

Bristol Rotary Club donates \$15,000 to Tapply-Thompson Community Center

BRISTOL — On Feb. 9, the Bristol Rotary Club met to present a check for \$15,000 to the Tapply-Thompson Community Center (TTCC) for their ongoing fund-raising efforts for facility improvements. Director Les Dion accepted the donation on behalf of the Center and spoke of the ongoing efforts to improve their current building and for the construction of a new building at 171 North Main St.

“I’m very grateful for their supporting the Center in that way and felt a little overwhelmed. They have always supported our work, but



Left to right: Bill Karkheck, Bob Broadhurst, Les Dion, & Barbara Rosendahl.

this goes above and beyond. We’re excited to announce that the building has come down on 171 North Main and that things are progressing nicely,” said Les Dion, Director of the TTTC.

The money will go towards their current Capital Campaign that kicked off with some very generous donations and hopes to renovate their current building, while also creating a second Center that will be multi-purposed with several plans being considered. The donation was presented at the TTTC’s Senior Luncheon and

SEE TTCC PAGE A15

Green Berets over Ashland

BY TINK TAYLOR
CONTRIBUTING WRITER

ASHLAND — How many still recall the day when the sky over what was then Ashland’s Riverside Airport, known to the military as “DZ Betty,” was filled with parachutes?

More than 200 locals gathered on that blustery Feb. 14, 1967 to watch a spectacle as dozens of “America’s Best” floated to earth and into the first snow some of them had ever experienced in what turned out to be a military exercise.

After a red smoke grenade waved off the first two overhead passes of a C-123 out of Egland Air Force Base in Louisiana, green smoke suddenly billowed across the snow. It was exactly 2:40 p.m., and on that day, it was worth the cold wait for observers on the ground warned not to be under where the troops would be landing. Plymouth National Guard armory Master Sgt. Jack Willis verified the 35-knot winds had abated. Also assisting nearby were Plymouth Armory’s Sp/5 Gary Friedres and Special Patrolman Henry Boyce. Suddenly, it was time for the light over the lumbering aircraft jump hatch to flash green – a “Go.” The troops floated down at a rate as fast as 22 feet per second, landing in the heavy snow alongside the roadway, and one in a tree. Fortunately, no power lines.

Landing on the ground via parachute has been compared to jumping out of a second story window. Snow is always welcomed, for it serves as a cushion. This was an entirely new experience for parachuting Berets from the Deep South. The press reported an estimated 350 vehicles parked alongside Route 3 to watch the spectacle unfold. Many camera shutters clicked.

With occasional puffs of winter air at ground

SEE GREEN BERETS PAGE A15

ANYONE, ANYTIME
CAN ASK FOR
HELP

For anyone looking for help with addiction, recovery is real, it's great, it's available...TODAY.

ANYONE.
ANYTIME.
NEW HAMPSHIRE

Can experience addiction • Can ask for help
Can recover • Can save a life

www.anyoneanytimenh.org

NH STATEWIDE ADDICTION CRISIS LINE
If you or someone you know is experiencing a substance use or an addiction-related crisis
1.844.711.HELP (4357)

FOR INFORMATION VISIT:
NH Alcohol and Drug
TREATMENT LOCATOR
www.nhtreatment.org

FOR INFORMATION CALL:
24/7
Get Connected. Get Care.

AnyoneAnytimeNH™ is an initiative of the New Hampshire Department of Health and Human Services

Report by PSU professors outlines nature and scope of foreign investment in NH

PLYMOUTH — Plymouth State University (PSU), in partnership with the New Hampshire Department of Business and Economic Affairs (BEA) and the World Affairs Council of New Hampshire, presented the key findings of the 2021-2022 New Hampshire Foreign Direct Investment (FDI) Report at the fifth annual PSU and BEA Foreign Direct Investment Forum at the university on Thursday, Feb. 16. The forum was also live-streamed on YouTube.

BEA Commissioner Taylor Caswell and PSU President Donald L. Birx, Ph.D., gave remarks at Thursday’s fo-

rum.

“Plymouth State University’s annual analysis of foreign direct investment into New Hampshire demonstrates the important results of New Hampshire’s ‘best for business’ efforts,” Caswell said. “New Hampshire’s low taxes, skilled workforce, and proximity to domestic and foreign markets are advantages few states can offer to companies poised for international growth. These data and findings will be useful in our efforts to attract businesses to New Hampshire and create high paying jobs for years to come.”

SEE PSU PAGE A15



COURTESY

NH Department of Business and Economic Affairs Commissioner Taylor Caswell gave opening remarks at the fifth annual New Hampshire Foreign Direct Investment Forum at Plymouth State University on Thursday, Feb. 16.



Owl’s Nest Resort shines on night of first concert

THORNTON — More than 250 people attended Owl’s Nest Resort’s inaugural live concert at the LakeHouse this past Saturday. None left disappointed according to Charlie Carpenter, Marketing Event Specialist at the resort.

“We couldn’t have asked for a

better night to host the concert,” Carpenter explained. “There was so much energy from the moment the doors opened at 7 p.m. It was a clear night, with typical crisp February temperatures but nice and warm inside. Most of the attendees were local, with many visiting

the resort for the first time. I think they were impressed.”

Hey Nineteen, a dynamic, 11-piece band of veteran performers did not disappoint. They played most of the original band’s catalogue with near perfection,

SEE CONCERT PAGE A15

Something to smile about: National Children’s Dental Health Month

REGION — Not today tooth decay! The most common chronic childhood disease is dental decay. The good news is, it’s preventable. According to the Partnership for Healthy Mouths, there are “more than 16 million kids suffering from untreated tooth decay in the U.S.” Tooth decay can lead to pain, sleep disturbances, difficulty eating, social anxiety, infection, and possible long-term effects like tooth loss. Taking action to prevent dental decay can not only improve your child’s smile, but also impact their overall health and well-being.

According to the American Dental Association, tooth decay can happen at any age. From the moment their first tooth arrives, there are many steps you can take to make sure your child grows up with a healthy smile.

Check on their brushing technique
Preventing tooth decay starts with a thorough oral hygiene routine at home. Children need instruction and supervision to learn the basics of good oral health. Modeling good oral hygiene behavior, showing enthusiasm, and helping them develop an oral health routine is very important.

Buy new toothbrushes
Did you know that toothbrushes should be replaced every three to four months, and each time your child gets sick? Get kids excited about their regular hygiene routine by letting them select toothbrushes with their favorite characters and choose toothpaste that they like. Dental Health month is an excellent time to toss out old toothbrushes and replace with new ones.

Be sugar aware
In addition to hygiene, nutrition plays a crucial role in oral health, so it’s important to eat a healthy, balanced diet, avoiding sugary and acidic foods. Provide children with healthy snacks and avoid sippy cups filled with juice between meals. Encourage drinking water instead. Encourage the use of regular cups early and often. Do not put your

baby to sleep with a bottle filled with juice or milk.

Visit your dentist
Another important piece of the oral health puzzle is visiting a dentist regularly. You should schedule your child’s first dental visit by their first birthday. Early de-

tection of problems, preventative services like cleanings, and counseling from a dental provider can have profound impacts on a child’s oral health. During your child’s visits, ask about preventative treatments like fluoride varnishes and sealants.

Mid-State Health Center’s Dental Director, Dr. Kelly Perry “With proper care, a balanced diet, and regular dental visits, their teeth can remain healthy and strong for life.”

For more information about children’s dental health visit: healthy-

mouthshealthylives.org.

About Mid-State Health Center
Mid-State Health Center delivers primary care and supportive services at locations in Bristol, Plymouth, and Lincoln, offering medical services, dental services, behavioral health

counseling, imaging, recovery, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

Celebrating the caregivers in our lives *Pemi-Baker Hospice & Home Health offers monthly support groups*

BY ANNA SWANSON
Pemi-Baker Hospice & Home Health

P L Y M O U T H — Though National Caregiver Day was Feb. 17 this year, we think every day is a good day to celebrate caregivers around the globe. We have a few ideas to inspire you as you take time to give back to the people who care for others all year long. We also want to invite any caregiver to our free Caregiver Support groups the first Wednesday of every month.

Who Are Family

Caregivers?
Nearly 53 million people in the United States are providing some type of unpaid care for a family member or child. This means you probably have at least one person in your life who is an informal or family caregiver.

Challenges for Caregivers
All caregivers, whether informal or professional, face similar challenges. For example, caregivers are at high risk for caregiver fatigue or burnout. This is a condition that is rooted

in stress and can result in serious health consequences ranging from high blood pressure, depression, anxiety, or increased physical illness. Caregivers typically receive less help than they need to stay as healthy as possible, and they often put the needs of their loved ones ahead of their own. Unfortunately, this means that informal caregivers often skip their own annual doctor appointments or preventative care because they are overwhelmed coordinating care for their loved ones.

Gifts for Caregivers
There are many ways to celebrate a caregiver in your life. Even something small can go a long way and encourage them for days or months to come. For example:

- An encouraging note or card telling them that you notice the hard work they do for others
- A gift card to a local coffee shop so they can pick up their favorite treat
- A subscription to a meal delivery service like Blue Apron or HelloFresh
- A gift card to a local spa for a haircut, massage, or facial
- A subscription to their favorite magazine so they can have one ready for when they have a quiet moment

work, along with tangible help, can make them feel supported.
Here at Pemi-Baker Hospice & Home Health, we honor every caregiver we have the chance to work with daily. From the professional and well-trained caregivers, to the family members and friends who tirelessly advocate for their loved ones, we celebrate you.
If you’re looking for support, we offer caregiver conversation, education and support at our free meetings the first Wednesday of every month. You will be able to connect with others, learn more about the ups and downs of at home caregiving, and discuss any issues related to the monthly topic. For more information about our meetings please email Guy Tillson: gtillson@pbhha.org or call 603-536-2232.

Beyond traditional gifts, perhaps the most meaningful thing you can give a caregiver is the gift of time to themselves. You can offer to make life a bit easier and relieve some of their daily burdens by:

- Making homemade meals they can freeze and then defrost when they are too exhausted to cook
- Driving their loved one to a medical appointment
- Grocery shopping for the week and dropping off the items at their home or at the home of their loved one
- Taking their children to/from sporting or school events
- Visiting with their loved one for a few hours so the caregiver can get out of the home and run errands, grab a coffee, or take a nap

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 Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pemibaker-hospicehomehealth.

Emerson College student participates in Emerson stage production of “The Secret in the Wings”

BOSTON, Mass. — Emerson College student Bee LaClair of Plymouth, New Hampshire (03264) participated in the Emerson Stage production of The Secret in the Wings Feb. 9-12 in the Semel Theatre at Emerson College, located in Boston, Mass.
Written by Mary Zimmerman and directed by Emerson Stage's Artistic Director, Annie G. Levy, The Secret in the Wings, an adaptation of Brother Grimms' fairy tales, is a story of a child and her frightening babysitter who shares with her stories of hope, despair, terror, and resilience, sprinkled with humor.
Bee LaClair is majoring in Stage and Production Management, and is a member of the Class of 2026.
Photos available upon request.
Emerson Stage and the Department of Performing Arts are where the next generation of actors, designers, stage managers, technicians, administrators, and educators work alongside distinguished faculty, professional staff, and visiting artists to bring skills learned in the classroom to vibrant life on stage.

About Emerson College
Based in Boston, Mass., opposite the historic Boston Common and in the heart of the city’s Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 4,161 undergraduates and 554 graduate students from across the United States and nearly 70 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, DC, London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of more than 51,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

PETS OF THE WEEK



Jenni

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



Buck

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

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



Bristol police recover trailer stolen from Hill FD

BY DONNA RHODES
Contributing Writer

BRISTOL — A trailer stolen from the Hill Fire Department almost two months ago was recovered by the Bristol Police Department on Feb. 15, thanks to an anonymous tip they received on the trailer's location.

That tip quickly led Bristol Police, with the assistance of the Alexandria Police Department, to 655 Hall Rd. in Bristol where not only the trailer, but numerous other items previously reported as stolen from the Town of Hill were also discovered when officers arrived on the scene last week to begin their investigation.

The trailer was one donated to the Hill Fire Department in the end

of December at a critical time when the town experienced a water main break in the village.

In light of the public health emergency, Bridgewater Fire Department stepped up to loan the community a hose reel and several thousand feet of hose so Hill's fire department and water department could bypass the break and at least provide non-potable water for sanitation purposes to some of the residents who were affected. In addition, another person had come forward to donate a trailer and a large capacity water container to the fire department, which was then stationed along Route 3A to help provide water until the situation could be rectified.



Thanks to an anonymous tip, trailer stolen from the Hill Fire Department in December, along with numerous other items reported missing from throughout the town, was found in Bristol last week.

However, just a few days into the emergency, the town discovered that the trailer and the tank, equipped with a hose to allow people to col-

lect water they needed in their home, had both been stolen in the late night hours.

Nearby cameras along Route 3A did catch a glimpse of the license plate for the vehicle that hauled the trailer away, but State Police and local law enforcement agencies needed assistance from the public in getting a better idea of who was behind this crime. Hill Fire Chief Jamie Moulton said at the time that he couldn't understand how anyone could take away a means to help people facing a water crisis and hoped the responsible party/parties would be found.

While Moulton was unable to be reached for comment, the members of the Hill Fire Department did express their gratitude through social media pages that the trailer had been found at last.

"We are so grateful for the Bristol and Alexandria police departments and the anonymous person who gave them the tip! This is great news for our department," they wrote.

Bristol Police Chief Kristopher Bean said that an investigation into the recovery of the trailer and the subsequent finding of other stolen items identified is ongoing, and no suspects or arrests were announced as of Monday.

Hold your next event 'Nearer to Nature'

Science Center opens outdoor spaces for special events

HOLDERNESS — Squam Lakes Natural Science Center offers its spectacular natural location to the public as an outdoor venue to host weddings, engagement parties, rehearsal dinners, bridal showers, and other celebrations at two of its properties; Kirkwood Gardens and Fox Meadow.

"Kirkwood Garden provides the perfect backdrop for couples to exchange nuptials under the pergola and capture beautiful wedding photos," said Joy Huke, Membership and Events Coordinator. "It also gives couples an

opportunity to have a one-of-a-kind wedding that also supports the animals and environmental education programs at the Science Center."

Kirkwood Gardens features a 25 by 60-foot bluestone patio on the west side of the historic Holderness Inn, which is now home to Samyn-D'Elia Architects. A series of granite steps lead guests from the shaded upper garden, where guests can view ancient sugar maples and a large variety of ferns, hostas, azaleas, rhododendrons, and other shade-loving plants,

to the sunny, informal lower garden.

Sun-loving shrubs, trees, and perennials thrive in the lower garden, where guests will enjoy a lovely sculpture, set their clocks by the sundial, watch the hummingbirds from a circular bench under the old apple tree, or view birds and butterflies as they visit a central millstone fountain. A beautiful wooden vine-covered pergola, perfect for a wedding ceremony, is located at the west end of the lower garden. A combination of cobblestones, pavers, and river stones provide the sur-

face under the pergola and highlight a large Lunaform pot in the planting bed beyond it.

A short stroll down a paved path takes guests to Fox Meadow; a grassy, flat half-acre space that can accommodate up to a 60-by-100-foot tent. It is located directly across the street from the Squam Channel, and the Science Center's Lake Cruise Headquarters. Covered pontoon boats are also available to shuttle guests to Church Island.

Both outdoor venues come with restroom facilities in the adjacent Red Barn, electricity, water and a Science Center staff member on site during the event. Locations at Squam Lakes Natural Science Center can be reserved by visiting the Wedding Wire, The

Knot or the Science Center Web site, nhnature.org.

For additional information, or to reserve Kirkwood Garden, Fox Meadow or pontoon shuttle to Church Island, contact Joy Huke at joy.huke@nhnature.org or 603-968-7194, ext. 146.

Grafton County Farm Bureau offering scholarships

REGION — Grafton County Farm Bureau will be awarding up to two scholarships in the amount of \$1,500 each. The applicant should be:

A resident of Grafton County.

A high school senior who will be a graduate of an approved public/private high school or,

Will graduate from home school or,

Is currently a college student or,

Is a previously awarded candidate who is continuing his college career.

Is studying in an agriculturally related field.

Follow the instruc-

tions on the application form and submit it by email to: Grafton County Farm Bureau, Denis Ward- Secretary, denwar@roadrunner.com. The application form may be obtained from your school or by requesting it at: denwar@roadrunner.com.

Application submission deadline April 3.

Family Paint Night

with Jodi Mercer

Paint your Pet!



\$30 first person
\$25 addtl. person
When: March 11th
Time: 6-7:30pm
Where: Holderness Town Hall

Pre-registration is required.
603-968-3700
recreation@holderness-nh.gov
www.holderness-nh.gov

ADAMSKY LAW OFFICES

Life & Estate Planning ♦ Elder Law

Edward H. Adamsky, Esq.

Assisting Families with Aging and Disability issues since 1992.

Wills ♦ Trusts ♦ Special Needs Trusts ♦ Medicaid Planning

1-888-649-6477 www.adamskylaw.com


Offices in Tyngsboro, Mass. and Ashland, NH



Eat, Drink, Laugh, Play, Love, Live, and...
Shop Local!

Martin D. Kass
Registered Optician

603-536-3569

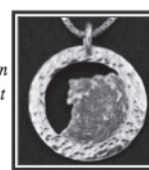


PLYMOUTH OPTICAL SHOPPE

"Where seeing is believing"

Village Square • 607 Tenney Mountain Highway
Suite 101 • Plymouth, NH 03264

Wonderful Things
Come In Small Packages...



Old Man Pendant from \$35

especially if they're from

Alan F. Soule Jewelers
286-8649
422 W. Main St. ASF Tilton, NH
(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

Mountain Fare Inn

in Campton Village

603-726-4283



WWW.MOUNTAINFAREINN.COM
Your Base Camp In The Whites!
~ Just minutes from Local Ski Areas ~



WHAT'S NEW AT THE "RUGH"

NEW CHERRY FINE FURNITURE BY DON WOOD
NEWS SILVER AND GOLD JEWELRY BY CASEY PIKE
NEW 8" SQUARE ACRYLIC DRIP PAINTINGS BY MATT LARSON
NEW MODERN ACRYLIC PAINTINGS BY NEIL DAVIS
NEW MODERN ANIMAL OIL PAINTINGS BY SAM MORGAN

Come in and preview, the 50 piece, all new, fine art and furniture, EPIC AUCTION, coming May 25, 2023!

Open Thursday thru Saturday 9:30 to 4:00

1 Middle St. • P.O. Box 48, Lancaster, NH 03584
wmrugh@gmail.com • 603/788/5531 • 603/631/7477



SCHWARTZBERG LAW

EXPERIENCE THAT MATTERS

Advising clients about Wills and Trusts since 1985.



Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET



Harold Lloyd stars in “Why Worry?” on March 18 in Danbury

DANBURY — He was the bespectacled young man next door whose road to success was often paved with perilous detours.

He was Harold Lloyd, whose fast-paced comedies made him the most popular movie star of Hollywood's silent film era.

See for yourself why Lloyd was the top box office attraction of the 1920s in a revival of “Why Worry?” (1923), one of his best comedies.

The Blazing Star Grange will host a 100th anniversary screening of 'Why Worry?' on Saturday, March 18 at 7 p.m. at the historic Blazing Star Grange Hall, 15 North Rd. in Danbury.

The show is open to the public, with a suggested donation of \$5 per person.

The screening will

feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

Lloyd's go-getter character proved immensely popular throughout the 1920s, with fans following him from one adventure to the next.

In the political satire 'Why Worry?', Harold plays a wealthy hypochondriac traveling abroad who gets caught up in a local uprising.

Thrown into prison, Harold is forced to use his wits to escape and rescue his nurse from the clutches of an evil Revolutionary.

Regarded as one of Lloyd's most surreal movies, “Why Worry?” features a cast that includes an actual real-life giant—8-foot-tall John Aasen, discovered in Minnesota during a na-



Harold Lloyd plays a wealthy hypochondriac in “Why Worry?” (1923), to be screened with live music on Saturday, March 18 at 7 p.m. at the historic Blazing Star Grange Hall, 15 North Rd. in Danbury. The show is open to the public with suggested \$5 donation.

tional talent search.

Rapsis will improvise a musical score for “Why Worry?” as the film screens. In creating accompaniment for the Lloyd movies and other vintage classics, Rapsis tries to bridge the gap between silent film and modern audiences.

"Creating the music on the spot is a bit of a high-wire act, but it contributes a level of energy that's really crucial to the silent film experience," Rapsis said.

The short Harold Lloyd comedy “Number, Please” (1920) will also be included in the program.

“Why Worry?” will be shown on Saturday, March 18 at 7 p.m. at the historic Blazing Star Grange Hall, 15 North Rd. in Danbury.

The show is open to the public with suggested \$5 donation.

For more info on the music, visit www.jeffrapsis.com.

Santore named to Dean’s List at Butler University

INDIANAPOLIS, Ind. — Thomas Santore, a second-year music composition major from Plymouth has been named to the Fall 2022 Dean's List at Butler University. Santore is a 2021 graduate of Plymouth Regional High School.

Santore was named to the University Dean's List because his GPA for Fall '22 was in the top 20 percent of all students in the Jordan College of the Arts at Butler.

Butler University is a nationally recognized comprehensive university encompassing six colleges: Arts, Business, Communication, Education, Liberal Arts & Sciences, and Pharmacy & Health Sciences. Approximately 4,500 undergraduate and 1,000 graduate students are enrolled at Butler, representing 46 states and 22 countries. The University was recently listed for the fifth year in a row as the No. 1 regional university in the Midwest, according to the U.S. News & World Report Best Colleges Rankings.

Students named to University of Hartford Honors Lists

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce the students who have been named to the Dean's List for Fall 2022.

Stephen Davis of Wentworth
Gretchen Dodge of Rumney
Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On

our 350-acre campus alongside Connecticut's capital city, approximately 4,000 undergraduate and 1,800 graduate students representing 48 states and 45 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections

within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impact change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. Visit hartford.edu to learn more.

Ithaca College students named to Dean's List

ITHACA, N.Y. — Bryn Donovan of Helderberg was named to Ithaca College's Fall 2022 Dean's List.

About Ithaca Col-

lege

Founded in 1892, Ithaca College is a residential college dedicated to building knowledge and

confidence through a continuous cycle of theory, practice and performance. Home to some 5,200 students, the college of-

fers more than 70 degree programs in its schools of Business; Communications; Humanities and Sciences; Health Sciences and Human Performance; and Music, Theatre, and Dance.

Students, faculty and staff at Ithaca College create an active, inclusive community anchored in a keen desire to make a difference in the local community and the broader world. The college is consistently ranked as one of the nation's top producers of Fulbright scholars, one of the most LGBTQ+ friendly schools in the country, and one of the top 10 colleges in the Northeast.



**SEEKING
EXCAVATOR OPERATORS**

GPS EXPERIENCE DESIRED BUT NOT NECESSARY

(603) 279-4444 or email tracy@ambrosebros.com

Route 3 • Meredith, NH 03253

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING PUMP SYSTEMS
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE
FOREST PUMP & FILTER CO., INC.
603-332-9037


**SHELTER PET & GLOBALLY
RECOGNIZED PIANIST**

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views

Start A Story. Adopt thesherpetproject.org

Ad Council





A scene from “Hangman's House” (1928), a silent drama set in Ireland and directed by John Ford. The film will be screened with live music on Wednesday, March 15 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person. For more information, call (603) 536-2551 or visit www.flyingmonkeynh.com.

Silent drama “Hangman's House” to play with live music at Flying Monkey

PLYMOUTH — The silent film era returns to the big screen at the Flying Monkey with a showing of “Hangman's House” (1928), a classic John Ford-directed silent drama accompanied by live music.

Showtime is Wednesday, March 15 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person.

The screening, the latest in the Flying Monkey's silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

Set in Ireland, “Hangman's House” follows wanted man Denis Hogan (Victor McLaglen) who returns in disguise to his Irish homeland to seek revenge.

Once back, he becomes embroiled in an intense romantic drama involving a local judge (Hobart Bosworth), his daughter (June Collyer), a forced marriage and surprising revelations about his own sister.

The film is highlighted by a high-stakes horse race. Among the spectators is a very young John Wayne, clearly visible as an extra who gets so excited he single-handedly destroys a fence.

The story culminates in a spectacular fire sequence that mesmerized the film's original audiences and still maintains its power today.

'Hangman's House' is praised for taut sto-

ry-telling and evocative camerawork. Ford returned to Ireland as a setting in his later film “The Quiet Man” (1952), this time starring John Wayne.

Later in his career, Ford would win a total of four Academy Awards for 'Best Director,' a record that stands to this day.

Accompanist Jeff Rapsis will improvise an original musical score for “Hangman's House” live as the film is shown.

"When the score gets made up on the spot, it creates a special energy that's an important part of the silent film experience," said Rapsis, who uses a digital synthesizer to recreate the texture of a full orchestra for the accompaniment.

Upcoming titles in the Flying Monkey's silent film series include:

- Wednesday, April 12, 6:30 p.m.: “The Ten Commandments” (1923). Long before Charlton Heston played Moses in Technicolor, director Cecil B. DeMille filmed this silent blockbuster on a grand scale.

- Wednesday, May 10, 6:30 p.m.: “Girl Shy” (1924) starring Harold Lloyd. Join us for the original rom-com featuring an unforgettable race-to-the-church finish.

- Wednesday, June 7, 6:30 p.m.: “20,000 Leagues Under the Sea” (1916). Early version of the classic Jules Verne tale, with a few other stories mixed in. Feature film that pioneered underwater photography techniques.

- Wednesday, July 19, 6:30 p.m.: “The General” (1927) Buster Keaton's Civil War-era masterpiece tells the story of a Confederate railroad engineer whose train is hijacked by Northern spies. One of the great films of any era!

- Wednesday, Aug. 30, 6:30 p.m.: “My Best Girl” (1927) starring Mary Pickford. In a big city department store, what happens when romance blossoms between a humble clerk and the store owner's son?

- Wednesday, Sept. 13, 6:30 p.m.: “Scar-amouche” (1923). When a nobleman murders his best friend, a lawyer becomes a revolutionary with his heart set on vengeance. Swashbuckler based on best-selling novel by Rafael Sabatini.

- Wednesday, Oct. 18, 6:30 p.m.: Lon Chaney creepy double feature. Just in time for Halloween. In “The Unknown” (1927), Chaney plays "Alonzo the Armless," a circus knife thrower who uses his feet; in “West of Zanzibar” (1928), Chaney plays a vaudeville magician

who loses use of his legs in an accident and journeys to Africa to seek revenge.

- Wednesday, Nov. 8, 6:30 p.m.: “The Three Musketeers” (1921) starring Douglas Fairbanks Sr. Original screen adaptation that set the bar for future versions of the famous story, as well as the swashbuckler genre itself.

“Hangman's House” (1928), a classic silent drama directed by John Ford, will be shown with live music on Wednesday, March 15 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 Main St., Plymouth, N.H. Admission is \$10 per person. For more information, call (603) 536-2551 or visit www.flyingmonkeynh.com.

For more about the music, visit www.jef-frapsis.com.

Jennifer Crane joins Mayhew Program as Development Director

BRISTOL — Jennifer Crane has joined the Mayhew Program as its development director, bringing more than a decade of fundraising experience to the team. Jennifer began her development career at Bowdoin College, with roles in annual giving, gift planning, and reunion giving. She later joined the University of Maine School of Law as director of advancement where she led a small shop covering all development operations, alumni engagement, and events. Jennifer holds the Certified Fund Raising Executive (CFRE) designation, and comes to Mayhew with extensive experience in relationship building, volunteer management, operations and fiscal management, and communications.

In joining Mayhew, Crane said, “I have dedicated my fundraising career to stewarding donor connections and facilitating opportunities to match the philanthropic goals of both donor and organization. I am delighted to apply my skills and experience to further Mayhew's mission.”

Executive Director Jim Nute shared, “We are thrilled Mayhew and Jennifer have found one another! Beyond her considerable experience and talent, she brings a firsthand knowledge and appreciation for the power of a summer experience on Newfound Lake and a dedication to helping young people find their best. Welcome, Jennifer! Go, Mayhew!”

Since 1969, Mayhew has been dedicated to helping deserving New Hampshire boys strive toward futures they're proud of, where the focus is on family and community and achievement. Mayhew's work begins when a boy is 10 or 11 and continues through his high school graduation; it includes a transformative summer program on Bristol's Newfound Lake and regular mentoring throughout the school year. It is only through the generosity of its family of contributors that Mayhew remains tuition-free for the boys.

Mayhew receives support from the Granite and Monadnock United Ways – and so many other individuals, businesses and organizations across New Hampshire. For more information, visit www.mayhew.org.

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on **Saturday, March 4, 2023, from 11:00 to 11:30 a.m.**, for additions and corrections to the checklist. Last day for Town Clerk/Supervisors to accept voter registration applications before the Town Election on March 14. Change in party registration will be accepted at this time. No additions or corrections shall be made to the checklist after this session.

Loretta Brouillard
Suzanne Cheney
Danielle Reed

Make every day extraordinary

Uplifting in-home senior care

- Personal care
- Companionship and housekeeping
- Grocery shopping and errands
- Dementia and Alzheimer's care
- Medication management
- Meal preparation
- Respite care
- Private duty nursing
- *SafetyChoice*®





Elevating the Human Spirit™

(603) 536-6060

NHComfortKeepers.com

© 2021 CK Franchising, Inc. Most offices independently owned and operated. 1221

ST JUDE

Patron of hopeless cases.
Thank you for your miraculous intercession.
Please continue your miraculous work.

CAM

CADY Corner

A concerning trend: Teen girls experiencing increased sadness and violence

BY DEB NARO
Contributor

According to new CDC data from the Youth Risk Behavior Survey, nearly three in five (57 percent) U.S. teen girls felt persistently sad or hopeless in 2021—double that of boys, representing a nearly 60 percent increase and the highest level reported over the past decade.

While all teens reported increasing mental health challenges, experiences of violence, and suicidal thoughts and behaviors, girls fared worse than boys across nearly all measures. The new report also confirms ongoing and extreme distress among teens who identify as lesbian, gay, bisexual, or questioning (LGBQ+).

“High school should be a time for trailblazing, not trauma. These data show our kids need far more support to cope, hope, and thrive,” Debra Houry, M.D., M.P.H., CDC’s Chief Medical Officer and Deputy Director for Program and Science. “Proven school prevention programs can offer teens a vital lifeline in these growing waves of trauma.”

The analysis includes 2021 data and trends from the Youth Risk Behavior Survey (YRBS), which examines health behaviors and experiences among U.S. high school students. Youth mental health has continued to worsen—with particularly stark increases in widespread reports of harmful experiences among teen girls. Nearly one in three (30 percent) seriously considered attempting suicide—up nearly 60 percent from a decade ago. One in five (18 percent) experienced sexual violence in the past year—up 20 percent since 2017, when CDC started monitoring this measure. More than one in 10 (14 percent) had ever been forced to have sex—up 27 percent since 2019 and the first increase since CDC began monitoring this measure.

The report also found more than half (52 percent) of LGBQ+ students had recently experienced poor mental health and, concerningly, that more than one in five (22 percent) attempted suicide in the past year. Trend data are not available for students who identify as LGBQ+ due to changes in survey methods.

Findings by race and ethnicity also show high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups; and that reported suicide attempts increased among Black youth and White youth.

“Young people are experiencing a level of distress that calls on us to act with urgency and compassion,” said CDC Division of Adolescent and School Health Director Kathleen Ethier, Ph.D. “With the right programs and services in place, schools have the unique ability to help our youth flourish.”

School-based activities can make a profound difference in the lives of teens with a relatively small infusion of support to schools. More than 95 percent of U.S. youth spend much of their daily lives in school. While their primary goal is academic learning, schools can take evidence-based steps to foster the knowledge, skills and support needed to help prevent and reduce the negative impact of violence and other trauma and improve mental health. For example, safe and trusted adults—like mentors, trained teachers, and staff—can help foster school connectedness, so that teens know the people around them care about them, their well-being, and their success. Schools can provide education that equips teens with essential skills, such as understanding and ensuring true sexual consent, managing emotions, and asking for what they need. Schools can also connect teens to their classmates and communities through school-based clubs and community outreach.

CDC has collected and analyzed data on youth health and well-being for more than three decades. These data are a critical first step to revealing, understanding, and addressing emerging threats to the health and well-being of the nation’s youth.

Contact the 988 Suicide & Crisis Lifeline if you are worried about a loved one who may be experiencing a mental health-related crisis and in need of support, call or text 988. The Suicide & Crisis Lifeline will connect you with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Visit the 988 Suicide & Crisis Lifeline for more information at 988lifeline.org.

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



COURTESY

Bears of the Week

Newfound Memorial Middle School’s Bear of the Week Student & Staff Winners for the week of Feb. 17 are students, Abraham Furtado, Kory Braley and Custodian Mr. Lessard. They have been recognized for their representation of the NMMS Core Values. These members of our NMMS community continually show us what RESPECT, RESPONSIBILITY, PRIDE & INTEGRITY are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week’s winners!

Letters to the Editor

Please consider me to represent Bristol

To the Editor:

My name is Joe Maloney, and I am running for Bristol representative for the Newfound School Board.

I grew up in Bridgewater, and attended Newfound schools (NRHS class of 2001). After earning my Bachelors degree at UNH, my wife (Hill/ Alexandria native and also a Newfound grad) and I lived in the Boston area for 15 years before we returned home to raise our kids in Bristol.

There are many issues facing our schools, from facilities to funding, curriculum and community partnerships. I am deeply invested in Newfound schools, as I have a third grader at BES, a future Kindergarten (fall of 2024), and my wife teaches English at NRHS. I believe in collaborating to find innovative ways to support educators, families, and students; for example, I want to help build upon Newfound’s use of grant monies to take as much of the tax bur-

den off of our residents as possible. My background as an educator, having taught special ed integrated preschool in Massachusetts for nearly a decade, and personal investment, drive my desire to work to make Newfound schools the best they can be.

I am also committed to our larger community. Currently, I am the Facilities and Grounds Manager at Ragged Mountain Resort, and I have also coached and volunteered through the TTCC over the last few years.

I hope that you will consider me for SAU 4 School Board on March 14. Please reach out if you have any questions. You can email me at joe4sau4@gmail.com or through my campaign’s Facebook page at facebook.com/joe4sau4/. I would be honored to represent the diverse interests of our Newfound community on the school board.

Joe Maloney
Bristol

The voice of the people disregarded in Ashland

To the Editor:

In the town of Ashland, the community members exercised their right to vote, approving the acceptance of a gift from a generous, anonymous donor to purchase the Tri-County CAP building as the site for our town library. In spite of that majority vote, on March 14, the selectmen are asking voters to rescind that vote. The current library has surpassed its usefulness, and is in a state of disrepair. My daughter’s chickens have better accommodations than are provided at the current site. Our librarians are to be applauded for the outstanding programming that they provide in spite of the limited, outdated space, but obstacles to their efforts abound.

There has been an abundance of misinformation

regarding the current and proposed sites. It would cost in excess of a million dollars to make the current site viable in terms of space and meeting codes. The Tri-County CAP building is up to code with a new roof and updated plumbing and electrical wiring. The elevator has passed annual inspections and will provide disabled library patrons with ease of access. The building has won architectural awards and is a source of great historical pride to the community. It will afford space for meetings, activities, quiet places to study and so much more.

Please come out in force on election day and let it be known that every community member matters, most especially our children who don’t have a vote and rely on us to enrich their lives in every way possible. Do not let your decision to accept the gift of a library site that will meet the needs of every age group in our town be overturned. Two gifts are at stake: the gift of a new site for the library totally paid for by a gift of \$400,000 with no tax impact for the purchase and your personal freedom to vote in accordance with your beliefs. Vote no on Article 31.

Joanne Laferriere
Ashland



WWW.SALMON-

(603) 279-4516

PRESS.COM

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:

KERRI PETERSON
(603) 677-9085
kerri@salmonpress.news

TO PRINT AN OBITUARY:

E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER

TO THE EDITOR:

E-MAIL: brendan@salmonpress.news

The Record Enterprise and Newfound Landing is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. USPS #436-460 periodicals postage paid at Plymouth PO, NH 03264. POSTMASTER: Send address changes to Salmon Press, P.O. Box 729, Meredith, NH 03253.

PLYMOUTH RECORD
ENTERPRISE
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER

FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER

RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR

JIM DINICOLA
(603) 764-4325

DISTRIBUTION MANAGER

JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR

BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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.

**FROM AN UNDATED ARTICLE BY
MARY E. MUDGETT
COMPILED BY PRISCILLA JONES
KLEINPETER**
Plymouth Historical Society

Before Dr. John Rogers arrived in Plymouth in 1781, an old history states that the first English child was born in the town during the month of April in 1765. Her name was Lydia Webster, and she was the daughter of Stephen and Lydia Webster. "At this birth, every woman in the town was present and every husband at-

Dr. Rogers' practice was widespread, from

From his journal dated September 23, 1785, Dr. John makes a trip to Moultonborough, visiting among others Mr. Stephen Adams. Here he begins with several doses for Mr. Adams

Medical treatment in the 1700s was quite different from today. The most popular remedy was bleeding, something Dr. Rogers used in a variety of his cases. Blistering was another popular remedy, with fly blisters made from the powdered bodies of green flies moistened and spread on leather, a most powerful irritant, much to the dismay of his patients. Drugs and other medicines were few and in short supply. Opium was used on oc-

Although Dr. Rogers had a goodly number of patients, very little money was ever paid for his professional services. Occasionally he received cash, but more frequently the bill was settled by an order or "note of hand." Half of his patients settled their debts to him with produce or meat from their farms, grain from their mills, milk, butter, and cheese from their dairies. Meat was the most common exchange, mutton, lamb, veal, and pork, and sometimes beef, chickens, turkey, or goose. One time a patient in the town of Warren paid his bill with five pounds of moose meat. Another paid with 3 and a half pounds of raccoon meat. Molasses, sugar, rice, pepper, pimento, and chocolate also appear on his books in payment for medical services. He received lumber, bricks, and glass from mill owners and from brickyards.

Dr. Rogers was eventually succeeded in his practice by one of his sons, Dr. Samuel Rogers. Dr. John Rogers, beloved country doctor, died in 1814 at 59 years of age.

Editor's note: The preceding was part of a continuing series re-printing some of Mrs. Kleinpeter's most popular columns.

BY ANNA SWANSON
Mid-State Health

You'll build more opportunities to be active into your routine when you find ways to

True health also includes getting good sleep, practicing mindfulness, managing stress, keeping mind and body fit and connecting socially. The behavioral health providers at Mid-State Health Center remind us that mental health includes our emotion, psychological, and social well-being. It af-

Meditation can help you manage stress, sleep well and feel better; combined with lifestyle changes like eating

Contact us at 603-536-4000, www.midstate-health.org and like our Facebook page: @Mid-StateHealthCenter.

Paid Advisement Paid Advisement Paid Advisement Paid Advisement Paid Advisement Paid Advisement Paid Advisement

Edward Jones: Financial Focus

Can you count on Social Security?

If you're getting closer to retirement, you might be thinking more about Social Security. Specifically, can you count on it to contribute part of the income you'll need as a retiree?

There's been an increase in alarming language surrounding the solvency of Social Security, but in reality, its prospects are not nearly as gloomy as you might have heard.

Here's the story: Under current law, Social Security is estimated to exhaust its trust funds by 2035, after which benefits could be cut by 20%, according to the 2022 Social Security Trustees report. However, the large cost of living adjustment (COLA) (8.7%) for 2023 could cause the trust funds to use up their resources sooner.

But this outlook may represent a worst-case scenario. For one thing, the cost of the 2023 COLA will be somewhat offset by higher taxes on workers contributing to Social

Security. The maximum amount of earnings subject to the 6.2% Social Security tax jumped from \$147,000 in 2022 to \$160,200 in 2023. And in looking down the road, further increases in this earnings cap may also help reduce the gap in the trust funds. Increasing the payroll tax is another possibility for boosting funding to Social Security.

And here's a political reality: Social Security is a popular program and it's unlikely that any future Congress wants to be blamed for reducing benefits. Of course, there are no guarantees, but it seems fair to say that you can reasonably expect some benefits from Social Security when you retire.

But perhaps the bigger issue is just how much you should depend on Social Security for your retirement income. On average, Social Security benefits will provide about 30% of a beneficiary's preretirement earnings, according to the Social

Security Administration. But the higher your earnings before you retire, the lower the percentage that will be replaced by Social Security.

Still, you'll want to maximize the benefits that are available to you — and that means deciding when to start taking Social Security. You can begin as early as 62, but your monthly payments could be as much as 30% lower than your normal (or "full") retirement age, which will likely be between 66 and 67.

Even if you were to wait until your full retirement age before collecting Social Security, you'll also need to draw on other sources of funding. So, while you are still working, it's a good idea to keep contributing to your IRA and 401(k) or other employer-sponsored retirement plan.

The amount you contribute should depend on your overall financial

strategy and your financial needs, so, for example, you probably shouldn't put in so much into your retirement accounts that you feel significant stress in your monthly cash flow. But when you do get a chance to invest more in these accounts, such as when your salary goes up, you may want to take advantage of the opportunity.

Ultimately, you should be able to count on Social Security as part of your retirement income. You may want to consult with a financial professional to determine when taking Social Security makes the most sense for you and how you can also get the most from your other retirement accounts. You'll want a retirement income strategy that's built for the long run.

Jacqueline Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8668

jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Please invest in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk, which, when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

Have been keeping a close eye on the weather this week, and it looks like Old Man Winter has a mixed bag in store for us.

Board of Selectmen meeting Tuesday, March 7 at 6 p.m. in the Municipal Building. If you wish to speak to the Board of Selectmen on a specific issue, please call 603-744-3220 to make an appointment. All appointments and agenda items must be received by 4:00 PM the Thursday before the meeting.

Alexandria UMC
Pastor Mark Lamprey will lead the services on Sunday, Feb. 26 at 9 a.m. Sunday School will begin at 10:15 a.m.

Community Dinner Saturday, March 4 at 5 p.m. in the Vestry. On the menu will be ham, beans, cole slaw, hot and cold drinks, and assorted desserts. Donations are accepted. Come join us for good food and fellowship. Take outs are available!

Time for me to head off to another adventure. Plan on being ready for whatever comes in the next couple of days! Have a great week ahead, and be safe in your travels!

Ashland

David Ruell 968-7716
davidruell@gmail.com

Skate Day
The Ashland Firefighters Association will host Skate Day in the ballpark from 11 a.m. to 2 p.m. this Saturday, Feb. 25. Besides

skating on the rink, there will be sliding on the high bank. Hot dogs, hot chocolate and baked goods will be served at no charge. A bonfire will be lit at 1 p.m. (The Association will accept donations, but they are not required to attend and participate.)

Old School - New Library Open Houses

The Ashland Town Library will again hold open houses before the local election in the old school, at 41 School Street, which the Library Trustees hope to purchase with an anonymous donation and renovate for the Library's new home. The open houses will be from 5 to 7 p.m. on Thursday, March 9, and from 8:30 to 10:30 p.m. on Saturday, March 11. There have been conflicting reports on the building, such as whether or not it is handicapped accessible. So come and see it for yourself, before voting on the purchase again.

Town Warrant articles (Part 1)

There are 34 warrant articles on the Town ballot, so some further details may help before the actual election on March 14 in the school gym. Article 1 for the election of officers, will show no contests on the ballot as most offices have just the minimum number of candidates (usually the incumbents) and the two Cemetery Trustee positions have no candidates at all. The longest article is Article 2, which would revise the Flood Hazard Areas section of the Zoning Ordinance. These changes, mostly technical, are required by the Federal government so that Ashland property owners can

remain eligible for the Federal flood insurance program. Articles 3 through 6 appropriate the operating

budgets for the Town and the three utilities, \$3,133,907 for the town's general budget, \$3,440,794 for the Electric Department, \$375,325 for the Water Department, and \$838,476 for the Sewer Department. Article 7 asks for the approval of the cost items in the collective bargaining agreement between the selectmen and the Town employees union and an appropriation of \$73,747 for the those costs in 2023, with \$66,643 coming from the unassigned fund balance, and the remainder from the three utilities, with no money to be raised from 2023 property taxes. Article 8 would allow the selectmen to call a special meeting to reconsider those cost items, if Article 7 is defeated.

Article 9 would establish a contingency fund of \$25,000 from the unassigned fund balance. Any unused funds would go back into the general fund at the end of the year. Articles 10 and 11 ask for the adoption of the Optional Veterans Tax Credit and the All Veterans Tax Credit of \$250. The Town had previously approved such property tax credits, but the legislature expanded the tax credits to include those still in the military services. so every town now has to vote on them again.

Article 12 would appropriate \$275,000 to replace the 25 year old Fire Department ambulance that was purchased in 1998, using \$105,000 from the Fire Department Capital Reserve Fund and raising the rest by taxation. Six articles would add money to the various existing capital

reserve funds, \$25,000 to the Fire Department CRF (Article 13),

\$25,000 to the Police Department CRF (Article 14), \$15,000 to the Library Building CRF (Article 16), \$25,000 to the Public Works Department CRF (Article 17), \$125,000 to the Roads and Bridges CRF (Article 18), and \$10,000 to the Building and Maintenance CRF (Article 19). Article 15 would establish a Police Department Revolving Fund

where the income from police details would be held to be used, with the selectmen's approval, for the purchase of police vehicles and equipment.

More next week on the rest of the town Warrant articles.

Bristol

Al Blakeley
Adblakeley0@gmail.com

I had the good fortune to attend the Miss NH Outstanding Teen 2023 competition held at Pinkerton Academy this past weekend, as my niece was a contestant. While perusing the program, I read that Vanessa Frasca from NRHS was also a contestant! I would like to congratulate Vanessa on her being a contestant at such a wonderful and nurturing event. She did a great job and was a pleasure to see representing not only herself, her family, but in turn representing her school. Well done, young lady.

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

a.m., Lego club on Fridays at 2:30 p.m. and Quilt Club on Fridays at 1 p.m. The library hosts Poetry Night on the first Tuesday of every month at 6:30 p.m.

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

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

Registration is now open for TTCC Baseball, Softball and T-Ball. For details, see the TTCC Baseball/Softball/T-ball page on the TTCC Web site. The TTCC offers programs from T-Ball to Babe Ruth baseball and softball. T-Ball - ages 4, 5 & 6; Rookie Baseball & 8U Softball - ages 7 & 8; Minor Baseball and 10U Softball - ages 9 & 10; Major Baseball & 12U Softball - ages 11 & 12; Babe Ruth Baseball and Softball - ages 13 - 16. Age determination: Softball - January, Baseball - May 1. The program runs primarily through volunteer efforts. Please consider helping out as a board member, coach, help with concessions, press box, field maintenance and more.

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

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

The Mother and Son Minute to Win It Game Night will be held at the TTCC on Friday, March 10 from 6 to 7:30pm. All ages are welcome for \$20/couple (\$5 each additional child). Lots of great games and prizes. When registering, you need only register the son. Contact the TTCC for questions.

Youth Indoor Soccer for ages 4 - 12 will be held on Saturdays starting on March 11 and conclude on April 15. This will take place at the BHVS Gymnasium. Ages 4 & 5 - 8:30 - 9:15 a.m., ages 6 & 7 - 9:30 - 10:30am, ages 8 - 12 - 10:45 a.m. - noon. Cost. Is \$20/player.

The TTCC is hosting a Special Olympics Young Athletes Spring program at the BHVS in Bridgewater starting on Saturday, March 11 and will meet these Saturdays: March 11, 18, and 25 and April 1 and 15 rom 12:15 - 1 p.m. This is an innovative sports program for children with and without disabilities ages 2 - 7, designed to provide opportunities for young children to be active, have fun and learn foundational sports skills. It also offers families connections to local Special Olympics Programs. Space will be limited to 12 children maximum. There is no cost for your family participating. You are encouraged to register online now. You may direct questions to Regina Richford, Practice Coach.

Voting Day is Tuesday, March 14. The polls are open from 8 a.m. - 7 p.m. at Historic Town Hall, 45 Summer St. Ballot Articles include the Election of Officers and the Proposed Zoning Amendments. The Town Meeting-Business Session will be held on March 18 at the NRHS Auditorium. This session is for all other Warrant Articles such as the operating budget and any proposed capital items. The Town of Bristol now has three job openings: Firefighter, Beach Attendant and Transfer Station Lead Attendant.

Hopefully you have all prepared for this weather we are having and that you are taking comfort that Spring isn't very far away, so this won't stay long...we hope!

Campton-Thornton

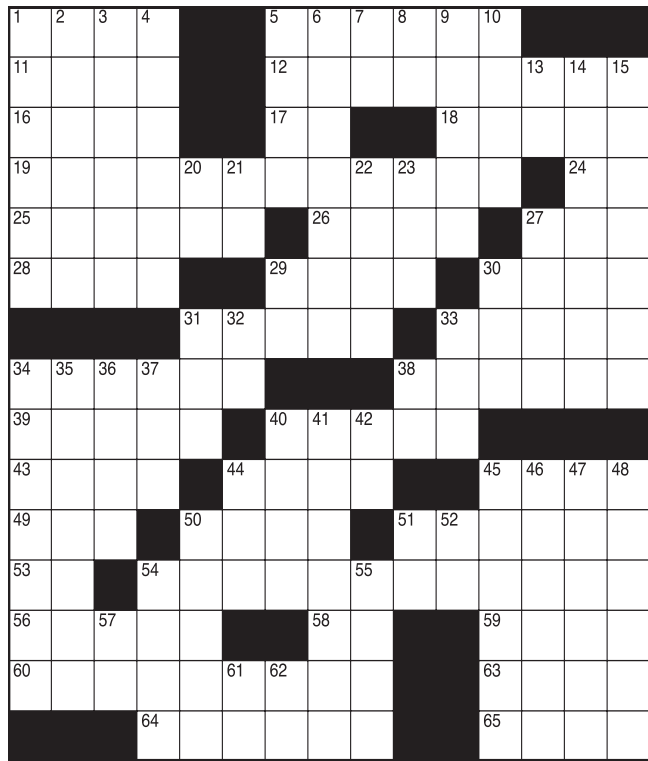
Joël Freeman 398-4368
bearfootfarm@aol.com

Thornton School District Meeting

The Thornton Central School will be holding their annual school

SEE TOWNS PAGE A11

TAKE A BREAK



- ACROSS**
1. Belonging to a thing
 4. Pass or go by
 10. Partner to cheese
 11. Subjects
 12. U.S. State (abbr.)
 14. Bits per inch
 15. Forest-dwelling deer
 16. Illinois city
 18. A salt or ester of acetic acid
 22. Wholly unharmed
 23. Cuddled
 24. Bane
 26. Global investment bank (abbr.)
 27. Oh my gosh!
 28. Arrive
 30. Famed Spanish artist
 31. Home of "Frontline"
 34. Group of quill feathers
 36. Keyboard key
 37. Army training group
 39. Detail
 40. Pole with flat blade
 41. Football play
 42. Makes unhappy
 48. Island in Hawaii
 50. Back in business
 51. Of an individual
 52. Painful chest condition
 53. Tropical American monkey
 54. Matchstick game
 55. For instance

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

RAINY WEATHER WORD SEARCH

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

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

RAINY WEATHER WORD SEARCH

CLOUDY, DAMP, DEW POINT, DRIZZLE, GALOSHES, GUSTS, HUMIDITY, INDOORS, JACKET, OVERCAST, PROTECTION, PUDDLES, RAINFALL, SLIPPERY, SLUGGISH, SOGGY, UMBRELLA, VISIBILITY, WET, WINDY

This Week's Answers

N E V O	G E S V H E		R N X J A G O O I J B R Z C J O W H
V O N I	E I V W E T V I S		T R X H A N B A C C I B A A R H
W H O N	d Y	H V I E S	L U N R Z B A G J J B A A R S
G E H E O	I S N O C O B H d E		T I J A G O O J A N S C A B A N C H
V W O C V I L	V H E S	C H V I	Y O A B E T I O O I A E I O N L
B V O S	d W I I	E N H E	Z C S I O H T I A J A X C E V W J
			H O E Z Z I B W E N T T T S
			I Z O O C A I N D J A J O B d S S
			A Y E S S I A I O O O J Z O W X A
A C E B W L S	C N V I d n		A S I T Y d H R A N N V J H H S
T E Z Z B A I	O N I E		O T A K S H A I V E S C W E G
A I V N S N W E d	I V I S		A B O I D I W H H H O I I A B A
d G H S N B V C	A I E W I I		X O H S I S O O T S I N S N N A I
I V E I L V I T N	B W V N W O S		H N N I S H C H A I V R A C O L H
L O H E	O N	H E C V	H O O S S V I A I I T I E I S I
S I S I N O C E H	O I N E		I Z A I E V J d J S H O O I O O O
S E W E B O	H S N E		S I S R O C B H A O I N I Z O S I I
			H N A A K O M d A B A Z d I I S
			I T H S N C I T I T T S H H N

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

SNOW

fishing derbies in swing, and many of us sledding, Nordic skiing and snowshoeing our beautiful woods. We hope readers are enjoying the beauty of our (finally) snowy winter season. We also hope you enjoy this month's Story Page submissions of essays, poetry and photography. We even have a lost piece from our FOOD month, a warm meal to balance our stories of winter's fun. As always, if YOU would like to be a contributor, please consider submitting a piece of artwork, photography or writing of 400 or so words or less to storypagenh@gmail.com by the 30th of month for the upcoming themes. Thank you for visiting the Story Page where we believe that in this brief, magical life...every story counts!

Our Mount Washington pride was high this past month as it broke the record for coldest wind-chill, and our winter finally came alive with snowmobile trails open, ski areas full, pond hockey and ice

Story Page Theme and How It Works

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

Theme: Due the 30th (or 28th :) of:
TRADITIONS Feb 2023
TIME..... March 2023
MOTHERSApril 2023



Dog sled races in Laconia – photo submitted by Gretchen Draper, New Hampton

Snowman

The monochrome gray of morning seeps in from an evening of snow. Now the white flakes form fast and deep as the Snowman readies his plow.

He sets to work, logs the date the inchfall of the snow~~ He'll plow out parking lots and liberate the anxious skiers so they may go.

He hauls his long-johned body up into the cab—with mittened hand he reaches for his coffee cup then checks to see if he has sand.

The black coffee steam rises and fogs the windshield of his truck. With practiced hand he plies the plow, and with some little luck

he'll be through his plowing time before the sun can reach its noon. Since 4 a.m. he's cleared the lines and watched the setting of the moon.

He plows to greet the sunrise now crossing on the snow. He wants to watch the slide of colors wash over ice and roads.

Somehow he'll find his plow-way there. She'll be awake to say, "Good day." Silence, and a cup of tea they'll share before he plows off on his way.

He turns down the road to pass the white, white fields of snow, and pauses by the fence as to watch the morning grow.

He clears one more road way; this is the last of his run. Then he logs his jobs, collects his pay until another storm may come.

Kate Donahue, Holderness, NH

January's Unfinished Symphony

January sweeps into our consciousness as a *sonata-allegro* of snowfall, in rapidly descending notes

Then larger flakes, *andante*, drifting, slowing, becoming a brief interlude

followed by a playful *scherzo* skimming the shining surface in light layers

At last, a vigorous, rousing *rondo* of swirling crystals like glistening question marks

Reminding us that January is always an unfinished symphony...

Susan B. Miller, Plymouth



Nuthatch – photo submitted by Gretchen Draper, New Hampton

KINDERGARTEN SNOW

There's nothing like a deep, fluffy winter snow to a Kindergartener. When the radio said a storm was coming, all senses went on high alert for those five year olds in the classroom. They took turns checking the skies for the first signs. The atmosphere was buzzing with excitement. When would the snow start?

At last someone sitting by the windows called out, "Snow!" And it was on with the snow pants, boots, coats, scarves, hats and mittens. Then there was the struggle with zippers and snaps. It took a small army to get everyone dressed, ready and out the door.

Early in my teaching life, I taught Preschool and Kindergarten in public and private schools in Vermont and New Hampshire. The early 1970's was a good time to be a teacher. We were bringing new ways of learning into classrooms. It was a time that celebrated children's play and curiosity as teaching tools. Our rooms were full of challenges, hands-on projects and stuff to make into new and interesting things.

Best of all, we could all head outside when snow came -- deep, fluffy, white snow.

These children knew about snow. What fun sliding, building, rolling and catching flakes on your tongue! For the winter season, we studied tracks in the snow and matched them to the animals we saw in our neighborhoods.

We measured snow falls and kept big charts in the math corner. We melted snow to see how the volume changed from snow to water. That took us into studying ice and icebergs and glaciers. We invited the local weatherman into class to hear how storms were forecast. The students had lots of questions for the "experts".

For art and languages we read about Snowflake(Wilson) Bentley, the Vermont man who taught us all that "no two snowflakes are alike." Bentley was the first known photographer of snowflakes and his work sent us out into the schoolyard with magnifying glasses and dark cloth to catch our own snow crystals.

Such was winter in New England elementary schools many years ago. This was a long time before COVID, before Sandy Hook and Uvalde, before 9/11 and before the regiment of testing took over teaching.

I miss those early days. I hope the preschoolers and Kindergarteners, now parents and grandparents themselves, remember the joy and freedom in learning. It's still possible. I think.

Gretchen Draper, New Hampton

THE POT ROAST

The newlyweds had rented their first home; grassy banks sloped toward the tiny cabin down in a Plymouth hollow. A musical brook divided them from all the rest of the world; only a footbridge allowed travel in or out. While settling into work routines they spent magical hours together in their romantic hideaway.

They carried cartons of belongings across the bridge that July- dishes and silver, books and food, his trucking clothes and her nurse's uniforms, and her favorite cook-pot. Her mother had used it as a pressure cooker till the day it exploded and blew the cover apart; but the good heavy bottom with its new handle taped on would serve her well for decades to come; she never imagined replacing her Sunday best cook-pot!

One fall morning a chilly rain dripped from the trees, drenching their quiet world. Delicious pot roast would transform it into a cozy day. She reached for that favorite pot, with the bottom stamped "Wear-ever, no. 360" and seared her meat. The camp filled with the promising aroma of beef, potatoes, carrots, and of course a few parsnips. Steamy windows melted cares away while the hidden brook roared ever faster. She checked, but her dinner was far from done.

The gray afternoon darkened yet more; water was lapping the bridge planks. They'd not be able

to stay in case the cottage was swept away. They'd spend the night at his family's farm, a mile up a country hill; water would be no problem way up there. She looked forward to seeing his lovely mother Marion who had won a special place in her heart. She poked her creation with a long fork- the vegetables felt stubbornly solid. By this time waves rippled onto the bridge but she couldn't leave a pot roast half done! Near dark the couple crept carefully across to their car holding hands and holding the rails and holding their heavy cook-pot.

Relief to be nearing the farm turned to shock halfway uphill when a deep chasm angling across the dirt road stopped them short. But through the pelting rain the flashlight's soft glow revealed both Mother and Father there to help them. For the rest of her life she would always remember how she felt that moment she clasped Mother in her red bandana kerchief, arms reaching out to catch her children as they leaped across the current, her face brimming over with rivers of love.

Everyone had all they needed that night, and yes, the pot roast got there too, but after that unforgettable embrace it somehow slipped to second place in the list of "Most Important Things to Survive a Flood".

Tip Top Tales, Hill



Snow – photo submitted by Gretchen Draper, New Hampton

THE REAL REPORT
RECENT REAL ESTATE TRANSACTIONS

Table with 6 columns: Town, Address, Type, Price, Seller, Buyer. Rows include transactions in Ashland, Campton, Holderness, New Hampton, Rumney, Thornton, and Wentworth.

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.

New Hampton Historical Society to host program on Mary Baker Eddy

NEW HAMPTON — The New Hampton Historical Society presents "Mary Baker Eddy: New Hampshire's Most Important Religious Thinker: Tuesday, March 7 at 7 p.m., Gordon-Nash Library, 69 Main St., New Hampton.

as public opinion of the role of women in society. This program discusses the ways in which Eddy's experience as a woman in Victorian-era America influenced her gendered understanding of God as well as the nature of humanity, the body, health, and the place of women in powerful organizations. In Eddy's theology, the divine was not punishing but welcoming and caring.

Classics, Humanities and Italian at the University of New Hampshire. Her research and teaching focus on religion, gender, sacred texts and religious violence. The Historical Society thanks New Hampshire Humanities for providing our 2023-2024 Presenters and Programs. Our programs are free and open to the public. Light refreshments will be served.



TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services: www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Camelot HomeCenter

ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14 WIDES

DOUBLE WIDES

MODULARS

BUY NOW WHILE PRICES ARE LOW!

Homes From COLONY, MARLETTE, NEW ERA, & TITAN

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?

Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall • WWW.CM-H.COM

Make the move! Find the homes of your neighborhood

Image of people sitting with cardboard boxes on their heads.

Equal Housing Opportunity

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))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777.

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

EQUAL HOUSING OPPORTUNITY



ROCHE REALTY GROUP

MEREDITH OFFICE 97 Daniel Webster Hwy (603) 279-7046

LACONIA OFFICE 1921 Parade Road (603) 528-0088

SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM

Laconia: 3BR/2.5BA, set in Long Bay. This 2013 cape style home is loaded with updates. 1st floor primary suite, open concept living w/ a beautiful 4 season sun room, 2 car garage & full unfinished basement. Enjoy the farmer's porch & all the amenities that the community has to offer. \$739,900 MLS# 4943161

Belmont: 2BR/2BA, open concept living w/ ensuite. This single family home is in a central location. It could double as a business location. There is also a newer metal roof and on demand water heater. It also has a large single car garage and workshop with plenty of storage space. \$289,000 MLS# 4943356

Moultonborough: 4BR/3BA, set on 1.3 acres. Magical setting on 172' of Lake Winnepesaukee shoreline, expansive ranch with O/S custom 2-bay boathouse w/ electronic lifts. Massive stone breakwater w/ dock, gorgeous lake views & sunsets from every room. \$3,950,000 MLS: 4943321

Center Harbor: 4BR/3BA, Colonial Williamsburg reproduction set on 7.93 acres of heaven. An amazing hilltop home situated in a neighborhood of fine homes, historic farms, and Squam Lake walking trails. Only 5 minutes from downtown Meredith \$1,199,000 MLS# 4933671

Voted #1 BEST Real Estate Company in NH's Lakes Region, 2019, 2020, 2021 & 2022! Voted #1 BEST Commercial Real Estate Broker, 2020, 2021 & 2022!

Since 1997 Roche Realty Group has sold more than \$2.63 billion of New Hampshire's properties involving 8,634 transaction sides and has ranked in the top 10 real estate firms in New Hampshire out of 2,400 firms statewide.

Best 2022 WINNER

WHOS WHO IN LUXURY REAL ESTATE

* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

Towns

FROM PAGE A8

district meeting on Thursday, March 9 at 6 p.m. at the Thornton Central School. Thornton will be voting on two major projects, a \$14 million school renovation and a one-million-dollar library renovation. More information and pictures of the proposed renovations are available on the school's Web site: <https://tcs.pembaker.org/>.

Spring Craft Fair & Bake Sale

Come join us on April 1 from 9 a.m. to p.m. at the Campton Baptist Church at 1345 Main St. in Campton. Enjoy your day with our crafters and their unique creations and products. Soup n Sandwiches are available for purchase; \$7 per serving which includes soup, sandwich and drink. There will be a door prize and a raffle. free admission and parking. All are welcome!

For more information or if you would like to be a vendor, please contact Bette Ann Coy at 603-346-0332

Ladies Fellowship

Campton Baptist Church invites all ladies of the community and other church ladies to join us at 10 a.m. on March 14 for a morning of crafting for Easter followed by a Corn Beef Dinner at noon. Please RSVP to Bette Ann Coy 603-346-0332 or Dottie Nazarian 603-498-5104 by March 10. This will ensure that we have enough craft materials as well as dinner for everyone. Anyone willing to help provide for the dinner, please call Dottie.

Holderness

Fran Taylor 968-3846

Winterfest last Saturday at Squam Lakes Association was a huge success, with more than 550 visitors participat-

ing in the chili contest, ice skating, sledding, an ice fishing exhibition, and visiting animals from the Science Center. Congratulations to Biederman's for their winning chili.

Sample ballots for Town and School meetings are now posted on the Town Web site. Do we have a person with financial experience willing to be a write-in for Trustee of the Trust funds? Expect Bonnie Hunt would be happy to explain what's involved. Trust funds and Capital Reserve funds are listed in the Annual Report.

A reminder that our Library offers Chair Yoga on Monday at 9 a.m., Stitch and Chat Tuesdays from 1-2 p.m., Storytime with Susan on Tuesdays and Wednesdays from 10-11 a.m. There's also bridge on Wednesday afternoons.

Next Friday Movie Night on March 3 at 5 p.m. will feature "Kiki's Delivery Service", plus games for older kids and adults upstairs. Free pizza and drinks provided.

Rockywold Deephaven Camps have completed taking in their blocks of ice off Squam Lake in preparation for the summer season. Conditions required that they go to Squaw Cove off Metcalf Road which made for many long trips back to camp. The two sheds are filled to the brim and as of Tuesday, the work of covering the top layer with an insulating layer sawdust was ongoing.

Congratulations to the Central School Nordic skiers who participated in the NH Middle School Championship on the Sandwich Fairgrounds on President's Day. Both boy's and girl's teams finished first and received the top trophies! Thanks to Molly Whitcomb who started the team several years ago and received permission for the use of the Holderness School Nordic trail system.

Winter break for our

students is the week of Feb. 27. With the weather as it is, the kids may be able to play baseball! Quite a bit of public skating is scheduled at the PSU Ice Arena. Check at plymouth.edu/arena for the schedule. There's a small charge for each skater and rentals are available.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you are all having a good week. After all the warm weather it was a shock to have it colder the other day. I'd like to think Spring is on the way soon...incidentally Daylight Savings Time is March 11 or 12, whichever you prefer... set your clock ahead one hour!

WARREN NEWS—

There will be a Penny Social on March 4 at the Warren Town Hall, benefitting the Pythian Sisters Building Fund. Doors open at 1 p.m., and drawings will be held at 2 p.m. Call 603-764-9469 for more information.

Mark the Date...Warren's Old Home Days will be July 14, 15, and 16. The theme this year is "Life On the Farm." More information as the date gets nearer.

WENTWORTH

NEWS—There will be a Red Cross Blood Drive at Wentworth Elementary School on March 1 from 1 to 5:30 p.m. It is sponsored by Pemi Baker Centennial Lions Club. The drive will be held in classrooms 1 and 2.

For more information and to register, call 1-800-733-2767.

The Book Group at Webster Memorial Library will meet on March 13 at 6 p.m. to discuss "The Miniaturist" by Jessie Burton. Books are available at the Library.

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

The basics of cardiac arrest

On a Monday night in early January 2023, the Buffalo Bills were in Cincinnati to take on the hometown Bengals. The game was a highly anticipated, primetime matchup between two of the best teams in the National Football League, but it would be interrupted and ultimately postponed after Bills safety Damar Hamlin suffered a frightening injury during the game. After tackling Bengals wide receiver Tee Higgins, Hamlin stood up, only to fall flat moments later. Medical personnel rushed to Hamlin's side, and it was later determined he went into cardiac arrest.

Days went by as football fans across the nation prayed for Hamlin's recovery. Good news arrived by the end of the week, as doctors treating Hamlin reported his condition showed marked improvement. Indeed, within days of that news, Hamlin was on his way back to Buffalo, much to the delight of millions of people across the country.

Hamlin's story made international headlines and left many people across the globe asking questions about cardiac arrest.

What is cardiac arrest?

The National Heart, Lung, and Blood Institute reports that cardiac arrest occurs when the heart suddenly and unexpectedly stops pumping. One of the dangers of cardiac arrest is that blood stops pumping to the brain and other vital organs. In the days after doctors first shared news regarding Hamlin's recovery, praise was heaped on the medical personnel, including Bills assistant athletic trainer Denny Kellington, for their rapid response, which saved Hamlin's life and helped preserve the 24-year-old safety's neurological function.

How dangerous is cardiac arrest?

The NHLBI notes that cardiac arrest is a medical emergency. In fact, the NHLBI indicates that nine out of 10 people who have cardiac arrest outside of a hospital die. That makes the recovery of Hamlin, who was administered CPR on the field for several minutes prior to being transported to the hospital, all the more incredible.

What are the symptoms of cardiac arrest?

Johns Hopkins Medicine notes that there are no symptoms in some cases of cardiac arrest. However, individuals may experience these symptoms prior to cardiac arrest:

- Fatigue

- Dizziness
- Shortness of breath
- Nausea
- Chest pain
- Heart palpitations
- Loss of consciousness

What causes cardiac arrest?

The suddenness of the injury to Hamlin undoubtedly left millions of people confused about how the condition could affect a young professional athlete seemingly in peak physical condition. Specifics about Hamlin's medical history are protected by privacy laws, so unless Hamlin chooses to share that information, the public will not learn about why he suffered from cardiac arrest. However, Johns Hopkins reports that there are three main causes of the condition.

- Arrhythmia and ventricular fibrillation: Arrhythmia is a condition marked by problematic electrical signals in the heart that lead to an abnormal heartbeat. Ventricular fibrillation is a type of arrhythmia that causes the heart to tremble rather than pump blood normally. It is the most common cause of cardiac arrest.

- Cardiomyopathy: Cardiomyopathy is a condition in which the heart is enlarged. Johns Hopkins notes that when a person has cardiomyopathy, the heart muscle thickens or dilates, which causes abnormal contractions of the heart.

- Coronary artery disease: The NHLBI indicates that most people who experience cardiac arrest have heart disease, even if they didn't know it beforehand. The most common type of heart disease is coronary artery disease, which is marked by the buildup of cholesterol inside the lining of the coronary arteries. That buildup leads to the formation of plaque which can partially or completely block blood flow in the arteries of the heart.

Certain behaviors or lifestyle choices also can trigger cardiac arrest. For example, the NHLBI reports that heavy alcohol consumption or recent use of cocaine, amphetamines or marijuana can cause cardiac arrest. Severe emotional stress and physical exertion, including that which is typically required of competitive athletes, also can trigger cardiac arrest.

The Damar Hamlin incident thankfully appears to have had a happy ending. But millions more people could be vulnerable to cardiac arrest. More information is available at nhlbi.nih.gov.

Heart-healthy foods to add to your diet

A healthy diet can help people lower their risk for various conditions, including heart disease. That's a significant benefit, as the World Health Organization estimates that 32 percent of deaths across the globe can be attributed to cardiovascular disease, which is an umbrella term used to refer to a group of disorders of the heart and blood vessels.

Individuals who want to change their diets are urged to speak with their physicians for insight regarding specific changes that can address any preexisting issues they may have. But it never hurts to consider heart-healthy foods, and the Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services recommends adding these heart-healthy foods to your shopping list.

Fruits and vegetables

Variety is the spice of life, and the good news is that an assortment of fruits and vegetables promote heart health. That means individuals can eat a heart-healthy diet without eating the same foods every day. The ODPHP notes that fresh, frozen, canned, or dried fruits and vegetables can all promote a healthy heart.

- Fresh vegetables: Tomatoes, cabbage and carrots
- Fresh fruits: Apples, oranges, bananas, pears, and peaches
- Leafy greens: Spinach, Romaine lettuce and kale
- Canned vegetables: Look for low-so-



dium canned veggies

- Frozen vegetables: Look for products without added butter or sauces
- Canned, frozen or dried fruit: Look for varieties with no added sugars

Dairy

The ODPHP recommends fat-free or low-fat dairy. Such products include:

- Fat-free or low-fat (1 percent) milk
- Fat-free or low-fat plain yogurt
- Fat-free or low-fat cheese or cottage cheese
- Soy milk with added calcium, vita-

min A and vitamin D

Whole grains

Various products may be promoted as "whole grain," but the ODPHP notes that whole wheat or another whole grain should be listed first in the ingredient list. Products that are "100 percent whole grain" also should be chosen over the alternatives.

- Whole-grain bread, bagels, English muffins, and tortillas
- Whole-grain hot or cold breakfast cereals with no added sugar, such as

oatmeal or shredded wheat

- Whole grains like brown or wild rice, quinoa, or oats
- Whole-wheat or whole-grain pasta and couscous

Proteins

Heart-healthy proteins can add variety to a diet, which can make it easier to enjoy different flavors and dishes.

- Seafood, such as fish and shellfish
- Poultry: Chicken or turkey breast without skin, or lean ground chicken or turkey (at least 93 percent lean)
- Lean meats: Pork shoulder, beef sirloin or lean ground beef (at least 93 percent lean)
- Beans, peas and lentils: Black beans and chickpeas (garbanzo beans)
- Eggs
- Unsalted nuts, seeds and nut butters, such as almond or peanut butter
- Tofu

Healthy fats and oils

When cooking with fat and oil, cooks are urged to replace saturated fat with healthier unsaturated fats.

- Avoid cooking with butter and instead cook with oil, including canola, corn, olive, peanut, safflower, soybean, or sunflower oils
 - Choose oil-based salad dressings, such as balsamic vinaigrette or Italian, instead of creamy dressings like ranch
- A heart-healthy diet is full of flavor and can help people reduce their risk for cardiovascular disease.

Ashland United Methodist Church

The Apostles Creed is a foundational statement of beliefs for most Christians.

During the Lenten Season, from Feb. 22 to the day before Easter Sunday, the Sunday morning sermons will be on the Apostles Creed.

Please join us at 9:30 a.m.

If you miss any Services, you can catch up with video recordings on our Web site, https://ashlandumc.faith-livesites.com/, which also provides directions to the church and a little about us.

Campton Congregational

Sunday, Feb. 26
9:30 a.m. Rev. Jeff Robie will lead us in Worship (Fellowship Hall).

10 a.m. Children’s Sermon/Sunday School. Following Worship we gather for coffee and fellowship.

Tuesday, Feb. 28
10:30 a.m. Bible Study
Noon BYO Lunch
1 p.m. Ladies Guild
6 p.m. Bible Study on Zoom

We welcome you to join us in worship and fellowship this Easter season, as we celebrate

the resurrection of Jesus Christ.

Ash Wednesday, Feb. 22, was the first day of the season of Lent in the Christian calendar. It is a day of fasting, repentance, and reflection. The ritual of anointing with ashes on this day is a symbolic reminder of human mortality. Campton Congregational Church did not have an Ash Wednesday service this year, but will include the anointing of ashes for those who wish to participate during Sunday’s worship service. Pastor Jeff will place ashes on the forehead of the person being anointed, while giving a blessing. The ashes used for this purpose are made by burning palm fronds from last year’s Palm Sunday, and are mixed with a small amount of oil.

The anointing of ashes is a powerful reminder of our humanity and our need for repentance and renewal. By participating in this ritual, Christians are reminded of the need to live each day with compassion, kindness, and humility.

All are welcome Sunday mornings, as we come together to Worship God and celebrate the Resurrection of Jesus Christ this Easter Season. Our Church is a member of the National Association of Congregational Christian

Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world.

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

Please direct any questions or needs to ourccc1774@gmail.com.

Christian Science Society, Plymouth

Refinishing of the sanctuary floor will be completed for next Sunday’s service. The Bible lesson sermon is “Christ Jesus” and begins with the word from Ephesians “Grace be to you, and peace, from God our father and from the Lord Jesus Christ.” This lesson, which can be studied during the week, will be read all around the world next Sunday in more than seventy countries.

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

Our Sunday school, which takes place during the church service welcomes children and young people. Here,

they learn Bible-based lessons which help them in all areas of their lives – at school, with friends, and at home and in community.

At our Wednesday meeting there are short readings from the 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. All this will happen on the two Zoom services!

At jsh-online.com you’ll find a wealth of articles and audio offerings which are new each week, including ones for children and teens. This week there is a podcast “I wanted to solve some of the problems I had” with practical spiritual ideas for all situations.

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

Starr King Unitarian Universalist Fellowship

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

Feb. 26
The Embodiment of Love
Reverend Linda Barnes

We move through our whole lives in a body. In them, we embody strength, weakness, beauty, and autonomy. With our bodies we make love and give love. On this Sunday we’ll explore the relationship between body, mind, and spirit as we acknowledge all the ways that our bodies really do embody love.

Please join us after the service at 11:00 am for our Gender Unicorn Workshop, presented by our DRE, Grace Kennedy, and Ministerial Intern Margaret Rieser.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Wel-

coming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

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

Wentworth Congregational

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

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

Feb. 26—Lynn Morrison
March 5—West Rumney Communion 9AM
March 12—Joy Moody
March 19--Cindy Petri
March 26—Lynn Morrison
April 2—Palm Sunday W. Rumney Communion 9AM
April 9—Easter Joy Moody
April 16—Cindy Petri
April 23—Lynn Morrison
April 30—Rebecca Larson

Blessings to all!



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

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

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

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

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

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

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

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

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

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

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

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

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

HEBRON
Union Congregational Church
16 Church Lane, Hebron • 744-5883
Recorded Services on webstife
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
A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Small groups throughout the week in area homes

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

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

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

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

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

Holy Trinity Parish (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Rd, Bristol
St. Matthew Church
11 School St in Plymouth NH.
Parish Office: 11 School St in Plymouth (603) 536-4700.
Office email: holytrinitynh@gmail.com
Communications coordinator: Christine Chiasson email: chrisciasson@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
Global and Local Missions. Fully Accessible
Pastor, Rev. Sara M. Holland
Ashley Paine, Organist/Accompanist
David Williams, Director of Music
536-2626 • www.uccplymouth.org

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

Restoration Church
319 Highland St., Plymouth
10:30 a.m. Morning Service
Helping Hands Food Pantry 1st & 3rd Monday of the month, noon-2 p.m.
Food, Fun, Fellowship, 2nd Friday of the month, 6 p.m.
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.starrkingfellowship.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
* Aftermorship Service 1:30 p.m.
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

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

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

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

Slow cooking creates free time

Who couldn't use a little more free time in his or her day? Slow cookers can create that by enabling home chefs to set their ingredients to simmer early in the day and then head to work, school, recreational activities — pretty much whatever they need to get done — as the food cooks. Not being beholden to the kitchen is a benefit slow cookers offer.

Since slow cookers cook foods slowly at low temperatures, they are quite handy and even can help people save money. Tougher cuts of meat or poultry tend to cost a little less, and they can be cooked to perfection in the slow cooker. The long, moist cooking environment tenderizes the ingredients during the cooking process.

Stews and slow cookers often go hand-in-hand. Enjoy this recipe for "Chicken Stew with Herb Dumplings" from "Crock*Pot® 365 Year-Round Recipes" (Publications International, Ltd.) by the Crock*Pot Test Kitchen.

Chicken Stew with Herb Dumplings
Makes 4 servings



- 2 cups sliced carrots

1 cup chopped onion

1 large green bell pepper, sliced

1/2 cup sliced celery

2 cans (about 14 ounces each) chicken broth, divided

2 3/4 cup all-purpose flour

1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 large red potato, unpeeled and cut into 1-inch pieces

6 ounces mushrooms, halved

3/4 cup frozen peas

1 1/4 teaspoons dried basil, divided

1 teaspoon dried rosemary

3/8 teaspoon dried tarragon, divided

1/4 cup heavy cream

3/4 to 1 teaspoon salt

- 1/4 teaspoon black pepper

1 cup biscuit baking mix

1 1/3 cup reduced-fat (2%) milk
1. Combine carrots, onion, bell pepper, celery and all but 1 cup chicken broth in the slow cooker. Cover; cook on low 2 hours.

2. Stir remaining 1 cup chicken broth into flour in small bowl until smooth. Stir into vegetable mixture. Add chicken, potato, mushrooms, peas, 1 teaspoon basil, 3/4 teaspoon rosemary and 1/4 teaspoon tarragon. Cover; cook on low 4 hours or until vegetables and chicken are tender. Stir in cream, salt and pepper.

3. Combine baking mix, remaining 1/4 teaspoon basil, 1/4 teaspoon rosemary and 1/8 teaspoon tarragon in small bowl. Stir in milk to form soft dough. Add dumpling mixture to top of stew in 4 large spoonfuls. Cook, uncovered, 30 minutes. Cover; cook 30 to 45 minutes or until dumplings are firm and toothpick inserted in center comes out clean. Serve in shallow bowls.

Create ravioli with ease

Ravioli can tempt the taste buds. Ravioli are perfect pillows of pasta filled with cheese or other ingredients. Ravioli can be dressed with many different sauces, or even be battered and fried for a savory appetizer.

This recipe for "Brown Butter-Balsamic Ravioli" from "Rachael Ray 50: Memories and Meals from a Sweet and Savory Life" (Ballantine Books) enables home cooks to be as invested in their ravioli meals as they care to be. The abbreviated version of this recipe below offers the Brown Butter-Balsamic Sauce, which can be served on top of store-bought ravioli. Otherwise, you can make ravioli from scratch. The ingredients for a Basic Egg Pasta follow.

Brown Butter-Balsamic Ravioli

Serves 4

- 6 tablespoons butter

Finely chopped fresh flat-leaf parsley or 16 sage leaves

2 tablespoons balsamic drizzle (or reduce 1/3 cup balsamic vinegar and 1 tablespoon [packed] light brown sugar down to 2 tablespoons thickened vinegar)
- 1 pound ravioli, homemade or store-bought

Toasted pine nuts, chopped hazelnuts, or walnuts (optional)

Grated Pecorino or Parmigiano-Reggiano

Bring a large pot of salted water to a boil. Cook ravioli until desired tenderness.

While ravioli are boiling, heat a large skillet over medium heat. Add the butter in 1-tablespoon tabs and melt. Add the sage, if using, and cook the butter for 2 to 3 minutes, until nutty and deeply golden. Remove the sage to a paper towel-lined plate. Remove the butter from the heat and add the balsamic drizzle or reduced balsamic. Add the sauce and about 1/2 cup salty cooking water from the pasta to the ravioli to coat evenly. Top with nuts, if using, sage or parsley, and pass more cheese.

Basic Egg Pasta
Makes 4 servings

- 4 cups super-fine Italian flour or 3 cups AP flour, plus more for rolling.

1 teaspoon kosher salt or fine sea salt

2 large eggs plus 3 large yolks, at room temperature

About 1 teaspoon extra-virgin olive oil



(EVOO)
1 to 3 tablespoons warm water

On a large work surface, mound the flour and season with salt, then use your hands to push the flour away from the center of the mound to form a well at the center. In a bowl, whip up the whole eggs, egg yolks, and EVOO and add to the well. Using a fork and working around the perimeter of the well, slowly combine the flour with the eggs and oil until they are incorporated and absorbed. Start to knead the shaggy dough once you get to the outside of the well. If the pasta dough will not come together, add 1 to 2 tablespoons of warm water. When the dough forms, place it in a bowl and then clean the work surface. Knead the dough on a lightly floured surface in one direction, away from your body, forming a wave or shell out of the dough. Ball it up, knuckle-knead firmly, then repeat, turning the dough at a 45-degree angle, then starting the knead all over again. Knead the dough for at least 15 minutes, until it is smooth and elastic. (It will look shaggy for a while; don't worry it will get smooth! Just keep at it!) Cover the dough with a kitchen towel and let stand an hour or so, or wrap and chill it overnight, bringing it back to room temperature to prepare. Use this dough to make your favorite pasta.

OBITUARIES

Nancy Robinson, 80



Rumney-Nancy Robinson passed away at Grafton County Nursing Home on Saturday, February 11, at the age of 80. The nurses who cared for Nancy observed her befriend those who needed companionship, was always there to listen and offer a smile, kind words, and a helpful hand. They said, "we all love Nancy."

Nancy was born on May 13, 1942, in Rumney, NH to Mildred (Camp) and Lester Coffin; Nancy's father fondly called her Fancy Nancy.

She met Allen Robinson who was from North Carolina mining and while Nancy was waitressing in Rumney; they married and had three sons, Allen Jr., Gary, and Donnie. They resided in North Carolina, and later returned to New Hampshire where she was busy working and raising three sons on her own.

She was strong, independent, and despite many challenges, she always had a sense of humor, was kind, and saw the good in people. Nancy captivated everyone around her with her positivity, compassion, and honesty. She was always willing to do whatever she could for those who were going through difficult times.

Nancy enjoyed fishing, gardening, cooking, puzzles, crafting, and attending car races. Family meant everything to Nancy, and she valued quality time with her children and grandchildren above all else. She spent hours cooking and baking delicious meals and pies at Thanksgiving, and at Christmas she spent the money she had saved all year and splurged on gifts so her family could have a Merry Christmas.

Nancy was predeceased by her son Donnie Robinson; sisters Jeanette Neil, Myrtle Benton, and Marie Merrill; and brother Robert Coffin.

She is survived by her son Allen Robinson and wife Rosemarie Robinson and Nancy's grand-daughter Bree Robinson of Plainfield, NH; son Gary Robinson and wife Sandee Robinson and Nancy's grand-daughter Shelby Robinson of Thetford, VT; grandchildren Todd, Kristie, Brody, Colby, Kendra, Audrey and their children; sister Mary Robertson; brothers Charlie Coffin, Dickie Coffin, and John Coffin; and many nieces and nephews.

Nancy always put others ahead of herself, and she touched many people's lives. We are heartbroken and miss her dearly.

There will be a graveside service on May 12, 2023, at 2 pm at Riverside Cemetery in Plymouth.

In lieu of flowers, donations can be made to the Alzheimer's Association in Nancy's name.

The Mayhew Funeral Homes and Crematorium in Meredith and Plymouth are honored to assist the Robinson family with their arrangements. To sign The Book of Memories, go to; www.mayhewfuneralhomes.com

Dupuis

Funeral Home

Service Since 1953

11 Hill Avenue

Ashland, NH 03217

www.dupuisfuneralhome.com

Tel: (603) 968-3372

Fax: (603) 968-9367

Elliott E. Dupuis, Director

NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS

Est. 1989

WWW.NCCNH.COM

TUES - FRI 10 • 5 • SAT 10 • 3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS.

Main St., Plymouth, NH 536-2625.



Not getting enough attention?
Call your Sales Representative Today
Tracy Lewis: 603.616.7103

PSU
FROM PAGE A1

The report, which can now be accessed online at the Plymouth State University website, details a consistent quality of investments in New Hampshire and its positive economic impacts despite ongoing uncertainty, inflation and risk of recession. The report's authors, PSU professors Roxana Wright, DBA, and Chen Wu, Ph.D., provide a clear picture of foreign business presence in the state and an analysis of its economic impacts and opportunities.

"By mapping the countries of origin for FDI across the counties and industries, our unique data hold important value for identifying the sources of FDI," Wu said. "Our report has valuable implications for both policy makers and researchers who are interested in boosting the regional economic development via FDI attraction and retention."

In 2022, nearly 180 foreign companies headquartered in 23 foreign countries had over 360 subsidiaries operating in each of the 10 counties in New Hampshire, across 50 industries. The plurality of foreign-owned subsidiaries (28 percent) is in the finance and insurance industry. While about 75 percent of these companies are operating in the state's most populous counties in the south, Hillsborough and Rockingham, Wright and Wu describe a potential for growth in foreign manufacturing investment in the North Country.

"While reliable national-level data is provided by prominent institutions, we bring something different – a localized analysis and a closer look at interna-

tional ties and value-creation in the state. What we found was reassuring," Wright said. "Foreign direct investment and international connections touch many of the industry segments and all key supply chain activities in New Hampshire. And international businesses contribute to financing availability for private and corporate residents, to the growth of local markets and industries, and to the resilience of production capacity."

According to the latest available data from the U.S. Bureau of Economic Analysis, the foreign subsidiaries employed 50,700 people in the state in 2020, which is 8 percent of the state's overall private-sector employment, higher than the national average of 6 percent. In their research, Wright and Wu find the majority (more than 60 percent) of the foreign subsidiaries are small businesses that have under 20 employees.

A panel consisting of Kirsten Chambers-Taylor of the United Kingdom Department for Business and Trade, Mark Laliberte, a business recruiter for BEA, Bryce W. Morrison, an attorney and shareholder at Bernstein Shur, and Ray Brousseau, Vice President and Deputy General Manager of BAE Systems, discussed the business climate in New Hampshire and why companies invest in the Granite State.

To learn more about Plymouth State University, visit www.plymouth.edu.

To access the 2021-2022 NH Foreign Direct Investment Report or to watch a recording of the event, visit <https://www.plymouth.edu/fifth-annual-forum-on-new-hampshire-foreign-direct-investment/>.

Concert
FROM PAGE A1

bringing vocal delight (and some dancing) from the enthusiastic crowd. There was plenty of room in the resort's timber framed lodge, the LakeHouse, normally bustling with wedding and other group activity, but staged exclusively for live music this February evening. The acoustics were perfect by all accounts, with theater-style seating in the front half of the building for serious fans and lots of room in the

back for standing and socializing. The crowd took advantage of the full bar in back, serving draft beers and other adult and non-alcoholic beverages, with an adjacent food station offering hot appetizers such as Chili, Popcorn Shrimp and Personal Pizzas. The concert ended shortly before 11 p.m., after the band obliged the audience with an encore of two songs. There were warming torches blazing in the parking lot to assist guests in getting to their vehicles. A fitting end to an unforgettable

TTCC
FROM PAGE A1

included Bristol Rotary Club representatives; Bob Broadhurst, Bill Karkheck, and Barbara Rosendahl.

"The Bristol Rotary Club (BRC) was inspired by all the other donations that have come in to support the TTCC's improvements. The BRC met with the architect to review all the much need improvements and after careful consideration decided to donate \$15,000 to benefit our wonderful Community Center. Les and Dan are the heart and soul of our community and it's thanks to their hard work and all of their programming that we have such a strong

community," said Barbara Rosendahl, Secretary of the Bristol Rotary Club.

Dion has been with the TTCC for over 25 years, as Assistant Director, Dan Maclean, has been with the Center for 20 years. Their combined efforts have brought forth a very robust programming schedule that includes everything from Pickle-ball to an annual Westward Bound Expedition Trip, where participants fly-out to visit various National Parks in the Western United States. To learn more about the TTCC or to donate to our ongoing projects please visit our Website at www.ttccrec.org or call us directly at (603) 744-2713.

evening.

"This was just the first of many events we have planned for the resort. Our goal is to make Owl's Nest more than just a premier wedding destination. We are actively working to incorporate more in-house and community-oriented events to showcase everything we offer here. With our lake now swimmable, BoatHouse and Slice Pizzeria likely coming online this summer, we invite everyone to be a part of this exciting new addition to the area."

Owl's Nest Resort is open to the public and is currently booking groups, from weddings, corporate groups and anniversary parties to golf and racquet sports

tournaments and other special events. Located in Thornton, New Hampshire, under two hours from Boston, with spectacular views of the White Mountains, Owl's Nest offers modern rental homes, an award-winning restaurant, a 9.9-acre lake, an 18-hole golf course, tennis courts, pickleball courts, platform tennis, and numerous activities on-site or nearby. New amenities coming to the resort in the near future include new rental homes and hotels, additional event space, new restaurants, a new nine-hole par 3 golf course, pool & gym complex, and new homes for sale. Learn more by visiting www.owl-snestresort.com.

Green Berets
FROM PAGE A1

level, some paratroopers, one upon the snow, had to have help drawing in their puffy chutes dragging them along, some with help by bystanders only too willing to assist.

Green Beret Lt. Thomas Swann, in charge of the detail over Ashland and before, at Russell Pond further north in the White Mountains, was satisfied with the experience his men had received that day, and with the degree of public support. Unfortunately, not that much later, he was killed in Vietnam with his name inscribed upon the Vietnam Memorial Wall in Washington, D.C.

Was this midwinter exercise preparatory to combat in the jungles of Vietnam? Not really. But as later described by a higher-up general, you never know when we will be called to fight where it is much more like it is here.

One Too Many,
once again?



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

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

Warning Signs of Alcohol Abuse

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

If you or someone you know needs professional help for alcohol abuse or addiction, **please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.**

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG
chat at www.thehotline.org
call 1.800.799.SAFE (7233)
TTY 1.800.787.3224

Local Food Drive
Initiative Continues



Warm Someone's
Heart in these
challenging
times




FOOD PANTRY DONATIONS *Still* **NEEDED**

Please check with your local food pantry for a list of ways you can donate and to help a family in need.



Your Fight is Our Fight



FRIEDMAN & BRESAW, PLLC
ATTORNEYS AT LAW

**Criminal Defense • DUI/Motor Vehicle
Family Law • Personal Injury**

We Offer Free Consultations for All Legal Matters
Experience Handling High-Profile, Serious and Complex Cases

Representing clients throughout the
Lakes Region and the State of NH.

Over 50 Years of Combined Trial Experience

44 Main Street, Meredith, NH 03253
603-707-4800 | www.FBLawNH.com



**ADVERTISING
WORKS.**

Call
1-877-766-6891

salmonpress.com

Best value in the three-rivers region

Caregiver/LNA opportunities available

Assisted Living Expansion Now Open!

"Peabody Place has set the standard of future senior care..."
- Jo Brown, Mayor, City of Franklin

- Brand new private, well-appointed apartments
- No entrance fees
- More affordable than nursing homes
- Pet welcoming



Peabody Place
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

"A place for all seniors, we welcome diversity."

Contact us to learn more or schedule a visit:
603.934.3718 24 Peabody Place, Franklin, NH Peabody.Place



URGENT + CARE
LITTLETON REGIONAL HEALTHCARE
CLEARCHOICEMD

Great adventures are out there!

We'll be there through every bump, cough, and scrape along the way.



33 Railroad Street, Lincoln, NH

Love is in the hair



Miami HAIR SALON

603-253-6550

78 Whittier Highway • Moultonboro, NH 03254



NH's Premiere Senior Living Community is now accepting applications!

Call for details (603) 837-3500

Summit by Morrison

Independent Living
Assisted Living
Memory Care • Respite Care
Memory Care Day Program

Located in Whitefield, NH • themorrisoncommunities.org

Cottages and Apartments Available



BRAKE FOR MOOSE
IT COULD SAVE YOUR LIFE!
HUNDREDS OF COLLISIONS

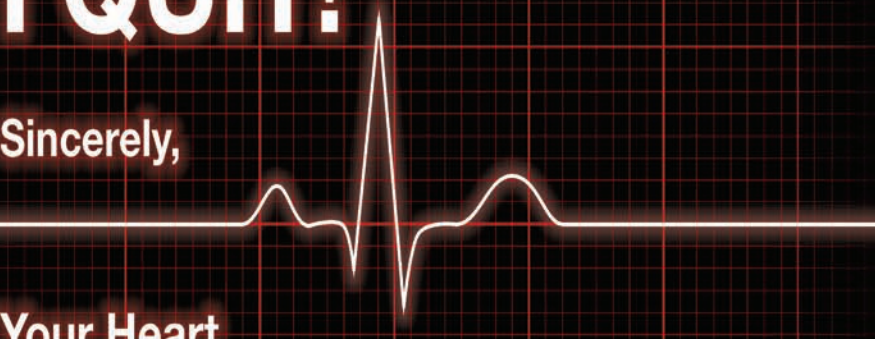
Dear Sam,

I thought we were in this together, but apparently I was wrong.

You've been ignoring me for a while. We don't go for walks as often as we used to. You barely eat anything green anymore. And you don't realize the daily pressure you put me under. It's just too much.

I QUIT!

Sincerely,




Your Heart


Don't let your heart quit on you. If you are living with high blood pressure, just knowing and doing the minimum isn't enough.

Uncontrolled high blood pressure could lead to stroke, heart attack or death. Get yours to a healthy range before it's too late.

Find out how at heart.org/BloodPressure



Check. Change. Control.™





FREE
HEARING SCREENING
& CONSULTATION
INCLUDED IN YOUR FIRST VISIT!

1Hearing loss must qualify for same day fitting as some hearing losses may call for custom fittings which are ordered per the patient. 2Same day fittings are available for in-stock hearing aids and are only available while supplies last. 330 day trial period begins from the day the patient is fitted.
**Specials good through 6/15/23.

Hearing aids in an **HOUR**¹

SAME DAY FITTING!²

30-day TRIAL included with Same Day Service!³



NOW OPEN!

☒ Rechargeable

☒ Bluetooth

☒ BrainHearing Technology




Specials!

UP TO 60% OFF
ON SELECT HEARING AID MODELS

*Not all hearing losses will qualify. Available while supplies last, see store for details.

LACONIA
67 Water St #203

PLYMOUTH
12 Yeaton Rd, Unit C4

LITTLETON
150 Old County Rd



Family Hearing Center
HearNH.com

Serving New Hampshire



Accepting New Patients!

(603) 259-1977






Beth Veasey,
BC-HIS



Jason Vanier,
BC-HIS

We Service and Maintain ALL hearing aid brands!








2296-080422

Bobcats claim fourth-straight Division III wrestling title

BY JOSHUA SPAULDING
Sports Editor

BOW — Plymouth wrestling coach Randy Cleary knew that his team's depth was going to be a determining factor in Saturday's Division III State Meet.

"Going into the consolation semifinals, where winners become place winners and get bonus points, we were in second place," Cleary said. "The difference was going to be the kids who lost and could come back and place in the top four."

The Bobcats got three championships and two runner-up performances, but also got three third-place finishes and a fourth place finish to clinch their fourth-consecutive Division III championship.

The first championship of the day for the Bobcats came at 126 pounds, where Luke Diamond started with a pin of a John Stark athlete and then got a 5-4 win over the top-seeded athlete from Newport to advance to the finals, where he got a 7-5 win over a Souhegan opponent to clinch the championship.

At 170 pounds, Matt Cleary pinned his way through his first two matches, beating opponents from Merrimack Valley and Monadnock before coming up with a 20-11 win over his Bow counterpart in the finals to bring home the championship.

Caden Sanborn got off to a 4-3 win over Bow in his first match at 182 pounds and then got a pin of a John Stark wrestler to advance to the finals, where he got an 8-4 win over Lebanon to claim his championship.

At 195 pounds, Emmitt Nossaman started with pins over Lebanon and Kearsarge to advance to the finals, where he was pinned by the top-seeded Con-Val opponent to finish in second place overall.

The other runner-up for Plymouth was Robert Phipps at 113 pounds. He started with pins over John Stark and Souhegan to advance to the finals, where he was pinned by his opponent from Pelham to place second overall.

At 120 pounds, Anthony Torres started with pins over opponents

from Con-Val and Souhegan before being pinned by a Lebanon wrestler to move to the consolation bracket. There, he got a 7-4 win over Raymond and a 10-6 win over John Stark to finish in third place.

Jacob Heath started with a pin at 138 pounds over his opponent from Merrimack Valley before falling 4-2 to a Winisquam opponent. He then pinned wrestlers from John Stark and Campbell to clinch third place overall.

Andrew Comeau also earned a third place finish at 145 pounds. He got a pin over a Kingswood opponent to start and then after being pinned by a Bow opponent, pinned a Raymond wrestler and got a 12-3 win over John Stark to finish in third.

The fourth place finish for Plymouth was Theron Depuy at 106 pounds. He got pins over Pelham and Raymond to advance to the finals, where he was pinned by the wrestler from Lebanon to finish in fourth place.

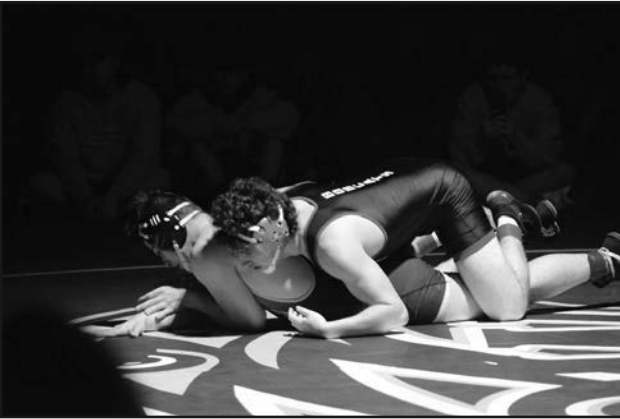
At 132 pounds, Sebastian Sargent dropped a 14-7 decision to Campbell and was pinned by Kingswood in his matches. Grant Wenhart was pinned by a White Mountains opponent in his first match and came back to get a 15-5 win over Winnisquam and a pin of St. Thomas before being pinned by a Souhegan opponent at 152 pounds. Ben Valenti pinned his first opponent from Lebanon at 160 pounds before falling 8-3 to a Stevens wrestler and being pinned by a wrestler from Bow. Alex Luehrs was pinned by a Pelham opponent in his first match at 220 pounds. He came back to pin a wrestler from Lebanon, but lost 4-1 to a John Stark opponent to close his day. Brad Reedy was pinned by wrestlers from Kingswood and Lebanon in his two matches at heavyweight.

Cleary was quick to praise Gianni Ciotti, the team captain who was injured a few weeks ago and unable to wrestle, but still came to Bow and spent the entire day



The Plymouth wrestling team celebrates its fourth-consecutive Division III championship.

JOSHUA SPAULDING



Matt Cleary works his way to the win at 170 pounds at the Division III State Meet, cheering on his team.



Caden Sanborn won the championship at 182 pounds on Saturday in Bow.



Luke Diamond takes down the top-seeded Newport wrestler during Saturday's championships.



Theron Depuy grimaces as he works for a pin in action in Bow on Saturday.

mates.

"We did miss his points, but it was good to have him here with us," Cleary said.

The Meet of Champions is scheduled for Saturday, Feb. 25, at Bedford High School.

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

BUSINESS DIRECTORY

AFFORDABLE ROOFING

"THE ROOFING SPECIALIST"

10% OFF ALL LABOR

SHINGLE, METAL & ASPHALT
Torch down and rubber Roofing.
Pressure Washing – bring your
vinyl siding back to life!
WILL BEAT ALL COMPETITION

FREE ESTIMATES ♦ OVER 45 YEARS OF EXPERIENCE ♦ 603-991-7476

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

GENERAL SERVICES

LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available.
Military discounts.

Sign up on line
www.rozziemay.org
or call 603-447-1373



RC GREENWOOD

Shooting for the win
Kayley Merrifield fires off a shot during Plymouth's 45-42 win over Lebanon last week. The Bobcats were scheduled to finish the regular season after deadline on Tuesday. The Division II tournament starts on Wednesday, March 1.

Bobcat girls take runner-up plaque for Division III alpine

Plymouth's Wieser, Ricotta, Newfound's MacDonald earn Meet of Champions bids



The Plymouth alpine girls finished as the Division III runners-up last week at Gunstock.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Skiers from Plymouth and Newfound had solid performances at the Division III State Meet last Monday, with the Bobcats finishing as the runners-up and Newfound skiing to sixth place overall. Hopkinton claimed the Division III title.

In the morning giant slalom at Gunstock, Ella Wieser led the way for the Bobcat girls with a

time of 1:16.38 for 10th place.

Kerry Tole skied to 15th place in a time of 1:19.57 and Maddy Levin was 17th overall with a time of 1:20.38.

Mackenzie Welch was the final scorer for the Bobcats with an 18th place finish in a time of 1:20.74. Vivian McGarr was 24th overall in 1:22.61 and Kate Ricotta was 25th overall in 1:22.62.

Wieser again led the way for Plymouth in the

afternoon slalom, finishing in a time of 1:16.56 for seventh place.

Ricotta skied to ninth place with a time of 1:17.81 and Welch was 17th overall with a time of 1:26.28.

Levin finished out the scoring with a time of 1:27.34 for 21st place, while Tole was 35th in 1:37.7 and McGarr was 58th in 4:02.54.

For Newfound, Elle MacDonald led the way in the morning giant slalom, skiing to sev-

enth overall in a time of 1:14.55.

Ceili Irving was 22nd in 1:22 and Addie Alpers finished in 32nd place overall in a time of 1:25.3. Lily Karkheck rounded out the scoring with a time of 1:36.35 for 51st place.

MacDonald again paced the Bears in the afternoon slalom, finishing in fourth place overall with a time of 1:11.9.

Alpers was 28th with a time of 1:35.38 and Irving finished in 30th place in



Ella Wieser led the way for the Plymouth girls in the slalom and giant slalom.



Elle MacDonald had a pair of top-10 finishes in the Division III State Meet last week.



Mackenzie Welch skis in the slalom during the Division III State Meet at Gunstock.



Lily Karkheck races in the slalom during last week's Division III State Meet.

takes place today, Feb. 23, at Cannon.

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

HELP WANTED

Moultonborough Academy

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

Fall:

- Head Boys Middle School Soccer Coach
- Assistant Boys Middle School Soccer Coach
- Assistant Girls Middle School Soccer Coach
- Assistant Girls Varsity Volleyball Coach

Winter:

No Positions Available at this time.

Spring:

- Assistant Varsity Baseball Coach
- Assistant Middle School Baseball Coach
- Assistant Middle School Softball Coach
- Assistant Varsity Softball Coach
- Middle School Track and Field Coach

Year Round:

- Full Time Athletic Trainer
- Volunteer Coaches – all seasons

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

HELP WANTED HEAVY EQUIPMENT OPERATOR

Summary of Position

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

Key Accountabilities

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

Education, Experience & Qualifications:

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

Attributes:

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

Please apply online at [Casella.com/careers](https://casella.com/careers) or send your resume to kevin.roy@casella.com:
NCES
Attn: Kevin Roy
PO Box 9, Bethlehem, NH 03574



ESTABLISHED 1975

RECYCLING • SOLUTIONS • ORGANICS • COLLECTION • ENERGY • LANDFILLS

NCH | Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

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

APPLY ONLINE
[WWW.UCVH.ORG](https://www.ucvh.org)

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE



What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



THIS DAY IN...



HISTORY

- **1956:** PAKISTAN BECOMES THE FIRST ISLAMIC REPUBLIC IN THE WORLD.
- **1983:** PRESIDENT RONALD REAGAN MAKES HIS INITIAL PROPOSAL TO DEVELOP TECHNOLOGY TO INTERCEPT ENEMY MISSILES.
- **2021:** A CONTAINER SHIP RUNS AGROUND AND BLOCKS THE SUEZ CANAL FOR SIX DAYS.



PROTECT

to keep safe from harm or injury

How they SAY that in...

ENGLISH: Rain

SPANISH: Lluvia

ITALIAN: Pioggia

FRENCH: Pluie

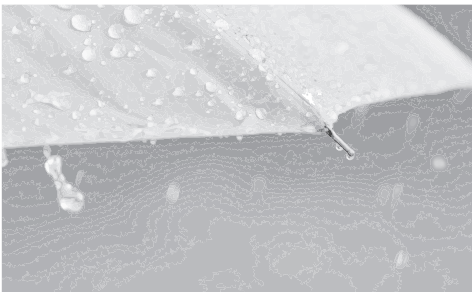
GERMAN: Regen

Did You Know?

UMBRELLA COMES FROM THE LATIN WORD “UMBROS,” WHICH MEANS SHADE OR SHADOW.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: UMBRELLA

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to umbrellas. Each number corresponds to a letter. (Hint: 16 = I)

A. 25 15 3 12 18 8 12

Clue: Keep from being damaged

B. 15 6 16 23 13

Clue: Falling water

C. 16 23 19 18 23 12 16 3 23

Clue: Newly introduced product

D. 17 7 16 18 9 4

Clue: Protective structure

Answers: A. protect B. rainy C. invention D. shield

SUDOKU

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

Level: Intermediate

Here’s How It Works:

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

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

ANSWER:

Oldernberg wins state Elks Hoop Shoot championship

CLAREMONT — The New Hampshire State Elks Hoop Shoot Championships were recently held in Claremont. Libby Oldenberg, Acelyn Lamos, Luca Reed and Cavan Sanborn represented the Plymouth Lodge of Elks #2312. Oldenberg won the state championship for 10-11-year -old girls and will represent New Hampshire at the New England Elks Hoop Shoot Championships to be held in Portland, Maine, in March.

LEGAL

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

TOWN OF CAMPTON

The Supervisors of the Checklist for the Town of Campton, NH will be in session on Saturday, March 4, 2023 between 11:00 am and 12:00 noon in the community room of the Campton Town Office at 12 Gearty Way, Campton, NH 03223 to accept voter registrations, correction to the checklist, and to conduct business as required.

Supervisors of the Checklist
Nancy Donahue
Ron Goggans
Mary O'Brien

TOWN OF THORNTON

SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist for the Town of Thornton, NH, will be in session on **Saturday March 4, 2023 between 11 and 11:30 am** at the Thornton Town Office located at 16 Merrill Access Road, to accept voter registrations, corrections to the checklist, and to conduct business as required.

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

No additions or corrections shall be made to the checklist after this session, until Election Day, except as provided in RSA 659:12. RSA 654:8, II

Supervisors of the Checklist
Cynthia McAuley
Mary Pelchat
Clarissa Palmer

NOTICE OF SCHOOL DISTRICT MEETING

HOLDERNESS SCHOOL DISTRICT

The Holderness School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget on Wednesday, March 15, 2023 at 6:30 p.m. at the Holderness Central School 19 School Road Holderness, NH 03245

Step Up Your Advertising Game



Talk our experienced ad consultants today about advertising in one of our papers.

Advertising Works

Contact Tracy

(603) 616-7103 • tracy@salmonpress.news

or Lori

(603) 444-3927 • lori@salmonpress.news

Town of Plymouth

The supervisors of the checklist for the Town of Plymouth, NH will meet on Saturday, March 4, 2023, from 10:30am -11am for the purpose of making corrections and additions to the checklist. This will be the last day to register until Town Election Day on March 14, 2023.

Supervisors of the Checklist
Jane Clay
Mary Halloran
Mary Nelson

LEGAL PROBATE NOTICE
THE STATE OF NEW HAMPSHIRE
2nd Circuit - Probate
Division - Haverhill
1/20/2023 thru 2/2/2023

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.

Gunter, Fred L., late of Thornton, NH. Susan J. McCarthy, PO Box 193, Newry, ME 04261. John Joseph McCormack, Jr., ESQ, Resident Agent, McCormack Law Office, 62 Main Street, PO Box 720, Ashland, NH 03217. #315-2023-ET-00004
Dated: 2/17/2023

HEBRON PLANNING BOARD Notice of Hearing

CONTINUATION OF APPLICATION FOR SUBDIVISION APPROVAL & MINOR SITE PLAN REVIEW

You are hereby notified that the following Continuation of Application for Subdivision Approval & Minor Site Plan Review will be heard at a Public Hearing to be held Wednesday March 1, 2023 at 7:00 PM at the Town Offices, 7 School Street, Hebron NH the second-floor conference room.

Continuation of 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)

Minor Site Plan Review: Holt-Elwell Memorial Foundation Route 3A (Map#7 Lot#29) would like to construct a small 16'x20' cottage to be used as living quarters for the counselors. The cabin would have electricity but no plumbing to the building.

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

NOTICE OF SCHOOL DISTRICT MEETING THORNTON SCHOOL DISTRICT

The Thornton School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget on Thursday, March 9, 2023 at 6:00 p.m. at the Thornton Central School 1886 NH Rte. 175 Thornton, NH 03285

NOTICE OF SCHOOL DISTRICT MEETING PLYMOUTH SCHOOL DISTRICT

The Plymouth School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget on Monday, March 6, 2023 at 7:00 p.m. at the Plymouth Elementary School 43 Old Ward Bridge Road Plymouth, NH 03264

NOTICE OF SCHOOL DISTRICT MEETING CAMPTON SCHOOL DISTRICT

The Campton School District will be holding its annual school district meeting on the proposed 2023-2024 school district budget on Monday, March 6, 2023 at 6:30 p.m. at the Campton Elementary School 1110 NH Route 175 Campton, NH 03223



JOSHUA SPAULDING
Elli Englund skied to the win in a race in Jackson last week.



Leo Ebner paced the Plymouth boys with a third place finish in Jackson.



Ella Ronci finished in third place in last week's classical race in Jackson.



Nicholas Ring charges toward the finish line in action last week.

Bobcat Nordic girls ski to win in Jackson

BY JOSHUA SPAULDING
Sports Editor

JACKSON — The Plymouth Nordic girls skied to the win and the boys finished in second during a classical race held at the Jackson XC Ski Touring Center at the Eagle Mountain House last week.

Elli Englund skied to the overall win with a time of 15:55 to lead the way for the Bobcat girls.

Ella Ronci finished in third place overall in a time of 16:35 and Leah Ines finished in sixth place with a time of 18:06.

Reagan Sutherland rounded out the scoring for the Bobcats with a seventh place finish in a time of 18:40.

Kelsey Maine was ninth in 19:16, Anna Boyer was 14th in 21:09, Johanna Wakefield placed 15th in 21:18 and Erica Currier was 22nd overall in 25:39.

For the Plymouth boys, Leo Ebner finished in third place in a time of 14:07 to lead the way.

Nicholas Ring finished in sixth place in 15:22 and Tate Hayman finished in a time of 17:01 for eighth place.

Gordon Love finished out the scoring for the Bobcats with a time of 18:51 for 15th place.

Declan Ulricson was 17th in 19:30 and Xander Tirrell was 23rd overall in a time of 25:35.

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

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

HELP WANTED



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Sanders –2nd shift – Starting Pay \$19.00, plus shift differential

Painters – 3rd Shift – Starting Pay \$21.00, plus shift differential

Mold Setter/Mechanic – 1st, 2nd and 3rd – Starting Pay \$21.00, plus shift differential

Process Tech – 2nd and 3rd Shifts– Starting Pay \$23.00

\$1.00 per hour shift differential on 2nd shift.

\$2.00 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS**

****SUBJECT TO TERMS AND CONDITIONS****

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.



Not getting enough attention?

Call your Sales Representative Today
Tracy Lewis: 603.616.7103

VARNEY-SMITH Lumber Company, Inc.

IS HIRING FOR MULTIPLE POSITIONS

INSIDE SALES PERSON

Duties to include:

- Retail sales of lumber and building materials, windows, doors, cabinets as well as customer service.

CLASS B CDL TRUCK DRIVER/YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- 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, a team player

Able to lift a variety of building materials

Preferably long-term employee

Benefit to include:

- Competitive Wages
- Paid Health Insurance
- Paid Vacations
- Paid Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
or send resume to varneysmithlumber@gmail.com

Five Panthers earn Scholars of Distinction honor

PLYMOUTH — Five members of the Plymouth State University field hockey team have been honored by the National Field Hockey Coaches Association (NFHCA) after being named NFHCA Division III Scholars of Distinction.

The NFHCA Scholars of Distinction program recognizes student-athletes who have achieved a cumulative grade point average of 3.90 or

higher through the first semester of the 2022-23 academic year.

Representing the Panthers were juniors Kayla Antonucci (Windham), Athena Comeau (Rutland, Mass.), Jenna Freni (Lynnfield, Mass.) and Taylor Healey (Campton) and sophomore Amy Cohen (Concord). Antonucci is a two-time recipient, while the others are first-time honorees.

The NFHCA has two

Division III academic awards yet to be announced. The NFHCA National Academic Team awards are set to be released on Feb. 21, and the National Scholar-Athlete on Feb. 22.

Plymouth State finished the year with an 11-6 mark, including a 9-3 record in Little East Conference (LEC) play. The Panthers ended the season in a three-way tie for third in the conference but were awarded

the fifth seed for the LEC Tournament after applying the league's tie-break procedure. Plymouth State fell in the opening round of the tournament to fourth-seeded Keene State, ending head coach Bonnie Lord's 23-year run atop the program. Molly Saunders, who played for the Panthers from 2009 to 2010 before injuries cut her career short, was announced as Lord's successor last week.

HIGH SCHOOL SLATE

Saturday, Feb. 25

PLYMOUTH
Hockey vs. Berlin (Proctor); 7

All schedules are subject to change.



Do we have your attention?

Print Advertising is a very powerful medium and can deliver strongly for your business.

Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%). www.SalmonPress.com

HELP WANTED

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

Shaker Regional School District Employment Opportunities

CURRENT:
Belmont High School
1-1 Special Education Assistant
1-1 Behavioral Assistant
Transition Aide/Job Coach

Belmont Elementary School
General Special Education Assistant
1-1 Behavioral Assistant
1-1 LNA
Part-Time General Special Education Assistant
Title I Tutor

Belmont Middle School
General Special Education Assistant
1-1 Special Education Assistant

District Wide
Speech and Language Assistant – Certified
School Psychologist
Custodians
Substitute Teacher

2023-2024 School Year:
Belmont High School
Math Teacher

Belmont & Canterbury Elementary Schools
Computer Integration Teacher

Belmont Middle School
STEM/Technology Education Teacher

Please visit <https://www.schoolspring.com/jobs/?iframe=1&employer=12749%22> to apply online for teaching and assistant positions. Please contact 603-267-9223 to apply for Custodian or Substitute Teaching positions. Satisfactory results of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

Shaker Regional School District is an equal opportunity employer.

www.SalmonPress.com

COME JOIN THE TEAM. A FUN PLACE TO WORK!

PART-TIME HOME DELIVERED MEAL COORDINATOR

Coordinate the home delivered meal program. Experience working with older adult population helpful. Computer literate. Training provided. Earned time, holiday pay, life insurance, 403 (b) retirement plan and lunch benefit.

EMAIL:
maria.mcintyre@gcsc.org
www.gcsc.org
An Equal Opportunity Employer

IMMEDIATE OPENINGS

SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application

576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

R.M. **PIPER INC.**
GENERAL CONTRACTORS

Scan with your smartphone camera to learn more!

NOW HIRING!

SUPERINTENDENT
HEAVY EQUIPMENT OPERATORS
DUMP TRUCK DRIVERS
LABORERS
BRIDGE CARPENTERS

Top wages, great benefits, great people!

Apply online! www.rmpiper.com/employment
Text: (603) 481-1057 Email: jobs@rmpiper.com

ROAD • BRIDGE • SITE • CONCRETE • UTILITY CONSTRUCTION
(603) 536-4154 PLYMOUTH, NH
Equal Opportunity Employer * On-the-Job Training Opportunity

Construction Help

2023 Immediate Openings
Sitework and Concrete Divisions

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

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

Pre-employment physical, Drug Screen Required

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

JOIN THE TEAM!

Cook

Part-Time 10 hours per week

Newfound Area Senior Center, Bristol

Grafton County Senior Citizens Council
Training provided

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

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE

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

Aspiring Construction Professional?

Carpenter or Laborer Seeking Steady Indoor Work?

Looking for a job with a future?

We are a leading provider of engineered wood framing components. Our customers include New England's most forward-thinking commercial & residential builders.

You will be a member of a team that fabricates wood wall frame panels and trusses in our Danbury NH and Pembroke NH locations. Experience or will train.

Day or evening shifts, good pay, overtime, paid time off, bonuses and good fringe benefits.

Tuition assistance program for those interested in learning construction trade skills, construction design skills & construction project management skills.

Email us at smahoney@wallacebp.com or call (603) 768-5900 and ask for Gayle.

ASHLAND ELEMENTARY SCHOOL

NOW HIRING!

SPECIAL EDUCATION PARAEDUCATOR
Through end of 2022-23 school year, 7 hours per day

For more information please visit:
<https://sau2.k12.nh.us/ashland-employment>

EOE

Bobcat jumpers third in state championship

Nathan Lorrey wins Gene Ross Cup as top rookie



Nathan Lorrey soars off the jump at Nansen during last week's state championship.

BY JOSHUA SPAULDING
Sports Editor

MILAN — The Plymouth ski jumping team made its second foray to the northern New Hampshire town of Milan for the state championship meet on Thursday, Feb. 16, at the Nansen Ski Jump.

The Bobcats jumped to third place overall, with Hanover taking the state championship and Kennett finishing in second place.

Leading the way for the Bobcats was Nathan Lorrey, who finished in ninth place overall with

a total of 184.8 points on best jumps of 91.9 and 92.9 points. Lorrey also earned the Gene Ross Cup, which is presented to the top rookie jumper in the state and is named after the former Plymouth coach, just like the team's ski jump.

Leo Ebner was next for Plymouth, finishing with 160.93 points for 12th place on best jumps of 79.85 and 81.08 points and Kerry Tole finished with a score of 144.38 for 16th place on best jumps of 71.69 and 72.69 points. Tole also finished as the runner-up for the girls'

competition, with Hanover's Jhala Gregory taking the girls' championship.

The final scorer for Plymouth was Hailey Garnsey, who garnered 124.06 points on best jumps of 58.22 and 65.84 points to take 23rd place. Vivian McGarr finished in with 102.2 points for 25th place on best jumps of 48.29 and 53.91 points.

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



Leo Ebner jumps for Plymouth during the state championships last week in Milan.



Kerry Tole was second among girls in the state ski jumping competition last week.

BadgerPeabodySmith.com

The housing market needs navigating, you'll need an expert.

JOURNEY HOME

WHAT'S MY HOME WORTH?

Scan code with cell camera to find out your home's worth, TODAY!

Mountainside Retreat

29 Nicholson Drive, Woodstock NH
Luxury living w/7 Bedrooms, 4 baths
Interior design is vast and open
\$1,299,900 • MLS# 4942612
Call (603) 823-5700

New Listing

Lot 3 Meyer Drive, Campton NH
New Construction in Waterville Estates!
\$450,000 • MLS# 4943523
Call (603) 238-6990

New Listing

9 Blueberry Hill, Plymouth NH
2 Bed/2 Bath Condo with 1 Car Garage
\$239,900 • MLS# 4943565
Call (603) 238-6990

New Listing

17 Village Road, Campton NH
2 bedroom/2 bath + loft is awaiting you
\$289,000 • MLS# 4943572
Call (603) 238-6990

MEET OUR AGENTS

Aaron Woods

Deb Engelhardt

Eric Turchon

Jackie Elliott

Jerrod Mitchell

Karen Walsh

Missy Sullivan

Paty Ciotto

Ray Newton

Sue Sampson

Leading REAL ESTATE COMPANIES OF THE WORLD

Plymouth • Holderness

Berlin • Bretton Woods • Franconia • Jackson • Littleton • North Conway

We're Local, We're Global®