



THURSDAY, FEBRUARY 1, 2018

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COMPLIMENTARY

# Middle school students display talents during Allied Arts Night

BY DONNA RHODES  
drhodes@salmonpress.news

BRISTOL — Allied Arts Night at Newfound Memorial Middle School was a time for students in grades six through eight to show off all the skills they have learned and the talents they have discovered in a variety of areas, including language arts, computer technology, Family Consumer Sciences, art, music and now even woodworking.

Faculty member Scott Maxner came on board the staff this year and opted to introduce the students to both the creative and practical sides of Construction Technology,



Several of the students in Newfound Memorial Middle School's chorus gathered for a photo before heading on stage for their annual Winter 'Pops' Concert, which capped off the school's Allied Arts Night.

DONNA RHODES

to use basic computer sites, such as Google Mail, then move on to more challenging areas such as image manipulation and drawing, then end with video and web site creation. Once they have completed the program, students can take those computer skills and plug them into other academic areas.

On display that night were numerous videos and drawings they have done on the computer.

"I love this class," said seventh grade student Tyler from Hill. "I remember doing slide shows in the past but with this class you can mess around with it a bit and learn how to do even more. It really helps to know I can use this (knowledge) in other classes now."

Art students displayed a gallery of their talents, too, ranging everywhere from Paper Mache creations to watercolor paintings and even some 3-D art.

Language arts students

## Choate pleads not guilty to animal cruelty charges

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — Court proceedings in an animal cruelty case involving a Bristol woman who lost 36 dogs in building fires on Chestnut Street last fall are scheduled to continue with a trial management conference on Feb. 15.

Jennifer "Bobbi" Choate waived arraignment on five counts of animal cruelty prior to her Jan. 22 court date, entering not guilty pleas in Second Circuit Court, District Division Plymouth.

The charges followed the second of the two fires, on Dec. 13, when police found seven German shepherds in the unheated basement of the house where the first fire had occurred on Nov. 22, killing nine dogs at that time. The second fire occurred in a nearby cottage on the 90 Chestnut Street property, killing 29 dogs.

Bristol police initially charged Choate with one

count of animal cruelty, but brought additional charges after the SPCA had a chance to examine the surviving dogs.

The five counts cite the unheated conditions on a day when the temperature was down to 12 degrees; seven of the dogs were in metal cages that were not dry or able to maintain the dogs' body heat; Choate's failure to provide the necessary care to a

SEE CHOATE, PAGE A13

Agricultural and Forest Products and the Engineering Processes involved.

"I'm bringing students in grades 6-8 all on board to learn new skill sets," Maxner said.

This year, besides learning the safe and proper operation of tools involved, sixth grade students worked

on making boxes, while older students learned how to build benches. Some other creative wood skills were included along the way.

"We're having some fun with it all," said Maxner as he looked over the completed projects from his classes.

Erin Edwards leads students in the devel-

opment of computer skills at NMMS and this year she brought in new curriculum that is pertinent to not only their daily lives but their academic lives as well.

Edwards has introduced a Virtual Google Classroom through a program known as Google Suite. Students begin by learning how

## Hebron FD ups prize money, expands eligibility for Poker Run

HEBRON — Want to make some extra cash? Save Saturday, Feb. 17. Hebron Fire Depart-

ment is hosting their Second Annual Poker Run to raise funds to purchase new Water



COURTESY

Deputy Chief, Tony Albert and Lt. Roger Comeau pictured standing in front of Hebron's Engine #2 to announce the increased prize monies and the addition of an automotive caravan to the upcoming Second Annual Poker Run.



DONNA RHODES

Last Friday evening, 2017 Jack Frost and Miss Snowflake winners Cassandra Zick and Conner Downes presented the 2018 winners, Hayse Broome and Ryder Downes, with their plaques during the traditional Jack Frost and Miss Snowflake Dance for students in Newfound Memorial Middle School's seventh and eighth grades.

## New Jack Frost and Miss Snowflake crowned

BY DONNA RHODES  
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BRISTOL — Seventh and eighth grade students from Newfound Memorial Middle School had the chance to dress up and enjoy a great night out during the annual Jack Frost and

Miss Snowflake Dance at Tapply-Thompson Community Center last Friday evening, where the announcement of this year's Miss Snowflake and Jack Frost winners also took place.

This year, it was eighth graders Hayse

Broome and Ryder Downes who took home the traditional honor as several former titleholders from over the years looked on and applauded their win.

The announcement came as a wonderful

SEE SNOWFLAKE, PAGE A13

Rescue Gear. This year they have substantially increased the prize monies to: 1st-\$250, 2nd-\$125, and 3rd \$65. You must be 18 to play the hand but the whole family is welcome. Entry to play costs \$20.00 per person. There will also be a 50/50 raffle, plus some donated prizes.

Snowmobile registration is at 10 a.m. at the Hebron Fire Station. Automobile registration is at 11 a.m. at the Hebron Fire Sta-

tion. Fire Chief, John Fischer will be leading the Caravan around the course with the new bright red with lights and sirens - Hebron Fire Department Utility Truck.

There are several stops along the way to pick up the cards for your poker hand including Hebron Store who will also be offering a breakfast special that morning from 6 until 10 a.m., the Baker Valley Snowmobile

SEE POKER RUN, PAGE A13

### INDEX

Volume 5 • Number 5

- Opinion.....A4
- Obituaries.....A5
- Towns.....A5,A6
- Churches.....A6
- Arts & Ent. ....A7,A9
- Health.....A10
- Business.....A11
- Sports .....B1-B3 & B6
- Classifieds.....B4-B5

20 pages in 2 sections

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# Hebron man indicted on sexual, bodily assault

BY THOMAS P. CALDWELL  
Contributing Writer

**HAVERTHILL** — A Grafton County Superior Court Grand Jury handed up several indictments during its January session, including several involving

Central New Hampshire residents.

Among them was Roger A. Champagne, 54, of 97 Cooper Road, Hebron, who is facing a special felony charge of aggravated felonious sexual assault and a Class B fel-

ony charge of second-degree assault for allegedly strangling his victim on Dec. 5, 2017.

Champagne also faces Class A misdemeanor charges of criminal threatening for allegedly drawing back his fist and

bringing it toward the victim's face, and saying, "I could bash your head into the chimney," as well as simple assault charges for pulling her hair and throwing her to the floor during the encounter.

An indictment is not a finding of guilt, but an independent jury's decision, after hearing from police, that sufficient evidence exists to warrant a court trial.

Also indicted during the January session was John Nesteruk, 48, of 115 Currier Rd., Hill, on Class B felony charges of second-degree assault and three counts of reckless conduct.

Police allege that, on Aug. 22, 2015, as Nesteruk entered Dartmouth College Highway from Horse Meadow Road in Haverhill, he was reckless, causing his vehicle to cross into the opposite lane and collide with another vehicle. Both cars went off the road and a female passenger in the other vehicle sustained fractures to the left foot and the T3 vertebrae.

William Burke, 28,

of 423 Madison Avenue, Berlin, is facing a Class B felony charge of theft by unauthorized taking in connection with merchandise valued between \$1,000 and \$1,500 that he allegedly removed from the Rite Aid Pharmacy in Bristol on Oct. 16, 2016.

Among the items Burke is alleged to have taken were two 19-inch televisions, portable speakers, headsets, a camcorder, and other electronics and accessories, as well as deodorant.

Rueben James Bushnell, aka Rueben Ruitter, 31, of 6 Pine St., Woodsville, is charged with the Class B felony of being a felon in possession of metallic knuckles in Plymouth. He had previously been convicted of burglary on Nov. 1, 2006.

Stephen W. Marando, 57, of 72 Chestnut St., Franklin, was indicted on a Class B felony charge of possessing fentanyl and buprenorphine in Lebanon on Oct. 10, 2017.

Aimee Parent, 26, of 104 Red Oak Hill Road, Wentworth, was indicted

on a Class B felony charge of possessing fentanyl in Plymouth on July 25, 2017.

Nancy Reed, 50, of 58 High Ridge Road, Hill, was indicted on a Class B felony charge of falsifying physical evidence. Police allege that she flushed a small bag containing a white, sugar-like substance down the toilet to prevent authorities from identifying it between March 24 and 30, 2017.

Anthony Troila, 25, of 51 Tobey Road, Campton, is facing a Class A felony charge of possessing heroin on Sept. 4, 2015, after having been previously convicted of drug possession on Feb. 17, 2015.

Joseph H. Wilcott, 40, of 10 Arch St., Laconia, was indicted on a Class B felony charge of operating a motor vehicle in Bristol on July 9, 2017, after having been declared a habitual offender, and a Class A misdemeanor charge of disobeying an officer by allegedly providing a false name and/or date of birth.



COURTESY

## Newfound junior headed for oratorical competition

Newfound Regional High School junior Mason Martin took part in the American Legion Oratorical Competition, and will now be advancing to a district wide competition. Should he come out on top in that challenge, he will then move on to the state competition, which will take place at St. Anselm College. Joining him in the quest for a win in the event were freshmen Autumn Braley and Jakob Richards. The oratorical contest, first developed in 1938, helps develop deeper appreciation of the U.S. Constitution among high school students and presents them with speaking challenges that teach "important leadership qualities," the Legion states. Among the many prominent contestants and politicians who have taken part in the contest over the year are former presidential candidate Alan Keyes and CNN Anchorman Lou Dobbs.

## Discover the stories New England quilts tell with Hill Historical Society

**HILL** — The Hill Historical Society will host a program on Monday, Feb. 26 at 7 p.m. at the Amsden Auditorium in the Hill

### Alexandria resident named to Dean's List at Pensacola College

**PENSACOLA, Fla.** — Nathan Richard Skiffington, son of Mr. and Mrs. Robert Skiffington of Alexandria, was named to the Dean's List at Pensacola Christian College for academic achievement during the 2017 fall semester. This was a result of his earning a B average or higher.

Pensacola Christian

College is a liberal arts college enrolling students from every state in the U.S. and from around the world. Pensacola Christian College has an enrollment of approximately 4,800 students (undergraduate, graduate, and Seminary) and offers a variety of programs of study.

School / Town Hall. Pamela Weeks from the New Hampshire Humanities Council will present a program called "New England Quilts and the Stories They Tell."

The "Bicentennial Quilt" will be on display depicting the History of Hill. The quilt was made in 1976 by Hill residents as a fundraiser for the Hill kindergarten.

HHS members and community friends who wish to participate are invited to bring a special family quilt to "Show and Tell."

If you have any questions, please call 934-2531 or email hillhistoricalsociety@gmail.com. We hope to see you there.



DONNA RHODES

Artistic Roots Co-op member Wendy Ambruson and her "grand-dog" Bambi showed off some of the many beautiful pottery soup bowls and mugs that ticket buyers can select from for this year's Souper Bowl.

## Artistic Roots gearing up for 14th annual Souper Bowl

BY DONNA RHODES  
dhrhodes@salmonpress.news

**PLYMOUTH** — No matter what the outcome of the NFL's Super Bowl this weekend, people who love a good meal and a fun time with friends and neighbors are looking forward to another special day — Artistic Roots Co-op's 14th annual Souper Bowl, which will take place on Saturday, Feb. 10, in downtown Plymouth.

In preparation for the big day, local potters have created a variety of unique soup bowls and mugs for ticket buyers to select from. Among the artisans who took part in the project were Joan Glidden, Sue Tucker, Brian O'Hare, Ripple Pottery, Cinthia R. Love, Tamara Mann and Susan Hencke.

Tickets for the big day are \$25 each, and include the purchase of the mug or bowl of your choice. For those who prefer a dinner-only option, they can bring along their

own soup bowl and purchase a ticket for only \$15.

"Personally, I like getting a new bowl every year because they're so different and it's a lot of fun to collect them all," said Wendy Ambruson of Artistic Roots.

Money raised from the event helps the coop provide a sales outlet for local artists as well as numerous creative workshops for the public to enjoy.

On the menu this year will be 20 different SEE **SOUPER BOWL**, PAGE A13

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**MAZE RUNNER: THE DEATH CURSE** PG-13  
Fri-Sat: 12:45, 3:45, 6:45, 9:45 PM  
Sun. & Mon.: 12:45, 3:45, 6:45 PM  
Tues.-Thurs.: 3:45, 6:45 PM

Join us for an advance screening of:  
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The members of the Artistic Roots Co-op invite you to their

# 14th Annual Souper Bowl

Soup competition and fundraiser  
Featuring delicious soup from local restaurants!

**Saturday, February 10th**  
2:00 - 5:00 p.m.  
Plymouth Senior Center  
Railroad Square, Plymouth, NH

**Tickets \$25** per person for a handcrafted bowl or mug & "eat all you can" soup, bread, beverage & dessert.

Dinner-only option \$15/person (bring your own bowl or mug). Children under 6 eat free!

Buy tickets and pick out your bowl at Artistic Roots Gallery  
73 Main St., On the Common, Plymouth, NH

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# Addressing Chamber, Forrester predicts that tax reform will spur business growth

BY DONNA RHODES

dhrhodes@salmonpress.news

PLYMOUTH — The Central New Hampshire Chamber of Commerce was pleased to welcome Republican State Party Chair Jeanie Forrester to their breakfast meeting last Thursday where she spoke on a few topics that she considered important in changing people's lives in New Hampshire.

Forrester said that through her many roles in public service she has always enjoyed being involved in the community, whether it was locally as a Main Street Program Director for Plymouth and Meredith, a town administrator or as a State Senator.

The topics she chose to address that day were tax reform, Medicaid, and veterans issues, all having the commonality of being a means to change lives.

Speaking to business owners in the room she said she felt President Donald Trump's tax reform bill was simple, fair and easy.

"It will keep more money in people's wallets and level the playing field for businesses," she said.

Some statistics she shared were that it's been 30 years since the country saw any tax reform and it is predicted that 64-percent of small businesses will see the affects of the new bill and 90-per-



DONNA RHODES

The board of directors for the Central New Hampshire Chamber of Commerce welcomed Republican State Party Chair Jeanie Forrester (center) as a guest speaker for their meeting last week.

cent of taxpayers should see an increase in their paychecks.

"This will be a real economy boost," she said.

While visiting logging operations in the northern part of the state recently, she was told by one logger that he had just received his first bonus in many years.

"It's working. People are going to see that soon, I think, if they haven't seen it already," Forrester said.

The State of New Hampshire, Forrester continued, is also working toward greater support for small businesses by reducing state regulations that prohibit it growth. The state is also seeking to promote the economy and return money to the state for improvements in the infrastructure.

Moving on to Medic-

aid she explained that money for Medicaid health costs are kept separate from the operating budget and any federal health cost monies that come in are placed in that account, too. As a result, 52,000 people in New Hampshire, Forrester said, have access to health care. The quality and effectiveness of that care though, may be another matter.

Forrester said her concern is that much of the state's health aid is directed at preventive care while many of those utilizing Medicaid need more.

"Now they're in crisis because they didn't have that preventive care in the past," she said. "I think it's kind of working, but we're not there yet."

Forrester said she sees able-bodied people

receiving free care while others struggle to make their own ends meet. In her opinion, she feels Medicaid Expansion will move forward in New Hampshire, but expects there will be some type of work requirement for those who are able.

"There's got to be a balance in there somehow, but it's going to be a

challenge," she said.

The final topic she touched on that day was that of veterans. The daughter of a Korean War veteran she said she grew up with the subject of veteran issues instilled in her and it is something meaningful she has decided to work on while chairing the New Hamp-

SEE FORRESTER, PAGE A13

## PSU names Christopher Kilmer Assistant Director of Communications for Athletics

*PSU alum and former head women's volleyball coach has served the University in various roles since 2011*

PLYMOUTH — Plymouth State University (PSU) has named Christopher Kilmer as Assistant Director of Communications for Athletics. In his new role, Kilmer will be responsible for all aspects of communications related to Plymouth State Athletics. He is a member of the University's Title IX team and an adjunct professor in the Department of Health and Human Services. Kilmer is a 1999 graduate of Plymouth State.

Kilmer began his coaching career at PSU in 1996 as an under-



graduate student assistant when women's volleyball premiered as a varsity sport. While a

student at PSU, Kilmer was a four-year member of the men's club

SEE KILMER, PAGE A13

## Conservation District announces plant sale and great workshops

N. HAVERHILL — Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop Everything You Need to Know About Growing Blueberries. The workshop will be held on Wednesday, March 7 at 1 p.m. at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Whether you are thinking about buying blueberries, or are an experienced grower, Heather Bryant, UNH CE Field Specialist, will provide the information you need to grow great blueberries.

What does it take to grow blueberries? Blueberries like a soil pH of 4.5-4.8, but what does that mean for you? Heather Bryant will discuss soil testing and amendments, ideal sites, recommended varieties for our area, planting, spacing, pruning, mulching, pest management and other techniques to get the most from your blueberry plants.

NRCS offers the Environmental Quality Incentive Program (EQIP) to assist eligible landowners with technical and financial assistance on approved conservation practices. NRCS will discuss the program and answer questions. Irrigation, soil health,

integrated pest management, pollinator plantings, and high tunnels are all possible areas that NRCS could assist growers with. Finally, GCCD is offering two types of blueberries in the 2018 Conservation Plant Sale: Patriot and Northland. In addition to blueberries, the Plant Sale offers a variety of shrubs great for wildlife food and cover, pollinators and buffers. We have balsam and Fraser fir; apples, strawberries and raspberries. Plant Sale information will be available at the workshop, or can be requested by calling Pam at 353-4652.

Please join us Friday, April 27 from 5:30-7 p.m. for our Planting and Pruning Workshop at Windy Ridge Orchard for our Planting and Pruning Workshop.

Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Jim Frohn, UNH Cooperative Extension Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Jim are ready to answer your questions. Feel free to join us at this informal, but informational workshop.

The workshops are free and open to all. Please join us for these informative workshops. Call Pam at: 353-4652, or email: pamela.gilbert@nh.nacdnet.net. if you plan to attend the Growing Blueberries and/or Planting and Pruning workshop so that we have handouts for everyone.



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## Effects of Meth on the brain and body

BY DEB NARO  
Contributor

Methamphetamine—meth for short—is a white, bitter powder. Sometimes it's made into a white pill or a clear or white shiny rock (called a crystal). Meth powder can be eaten or snorted up the nose. It can also be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe. Some slang names for meth are: Crank, Ice, Crystal, Glass, and Chalk.

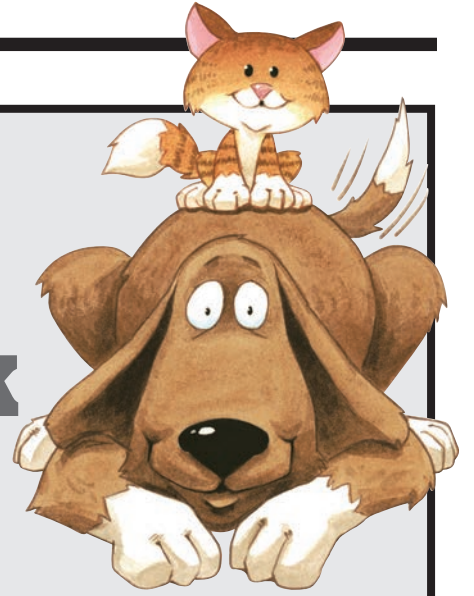
Meth is a highly addictive and very dangerous stimulant drug. At first, meth might cause a rush of good feelings, but then those who use it feel edgy, overly excited, angry, or afraid. Their thoughts and actions move fast. They might feel too hot, as meth can make body temperature so hot that the user will pass out. Meth speeds up breathing and raises blood pressure. It can make people hyperactive (full of too much energy), and they might talk and move around a lot. They might not stop to eat or sleep. People who use meth often scratch their skin, causing sores. They might have burns on their lips or fingers from holding a hot meth pipe. Meth can make a person's mood change quickly. For example, they might feel excited, and then become angry and violent. They might experience paranoia—feeling afraid that someone's out to get them. Suicidal thoughts may occur, and they might want to end their own life. Some get a condition called Meth Mouth,

as people who use meth can break, stain, or rot their teeth. Drinking sweet beverages, grinding their teeth, and dry mouth is common with meth use. People who use meth experience premature aging. They burn a lot of energy and don't eat well, which can make them lose weight and look sickly. Shaking of the hands or body can occur. Skin looks dull and has sores and pimples that don't heal. People who inject meth can get HIV/AIDS or hepatitis (a liver disease) if they share used needles or engage in unsafe sex.

Meth use can quickly lead to addiction and hurt different parts of the brain. It can cause cognitive and emotional problems that can reoccur even after discontinuance of the drug. For instance, a user might feel, hear, or see things that aren't there.

Meth is dangerous, and it is never too late to get help and turn your life around. There are many options for recovery, and a support system is key. Stress and attempting to cope with recovery alone are serious threats to sobriety. To be successful in long-term recovery, it is important to establish a strong social support system, remain diligent about your aftercare, and ask for help when you need it. To find more information about the dangers of drugs and alcohol, visit the CADY Web site at [www.cady-inc.org](http://www.cady-inc.org). If you or someone you know struggles with substance use or addiction, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357.

## PET of the Week Serenity



Sweet Hound/Lab mix aged just about three years young seeks constant, loving home.

We say 'constant' because lovely Serenity has endured a bit of a whirlwind before finally finding a set routine at New Hampshire Humane Society. She, like many dogs we have helped, represents the collateral damage of human lives gone awry and as is oft the case, family pets get caught up in the negative drama of our lives.

Serenity has travelled to the shelter under police escort more than once, more than twice, and finally for good when the humans



in her world simply could not provide the basics all dogs need. We want to see her

in a home where folks will allow her to unpack that overstuffed suitcase she's been lugging around, one full of rejections, despondency, worry and fear. Preferably a home where she is the one and only would be ideal for this lovely black and white dog to truly flourish and blossom.

If you have the time to help her bond, the gentle, thoughtful patience to teach her what it really could be like to live up to her name: SERENITY, enjoying life in a loving home; then please come and visit her as soon as you can.

Call 524-3252 – check [www.nhhumane.org](http://www.nhhumane.org)

## With skin in the game, you've just gotta go

### NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



It was above freezing on Saturday, and all around, things were melting. Parts of the road above the frost line turned slick. I had the usual three layers on but needed only two.

This was a January thaw, all right, but far beyond what many people wanted in a region where snowmobiling is so crucial to the winter economy.

Downtown for errands, I came home via Route 26 and Fish Hatchery Road just to vary the trip. A snowmobiler in black, hunched over his machine, was coming up the trail alongside the

SEE NOTEBOOK, PAGE A14



JOHN HARRIGAN

Snow blanketed the North Country landscape before the January Thaw, and plenty remained after, especially in the woods and in the high country of Clarksville, Stewartstown and Pittsburg. This view from Titus Hill in Colebrook, at mid-thaw, looks straight up the Connecticut River valley into Lower Quebec.

## Newfound Landing

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## Letters to the Editor

### It is not a board chair's place to censor discussion

To the Editor:

It was with disbelief that, when viewing part 2 of the video recording created of the Bristol Budget Committee meeting on Jan. 22, I heard the Chairman, Mr. Glassett, tell the elected members of that committee that he would be assigning their seats. He stated that a "few members of the public" had come to him with concerns that certain members were "influencing" the votes of the other board members.

When members expressed surprise and confusion with the Chair's statement, asking to vote on the matter, Mr. Glassett stated that this was his decision to make. He then said that he was going to assign seats to "eliminate an accusation" from becoming more of a problem.

To my understanding, this was the first time Mr. Glassett made such a statement, though he so helpfully did so as part of the official record. Further, he also did so without presenting any corroborating evidence, (nothing about when these unnamed citizens identified a concern to him nor the subject upon which the vote in question was cast), to suggest that this was anything other than a self-serving excuse in an attempt to micromanage a committee into limiting the healthy and necessary discourse that should occur when it deals with how the taxpayers' money should be spent.

Mr. Glassett, our elected officials of the Bristol Budget Committee meet to present the views of all their constituents, all the citizens of Bristol. If votes are being "influenced" based on new information being presented and discussed, or of members ably arguing their points on behalf of their constituents, swaying their listeners, I would strongly suggest that this is, in fact, the purpose of the Budget Committee. If Mr. Glassett would like to make the decisions for the taxpayers of the Town of Bristol based upon only his own views, and perhaps the views of particular individuals he prefers to work with, taxpayers should take note, as a self-serving steward of our money is no steward at all.

It is not the role of the chairperson to chill the necessary discourse that must occur in a committee session. It is also not the role of the chairperson to treat duly elected officials performing their duties as if they are unruly children. Such treatment suggests that the chairperson lacks the basic leadership and professional skills to move the Budget Committee forward and, most importantly, lacks an understanding that the citizens of Bristol deserve a fully informed debate as to the use of their tax dollars.

With grave concern,

Mary E. Simard  
Bristol

## Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

Glad to be seeing the end of January here. Spent the whole week at home due to the thick coat of ice Mother Nature made for us. I finally got my driveway sanded on Friday and ventured out to pick up my side kick from school. We did a little shopping and had dinner at our favorite restaurant. Fun, memory making times.

### Town

Last chance to sign up for elected Town Positions is Friday, Feb. 2 from 3-5 p.m. at the Town Clerk's Office.

Supervisors of the Checklist will be in session at the Alexandria Town Hall on Saturday, Feb. 3 from 2 until 2:30 p.m. to make any additions and corrections to the checklist, in preparation for the First Deliberative Session on Feb. 10 at 10 a.m.

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

### Alexandria UMC

Community Dinner, Saturday, Feb. 3 at 5 p.m. in the Vestry. On the menu is spaghetti with sauce, salad, dessert, coffee and cold drinks. Join us for good food, cheerful companionship and much laughter. Thank you Mike and Debi Provost for hosting dinner!

Sunday, Feb. 4, services begin at 9 a.m., with Sunday School at 10:15 a.m.

Wednesday, Feb. 7 at 9 a.m., NAC (Newfound Area Churches) Meeting at the Bristol UCC.

Was glad to have a couple almost balmy days, and now back to the chill of Winter. Wonder what Mr. Groundhog will have to say how much longer we have to enjoy this roller coaster ride of winter! Have a great week everyone!

## Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

### South Danbury Church

Sunday worship at the South Danbury Christian Church will be at 11 a.m. on Sunday, Feb. 4. Everyone is welcome for worship, and for conversation and refreshments afterward.

It is almost time for the Valentine's Day Happy Hour to be held at the South Danbury Church on Friday, Feb. 9, from 3:30 to 6:30 p.m. Snow date-Saturday, Feb.

10. Grab a snack and mulled cider or cocoa to share with a neighbor. Grab something for you and your Valentine. Browse the handmade crafts and buy a raffle ticket for a gorgeous quilt. Check out the progress on the historic preservation project and then grab a ready-to-eat-or-freeze meals to go. All proceeds benefit the Church Preservation Fund. Donations of baked goods and crafts will be gratefully accepted!

For more information, follow "Friends of the South Danbury Christian Church" on Facebook, email southdanburychurch@gmail.com, or call 491-3196.

### Danbury Winter Farmers' Market

Saturday, Feb. 3 from 9 a.m.-1 p.m. is the next farmers market at the grange hall. It is also National Eat Ice Cream for Breakfast Day so yes... there will be ice cream available for breakfast. There will also be breakfast sandwiches and the regular breakfast menu, but this is a great excuse to eat ice cream! At the market, you can find honey, syrup, bakery products, meats, jams, jellies, mustards, root crops and fresh greens, dairy, soap, art, cards, teas, eggs, prepared foods, beeswax products, woolen socks, knits crochets and sewn products.

Vendor Changes: Marie, canolli maker extraordinaire had to cancel for the market so her space is being filled by last market's newcomers, Sandy Griffin and Janet St Laurent from Grafton. They will be back in April and Marie returns in March. The market also gives a hearty welcome to Kim and Tony from Good Earth Farm & Tea Company and Eggrock Studio from Canterbury. Nannies Canning Pantry and Deanna Pellegrino return after their short market vacation.

The next pickup market will be on Feb. 17 and will feature an open house called a thrifty yankee ragbag which will be a collection of demonstrations, samples and ideas of all things do it yourself. The online market for that will begin on Monday, Feb. 5 at noon and close Feb. 15 at noon.

### Danbury Business Meet and Greet

The grange is still looking for Danbury Businesses to sign up to come to our meet and greet to be held on Saturday, March 17 from 10 a.m.-noon at the grange hall. It's free and will give businesses the opportunity to promote themselves in their home

town. There is no charge to participate. Return the registration form which can be found at blazingstargrange.org.

## Groton

Ruth Millett 603-786-2926  
rem1752nh@gmail.com

It's been nice having a little warmer weather. Other than the ice that was left from the last big storm, it's been nice outside for taking a little walk, or getting some outdoor chores done, or like my husband is doing...working on the car without freezing solid in the process. I know by saying this I'll probably jinx it and we'll have a streak of storms/cold, but I'm going to enjoy it while we've got it.

The Town Offices will be open for filing for candidacy for the upcoming Town Elections Jan. 24, 26, 29, 31 from 9 a.m. to 4 p.m., Tuesday, Jan. 30 from 2-4 p.m., and Feb. 2 from 9 a.m. to 5 p.m. The following positions are open: Select Board - one position for 3 years, Town Clerk/Tax Collector - one position for 3 years, Trustee of the Trust Fund - one position for 1 year and one position for 3 years, Town Auditor - one position for 1 year, Supervisor of the Checklist - one position for 6 years, Planning Board Member - two positions for 3 years, one position for 1 year, Zoning Board Member - Two positions for 3 years, Cemetery Trustee - one position for 2 years and one positions for 3 years, and Library Trustee - one position for 1 year and one position for 3 years.

There are also openings for the Conservation Commission which is an appointed position.

If you are interested in serving on any of these committees or running for any of these offices, please contact the Town Clerk's Office

soon. Town Elections are March 13.

### Meetings and Closures Coming Up

The Select Board will be holding a Public Hearing on Feb. 6 to go over the Town Budget and Warrant Articles that will come before the Town on March 17.

Select Board Work Session - Tuesday, Feb. 6 at 5 p.m. and Feb. 20 at 5 p.m., all at the Town House

The Conservation Commission will be meeting on Thursday, Feb. 8 at 7 p.m. in the Town House.

The Select Board will be closed on Feb. 7.

The Town Offices will be closed Feb. 19 all day for President's Day Holiday.

### Dates to keep in mind for the coming year

Town Elections - March 13 the Town House is our polling place and the polls will be open from 11 a.m. to 7 p.m.

Town Meeting - March 17 at the Town House

Dog Licenses are due by April 30. We have the new tags in and you can license your dog anytime with a current rabies certificate.

Filing period for the Newfound Area School District Positions - Jan. 24 through Feb. 2 at 3:30 p.m.

School Board - Groton for a 3 year term

Budget Committee - Groton for a 3 year term.

First Deliberative Session will be held at the Newfound Regional High School on Feb. 3 at 10 a.m. (snow date Feb. 5 at 6:30 p.m.).

## Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

### Souper Bowl of Caring Super Bowl Sunday, Feb. 4

The Souper Bowl of Caring will be held in the basement of the He-

bron Church on Sunday, Feb. 4. The game starts at 6:30 p.m., so please plan to be there at 6 p.m. if you are entering the chili contest. While we watch the game and eat the chili that has been generously made and donated by local individuals, they can also win a certificate for most votes collected and have their name displayed on the Souper Bowl of Caring Wall of Fame! Each Chili entered is voted upon by the attendees with votes; the chili that gets the most votes wins first prize,

the next one gets second prize, and the next one third prize. All money collected goes to Bristol Community Services which serves several local towns. Please stop in and see which ones they are! If you cannot make it there will be a pot in the back of the Church on Sunday the 28th and Sunday, Feb. 4 for donations. If you wish to donate by check please make your checks out to Bristol Community Services (or BCS for short). Chairs are provided however you can

SEE TOWNS, PAGE A6

## Robert Randall White, 55

HILL - Robert Randall White, 55, died Monday, Jan. 29, 2018 at Concord Hospital after a brief illness.

He was born in Georges County, Md., the son of Robert O. White and Helen (Kennedy) Starck. Randy was a "military brat," and grew up on bases across the Eastern seaboard. Following graduation, he joined the US Army and settled in the FT. Sill area. He moved back to New Hampshire in 1996 and opened his own garage "Randy's Truck Works" in 2001.

Randy was an avid motorcyclist who was always out riding his Harley. Weekends were spent with family having cookouts. He was the king of the grill and center of the party. He enjoyed attending food festivals and they were even better when he could ride his bike to get there.

Family members include his wife, Janet (Ingle) White of Hill; a son, Jason White of



Mannford, Okla.; three daughters, Jennifer Nazarian of Hill, Stephanie Holmes of McAllister, Okla., and Kimberly Shelley of Gaithersburg, Md.; his father, Robert O. White of Pennsylvania; mother and step father, Helen and William Starck, New Hampton; a sister, Kimberly Starck of New Hampton; and nine grandchildren, including Brittney, Christopher, Shaun, Blake, Matthew, Alex, and Karley; a nephew Nick Tapply.

A funeral service will be held on Saturday, Feb. 3, 2018 at 10 a.m. at the Emmons Funeral Home, 115 South Main St., Bristol.

## TOWN OF BRISTOL NOTICE OF PUBLIC HEARING BOND OR NOTE

The Bristol Select Board will hold a public hearing in accordance with RSA 33:8-a for the purpose of discussing the proposed 2018 authorization of a bond or note in excess of \$100,000 relating to the construction and renovation of the Town Office Building and Police Department. The hearing will be held Thursday, February 15, 6:00 PM at the Bristol Town Office downstairs meeting room located at 230 Lake Street, Bristol, NH 03222. Snow date is Friday, February 16, at the Bristol Town Office at 6:00 PM.

## TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the March 13, 2018 election must file a Declaration of Candidacy with the Town Clerk between Wednesday, January 24 and Friday, February 2, 2018 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, February 2. Positions to be filed for are:

Moderator: two-year term  
Selectman: three-year term  
Supervisor of the Checklist: six-year term  
Town Clerk: three-year term  
Tax Collector: three-year term  
Library Trustee: three-year term  
Trustee of Trust Funds: three-year term  
Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenbergen, Town Clerk  
Office Location: 7 School Street, Hebron  
Office Hours: Tuesdays 3:00-8:00 PM,  
Saturdays 8:30-11:00 AM  
(603) 744-7999 or clerk@hebronnh.org

## NOTICE OF PUBLIC HEARING BRISTOL BUDGET COMMITTEE

The Bristol Budget Committee will hold a public hearing in accordance with RSA 32:5 on the proposed operating budget and warrant articles for 2018 on Monday, February 12, 6:30 PM, in the meeting room of the Minot Sleeper Library, 35 Pleasant Street, Bristol, NH 03222. If a second public hearing is necessary, it will be held on Wednesday, February 14, at 6:30 PM in the meeting room of the Minot-Sleeper Library, 35 Pleasant Street, Bristol, NH 03222.



## HEBRON PLANNING BOARD Notice of Hearing

LAND SUBDIVISION  
For Lee A & Margaret B. Knight,  
82 Panorama Lane

MINOR SITE PLAN APPLICATION  
Donald Musial, 51 Hobart Hill Road

You are hereby notified that the following Application for Land Subdivision and Minor Site Plan Application will be heard at a Public Hearing to be held on Wednesday, February 7, 2018 at 7:00 PM at 7 School Street, Hebron, NH 03241

Land Subdivision: Lee A & Margaret B. Knight, 82 Panorama Lane; Map 20 Lot 2-10 to divide the lot into two separate lots.

Minor Site Plan Application: Donald Musial, 51 Hobart Hill Road; Map 17 Lot 63 to run his landscaping business from his home. Storing his landscape equipment on the property.

## NOTICE ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session on January 27, 2018 from 11:00 to 11:30 a.m. and on February 3, 2018, from 2:00 to 3:00 p.m., at the Alexandria Town Hall, for additions and corrections to the checklist, in preparation for the Deliberative Session of the Town of Alexandria on February 10, 2018, at the Alexandria Town Hall.

George Whittaker  
Loretta Brouillard  
Suzanne Cheney

## Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

### Sundays

9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

### KidZone

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach someone age appropriate lessons in a loving atmosphere.

### Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

### Mondays

8 p.m. — Alcohol-

ics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

## Holy Trinity (Roman Catholic)

If there is inclement weather and schools are cancelled, there will be no daily Mass or Adoration. Please check WMUR for school closings before leaving the house to go to Mass.

### Catholic Daughters Cabin Fever Supper

Saturday, Feb. 10 after the 4 p.m. Mass St. Matthew Hall Come on over for some great food, auction and gift baskets.

### Ash Wednesday Mass Schedule

Wednesday, Feb. 14, 8 a.m., Our Lady of Grace Chapel Noon: St. Matthew Church Noon: Our Lady of Grace (NAC Service With Ashes) 7 p.m.: St. Matthew Church

### Save the Date ~ Lenten Fish Fry!

Looking for a different meal to feed your family on a Friday night in Lent? On Friday, March 9, the Bristol Knights of Columbus will be hosting a Fish Fry at the Marian Center. More information to come!

The Knights will host their monthly breakfast this Sunday, Feb. 4. All proceeds go to Knights charities. There is no better breakfast in the Lakes Region!

### Kairos Prison Ministry

Men's Weekend The Kairos ministry is a three day weekend where a team of men goes into the state men's prison and through talks, prayers, meditation and songs helps the residents understand that God truly loves them. They also learn about forgiving others that have harmed them and forgiving themselves. The team brings approved supplies and food for the residents during this wonderful weekend. The next men's weekend is May 17-20. If you are interested in becoming a part of the men's team, or supporting the work we do, please all Dave Hemenon at 671-8063.

The Cornerstone Sisters invite you to join them at the Cornerstone Women's Retreat Friday to Sunday, April 27-29 at the Silver Fox Inn in Waterville Valley. To register, please contact: Marilyn Oliver at 786-9726.

### Eucharistic Adoration

Can You Help? We are in need of prayers at St. Agnes on Thursdays for Eucharistic Adoration. Help is needed at the following times: 8:30 - 10 a.m. every week. 5 - 6 p.m. every week. If you could help out at any of these times, please call Sandy at 536-4700.

### Weekly Meetings

**Thursday, Feb. 1**  
Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Boy Scout Meeting, St. Matthew Hall, 6 p.m.

Webelos Meeting, St. Matthew Meeting Room, 6 p.m.

### Friday, Feb. 2

Ultreya, St. Matthew

Hall, 7-9:30 p.m.

RCIA, St. Matthew Rectory, 6:30 p.m.

### Sunday, Feb. 4

Knights of Columbus Breakfast, St. Matthew Hall, 7 a.m.

FAITH FORMATION: Ashland, St. Agnes Hall, 9:15 - 10:45 a.m. Bristol, Simard Hall, 10:30 a.m. - noon CONFIRMATION: Bristol, Marian Center, 9:30 a.m. - 12:15 p.m. (including Mass) Plymouth, St. Matthew Hall, 10:15 a.m. - 12:30 p.m. (including Mass)

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

## Restoration Church, Plymouth (Assemblies of God)

Happy New Year and greetings from Restoration Church Plymouth located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 1-603-536-1966. Our schedule has changed to the following:

### Sunday:

10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5 we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

### Our Mission Statement:

#### Just One More!

Everyone is welcome to all of our ser-

vices. The church is handicapped accessible on the east entrance.

## Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

### Sunday, Feb. 4

Nursery and Religious Education - 9:30 - 10:30 a.m. - Contact: Jane Clay, DRE

Service 9:30 - 10:30 a.m. - The Intimate Truth of Our Collective Experience, #Me-Too

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

When we are injured, our bodies must acknowledge the injury in order to heal. Culturally, and in relationship, we too must acknowledge injury before we can begin to heal. Join us as we bravely recognize the betrayals, abuses, and misconduct lifted up by the #metoo movement.

\*\*This service may not be suitable for young children.

### Visit our Web site

www.starrkingfellowship.org  
536-8908

Awakening to Whiteness - Join us for a four week-study in what it means to be white, what is a white culture, and why it matters. Whether you feel enlightened or ignorant about race issues in our country you are welcome. Light homework required and improvisation with good humor mixed in. Our

goal includes the opportunity for all of us to experience a shift in understanding culture, race, and what it means to be white. Because of the nature of our work we hope that you commit to all four sessions. If you know that you will miss one session and still wish to attend, we ask that you agree to participate in the first session. Look for a sign-up sheet in the Foyer.

Dates: Feb. 4, 11, 18 and 25 (all Sundays)

Time: 2 - 4 p.m.

Place: Starr King UU Fellowship, Plymouth

Leaders: Rev. Dr. Linda Barnes and Cindy Spring

Share-a-Book HERE! You can give books in Spanish to the families in Nicaragua to remember anyone in your life who values books and reading!

Give to Share-a-Book now or in January. We will see that every dollar will go to books for the children of Compas de Nicaragua. These families have no other library! See Margaret Salt or Danni Simon with questions.

Did you know? You can now donate to our monthly outreach from our webpage <http://starrkingfellowship.org/> You can easily donate anytime. Just click the Donate button found on the Web page.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, Feb. 14 from 10:30 a.m. to noon.

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Please take a look at the Activities board outside the Fellowship Hall, pick up the latest copy of our monthly newsletter in the foyer, or visit the Events Page on our Web site: [www.starrkingfellowship.org](http://www.starrkingfellowship.org). Contact Mitch Manseau for further details.

## Towns

### FROM PAGE A5

bring your own comfy chair. Hope to see you there!

### Local Government Wants You!

Individuals who would like to file for town-elected positions to be voted at the March 13 Town Election must file a Declaration of Candidacy with the Town Clerk between Wednesday, Jan. 24 and Friday, Feb. 2. Declarations of Candidacy will be accepted during regular office hours of Tuesdays 3-8 p.m., Saturdays 8:30-11:00 a.m. and on Friday, Feb. 2 from 3-5 p.m.

Open Town Positions

Moderator: two-year term

Selectman: three-year term

Supervisor of the

Checklist: six-year term

Town Clerk: three-year term

Tax Collector: three-year term

Library Trustee: three-year term

Trustee of Trust Funds: three-year term

Auditor: two-year term

clerk@hebronnh.org

### Community Breakfast

Feb. 3 is the next Community Breakfast in Community Hall at the Union Congregational Church. For \$4 we will be serving eggs, bacon, sausage,

pancakes ((and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 - 8:45 a.m.

**Newfound Landing**

## What can I do for you?

*The staff of the Newfound Landing works for you, the local reader, the local advertiser, our local friends. We are just a call or email away.*

**Joshua Spaulding**  
Sports Editor  
josh@salmonpress.news  
Office: (603) 279-4516 ext. 155  
Direct: (603) 941-9155

Visit us online at [www.SalmonPress.com](http://www.SalmonPress.com)

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**LOVE YOUR COMMUNITY:**  
*Spend Locally!*

**GIVE SAFETY A Green Light.**

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

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

# Blue-eyed Soul Man Martin Sexton comes to Plymouth

PLYMOUTH — Singer Songwriter Martin Sexton makes a stop at The Flying Monkey stage on Friday, Feb. 16 at 7:30 p.m. Rebecca Haviland & Whiskey Heart open the evening. Tickets for this show start at \$37.50.

Owning one of the most powerful and dynamic voices in American popular music, Martin Sexton straddles the worlds of folk, soul, country, and rock and roll with ease. For the last 25 years, his earnest songwriting, quirky stylistic shape-shifting and seemingly boundless vocal range has created a legion of devoted fans across the country, and the world.

Sexton got his start busking in the streets

and subways of Boston, and quickly rose to the top of the city's bustling folk scene on the strength of his otherworldly and effortless voice, and his wildly popular self-produced demo tapes (sold more than 20,000 tapes out of his guitar case). "Black Sheep," his record label debut, vaulted Sexton into the main stages of the country's folk festival circuit and soon the talented singer-songwriter began to bust out of the folk cocoon entirely with recordings that flirted with jazz, rock and roll, and R&B.

After several records on major labels, Sexton started his own and settled down in Western Massachusetts, still touring re-



Singer Songwriter Martin Sexton makes a stop at The Flying Monkey stage on Friday, Feb. 16 at 7:30 p.m.

lentlessly and building his fanbase with performances at Newport Folk Festival, Bonnaroo, Carnegie Hall and other high-profile appearances. His songs have even appeared prominently on beloved television shows like "Scrubs" and "Parenthood." Yet

despite his rise from singing in subways to gracing the country's most hallowed stages, Sexton's unique ability to connect with listeners through his voice and blue-collar songs remains unchanged. In 2015, he released his 10th record, the acclaimed "Mixtape of the Open Road."

"You'd be hard-pressed to find a singer in popular music today with the range, depth

and sheer power of Martin Sexton. When it comes to his voice, every superlative rings true," says the Boston Herald.

Tickets to see Martin Sexton are \$37.50, and \$47.50 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Creativity in hard times

*Acclaimed concert pianist Leslie Amper brings to life stories of the Depression Era*

PLYMOUTH — Visiting artist and New Hampshire Music Festival musician Leslie Amper will present "Creativity in Hard Times," a piano performance and lecture telling the story of the Federal Music Project, the musical division of President Franklin Delano Roosevelt's Works Progress Administration (WPA) initiative. The recital will take place at Plymouth State University's Silver Center for the Arts on Sunday, Feb. 4, at 2 p.m.

A classical concert pianist, Amper began her career with a critically-acclaimed debut at New York's famed Carnegie Recital Hall. She went on to delight audiences in Chicago, New York, Pittsburgh, and San Francisco as well as at Monadnock Music's Virtuoso Piano Series. A member of the New Hampshire Music Festival, she is a frequent participant in Boston's Emmanuel Music solo and chamber music celebrations.

A few years ago, she had the idea to create

multimedia piano recitals related to the visual arts.

"I began to think of programs that could include discussion and multimedia and images and also traditional performance," said Amper. "What I have found is that doing this kind of research and putting together programs—serious programs that are fun and include classical music, multimedia presentations, and film—help me to get closer to the music and help the audience to appreciate the music and the art more fully."

The live performance of "Creativity in Hard Times" will feature music by William Grant Still, Amy Beach, Henry Cowell, Roger Sessions, Ernest Bloch, and Aaron Copland, and a compilation of period photos and historic recordings will tell the story of the United States during the Great Depression.

Amper's performance will be on Sunday, Feb. 4 beginning at 2 p.m., with a small reception afterwards

for people to share their own Depression Era stories. The event is scheduled to end by 3:30 p.m.

The Silver Center for the Arts is located on the Plymouth State University campus at 114 Main St. in Plymouth. Tickets are \$15 for adults, \$10 for youth and students with a valid college ID, and free for Plymouth State students. Call 535-2787 or go online to <https://www.plymouth.edu/silver-center/features-bottom/silver-series-creativity-in-hard-times/> to buy tickets in advance.

The New Hampshire Music Festival is a summer music festival presenting world-class performances in the greater New Hampshire Lakes Region of symphonic, choral, and chamber music that honor the traditions of classical music while also exploring new artistic paths. Strong collaborations with community partners are a hallmark of this important cultural institution, including educational programs for students of all ages.



## NRHS Athletic Hall of Fame Nominees

**Newfound Regional High School** is starting up the process for our **3rd Annual Athletic Hall of Fame.**

A number of people have been nominated, with those listed below lacking much information.

If there is a name on this list that you have some athletic information of, please email it to Peter Cofran, Athletic Director, [pcofran@sau4.org](mailto:pcofran@sau4.org) or mail to him at NRHS, 150 Newfound Rd., Bristol, NH 03222. Information requested by March 31st. Questions can be directed to him at 744-6006, x1507.

### NRHS Athletic Hall of Fame Nominees

Ben Adams	Jen Evans	Nick Persanski
Win Avery	Calvin Follansbee	Savannah Phelps
Al Bean	Mary (Walker)Gallagher	Gerard Rhude
Luke Bergeron	Matt Gallagher	Bryan Richardson
Trevor Brown(e)	Diane (O'Connor) George	Maggie Seaver
Kelley Carey	James Gilbert	Wert Thayer
Scott Chamberlain	Dan Harvey	Sherry Vestal
David Chorney	Pat Hill	Jill Walker
Floyd Colby	Ethan Holmes	Kelsey Watson
Bill Cole	Ed Kenney	Andrea Woodbury
Bill Crampton	Brian Kunkel	1949 Baseball Runner-Up
Cliff Cutter	Billy Laws	1973 Girls Basketball-Runner-Up
Maurice Day	John Lellos	1983 Division Girls Ski Champions
Denny Dearborn	Jackie Lyon	1987 Division Girls Ski Champions
Bobby Deragon	Danielle (Roy) MacDonald	1988 Division Girls Ski Champions
Ralph Dixon	Nancy Mills	1989 Division Girls Ski Champions
Audrey Doane	Caitlin O'Connor	1995 Class M Boys Basketball
Scott Doucette	Eddie O'Malley	Champions
Shelley Doucette	Maegan Patten	

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## Edward Jones: Financial Focus

Put a Trusted 'Quarterback' on Your Financial Team

On February 4, the eyes of most of the country – and much of the rest of the world – will be on Minneapolis, site of the most-watched football game in the U.S. As a fan, you can admire the way quarterbacks in the Big Game direct their teams. But as an investor, you can learn something from the big game by putting together your own team to help you achieve your financial goals – and you may find it helpful to have your own "quarterback."

Who should be on your team? Your financial strategy will involve investments, taxes and estate planning, so you will

likely need a financial advisor, a tax professional and an attorney. Ideally, your financial advisor – the individual with the broadest view of your financial situation – should serve as the quarterback of this team. And, just as a quarterback on a football team must communicate clearly with his teammates, so will your financial quarterback need to maintain consistent contact with the other team members.

Let's look at a couple of basic examples as to how this communication might work.

First, suppose you are self-em-

ployed and contribute to a Simplified Employee Pension (SEP) IRA. Because your contributions are made with pre-tax dollars, the more you put in, the lower your taxable income. (In 2018, the maximum amount you can contribute is \$55,000.) Your financial advisor can recommend investments you can choose from to help fund your SEP IRA. Yet you will want your financial advisor to share all your SEP IRA information with your tax professional. When it's near tax-filing time, your tax professional can then let you and your financial advisor know how much room you still have to contribute to your

SEP IRA for the year, and how much you need to add to potentially push yourself into a lower tax bracket.

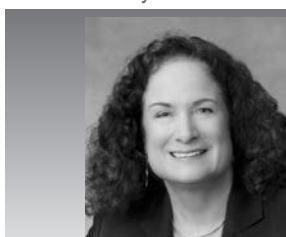
Now, let's consider the connection between your financial advisor and your attorney – specifically, your attorney handling your estate planning arrangements. It's essential that you and your financial advisor provide your attorney with a list of all your financial assets – IRAs, 401(k)s, investments held in brokerage accounts, insurance policies and so on. Your attorney will need this information when preparing your important legal documents, such as your

will and living trust – after all, a key part of your estate plan is who gets what. But it's imperative that you and your financial advisor convey some often-overlooked details that can make a big difference in the disposition of your estate. For example, your financial advisor might suggest that you review the beneficiary designations on your IRA, 401(k) and life insurance policies to make sure these designations are still accurate in light of changes in your life – new spouse, new children and others. These designations are meaningful and can even supersede the instructions you might leave in your will or

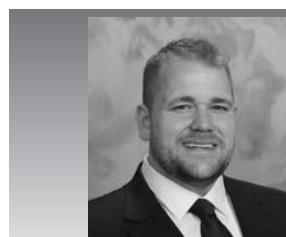
living trust. Consequently, it's important for you and your financial advisor to share this information with your attorney.

It can be challenging to meet all your financial objectives. But with the right team in place, and a quarterback to help lead it, you can keep moving toward those goals – and you might cut down on the "fumbles" along the way. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

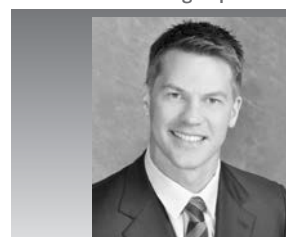
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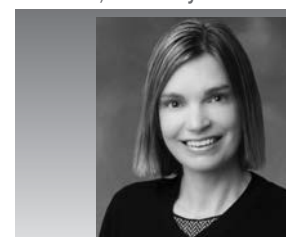
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# Gloria Swanson classic "Zaza" to screen Feb. 10 in Campton

CAMPTON — Taking his place to play the score for a classic silent film, accompanist Jeff Rapsis has no sheet music on his keyboard. It's because he's making up the music on the spot.

But on Saturday, Feb. 10, he'll have a head start for "Zaza" (1923), a romantic melodrama starring Gloria Swanson that's playing at the Campton Historical Society, Campton Town Hall, Route 175 in Campton.

Last year, Rapsis created the recorded soundtrack for the much-anticipated release of "Zaza" on DVD/Blu-ray by Kino-Lorber, a New York-based Necompany that specializes in re-releasing classic films.

The evening begins with a pot luck supper at 5 p.m. The film program, which is free and open to the public, will start at about 6:15 p.m.

"It was a real thrill to put together a musical score for this great feature film, which has never been available for home viewing before," Rapsis said. "I feel like I've collaborated with Gloria Swanson and the team that made this film."

The Kino-Lorber edition of "Zaza," with music by Rapsis, was released last summer to enthusiastic reviews.

"With a DTS-HD MA 2.0 piano score from composer Jeff Rapsis that follows the original 1923 cue sheet, this is a pretty fantastic score for the film," wrote Matthew Hartman of Hi-Def Digest. "The piano work gives the film a nice old-time feel with the right blend of jaunty entertainment and hitting the lower dramatic tones. It never feels overly dramatic or too wild and fits the tone of the film perfectly."

In "Zaza," Swanson stars as a temperamental music hall performer in a provincial French theater who falls in love with a high-ranking diplomat played by H.B. Warner.

The film chronicles their romance as it takes unexpected turns both comic and dramatic. The Paramount feature was regarded as one of the studio's major releases of 1923, helping establish Swanson as a major star of the era.

For the Campton screening, Rapsis will recreate the score he put together earlier this year for the DVD release.

The music was based on a surviving "cue sheet" from the studio that offered suggested



COURTESY

Gloria Swanson stars in "Zaza" (1923) on Saturday, Feb. 10 at 6:15 p.m. at the Campton Historical Society, Campton Town Hall, Route 175, Campton. The program is free and open to the public, and will be preceded by a pot luck supper starting at 5 p.m. For more details, visit [www.camptonhistorical.org](http://www.camptonhistorical.org). For more info on the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

music to play when the film was in theatres in 1923.

"Some of the suggestions seemed right on, while others didn't," Rapsis said. "Just like musicians of the silent era, I followed some, and in other places created my own material."

"Zaza" contains multiple on-screen references to "Plaisir d'Amour," a 19th Century love song with enduring popularity in France.

Using it today, however, creates problems, Rapsis said, because the tune is identical to the song "I Can't Help Falling in Love With You," popularized by Elvis Presley.

"If you're not careful, it can sound like you're using a 1950s Elvis hit

to accompany Gloria Swanson in post-World War I France," Rapsis said.

He addressed the problem by playing the tune with a classical accompaniment, and also making minor changes to "de-Elvis" the melody.

"I think it worked," Rapsis said. "So far, no one has complained that I used Elvis to accompany a 1920s costume drama set in France."

Rapsis has been creating live scores for silent films for the past decade, and currently performs for more than 100 screenings each year.

His standard approach to scoring silent films is to improvise the score on the spot, as

a movie is screening.

"It's kind of a high wire act to do the music this way. But it provides an energy and excitement that contributes to the experience," Rapsis said. "For a film I don't know, I'll run through it once or twice on DVD prior to the public screening, to make sure I understand the story's arc and any big moments. Any more than that, and I find a movie begins to get too familiar, and I find I start to overthink the film or anticipate things during the screening, and that gets in the way of things flowing in the theater."

Once a film is underway, Rapsis plays con-

tinuously, providing music to underscore what's onscreen—not just the action, but emotional shifts and plot twists that can often build to powerful climaxes. He provides full orchestral scores for dramas, westerns, action/adventure films, and horror flicks, all of which first became popular as the silent film era peaked in the 1920s.

Silent film programs can last anywhere from one to three hours in length. Rapsis finds that after the first 10 or 20 minutes, he sinks into a state of mind where he is completely absorbed by the process of scoring the movie, and the music some-

times seems to weave itself as he responds to the film in real time.

"At it's best, creating music in real time is a grand journey into the subconscious," he said. "Once I get 'in the zone,' I'm not aware of time passing, although part of me is always conscious of what's on screen, what's likely to happen next, and what the audience reaction may be. And I adjust as I go—to help a film 'grab' a restless audience at a big moment, sometimes it helps to stop playing for a bit, which really punctuates the drama."

Rapsis, a newspaper publisher by day, is a lifelong silent film fan who studied classical piano separately.

"Silent film accompaniment is kind of a lost art, but once I tried doing it, I found I could naturally come up with music that helped these films come to life," Rapsis said. "And I really enjoyed the process because it combined two things I really loved: silent film and music. For me, it was like putting chocolate and peanut butter together."

"Zaza," starring Gloria Swanson, will be shown with live music on Saturday, Feb. 10 at 6:15 p.m. at the Campton Historical Society, Campton Town Hall, Route 175, Campton. The program is free and open to the public, and will be preceded by a pot luck supper starting at 5 p.m. For more details, visit [www.camptonhistorical.org](http://www.camptonhistorical.org). For more information on the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

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# Fire safety and prevention tips for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

## Where There's Smoke...

Fire is considered one of the most powerful forces known to man. Our early ancestors relied on it for warmth and protection – and in modern times, we utilize it (cautiously) in certain ecological management efforts. Powerful though it may be, fire is wholly volatile and demands our utmost respect. There's no denying its potential for destruction. Consider, for instance, the thousands of wildfires that occur in the United States each year, often leaving behind nothing but a trail of devastation. House fires also number in the thousands annually. And while fire undoubtedly knows no bounds and can affect anyone, a certain age group tends to fall victim to fire more than any other.

Data continually indicates that older adults (those 65 years of age and older) face a greater overall risk of dying in a fire. In fact, according to the U.S. Fire Administration, older adults made up approximately 14 percent of the total U.S. population in 2014, and yet they represented nearly 40 percent of all fire deaths. What's more, seniors are two and a half times more likely to die in a fire than those in other age groups. And what exactly accounts for these alarming statistics? As it turns out, there are quite a few.

## Risk Factors

As we age, it's more common for our physical and mental abilities to decline. Naturally, this can have a direct effect on one's possibility of survival from a fire. For example, the limited mobility (or even range of motion) that a senior experiences can impede his or her ability to escape a house when it's aflame. But think of the senses we rely on each and every day (vision, hearing, smell, taste, touch), and how many of them play pivotal roles in alerting us when danger is close. It's easy to take these for granted when we're younger, but it can become increasingly difficult to depend on

them to work at peak efficiency, once we're older.

Reaction time is also a factor. Studies indicate that our physical response time can diminish with age, due to certain changes in the corpus callosum as well as other neural deficiencies. Some medications can also hinder a senior's ability to react quickly. Similarly, seniors can become drowsy or fall asleep altogether from specific medication, which makes them highly vulnerable to smoke inhalation.

The factors above represent why older adults are more likely to be injured or die in a fire – but what causes these fires to occur? Not surprisingly, a majority result from accidents in the kitchen. If cooking food is left unattended, or if there's a buildup of grease, a fire can form within minutes. It's also quite common for fires to start because of problems with electrical distribution (overloaded outlets, faulty wiring, etc.), alternative heating sources, unattended candles, and smoking cigarettes in the home.

With so many potential sources of danger in the home, many of which can be seemingly out of sight and out of mind, it's not unreasonable for a senior to feel like it's only a matter of time before a fire occurs. Fires aren't necessarily inevitable, but it also doesn't take much for them to start and spread. Fortunately, there are several steps older adults can take to not only alert them of when a fire occurs, but also reduce the risk of fire formation.

## Fire Safety/Risk Reduction Tips

**Detect Smoke:** If there are currently no smoke detectors in the home, make sure they are installed immediately. There should be a detector on the ceiling, in close proximity to each sleeping area, and on each level of the home or apartment. Ensure that the detectors are cleaned and that the batteries are changed at least twice a year. If you have difficulty hearing, be sure to test the detectors to ensure that you can hear them.

**Have A Plan:** While

being alerted is a vital component of fire safety, it doesn't mean much if you don't also have a plan for escape. Be sure you understand exactly where you can go if there's a fire, and what alternative route is available through the home, should the primary escape route be compromised. Any escape plan should adhere to your specific needs and capabilities. That means ensuring that any aids you need to maneuver through the home (e.g., eyeglasses, walking cane, or wheelchair) are with you at any given point.

**Cook Safely:** As previously mentioned, the kitchen represents one of the areas of the home where a fire can ignite in the blink of an eye. Never leave cooking food unattended, and be sure to avoid wearing loose clothing when near a

heat source. Similarly, you'll want to ensure that any other flammable materials (paper towels, towels, mail, magazines, etc.) are as far away from the heat as possible. Finally, every kitchen should have a class ABC fire extinguisher installed or in the immediate vicinity.

**Smoke Responsibly:** Smoking in the home is extraordinarily dangerous. Even if you think that a cigarette is extinguished, there's a chance that hot ashes can find their way onto furniture or other flammable materials in the room. For similar reasons, one should never smoke while in bed. Ashtrays should be emptied either into the toilet, sink, or an empty metal container. If emptied into a waste bin, the ashes could ignite the surrounding trash.

**Check Wiring:** We

often hear about faulty wiring being responsible for house fires, but you may find yourself asking what actually indicates that there's a problem with wiring? If you notice that lights are dimming as you use an appliance, or if you have to unplug one appliance in order for another one to work, bad wiring may be the culprit. Blown fuses also indicate that a problem exists. Be sure that you schedule for an electrician to provide a thorough inspection.

## Comfort Keepers® Can Help

If you are concerned about the safety of your aging loved ones, especially in regard to fire, we can help. While it's important to rely on the expertise of licensed professionals for certain precautions, we can provide home safety assessments and ensure your

loved ones' environment is safe. Contact your local Comfort Keepers office today to learn more about how we can serve your loved ones.

## About

### Comfort Keepers

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

# Move more, sit less

BY MARISA HEINLEIN, BS, SSC  
AND BECKY CHASE MS, RCEP  
RehabFit  
Plymouth

Most Americans spend a large amount of time in a chair watching TV, playing video games, working at a desk, driving, shopping, reading, or eating. The human body is designed for regular movement, but many individuals spend the bulk of their day sitting. Sitting for long periods of time on a regular basis can cause a myriad of health problems including neck pain, lower back pain, higher blood pressure, increased LDL cholesterol, depressed mood, decreased concentration, reduced heart function, impaired insulin sensitivity and inadequate blood flow. The lack of movement in addition to physical activity, contributes to the obesity epidemic in the United States. To reduce your risk of health problems associated with prolonged sitting, it is important to be aware of how often you sit and try to increase movement throughout the day. Sitting less is important no matter how active you are, even if you're getting enough exercise in your day. Exercise is a great tool to combat the negative effects of sitting but doesn't justify sitting for extended durations; even professional athletes have to watch their time spent sitting.

## Why is too much sitting harmful to our health?

'Sedentary' is a word used to describe little or no physical activity. Sedentary behavior is associated with an increased risk of being overweight, type two

diabetes, and heart disease. Sitting for a prolonged period impairs the body's ability to deposit fat from the blood stream into the body. This can cause elevated blood fats, which increases the risk for cardiovascular disease. An extended period of sitting increases the build-up and clogging of fatty acids in arteries disrupting the function of high-density lipoproteins (good cholesterol). The HDL is unable to clean up the plaque in the arteries leading to a buildup of plaque.

The inter-vertebral discs in the back are meant to expand and contract with body movement. The discs are compressed and flexibility loss overtime leads to herniated discs. Sitting can also lead to a strained neck, sore shoulders and hurt back. The forward tilt when working on a keyboard or using a cell phone, sometimes called "tech neck," can lead to injury of the cervical vertebrae. The unnatural position of slouching, which is frequently held while sitting, can cause the shoulders and back to be overextended resulting in damage to the muscles.

## How long is too long?

The goal for time spent sitting daily is less than four hours per day, although many Americans exceed this by two or three times that amount. Sitting for four to eight hours per day slightly increases your risk of early death, while sitting for 8-11 hours a day increases your risk of early death by 15 percent. It is important to break up your sitting time regularly by in-

corporating movement regularly. The Centers for Disease Control and Prevention currently recommends 150 minutes of moderate physical activity per week. Exercising can help offset and prevent some effects due to sitting but not all. There is a misconception that exercising frequently prevents health problems associated with sitting. "Actively sedentary" is a category of people who exercise for at least 150 minutes per week and still spend too much time sitting throughout their day. While it is important to meet the minimum requirements for exercise, all Americans, including athletes, also need to monitor time spent sitting.

## Ways to Get Moving at Work

Do some leisurely walking with colleagues after you eat lunch

Whenever possible stand up as opposed to sitting down

Walk to your co-workers desk instead of emailing or calling them

Take the stairs whenever you can

Take regular breaks from your computer. Get up and take a break every 30 minutes

Rotate standing tasks and sitting tasks during your shift

Use a stand up desk at work, if you are unable to get one, create your own

## Ways to Get Moving Daily

Take a family walk after dinner

Get a pedometer and start tracking your daily steps

Stand up and move at every commercial break when watching TV

Walk up and down escalators instead of just riding them

Pick up a new active hobby like hiking or biking

Get up and move after reading six pages of a book

Try standing and moving while talking on the phone

Plan stops on long car trips

Walk or ride your bike for transportation to nearby locations

Park far away when going to the store or to work

Try to make small movement changes in your daily life by creating your own action plan to focus on improving your overall health and well-being. Choose one task or goal to work on for an entire day or for an entire week such as "go up and down office stairs one time every half hour." The next day or week, choose another task or goal to tackle. Try making a schedule with movement breaks, daily exercise, and other active tasks written in. Another way to make more activity a habit is reminder notes; write sticky notes for your computer monitor, desk, car, remote control, fridge etc. reminding you why it is important to move.

Looking to improve your daily physical activity? RehabFit offers fitness memberships which include a customized exercise program and a variety of group exercises classes to keep you moving all year long. For more information or to sign up for a membership visit RehabFit located at 103 Boulder Point Dr., Plymouth, or call RehabFit at 238-2225.

## Power Outage Tips

**BEFORE**

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

**DURING**

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

**AFTER**

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)

Who to Call
 Where to Meet
 What to Pack

# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	16 Circle Dr., Unit 57	Condominium	\$115,000	Vanessa E. Dixon	Pamela Plummer
Ashland	81 Fairway Dr., Unit 1	Condominium	\$175,000	Patricia F. Sebilian and Francis A. Connor	Arnold R. and Kathleen A. Casavant
Bristol	155 10 Mile Brook Rd.	Multi-Family Residence	\$279,533	Mario and Louise C. Dumont	Robert M. Kileup and Tracey H. Kileup
Bristol	341 Wicom Rd.	Single-Family Residence	\$432,533	Robert M. Campbell (for Murray & Julie Campbell Fiscal Trust)	Paul A. Barnett
Campton	86 Tobey Rd.	Single-Family Residence	\$319,000	Rowdy O. Lachney and Deborah M. Shanley	Richard M. and Jodine P. Taylor
Groton	N. Groton Road	N/A	\$17,000	Janet R. Savage	Mark Nowosadko and Steve Ivashek
Groton	N/A	N/A	\$32,000	Janet R. Savage	Jackson A. and Cindy L. Chaves
Hebron	Hobart Hill Road	Residential Open Land	\$96,933	Robert J. McHugh (for Robert & Camille McHugh LT)	Sharon M. and Allan J. Conkey
Hebron	67 Indian Point Rd.	Single-Family Residence	\$300,000	William L. and Allison H. Johnson	Daniel A. and Karen M. Santos
Hebron	5 Kill Mountain Rd.	Single-Family Residence	\$406,000	John C. and Lynne A. Robertson	John E. and Valerie M. Fliieger
Holderness	12 High Country Way	Multi-Family Residence	\$430,000	David L. Moore and Suzanne Riehs-Moore	Elsie Vratsenes (for Smarz Fiscal Trust)
Holderness	NH Route 113	N/A	\$325,000	Halston O. Lenentine (for Halston O. Lenentine, Jr. Trust)	Gemini K. Meeh and Meagan E. Fontaine
New Hampton	289 Old Bristol Rd.	Single-Family Residence	\$117,000	Garth E. Woolsey	Carl Malagodi
Plymouth	39 Melvin Rd.	Municipal Property	\$25,000	Gerald C. Warren	Jerry E. and Rebecca A. Larson
Plymouth	Route 25	N/A	\$1,223,000	Ward Properties Inc.	Allan R. and Debra L. Carr
Thornton	36 Brookside Rd., Unit 6	Condominium	\$87,000	Robert K. Kelly and Mountain River Development Association	DTE Investments LLC
Waterville Valley	3 Chippewa Way, Unit 20	Condominium	\$80,000	George A. and Kerri M. Erban	Francis T. Sady
Wentworth	1048 Mount Moosilauke Highway	Single-Family Residence	\$25,234	Roderick D. Dupuis and Wells Fargo Bank NA	Wells Fargo Bank NA Trust

### ABOUT THE REAL REPORT

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

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

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

# MARK ON THE MARKETS



BY MARK PATTERSON

It is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A discussion about diversification is always a part of our meeting. Having multiple mutual funds with different

names often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment choices.

As I've written in the past, I arrived into this business 24 years ago as a retail broker. I was fortunate to join a conservative firm with some "old school" brokers that mainly dealt with individual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager's expertise or a sector, such as "banking". There was so much consolidation in the banking industry, that all you had to

do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today's 5 percent. So, if a mutual fund was charging 7% commission and one and a half percent fees, you could still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.

I still see far too many "C" class mutual funds in potential client accounts. See class mutual funds have fees that the client doesn't see

unless they know where to look. I have seen "C" class bond funds where the broker and the fund company make more return than the owner of the fund. It is my opinion that selling "C" share classes are not in the client's best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely "A" class shares that charge an upfront commission and have less internal expense. These fund companies pay incentives to many brokerage firms who

sell them called "revenue-sharing." You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been required to act in the client's best interest, but some legislation that has been delayed, but I believe still will happen, will hopefully force brokers from a "suitability" standard to a "fiduciary" requirement.

The problem with having a bunch of stuff in your investment portfolio, is that it has no plan. You could be

approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.

Mark Patterson is an investment advisor with M HP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

## Bunch of stuff

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# Wild Winter Walks at the Science Center

*See the animals in their winter coats*

HOLDERNESS — Cold has settled in and snow covers the ground. Migratory birds have gone south to warmer climates. Hibernating animals have gone to sleep for the winter. But what happens to the animals that live in New Hampshire year-round? What happens to the animals at Squam Lakes Natural Science Center during the winter? The answer is that these animals stay here because they are adapted to the cold and snow.

Join a Science Center naturalist for a guided tour of the live animal exhibit trail to see the animal ambassadors dressed in their winter coats. They will discuss how these native animals are well-adapted for winter in New Hampshire.

Wild Winter Walks at Squam Lakes Natural

Science Center will take place on weekends January through March. Visit [nhnature.org](http://nhnature.org) for times and other details, and to register online. Cost is \$8 per member and \$10 per non-member.

If needed, snowshoes are available at no extra cost or participants may bring their own. Children must be accompanied by an adult and the program is designed for adults and families with children ages 6 and up. Participants should dress to be outdoors with snow boots, hats, gloves, and warm layers.

### About Squam Lakes Natural Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring



COURTESY

Join a Science Center naturalist for a guided tour of the live animal exhibit trail to see the animal ambassadors dressed in their winter coats.

New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, an informal public garden, and lake cruises, the Science Center has educated and enlightened visitors since 1966 about the importance of our natural world. Squam Lakes Natural Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and is open daily from May 1 through November 1. The Science Center is accredited by the Association of Zoos and Aquariums (AZA) and is the only AZA-accredited institution in northern New England. For further information about the Science Center, call 968-7194 or visit [www.nhnature.org](http://www.nhnature.org).

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## Choate

FROM PAGE A1

dog with an ear infection dating at least to Oct. 31; her failure to provide care to a dog with a paw infection that resulted in the need for an emergency amputation; and her decision to leave the 29 dogs that perished in the cottage with heat lamps attached to the cages, resulting in the fire.

During the trial management conference, the court is likely to combine the case with additional animal cruelty charges arising out of Alexandria, where po-

lice in that town cited her for keeping 22 dogs in an unheated barn on Burns Hill Road. Those charges were scheduled to be heard in the Plymouth court on Feb. 12.

Alexandria police filed 22 misdemeanor charges of animal cruelty after seizing the dogs from the barn Choate had been renting. They said the temperatures were below zero and the dogs' water dishes were frozen, so they turned the dogs over the SPCA which took the animals to its shelter in Stratham.

In both towns, police

said Choate was cooperative, turning herself in at the Bristol Police Station and following Alexandria police from the barn to their station for booking.

Choate had been breeding the German shepherds and advertising them for sale after previously operating Tarawood Kennels in Halifax, Massachusetts.

Both Bristol and Alexandria police had executed search warrants in October, based on complaints of animal cruelty, but they found no chargeable offenses at that time.

## Poker Run

FROM PAGE A1

Club where lunch is available, Newfound

Grocery where gas is available and ending at the Bridgewater Inn where prizes will be awarded upstairs

in the lounge at 5 p.m. However, winners do not need to be present to receive their prizes.

## Snowflake

FROM PAGE A1

surprise for one mom as she watched her oldest son Conner, the 2017 Mr. Jack Frost winner, present the 2018 plaque to his younger brother.

"That's my boys," she said with pride as Ryder's name was announced.

The 2017 Miss Snowflake, Cassandra Zick, also took to the stage to present Hayse with her award.

Each year, seventh and eighth grade students are asked to nominate five outstanding girls and five boys from each grade to take part in the competition. Nominees then submit personal information regarding their academic achievements, extra-curricular activities and community participation. That information is then placed before a board of adults from the community who apply points to each of those categories and decide which male and female will then get the awards.

Nominees from seventh grade this year were Malina Bohl-

mann, Rebecca Dillon, Leah Deuso, Paige Fischer, Molly Lu McKellar, Kevin Dyer, Jeffrey Huckins, Colby Rose, Myles Perry and Colby Runnels. For 8th grade the designated candidates were Sabrina Alan, Alexia Bassett, Hayse Broome, Mariana Esposito, Abby Springer, Timothy Cantwell, Ryder Downes, Malaki Ingram, Ryan LeBrun and Bodhi Smith.

Each candidate received a special certificate for their nomination and community spirit.

Ryder was acknowledged for not only his High Honors in academic achievement but his participation in band, Student Council, and sports. He is a shortstop on his baseball team, plays basketball and is a member of the school's ski team. Ryder is also taking part this year in Educational Talent Search, a program that allows him the chance to begin visiting colleges as he considers what the future may hold. So far, he said, Emerson College and UNH top his preference list.

"I'm pretty excited about winning this tonight though," he said as he held his newly awarded plaque.

Hayse was equally excited about the honor of being named Miss Snowflake. Besides her own outstanding academic performance, other achievements to date include her role as Public Relations Officer for the Student Council. She is additionally a membership of the Ski, Field Hockey and softball teams, and sings soprano in the school chorus. Hayse also served this year as a coach for the TTCC field hockey team for younger children in the community.

"I'm just really happy and really surprised by this," she said. "I want to thank the teachers, parents and TTCC staff for selecting me."

The evening went on to include music provided by the Tappan-Thompson Community Center's Teen Council, dancing, some friendly competition in the game room, refreshments and a lot of fun that will be remembered by all.

## Souper Bowl

FROM PAGE A2

soups to sample, including vegetarian options, along with a selection of breads and desserts to help create a great meal.

A number of raffles will also take place during the course of the afternoon.

Making the event even more fun, diners will be encouraged to sample as many of the soups as they'd like. They will then vote for the recipe they enjoyed the most, and when the votes are all tallied, the 2018 Souper Bowl winner will be declared.

The Souper Bowl

will take place on Feb. 10 from 2-5 p.m. at the Plymouth Senior Center, located in Railroad Square. Tickets and the bowl selections are available prior to the day at the Artistic Roots Coop store on Main Street in downtown Plymouth and will be sold at the door as well.

## Forrester

FROM PAGE A3

shire Republican Party.

The state currently has 115,000 active military members and veterans, making up nine percent of the population. Many of those, Forrester said, have a lot of issues to deal with, including jobs, housing, healthcare and a high suicide rate.

"There are 22-30 veterans in the United States every day who commit suicide. They're just not the type of people who would ask for help when they need it," she said.

As a result, Forrester has now established a commission made up of veterans addressing the challenges they face and seeking solutions.

"It's veterans speaking to veterans about what works for veterans, and that's what we'll be focusing on this year," said Forrester.

During a brief Q&A period, she was asked how businesses could best prepare to take care of their employees with the new tax reform in place. Forrester advised that they speak with a qualified account who will be educated on how the program will work.

Another business concern voiced was the challenge of attracting and maintaining qualified employees. Forrester said that that is not a new problem in New Hampshire and while there are hurdles to leap in order to change the situation, it is now being addressed at the state level.

"We have to be more creative in how we attract young people. We're never going to be Boston," she said.

Recently, she has had meetings with the Dean of the Small Business Center at PSU. Discussions have taken place on ways to maintain students who graduate then are inclined to move to more populated cities and states.

"We need to provide incentives for them to come back. Perhaps they can be offered help with their college debt to stay here, creative things like that," Forrester said.

CNHCC Executive Director Frank Cocchiarella said that was a topic the chamber could also

begin to work together on in finding a solution.

"Maybe trying to bring in pre-retirement age people would help maintain better staffing in our businesses," he said.

Forrester ended her talk with a "Forrester's Forecast" she was asked to provide.

She predicted that

hard working people will benefit from tax reform and business in the state will grow stronger; New Hampshire will authorize a Medicaid Expansion program in a way that will work best for the people of the state; and last but not least, that she is going to make a difference for veterans.

## Kilmer

FROM PAGE A3

volleyball team, serving as captain and club president from 1997 to 1999. After a successful tenure as head women's volleyball coach at Saint Michael's College in Vermont, Kilmer returned to his alma mater in 2011 where he has served as head coach of the women's volleyball team for the past seven years.

"Chris is a natural fit for this newly-created role," said Kim Bownes, athletic director, Plymouth State University. "He is a PSU alum and former student-athlete, and long-time teacher, mentor, and coach, who is also familiar with the operations and communications

sides of Athletics. He is dedicated to PSU and Panther athletics, and will be a tremendous asset to our program as we continue to build and expand."

In 2011, Kilmer earned Little East Conference (LEC) Coach of the Year honors after guiding the Panthers to the LEC regular season championship (which included a dramatic upset-victory over three-time defending champion UMass Boston) and the top seed in the LEC Tournament for the first time in program history. The team earned berths in the championship match of both the LEC and Eastern College Athletic Conference (ECAC) New England Tournaments and recorded a final record of

25-11.

He guided the Panthers back to the Little East championship game in 2016 in the second of back-to-back 20-win seasons for the Panthers. In his seven seasons at the helm, Kilmer compiled a 131-93 record while his teams qualified for the LEC Tournament every year.

"I am very grateful for the opportunity to support Plymouth State Athletics in this new role," said Kilmer. "While I will miss leading the volleyball program, I am excited to promote all of Plymouth State's

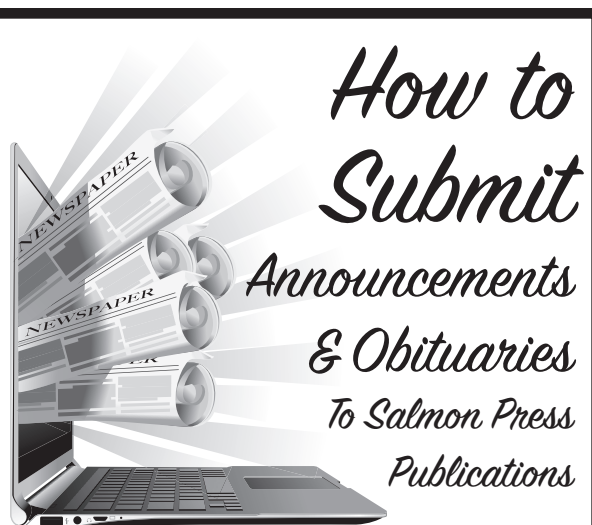
fine student-athletes, coaches and athletic programs."

"Chris brings a wealth of athletics knowledge and a strong commitment to PSU to this role," said Marlin Collingwood, interim director, Marketing Communications and Creative Services (MCCS), Plymouth State University. "Having Chris as part of MCCS is an important step in integrating and centralizing all University communications."

Besides his work as Plymouth's women's volleyball coach, Kilmer previously served as sports information

contact and director of hockey operations. Additionally, he has taught activities courses in Volleyball, Badminton and Walking/Jogging for Fitness in PSU's Department of Health and Human Performance. As one of the University's Title IX Investigator, Kilmer conducts interviews, identifies witnesses, writes reports on behalf of the University, and serves as a panelist on student-conduct panels.

A native of Essex Junction, Vt., Kilmer and his wife, Anna, live in Campton with their two sons.

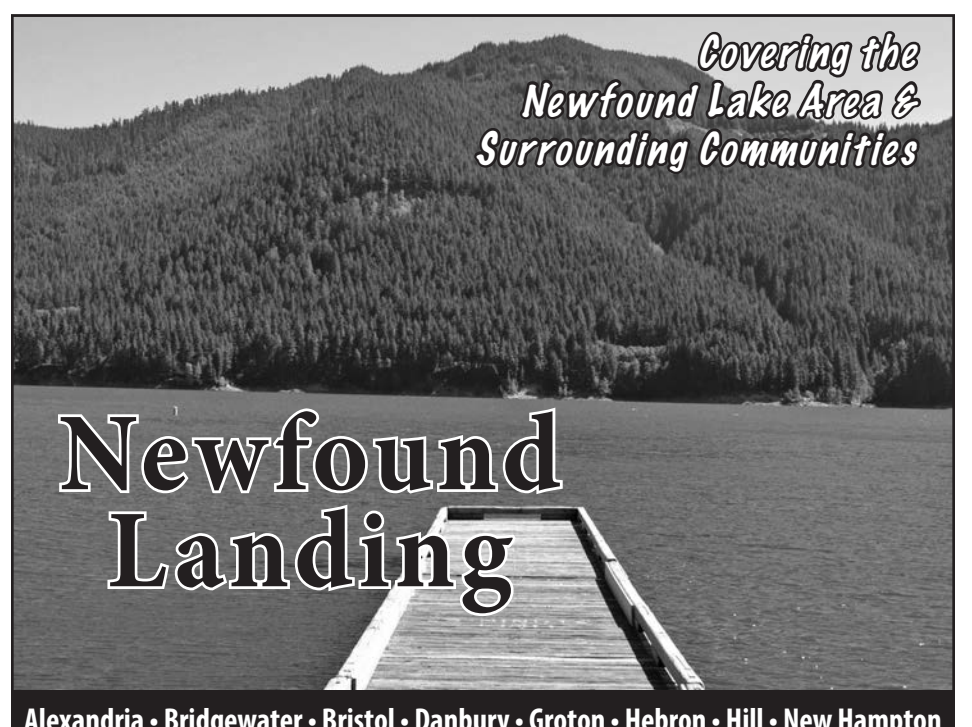


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# The Rest of the Story

A14 NEWFOUND LANDING, THURSDAY, FEBRUARY 1, 2018



DONNA RHODES

Students in the new Construction Technology program at Newfound Memorial Middle School had a broad display of their woodworking skills on display at last week's Allied Arts Night.



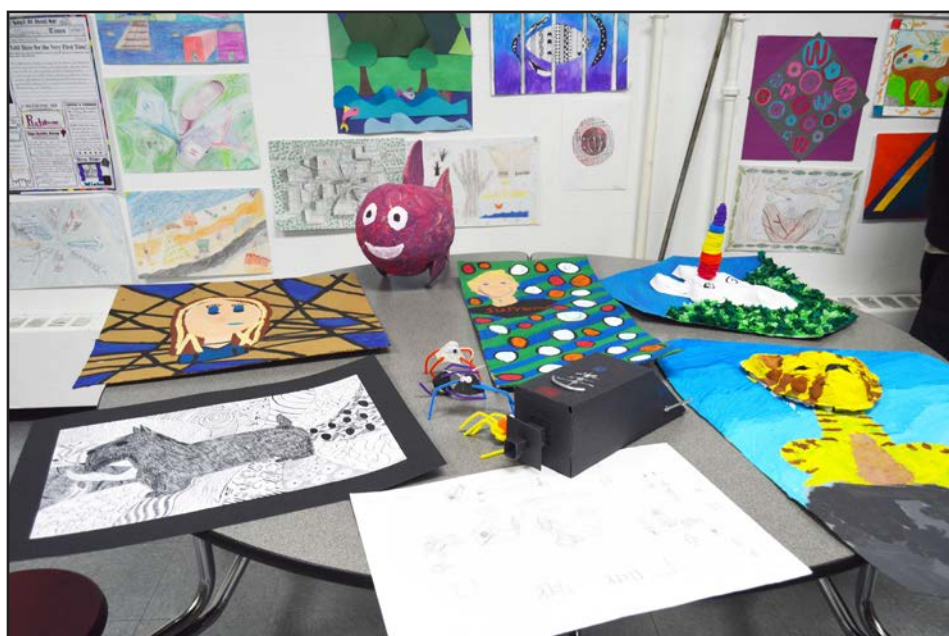
DONNA RHODES

Tyler, a seventh grade student from Hill, was proud to demonstrate the computer skills he learned this year at Newfound Memorial Middle School that he can now use in academic projects for other classes.



DONNA RHODES

Art, music, computer, language, family science and technology teachers at Newfound Memorial Middle School gathered for a photo as their annual Allied Arts Night was set to get underway last week.



DONNA RHODES

Art, music, computer, language, family science and technology teachers at Newfound Memorial Middle School gathered for a photo as their annual Allied Arts Night was set to get underway last week.

## Arts Night

FROM PAGE A1

dents showed off their multi-lingual calendars once again. There were several artistic representations of dream homes, dream vacations to foreign lands, and even children's books illustrated and written in Spanish or French, like "Un Jour a la Plage" (A Day at the Beach) and "Las Tres Amigas Van de Compras" (The Three Friends Go Shopping).

Family Consumer Sciences had their own visual accomplishments on hand, too. Videos and projects pertaining to lifestyles in those lands nations, and some clever newspaper front pages that introduced their own cultural preferences were all part of their presentation. Best of all though, the students helped make the entire Allied Arts Nights a success with their culinary and organizational skills.

"The class organized all the food and refreshments for the night and obtained donations from several local restaurants as well," said teacher Bet-

sy Vogler.

The evening concluded with everyone gathering in the school gym for the annual Winter 'Pops' Concert, led by choral director Daniel Ciccarello and band director Jenn Stevens.

Before the concert even got underway though, students were excited about their performance and the music program as a whole.

Eighth grade soprano singer Mariana said she has been singing in chorus since fifth grade and really enjoys it.

"Our teacher does a lot of stuff with us and every day there's something new to learn," she said.

Classmate Katelynn plays saxophone and clarinet and takes part in both the combined 6-7th Grade Band and the Jazz Band.

"Both bands are a lot of fun. I like the playing two instruments because I enjoy the variety of sounds and the songs you can play with them," Katelynn said.

While the students were justifiably proud of themselves, Prin-

cipal Jay Lewis was equally enthusiastic about all they have done and said he was

## Notebook

FROM PAGE A4

Colebrook Country Club's first fairway.

He had one corner ahead, and then another, and then he'd be on the long and straight stretch of trail on the Davis farm, and I knew he'd do what most everyone does, open it up. But not for long, because in open areas there'd be puddles, broken ice, rocks, roots and stumps. "Better look out, Bub," I thought.

All this could change in a heartbeat if, say, a foot or two of snow appeared on the radar. And eventually, of course, it will. But for the present, it was the kind of riding that beat up on man and machine.

+++++

Unless you've lived the life, and I have, sort of, it's hard to understand why such a parade of people in

pleased with outcome of the entire Allied Arts Night program.

"We've had a fantas-

tic turnout of parents and family members. There's so much to see and I'm very proud of

all that these students have accomplished. It's a really great night for the arts," he said.

expensive trucks and SUVs towing thousands of dollars' worth of snowmobiles, their vehicles loaded with all the accessories, makes the trip north each weekend--and never mind the conditions on the trails. It's almost as though the amount of snow doesn't matter. And that's because it doesn't.

First, many people plan vacations in winter because they just plain love riding on the snow. I've done my share of that, and though I've long since downsized from a too-fast Arctic Cat Jag to an actual antique, I can understand.

Second, many snowmobilers rent rooms or cabins or entire lodges a year in advance. Some rent snowmobiles and gear as well. And if that weren't enough to compel the northward trek, the investment by most snowmobilers surely is. For some, money sunk into a ve-

hicle, trailer, snowmobiles and gear amounts to a figure second only to the mortgage.

Third, we now have endless three-day weekends because of a real game-changer the media seem to have scarcely noticed: the four-day workweek. Many businesses now allow employees to work four 10-hour days instead of the traditional five. That means that in many cases, come late Thursday afternoon, the SUV and trailer are packed and ready to go.

+++++

The in-state media dutifully report snowmobile accidents, with weekly newspapers paying particular attention to what's happening on--and too often off--the trails. Lately, machines and riders going through the ice have dominated the news.

By the by, I admire Fish and Game for providing the details of ev-

ery accident, response and rescue, even (and especially) down to the details of whether the rider had his machine under control, was driving safely for conditions, and was wearing safety clothing and equipment. In theory, at least, this adds to the learning curve.

As the snowmobiler went into the turns, I thought about the ads we see in print and on TV. The message always seems to be go fast, lean into that curve, jump that drift. Seldom have I seen one that said "Slow down," and never have I seen one that said something like "Give it a rest for a weekend, the trails are lousy."

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with contact information, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or to Box 39, Colebrook, NH 03576.)

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## Team effort leads Bears by Cardinals

BY JOSHUA SPAULDING  
Sports Editor

CLAREMONT — After a postponement on Monday, the Newfound hoop girls had just one game last week, traveling to Claremont to take on Stevens on Thursday, Jan. 25.

The Bears emerged from the trip with a 56-30 win and junior Ashlee Dukette inched closer to the 1,000-point mark, something she was aiming to hit in the home game after deadline Monday against Prospect Mountain.

The Bears started off slow on the offensive side of things, missing shots from outside, but

JOSHUA SPAULDING  
(Right) Jasmine Peterson and the Newfound hoop team will be home for a two games in the coming week.



held a two-point lead after one with a 10-8 lead. Newfound came through with a few hoops early in the second quarter but were unable to continue the scoring late in the frame and took the 22-15 lead to the halftime break.

Newfound opened things up in the third quarter, outscoring the Cardinals by a 14-6 margin over the eight-minute spurt, draining three three-pointers and opening things up for the Bears. The hosts went to a full court press and man to man defense and the Bears took advantage, outscoring Stevens 20-9 in the final quarter.

Savanna Bony led all scorers with 18 points on the night, while Dukette finished with 14 points, 15 rebounds, four assists

and four steals. Jasmine Peterson also had a good game, with 11 points, six rebounds, five steals and five assists. Tiffany Doan had a strong game on the defensive end, pulling down nine rebounds and Bailey Fairbank came off the bench to put in six points and grab five rebounds.

"We are a strong outside shooting team and when the shots are falling, everyone's shots seem to go," coach Karri Peterson said. "But when we are off, we struggle on the offensive end.

"Our defense keeps us in games at times," the Bear coach continued, noting her team held the Cardinals to one hoop in the fourth quarter but also allowed them to go to the line nine times.

"I keep reiterating to play strong help defense and stop fouling and giving up free offense," Peterson added.

Dukette ended the week 17 points away from 1,000 with home games against Prospect Mountain and Monadnock after deadline earlier this week and a Friday, Feb. 2, game against Hopkinton to close out the busy week.

"The good thing is they are all home games," the Bear coach said.

Newfound will be in action on Friday, Feb. 2, against Hopkinton and Tuesday, Feb. 6, against Berlin, both at home at 6:30 p.m.

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

### High School Slate

The new month brings a full slate of games to the local high school teams.

At Newfound, the boys' hoop team will be at Hopkinton today for a 7 p.m. start and they will be at Berlin on 6:30 p.m. on Tuesday, Feb. 6.

The Newfound hoop girls will be in action on Friday, Feb. 2, hosting Hopkinton at 6:30 p.m. and will be hosting Berlin at 6:30 p.m. on Tuesday, Feb. 6.

The Bear alpine skiers will be at Gunstock on Friday, Feb. 2, at 10 a.m. and will be at Sunapee at 10 a.m. on Tuesday, Feb. 6.

At Plymouth, the alpine ski team will be competing at Waterville Valley on Friday, Feb. 2, at 10 a.m.

The Bobcat girls' basketball team will be hosting Merrimack Valley today, Feb. 1, at 6:30 p.m. and will be hosting Kingswood at 6 p.m. on Tuesday, Feb. 6.

The Plymouth hoop boys will be at Merrimack Valley for a 6:30 p.m. game on Friday, Feb. 2, and will visit Kingswood at 6:30 p.m. on Tuesday, Feb. 6.

The Kearsarge-Plymouth hockey team will be hosting Pembroke-Campbell at 10 a.m. on Saturday, Feb. 3, at Plymouth State, will be at Monadnock on Tuesday, Feb. 6, at 4 p.m. and will be hosting Lebanon at 8:30 p.m. on Wednesday, Feb. 7, at Proctor Academy.

The Bobcat Nordic skiers will be competing at Whitaker Woods in North Conway SEE HIGH SCHOOL PAGE B3



BOB MARTIN - GILFORD STEAMER

Victoria Roman skis at Gunstock on Friday.



BOB MARTIN - GILFORD STEAMER

Matt Karcheck takes a gate on Friday at Gunstock.

## Small contingent of Bears ski at Gunstock

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Newfound alpine team had a few skiers tackle the slopes at Gunstock on Friday, Jan. 26.

The Bears that did compete only posted times in the slalom race.

For the boys, Jacob Blouin finished in 31st overall to lead the Bears in a combined time of 1:26.38.

Trevor Robie was next for Newfound, finishing in 1:36.53 for 36th place and Matt Karcheck was 37th in 1:36.77.

For the girls, Hannah Owen led the Newfound contingent in 1:39.6 for 25th place overall.

Victoria Roman skied to 26th in 1:39.71 to round out the Bears who completed both runs.

The Bears are scheduled to compete at Gun-

stock on Friday, Feb. 2, and at Sunapee on Tuesday, Feb. 6, both slated for 10 a.m. starts.

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

## Defense strong, but Bears fall to Cardinals

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — While the offense wasn't there, at the halftime break of his team's game with Stevens on Thursday, Feb. 25, Newfound boys' hoop coach Tom Bourdeau felt good about what he was seeing.

"In the first half, the score was where we wanted it," Bourdeau said. "We needed a low score.

"Only giving up 17, I was happy with that," the Newfound coach said.

However, the Cardinals scored 20 points in the third quarter to

pull away and eventually took the 52-29 win.

Mason Dalphonse got Newfound on the board first with a free throw and after a hoop from the visitors, AJ Palumbo-Muse put back a rebound to put the Bears up by one.

Stevens took the lead again with a basket but a free throw from Tyler Boulanger tied the game at four. The visitors then hit two free throws and two baskets to go up by a 10-4 score.

However, Colby Miles drilled a long three-pointer as the first quarter buzzer sounded and the Bears



JOSHUA SPAULDING

Tyler Boulanger takes the ball to the hoop in action against Stevens last Thursday.

trailed by just three, 10-7 at the end of the first quarter.

The Cardinals opened things up a bit to open the second quarter, as they hit two hoops and a free throw to stretch the lead to 15-7. After a Boulanger block, they added another hoop to go up by 10 but Palumbo-Muse got the Bears

the final hoop of the second quarter and Newfound's lone score, making it 17-9 at the halftime break.

Stevens scored the first five points of the third quarter to up the lead to 22-9 before Palumbo-Muse hit a basket. Stevens answered with a three-pointer and a field goal for a 27-

SEE HOOPS PAGE B6

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JOSHUA SPAULDING

Mariah Luscher races through the giant slalom at King Pine last week.



JOSHUA SPAULDING

Luke Johnstone powers through a giant slalom gate last week at King Pine.



JOSHUA SPAULDING

Matt Clark races in the giant slalom at King Pine on Friday.



JOSHUA SPAULDING

Rebecca Peterson skis for Plymouth during action at King Pine last week.

## Alpine Bobcats finally open the season

BY JOSHUA SPAULDING  
Sports Editor

MADISON — After a long delay, the Plymouth alpine ski team finally kicked off the new season, as the Bobcats traveled to Madison for a meet hosted by Kingwood at King Pine Ski Area, with Kennett also in attendance.

In the morning giant slalom, the Bobcat boys finished in second place overall behind Kennett.

Luke Johnstone led the way with a time of 1:03.79 for third place overall.

Matthew Clark was next for Plymouth, finishing in sixth place in 1:05.91 and Connor Magowan skied to seventh place in 1:05.97.

Ty Dahl rounded out the scoring for Plymouth with a time of 1:06.32 for eighth place overall.

Pete Wingstead took 10th in 1:07.54, Matt Lorie was 17th in 1:10, Jared King finished 18th in 1:10.6, Carter Wilcox placed 19th in 1:10.98, Justin Collins was 22nd in 1:16.24 and Milton Woolfenden finished 23rd in 1:17.73. Sam

Smith skied to 26th place in 1:19.72, Cabot Wiggett was 30th in 1:23.37, Drew Modesitt finished in 31st place in 1:28.94 and Ian Kim rounded out the field of Bobcats in 32nd in 1:34.75.

The afternoon slalom also saw the Bobcat boys finish in second place behind the Eagles.

Wingstead had the top time of the afternoon, skiing to third place overall in 1:10.61.

Clark was next for Plymouth, finishing in 1:12.28 for fifth place, followed by Lorrie in ninth place in 1:16.12.

Dahl again rounded out the scoring for Plymouth with a time of 1:16.29 for 10th place overall.

Wilcox skied to 12th in 1:18.25, followed by Smith in 1:31.29 for 17th place, Johnstone in 18th in 1:34.93, Woolfenden in 22nd place in 1:39.95, Wiggett in 1:54.91 for 23rd place, Modesitt in 2:00.24 for 25th place, Magowan in 2:03.59 for 26th place and Kim in 27th in 2:06.83.

The Bobcat girls finished in third place in both the morning giant

slalom and the afternoon slalom, with Kennett defeating Kingswood for top honors in both races.

In the morning giant slalom, the top Bobcat was Mariah Luscher, who finished in ninth place in 1:10.47.

Sumaj Billin was next for Plymouth, finishing in 13th place in 1:14.62, with Holly Hoyt in 17th place in 1:15.91.

Rebecca Peterson was the final scorer for the Bobcats with a time of 1:16.38 for 18th place.

Delana Wech was 19th

in 1:16.79, Nikki Stout placed 21st in 1:17.56, Taylor Shamberger was 24th in 1:18.23 and Samantha Meier was 26th in 1:18.97. Kiki Dodge skied to 28th place in 1:21.32, Rachel Fogarty was 31st in 1:23.58, Holly Phillips was 32nd in 1:23.72, Taylor Maine was 36th in 1:33.16, Zea McGarr was 37th in 1:33.3, Hallie Wheeler finished 38th in 1:33.49, Julia Ahern was 39th in 1:36.99 and Giulia Messere was 40th in 1:40.06.

The afternoon slalom

saw Peterson lead the way for the Bobcats with a time of 1:17.98 for seventh place overall.

Luscher was second for Plymouth in 1:19.56 for eighth place and Wech skied to 10th in 1:23.21.

Stout was the final scorer for the Bobcats, finishing in 11th place in 1:24.87.

Shamberger was 16th in 1:32.85, Meier finished 18th in 1:35.87, Billin as 20th in 1:37.85, Fogarty finished 21st in 1:39.95 and Maine was

25th in 1:52.58. Phillips skied to 26th place in 1:55.17, Hoyt was 28th in 1:59.03, Wheeler was 31st in 2:05.46, Ahern was 32nd in 2:07.77, McGarr was 33rd in 2:10.96 and Messere was 35th in 2:21.53.

Plymouth will be in action again on Friday, Feb. 2, as they host a meet at Waterville Valley.

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

## Bobcats battle tough opponents in Concord

BY JOSHUA SPAULDING  
Sports Editor

CONCORD — The Plymouth wrestling team traveled to Concord for the Capital City Classic on Saturday.

With teams from around New England, coach Randy Cleary noted that it was a tough tournament, with plenty of good competition.

The top finisher for the Bobcats was Joe Cleary, who wrestled at 120 pounds. He earned a pin in his first two matches before dropping a 9-1 decision in the semifinals. He came back to get a 9-2 win in the consolation semifinals before falling 12-3 in the consolation finals to finish in fourth place.

Troy Johnson finished in sixth place at 195 pounds. He pinned his first two opponents and then dropped a 7-3 decision to move into the consolation round, where he withdrew from the final two matches

and finished sixth overall.

Charlie Comeau got pins in his first two matches at 106 pounds before being pinned in the quarterfinals. He was also pinned in the consolation round.

At 113 pounds, Jason MacAllister fell in his opening round, but came through with a pin in the consolation round. He was then pinned to close out his day.

Trevor Randlett dropped his first decision by pin but came back with a pin in the consolation round before being pinned to close out his day at 126 pounds.

At 132 pounds, JC Gaumer got a pin before being pinned to move to the consolation round. He came through with a pin in his first match there before falling 10-0 to finish his day.

Hunter Lessard was pinned in his first match at 138 pounds and then dropped an 11-9 decision

in the consolation round.


Jon Panus wrestled at 152 pounds and was pinned in both of his matches. Nate Borger at 170 pounds also was pinned in both of his matches, as was Tracy Christiano at 220 pounds.

Coach Cleary noted that the team was still without Nolan Farina and Alex Hamel due to injury.


“We hope to have them back this week,” the Bobcat coach said.

The Bobcats will be in action on Saturday, Feb. 3, hosting the Plymouth Invitational at 9 a.m. and will then visit Campbell at 6 p.m. on Wednesday, Feb. 7.

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



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## Deadlines and the Olympics

MEREDITH — Sports Editor Joshua Spaulding will be covering the Winter Olympics in Pyeongchang, South Korea coming up in February.

Because of the time difference and the Olympic schedule, this will require a few deadline changes for a couple of weeks while he is out of the country.

All sports items for the North Country papers (Littleton Courier, Coos County Democrat, Berlin Reporter) for the issues of Feb. 14 and Feb. 21 must be submitted by noon on the Sunday prior to publication.

All sports items for the Lakes Region papers for the issues of Feb. 15 and Feb. 22 must be received by 8 a.m. on the Monday prior to publication.

All items not received by these times may miss being included in that week's issue.

And a reminder, if you know of an Olympic athlete with local connections, send an e-mail to josh@salmonpress.news so we can hopefully catch up in Korea.

You can follow updates from Korea on the Salmon Press Sports - Wolfeboro Facebook page, on Twitter or Instagram at salmonpresssports or at salmonpresssports.blogspot.com.

## Newfound searching for spring coaches

BRISTOL — Newfound Regional High School is looking for a varsity softball coach and a JV baseball coach for the 2018 season. Please send letter of interest, resume, two letters of recommendation and names and phone numbers of two other references. Please send to Supt. Stacy Buckley, SAU4, 20 North Main St., Bristol, NH.



# Cats topple Wolfpack for win on home ice

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Kearsarge-Plymouth hockey team played its first game of the season at the Plymouth State University Ice Arena on Saturday night, and gave the hometown crowd something to cheer about, knocking off Laconia-Winnisquam by a 4-1 score.

“We knew right away that if we could keep fresh legs out there, Laconia-Winnisquam may be tired because they don’t have a deep bench,” said K-P coach Dave McKenney. “But this was not a gimme tonight. Their goalie stood



JOSHUA SPAULDING

Trevan Sanborn looks to move the puck along the boards in action Saturday night in Plymouth. on his head all night.” of the early chances, ing Nate St. Pierre for The Cats had the best with Alex Nangle finding a bid that was stopped,

while Josh Johnston sent one off the post and Nangle had another shot denied.

After the Wolfpack had a chance at the other end that soared over Caden Lyman’s net, St. Pierre, Nangle and Garrett Sprenger came down the ice with chances but could not get on the board.

With 10:29 to go in the period, the Cats got the game’s first power play and Nangle, Cody Bannan and Johnston had chances but they could not convert.

The Cats took their first penalty of the game with 8:10 to go and good clears from Bannan and Brecken Bates, good defense from Trevan Sanborn and good short-hand control from Nangle killed off the advantage.

The Cats got their second power play with 5:29 to go and this one did not go by the wayside, as Nangle finished off an assist from Tony Velez with 4:43 to go in the period to give K-P the 1-0 lead.

Johnston fired another shot off the post, while Sprenger, Nangle and Bannan all had chances denied by L-W keeper Nick Luther. The Cats took a late penalty in the frame but Johnston had a shorthanded bid and Velez was able to control the puck to help close out the period.

The Wolfpack started the second period on the power play but could not generate any pressure and the Cats killed the advantage off.

Just 1:15 into the period, K-P got on the board again, as Bates fired a shot from the faceoff circle that went to the far post and in for a 2-0 lead. Marissa Pickman picked up the assist on the tally.

Velez, Johnston, Sprenger, Nangle and Bannan continued the Cat pressure but they were unable to solve Luther, as the L-W keeper made save after save to keep the puck out of the net.

The Cats were able to break through with 10:36 to go in the second, as Bannan got the puck off a turnover in the neutral zone and poked it through Luther for the 3-0 lead, with Emma Tryder getting the helper.

Bates and Velez had nice chances for the Cats and Sanborn was strong on defense before the

hosts got another power play try with 6:30 to go. Johnston, Velez and St. Pierre all had chances on the advantage but they could not convert.

The Cats got another power play with 1:58 to go in the period and Johnston had a bid denied, as did Bannan. K-P took a penalty with just two seconds to play and the period closed out with the Cats up 3-0.

The visitors got the early power play in the second period but they were unable to do anything, as Nangle and St. Pierre led the penalty-killing charge.

K-P then got an extended power play, as the visitors took three penalties in the span of 1:41. Despite the best efforts from Bannan and company, all three were killed off and the score remained 3-0. Sprenger, Bannan, Violet Manson and Nathan Folcik had chances after the power play but couldn’t convert.

L-W was able to score with 5:24 to go in the game to cut the lead to 3-1 but with both teams down a player and 3:26 to go in the game, St. Pierre iced the result with a goal on an assist from Johnston for the 4-1 lead and the Cats took the much-needed win.

“I thought my boys and girls responded with passion,” said McKenney. “It was a good effort, everyone was hustling.

“All three lines contributed to the physicality and speed of the game,” the K-P coach added. “I don’t know what it is about winning, but it feels good.”

McKenney praised Sprenger for his calming demeanor, and noted St. Pierre was strong up front and Johnston and Sanborn played well on defense.

“And Caden was there when we needed him,” McKenney added.

The Cats will be back in action on Saturday, Feb. 3, hosting Pembroke-Campbell at 10 a.m. at Plymouth State. On Tuesday, Feb. 6, the team will be at Monadnock for a 4 p.m. game and on Wednesday, Feb. 7, they will host Lebanon at Proctor Academy at 8:30 p.m.

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

## Ebners lead the way for Nordic Bobcats

BY JOSHUA SPAULDING

Sports Editor

WATERVILLE VALLEY — Mother Nature forced the Plymouth Nordic team to go on the road for the home meet scheduled for Saturday morning, but Waterville Valley Resort proved to be a good host and the Bobcats were able to get the race off without issue.

The Bobcat boys finished in third place overall behind defending champion Kennett and Lebanon.

Leading the way for the Bobcats was Sam Ebner, who crossed in a time of 9:54 for seventh place overall on the shortened course.

Carter Wilcox was next for Plymouth, finishing in 10:20 for ninth place and Sawyer Wilcox was the third Bobcat, placing 12th in 10:43.

Troy Warner rounded out the scoring for Plymouth with a time of 11:01 for 14th place overall.

Luke Johnstone finished in 25th place in 11:30, with Shane Johnston in 12:08 for 36th place, Jake Little in 39th in 12:11 and Douglas Cassarino in 41st in 12:23. Randall Scroggins skied to 45th place in 12:48, Nate Hixon was 46th in 12:50, Will Golden was 50th in 12:56 and Connor Greene finished in 13:03 for 52nd place. Remy Beaujouan was 56th overall in 13:33, Ben Parsons finished in 58th in 13:40, Logan Hilger was 59th in 13:43 and Toby Phillips was 60th in 14:00. Hunter McLeod placed 63rd in 14:24, Liam Crowley was 68th in 17:38 and Kyle Dimick finished in 71st place in 19:00.

The Plymouth girls finished in fifth place in the skate race, with Kennett, Hanover, Lebanon and White Mountains snagging the top four spots.

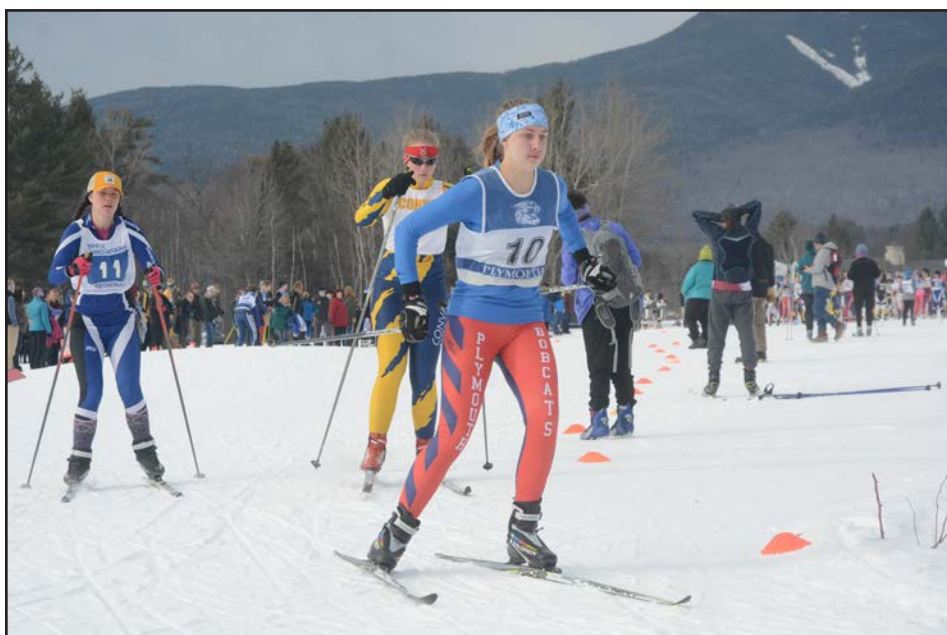
Megan Ebner led Plymouth with a time of 13:18 for 14th place overall.

Sam Van DeMoere



JOSHUA SPAULDING

Sam Ebner takes off at the start of Saturday’s freestyle race in Waterville Valley.



JOSHUA SPAULDING

Megan Ebner led the way for the Plymouth girls on Saturday afternoon.

skied to 17th place in 13:27 and Lily Derosier was the third Bobcat, finishing in 13:44 for 20th place.

Libby Van DeMoere rounded out the scoring with a time of 13:45 for 21st place overall.

Yaxi Stapp finished in 13:58 for 23rd place, Lauren Bolton was 30th in 14:20, Valerie Johnston was 35th in 14:54 and Taylor Shamberger was 37th in 15:29. Rosa Bailey placed 44th in 16:47, Tabby Lopes was 45th in 16:49, Maisy Mure was 47th in 17:27 and Kiana Pino placed 50th in 17:49. Brynn Brotzman was 51st in 17:54, Calie McLeod was 52nd in 18:01 and Nikki Stout placed 57th in 19:03.

There was also a middle school race, with Plymouth and Holderness among the teams competing.

Plymouth’s Addison

Englund won the girls’ race in 12:40, with Rory Sutherland of Holderness in second in 12:46. Lydia Marunowski of Plymouth was fifth in 13:07, Reid Donovan of Holderness was sixth in 13:10 and Corrina Flynn of Plymouth was 13th in 13:50. Ada Champan of Holderness finished in 14:00 for 16th place, Aquinah Allain of Plymouth and Ella Ronci of Holderness tied for 18th in 14:14, Reagan Sutherland of Plymouth was 21st in 14:31, Anelie Flynn of Plymouth was 23rd in 14:45, Lauren Cassarino of Plymouth was 25th in 15:03 and Emma Smith of Plymouth was 26th in 15:11. Leah Ines of Holderness placed 27th in 15:37, Grace Clogston of Plymouth was 29th in 17:28, Natile Payne of Holderness was 31st

in 21:02 and Sasha Wheeler of Plymouth was 33rd in 26:07.

Nathaniel Gervez of Plymouth was second for the boys in 12:42, with Nicholas Ring of Holderness in 14:23 for ninth place, Grady Marunowski of Plymouth in 13th in 18:42, Paul Mason of Plymouth in 15th in 28:52 and Shawn Cutshaw of Plymouth in 16th in 33:40.

The Bobcats are scheduled to compete at Whitaker Woods in North Conway on Saturday, Feb. 3, for the New Hampshire Series classical race at 10 a.m. and will be at Abenaki Ski Area in Wolfeboro on Tuesday, Feb. 6, at 2 p.m. for a freestyle race.

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

## High School

FROM PAGE B1

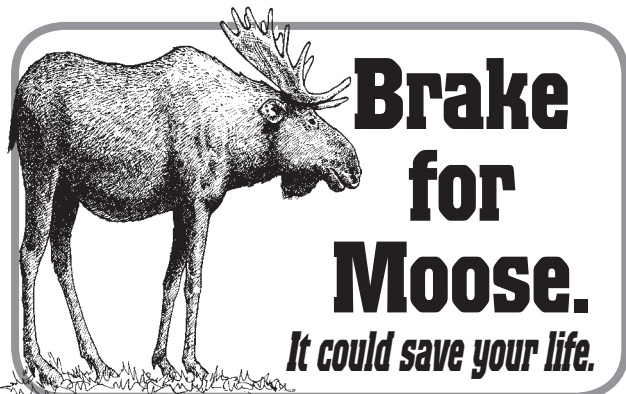
on Saturday, Feb. 3, at 10 a.m. and will be at Abenaki Ski Area in Wolfeboro on Tuesday, Feb. 6, at 2 p.m.

The Plymouth wrestling team will be hosting an invitational tournament on Saturday, Feb. 3, at 9 a.m. and will

be at Campbell at 6 p.m. on Wednesday, Feb. 7.

The Bobcat unified hoop team will be hosting Kennett at 3 p.m. on Tuesday, Feb. 6.

The ski jumping Bobcats will compete at Newport on Wednesday, Feb. 7, at 6 p.m.



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- **Technology Support Specialist**  
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- **Long Term Substitute**  
Bridgewater Hebron Village School Elementary Certification Required  
The position will be from March 5 to April 11.
- **1:1 Paraprofessional**  
Bristol Elementary School  
Para II Certification Required
- **Softball Coach**  
Newfound Memorial Middle School
- **Substitute Custodians**  
District Wide

Applicants for all positions should submit a letter of interest, resume, supportive credentials, job application and three current written references to: Stacy Buckley – Superintendent of School  
Newfound Area School District  
20 North Main Street  
Bristol, NH 03222

Application is available at:  
<http://www.sau4.org/human-resources/employment-information>





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**Hoops**

FROM PAGE B1

11 lead. Palumbo-Muse hit two from the charity stripe but again the visitors answered, draining a hoop and a three-pointer for a 32-13 lead.

Miles got the Newfound crowd back into it with a three-pointer but Stevens answered with a hoop. Palumbo-Muse came back with a hoop for Newfound but the visitors sank a three-pointer to close out the third quarter and they took the 37-18 lead to the final eight minutes.

A James Shokal three-pointer got the scoring started in the fourth quarter but Stevens came back with a hoop and a three-pointer to go up by a 42-21 score.

Palumbo-Muse hit another hoop but again the visitors had the answer, hitting a three-pointer and two from the free throw line.

Boulanger hit back-to-back baskets for the Bears to make it a 20-point game and after a Stevens hoop, Dalphonse hit a basket for the Bears to cut the lead to 20 again. The Cardinals were able to hit a three-pointer at the buzzer to account for the 52-29 final.

Palumbo-Muse finished with 12 points on the night to lead the Bears.

Looking at the 17 points in the first half, Bourdeau was happy but things took a turn for the worse in that third quarter.

"They equaled that (17) in the third,"



**James Shokal fires a three-pointer late in his team's game against Stevens.**

Bourdeau said. "I was pleased with the defense tonight."

Had the Cardinals not hit the three-pointer at the buzzer (their coach was yelling 'no shot' as the seconds ticked off, but the player did not listen), Bourdeau pointed out his squad would've held the Cardinals to less than 50 points, which he said was the goal, since they average just under 50 points a game.

He also noted that little mistakes cost the team, with unforced turnovers and missed layups giving the Cardinals extra chances.

"It's the little things that an 0-10 team does," the Bear coach stated.

Newfound will be

in action today, Feb. 1, at Hopkinton at 7 p.m. and on Tuesday, Feb. 6, they will be at Berlin for a 6:30 p.m. game.

**NRHS 7-2-9-11-29**  
**SHS 10-7-20-15-52**

**Newfound 29**

Muse 5-2-12, Miles 2-0-6, Dalphonse 1-1-3, Boulanger 2-1-5, Shokal 1-0-3, Totals 11-4-29

**Stevens 52**

Grenier 7-1-16, Stanhope 1-1-4, Johnson 1-2-5, Paquette 3-0-7, Durkee 1-0-2, Roy 1-0-3, Daignault 1-0-2, Aiken 1-0-3, Totals 16-4-52

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

# No lie, the apprehension is still there

Four years ago, as I prepared to head to Russia, I was a bit apprehensive. There had been some issues in other areas of Russia and there had been many concerns about the housing situation for media members.

As it turned out, those apprehensions proved to be unnecessary, at least on my end of things. My room was finished and there was hot water and everything else I needed. And there was never any threat on the security end, at least that I was aware of.

So now, as I prepare to head to South Korea, obviously, there are apprehensions again. The Korean peninsula isn't exactly the most stable place in the universe but there's nothing I can do about that on my end. I can only control what I can control, so that's what I'll do.

And what I can control is my schedule while I'm there, so I spent time on Wednesday going over the Olympic schedule and figuring out just where I need to be and when. The first priority was to figure out the local athletes and when they will be competing. Once I figured out those events, I penciled them into my schedule and then began to look at

**SPORTING CHANCE**

By JOSHUA SPAULDING



other events I wanted to see.

The PyeongChang schedule for me will be a lot like the Sochi schedule, with trips to see local athletes but also visits to all of the different venues. I anticipate seeing local athletes Sean Doherty and Sarah Hendrickson within the first few days of being in Korea. Other athletes with local connections include Annalisa Drew and Eric Laughland, both of whom skied for the Loon Ski Team for years. I've also got leads on a few other athletes who have local connections and I've been working them into my schedule as well.

There will be one difference on this trip compared to Russia is that there are already a few people I know in Korea. My college friend Lee lives in Korea now and we have scheduled a time to meet up and Prospect Mountain graduate Indiana Jones is doing an internship with the Olympics and we've worked out a time or two to meet, depend-

ing on our schedules. It will be nice to have a few familiar faces on the other side of the world.

As this paper comes out on Feb. 1 (or thereabouts), there is one week until my flight leaves from Boston. I am flying to Toronto and then on to Seoul, arriving on Friday, Feb. 9, in the late afternoon (which is the middle of the night here).

Even more good news? So far there have been no reports of the media housing not being completed yet, so here's hoping all is well on that end.

Until then, I'll be packing and getting ready. The Olympics are coming.

Finally, have a great day Mike and Kara Jacobs.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*



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