or Kidney Disease, Dementia or other serious progressive illness.

"Being involved with the patient soon after prognosis allows our nurses to help manage the symptoms, pain and stress that comes with their illness. We work with their primary care physician and family to make them as comfortable as possible and improve their quality of life," said Tori Clark, MMHC, Hospice & Palliative Care Supervisor.

If you have questions about Palliative or Hospice care, call today: 603-536-2232.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies

(VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certi-

fied 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 Drive, 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)

## Did you know?

Older adults hoping to retire this year may have a new factor to consider. Aspiring retirees may have to play it very smart to ensure they can maximize their savings for the long haul. It's a one-two punch caused by continuously rising costs of everyday items and a bearish market for bonds — one of the most common hedges retirement plans use to offset stock declines. Bonds have been suffering historic losses, according to data from Barclays Aggregate Bond Index. The typical rule of thumb used to be to spend no more than 4 percent of a portfolio's original value each year to plan for retirement. With no gains or losses, that money would last around 25 years. However, experts at The American College of Financial Services say that, in today's economy, 4 percent and even 3 percent may be too aggressive. According to Nora Dowd Eisenhower, executive director at the Philadelphia Mayor's Commission on Aging, higher food prices, longer life expectancies and higher rents/housing costs often lead to financial challenges for people in retirement. Data from the U.S. Current Population Survey shows a trend in the number of people no longer in retirement. In September 2022, the unretirement rate was 2.6 percent, up from 2.4 percent in August. Wealth advisors indicate retirees need to look long and hard at their spending habits, even spending less than their wealth could support. This can help them ride out the ups and downs of the market that affect prices on goods and services. Working with a good financial advisor also can help retirees manage their savings to maximize their money for the years to come.



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[lrmhc.org](http://lrmhc.org) | 603-524-1100 | 81 Highland St. Plymouth, NH  
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## PEMI-BAKER

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