

THE **Messenger**

"Your Local Weekly Since 1869 ♦ A Tradition Worth Keeping"

Free ♦ Our 150th Year ♦ Issue 7 ♦ February 15, 2019



MJ Harrington honored

The Newport Area Chamber of Commerce recently honored MJ Harrington as its 2019 Distinguished Business of the Year.

New Henniker Principal

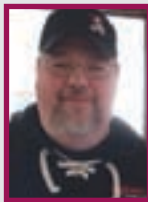
Matthew Colby has been named principal at the Henniker Community School effective July 1, 2019, following the retirement of HCS Principal Karen Raymond at the end of the school year.



Mr. Colby came to the Henniker School from John Stark Regional High School in 2015, where he had been a social studies teacher since 2002. While at John Stark he held positions in addition to teaching, including as substitute assistant principal, summer school director, Title 1 summer coordinator, and curriculum coordinator.

Antrim's Top Chilimaker

More than 100 people attended the Chili Cookoff at Antrim's Tuttle Library on Saturday to taste the 11 entries. The winner was Mark Murdough (Entry #3).



Peterborough Firefighters battled a fire at a vacant home being renovated on Carley Road early Monday. The fire started sometime before 5 a.m. and was knocked down just after 6 a.m. No injuries have been reported.

Hillsborough teen indicted

Accused of trying to steal two NH State Police cruisers

A grand jury has indicted Alan Clark, 19, of Hillsborough for attempting to steal two NH State Police cruisers in Canterbury last fall. State Police arrested Clark the day after he caused a nearly head-on collision in Canterbury. Clark walked away from a trooper who tried to question him then ran to an idling cruiser, got in and revved the engine. The trooper struggled with Clark before getting an elbow on the cruiser's microphone button to call for help. Troopers, Canterbury Police and the Merrimack County Sheriff's Office responded

and officers pulled Clark from the cruiser. Clark was placed in the back seat of a cruiser from which he again tried to escape through a small opening between the front and back seats of the cruiser and had his foot on the accelerator by the time anyone realized what was happening. Clark was ultimately re-handcuffed, shackled and swiftly taken to the Merrimack County Jail in Boscaawen. He was also recently indicted on an unrelated charge of possession of a narcotic drug believed to be methamphetamine, which authorities say he had in his possession.

Hopkinton couple donates large conservation easement

Donald and Susan Ware of Hopkinton purchased 77 acres in town and donated a conservation easement to the Society For The Protection of New Hampshire Forests. The parcel contains about 80% forestland, which was harvested about five years ago.

The remaining 20% is wetlands, including a unique water feature known as a kettle bog, which is a shallow, sediment-filled body of water.

The land includes an oak-white pine forest, including 65 acres of a wildlife habitat. The Wares, have a history of conservation efforts and the The Forest Society has been working with the Wares for more than a decade on conservation projects. In 2007, the couple donated an easement on their 120 acres of land in Hopkinton to the Forest Society. They did it again in 2009, purchasing and then donating another 50.5 acres.



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Yesteryear Local history as reported in The Messenger

February 16, 2018

LRGHealthcare program closures
Deering may change Fire Department hiring process
Goffstown embezzler gets 2-5 year sentence
John Stark Board proposes \$229,795 budget reduction

February 24, 2017

It's Chief vs. former Chief in Loudon
Juvenile charged with gun threat at John Stark
Tilton man injured when thrown from his snowmobile
Warner man convicted of multiple sexual assaults

February 19, 2016

H-D Elementary Principal resigns
Goffstown woman guilty of forging checks over \$1 million
PETA withdraws protest of Newport's "Greased Pig On Ice"
New Town Clerk I Tax Collector in New London

February 20, 2015

Deering Fire Chief quits after explosive meeting
Franklin fire leaves tenants homeless
Bow man guilty of mail fraud & tax evasion
Lux challenges Langwasser for Hopkinton Selectman

February 21, 2014

NEC arrest gives new meaning to "Panty Raid"
Committee recommends keeping New London Dispatch
Bradford Selectmen reject fire truck proposal
\$8,000 to defend Weare Police Officers

February 22, 2013

Newport gun range approved
Sunapee Superintendent a finalist for ConVal job
Antrim's new police cruiser totaled during chase
Merit raises for Frankestown employees

February 24, 2012

Woman wanders away from Pats Peak
Sunapee man killed in snowmobile accident
Warner Fall Foliage plans in limbo
Weare Selectmen discuss bridge replacements

February 25, 2011

Newport names Paul Brown Interim Manager
New London seeks to adopt 18 month budget
Cleveland rocks with H-D music again
Union rejects Monadnock Paper Mill contract

February 19, 2010

Peter Christian's closing shocks New London
Thirteen arrested in major Weare drug bust
Andover business woman recognized
Two Greenfield fires in two days

February 17, 2009

New Hampshire VFW honors Hopkinton 8th grader
Chocolate lovers are gathering in New London
Bennington school makes improvements
Sunapee Library "out of space"

Coming up: St. Patrick's Day

TO INCLUDE YOUR BUSINESS CALL 464-3388

DECA Recognizes Hillsboro-Deering DECA's Gold Level School Store

The School-Based Enterprise (SBE) at Hillsboro-Deering High School – The Hillcat Corner was among 483 school-based enterprises in the United States achieving Gold Level Certification or Gold Level Re-certification this year and will be recognized at DECA's International Career Development Conference in Orlando, Florida. The students who worked on the certification were Zoe Galatas, Joshua Marshall, Emma Breed, and Miranda Feighery, with the assistance of their advisor Marc Payeur. The school-based enterprise at Hillsboro-Deering High School has operated for 30 years and is to be commended for this achievement.

School-based enterprises are effective educational tools in helping to prepare students for the transition from school to work or college.

For many students, they provide the first work experience; for others, they provide an opportunity to build management, supervision and leadership skills. While some in the education community have only recently discovered the value of school-based enterprises, business and marketing educators, and DECA advisors

have used them as a powerful learning lab for more than five decades.

DECA's School-based Enterprise (SBE) Certification Program was developed to provide recognition for outstanding achievement by school-based enterprises and to motivate SBEs to strive for excellence and growth.

School stores can be certified at three

levels: Bronze, Silver or Gold. In order to apply for the certification, SBEs must submit extensive documentation that demonstrates their adherence to various marketing and retail standards. After the documentation is submitted, a review committee evaluates the documentation to determine which level of certification has been achieved.



The Hillcat Corner managers: (L-R) Miranda Feighery, Joshua Marshall, Emma Breed, and Zoe Galatas.

ConVal drops charges against Timothy Baylies of Hillsborough

The theft charge against Timothy Baylies, 37, of Hillsborough, a former ConVal School District employee, has been dropped. He was accused of stealing between \$1,000 and \$1,500 in laptops and other computer-related items from the district during the 2015-16 school year. Baylies was a technology coordinator at South Meadow School in Peterborough from July 2014 to Jan. 2016.

Ice jam may cause flooding in Goffstown & New Boston

The towns of New Boston and Goffstown are again facing the possibility of severe flooding later this spring thanks to a fast-growing ice jam in the Piscataquog River that's already three quarters of a mile in length.

Formed by the accumulation of floating ice chunks that slow or fully obstruct a waterway, early winter ice jams like the one in New Boston are fueled by temperature changes that drive erratic freeze-thaw cycles. The current ice jam falls short of the 3,200-foot-long blockage that plagued the town in 2018, but New Boston Fire Chief Dan MacDonald says the

location and rate of growth of this year's jam makes it far more dangerous than the one last winter. "This thing has doubled in size in the last week," said MacDonald of the jam. "There's no sign of it being able to break free. As we got that rain and temperatures warmed up, things melted. This could become a longterm problem through the winter." In contrast to the 2018 ice jam that was located closer to the center of New Boston, this year's jam covers a portion of the Goffstown-New Boston line along River Road where the banks of the Piscataquog are significantly lower and closer to the flood zone.

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A 61-year-old man was taken to the hospital with injuries suffered in a head-on crash on Route 4 and Dover Road in Chichester last Thursday. The other driver was a 19-year-old who did not suffer any injuries, police said.

All in a day's work for Bow Police Officers

On February 7th, Bow Officer LeBlanc was patrolling Route 3A when he stopped a vehicle for a window tint violation. In speaking with the occupants it was discovered the front seat passenger, Gwyneth Webber, 19, of Wells, Maine, had an active nationwide extraditable warrant for heroin sales out of Massachusetts. Webber was transported to the Merrimack County House of Corrections for a next day arraignment.

The next day, Officer Buchanan responded to a 911 call in front of Grappone Toyota. The caller reported a vehicle stopped facing the wrong way in the opposite lane of traffic with the driver and passenger passed out and unresponsive. Officer Buchanan attempted to wake the occupants. The passenger Jivan Agoubi, 29, of Allenstown, awoke and immediately became combative towards the officer. Agoubi was tasered, placed under arrest and charged with Resisting Arrest. The driver, identified as Gregory Hood, 27, of Manchester, NH, was placed under arrest and charged with DWI, Operating after Suspension and Possession of Marijuana.

Hopkinton donates for a wheelchair van

A Hopkinton family is expressing gratitude to the community after thousands of dollars in donations helped them buy a wheelchair-accessible van. Constantine Salce, 11, has spinal muscular atrophy, a disorder that weakens the muscles. Until recently, his mother would carefully, but painfully, carry him in and out of their vehicle. "My mom picking me up kind of strained my back a little, and it hurt my rib," Constantine said. "It just amazes us that so many people from our community -- and people we don't know, people from around the state wanted to help us," said Constantine's mother.

Newport man sentenced to four years in jail

Shaun Walsh, 25, of Newport was sentenced to serve two year consecutive terms of incarceration at the Sullivan County House of Corrections, after entering pleas of guilty for two felony counts of second degree assault, and one felony count of criminal threatening with a deadly weapon, an offense that was committed while he was out on bail. Walsh was further sentenced to serve 2.5-7 years at the New Hampshire State Prison for having committed the criminal threatening offense while out on bail. That sentence was suspended, conditioned upon good behavior, for a period of 5 years.



Hopkinton Troop 77 (L) and Antrim Troop 2 participated in the annual Boy Scout Klondike event. The Klondike event is a fun competition that requires Scouts to use their skills in tracking, fort building, first aid and rescue, cooking and fire building. The event was attended by 130 kids including 14 Troops and 18 Patrols.

Hillsborough's Operating and Capital Budgets increased 5.88%

As we go to press, the Hillsborough Selectmen are conducting a Budget Hearing on the proposed \$7,609,842 Operating Budget.

When 209 Capital Outlays are added the total become \$7,997,094, an increase of \$444,298 or 5.88%.

If the budget and all warrant articles pass, the tax rate would increase by .39/1000 valuation.

Home owners with a home valued at \$150,000 would pay an extra \$58.50 in

taxes. At ballot voting, voters will be asked to approve five Zoning amendments.

At the March 12th Town Meeting, approval is being sought for:

\$712,660 to operate the Sewer Department

\$675,144 to operate the Water Department

\$314,000 to 7 Capital Reserve Funds.

\$235,000 from the Unassigned Fund

Balance, and another \$79,000 from taxation

\$250,000 for Road Work

\$271,000 for a Highway Department Loader, and

\$26,566 to complete the garage at Kemp Park.

Voters are being asked to adopt RSA 72:81 which allows up to five years tax exemption for new construction performed on commercial or industrial properties.

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STUDY LINKS CHANGES IN ORAL MICROBIOME WITH METABOLIC DISEASE/RISK FOR DENTAL DISEASE



Dr. Esin Narli-Trangaris

New research has found that metabolic diseases, which are characterized by high blood pressure, high blood sugar, and obesity — can lead to changes in oral bacteria and put people with the disease at a greater risk for poor oral health. This study of more than 8,000 ten-year-olds showed that metabolic diseases lead to increases in salivary glucose; alterations of the bacteria found in the mouth; and increased risk of cavities and gum disease. This work reinforces the need for preventive dental care and greater integration between medical and dental care.

Over the past ten years, it has become clear that defining a “healthy” microbiome is a critical step for discovering how variations in the bacteria found in and on our body contribute to both disease and wellbeing. It is still unclear, however, whether differences in the human microbiome that are seen in many disease states are a symptom of the disease or part of the underlying cause.

During the five-year study, the body weight, height, blood pressure and fitness were measured, oral disease was evaluated, nutritional information was collected, questionnaires on sleep and medical history were answered and saliva was collected for analysis. Data were compared between adolescents with high salivary glucose (HSG); glucose concentration and those with low salivary glucose.

Investigators found that HSG was associated with dental caries and gingivitis in the study population. The observations clearly indicate that metabolic diseases, such as diabetes, that produce elevated glucose in blood and saliva can significantly alter the oral microflora.

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TAKE YOUR MEDICINE



BY SARAH CHAPIN

The use of antiepileptic drugs is associated with an increased risk of Alzheimer’s disease and dementia, according to a new study in the *Journal of the American Geriatrics Society*. Some antiepileptic drugs are known to impair cognitive function, which refers to all different aspects of information processing. When the researchers compared different antiepileptic drugs, they found that the risk of Alzheimer’s disease and dementia was specifically associated with drugs that impair cognitive function. These drugs were associated with a 20 percent increased risk of Alzheimer’s disease and with a 60 percent increased risk of dementia. The researchers also found that the higher the dose of a drug that impairs cognitive function, the higher the risk of dementia. However, other antiepileptic drugs, i.e. those which do not impair cognitive processing, were not associated with the risk.

A Kaiser Permanente study of more than 80,000 children born over a 4-year period showed that the prenatal Tdap vaccination (tetanus, diphtheria, acellular pertussis) was not associated with increased risk of autism spectrum disorder in children. The study was published in *Pediatrics*.

A new analysis in the *American Journal of Epidemiology* shows that prolonged exposure to acetaminophen during pregnancy is associated with a 30% increase in relative risk for attention deficit hyperactivity disorder (ADHD) (compared to those who did not take acetaminophen during pregnancy) and a 20% increase in relative risk for autistic spectrum disorder.

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Hometown Heroes

Timothy Kenney - Boscawen Fire Dept.

The Town of Boscawen is pleased to announce that Timothy J. Kenney has been selected for the position of Boscawen Fire Chief effective March 12, 2019. Tim has been a volunteer



firefighter with the Boscawen Fire Department since March of 1988 and currently holds the title of Lieutenant. Tim also works as a Battalion Chief in Salem, NH and is responsible for incident command, supervision of firefighters, and day to day operations.

David Hall - Franklin Fire Dept.

Franklin Fire Department’s next Deputy Fire Chief David Hall of Sanbornton, will assume his new role on March 3, 2019. Deputy Hall will oversee operations and training within the department. Dave comes to the Franklin Fire Department with over 18 years of fire service experience. Dave began his fire service experience with the Belmont Fire Department. He has since moved into the rank of a Captain/AEMT with the Tilton Northfield Fire Department.



Ed Shaughnessy - Bradford Police Dept.

Please join us in congratulating Ed Shaughnessy on his recent promotion to Lieutenant. It was an easy decision due to his commitment and dedication to the



citizens of Bradford and the leadership he provides within the department.



Newbury Fire Rescue Responders

At the recent meeting of the C5 Emergency Medical Services (EMS) District in New London members of Newbury Fire Rescue saved a patient with CPR at a call in Newbury and were recognized by area EMS providers Tim O’Neill, Jen Parkhurst Smith, Chief Hank Thomas, Wayne Whitford and Vicki Hayward, shown here as Mark Wichter-mann, Mike Menino and Police Chief Brad Wheeler received the I Made CPR Count pins.

Eric Sereno - Goffstown Police Dept.

Before a full house of family, friends and fellow officers, lifetime Goffstown resident Eric Sereno took the oath of office, having been promoted from Lieutenant to Captain and second in command of the Goffstown Police Department.



Greenfield Fire Department Explorers

The Greenfield Fire Department is working with the Daniel Webster Council to create a youth Fire Explorer post. Exploring is a co-ed, career education program for high school and college youth. If you know of youth that may be interested in the new and upcoming program, look on our page for upcoming recruitment dates. This will be open to other communities and is not limited to just Greenfield youths. Big thanks to Rescue Captain Batty for helping get our program up and running!

Highway Department funding dominates Henniker's Budget Hearing

About 30 residents braved Tuesday's storm to attend Henniker's Budget Hearing. The proposed operating budget stands at \$5,428,254, which is an increase of \$340,815 over the current budget. Selectman Peter Flynn moved to restore a previous \$22,166 cut which eliminated a full-time position at the Transfer Station. After a short discussion, the motion lost on a 2-3 vote.

Funding for the Highway Department dominated much of the discussion, but Highway Supervisor Leo Aucoin and his crew could not participate as they were busy plowing. Chair Kris Blomback pointed out that of the \$340,000 increase, \$285,000 was for the Highway Department.

The Department would also receive: \$25,000 for the Equipment Capital Reserve Fund, and \$172,087 for road improvements. A separate article asks for \$750,000 to be added to the Roads Maintenance Expendable Trust Fund. A motion to have the Board recommend the article was supported by Tia Hooper and Leon Parker, who also serve on the Road Management Committee, but lost on a 2-3 vote as the others feared the additional \$1.57 impact on the tax rate.

The most heated discussion was over a

request for \$135,000 to purchase the Rubber Tire excavator the town had leased this year. Bill Goss and Tim McComish passionately opposed the article, saying the item was not properly put out to bid. Goss also stressed that this machine would only be used two months per year and the town would be better off continuing to rent it when needed. Voters will see it on the ballot and can expect further debate at Town Meeting.

Other major spending items include: \$277,730 for the Tucker Free Library \$70,000 for design of a Library safety project.

\$6,240 for restoration of Library windows.

\$66,000 to the ambulance Capital Reserve Fund.

\$100,000 to the Fire Dept. Capital Reserve Fund

\$15,300 for HVAC at the Community Center.

At the end of the meeting it was announced that if the budget and all Warrant Articles passed, the tax rate would increase by \$2.84/\$1000 valuation. Kris Blomback's motion to apply \$401,000 of the town's \$1.3 Unreserve Fund Balance to tax reduction

was approved reducing the impact to \$1.84 or \$360/\$1000. Should the \$750,000 Road maintenance article fail, there would be no rate increase.



Henniker resident and Hillsborough Highway Department Foreman Bill Goss urges the Selectmen not to purchase a used excavator as requested on the warrant.

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It was Boy Scout Day at Hillsboro United Methodist Church.



Sports

GIRLS' BASKETBALL

ConVal 41, Stevens 26: Lindsey Carey logged a game high 21 points for ConVal.

Stevens 53 Newport 48: Stevens went up 36-20 with 4:30 left, but then momentum in the gym shifted in favor of the Tigers. Newport quickly went on a 9-0 run with senior Selena Coronis heading the full-court press. And, by two minutes into the fourth quarter, the Tigers cut the lead to just two, 42-40.

Windsor, VT 59 Newport 39: The Tigers had a 6-1 run midway through the second quarter to trail only 22-16, but from that point on, Windsor put their foot on the gas.

Conant 61 Hopkinton 53: O Hopkinton trailed 12-0 right out of the gate and fell behind by as many as 22 in the contest. The Hawks snapped out of it in the second half, catching fire from behind the arc with five 3-pointers in the fourth quarter alone to pull within five, but it wasn't enough to overtake the Orioles.

Oyster River 69, Kearsarge 53: Kearsarge hung with one of the top teams in D-II, taking an 18-15 lead after one quarter and trailing 52-44 after three.

Hinsdale 47, Mount Royal 17: Sophie LaRose had 9 points and 7 boards, and Alexis Matte scored 7 and came away with 4 steals.

Goffstown 46, Portsmouth 45: A late 3-pointer from Sofia Piriz gave the Grizzlies a 44-43 lead with less than a minute to play

BOYS BASKETBALL

Derryfield 55, Sunapee 40: The Lakers were led by 17 points from Zach Belisle, 8 points from Jordan Chappell and Brady Grzanna added 7.

Mount Royal 53, Hinsdale 46: Louis Larosiliere scored 24 points and grabbed 9 rebounds for the Knights.

Stevens 54 Newport 51: It wasn't easy for Stevens, as a last second Newport shot ended up short to give Stevens a hard-fought, three-point win.

ConVal 56 Stevens 52: Matt McCool got eight of his team-high 22 in the fourth quarter, edging the Sabers back into the game, but the Cougars won it, 56-52.

Souhegan 41, Bow 38: The Sabers held on for the win as the Falcons missed a chance to tie at the buzzer.

Portsmouth 49, Goffstown 43: Connor Hujzak paced Goffstown with 18 points.

Hillsboro-Deering Spring Sports Sign-Ups

HDHS sign ups for 2019 Spring Sports, on the following dates, and in these locations: Baseball - Mon., March 4th at 2:20 in the ISS Room. Softball - Mon., March 4th at 2:20 in the Cafe. Track and Field - Mon., March 4th at 2:20 in the Gym.

Hillsboro-Deering Sports Awards Night

Hillsboro-Deering winter sport athletes will be recognized at Awards Night on Thursday, March 14, from 6:00 - 7:30pm at the HDHS Gymnasium Break Out Areas: BB - Gymnasium, GB - Cafeteria, Cheer - Library Alpine Ski-101, Bowling-102.

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Washington Selectmen present budget and 30 Warrant Articles

Washington voters attending Wednesday's Budget Hearing were pleased to hear that the 2019 proposed Operating Budget is set at \$501,196.00, which is \$115 less than the current budget. Also on the ballot will be requests for:

- \$155,743.00 for the Police Department.
- \$145,000.00 for Road Maintenance, to be offset by a \$65,000.00 Block Grant.
- \$67,000.00 to the Bridge Maintenance Fund.
- \$58,000.00 for Highway Dept. Truck Lifts.
- \$80,000.00 for a new Plow Truck, offset by 415,000.00 sale of old truck
- \$20,000.00 for crushed gravel
- \$182,260 to operate the recycling Center and Landfill closure.
- \$204,380.00 for the Fire & Rescue Department.
- \$20,000.00 for Rescue Capital Reserve Fund.
- \$40,000.00 to the Fire Dept Capital Reserve.
- \$5,000.00 for a new fire hose.
- \$41,895.00 for the shed Free Library.
- \$5,000.00 for granite steps at the Library.
- \$18,150.00 for Health & Welfare Dept.

- \$34,250 for parks 7 recreation
- \$85,000 for renovation plans for the Old School House.
- \$10,000.00 to the Health Insurance Account.

- \$7,000.00 for Plans to dredge Mill Pond.
- \$20,000 for Fire Dept. Breathing Apparatus.
- \$175, 411.00 for Debt service.



Public Works Director Brian Thayer spoke to a crowd of approximately 30 people at the Washington Budget hearing.



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Around Our Towns



The Hillsboro-Deering High School Book Club enjoyed reading Stephen King's *The Green Mile*.



Jason Burns, 39, of North Sutton received minor injuries when he lost control of his truck on I-93.



Goffstown Troop #99 presented the colors and led the Pledge of Allegiance at the town's deliberative session.



Jack Frost, VP, Director of Community Giving at Bar Harbor Bank & Trust presents a donation to representatives from Second Growth: Heidi Postupack, Amber McGonis, and Peter Guillette.



The Bow Memorial School girls' basketball team capped off its perfect season in the Tri County League Division III finals, beating Nashua World Academy, 72-25.



Lawrence Major III, Kelly Hayes, (C-1st) and Sierra McIntyre of Belmont High School, finalists in the Poetry Out Loud competition, await the results from the judges.



Newport's Winter Carnival Parade.



Goffstown High School Performance.

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Good Eats

Eating healthy, and safe

You try to eat healthy, but the one thing you can't control is who has been handling your food and whether they are practicing adequate food safety. Each year, foodborne illnesses sicken close to 50 million Americans and lead to more than 130,000 hospitalizations and 3,000 deaths. A lot of these illnesses are caused by simple things like restaurant employees' failure to properly wash hands, cooking surfaces and fruits and vegetables.



Foodborne illnesses present a greater challenge to certain groups of people with reduced immunity, such as children younger than age 4 and people older than age 50. Food can also become compromised much earlier in the production process, and for this reason food producers are using a variety of means to keep our food safe.

One approach uses the concept of hurdle technology in which a variety of mild steps (hurdles) are used to limit microbial growth at each stage of production. These include combinations of weak acid treatments with gentle heating and reduced humidity, or alternating low heat and chilling treatment. The fresh-bagged salads you see at the grocery store are a good example of this. Vacuum-packed products, prepared under rigorous hygienic conditions and heated at lower temperatures, are another.

Other technologies include the addition of antimicrobial agents such as enzymes and other natural compounds that inhibit the growth of bacteria or prevent oxidation. Salt

too is a very effective anti-bacterial in food. In fact, it is the oldest known food preserver. Salt is widely used in the production of all cheeses, cured meats and many fish dishes.

Salt preservation works by influencing the amount of water that all microorganisms require to survive and grow. The use of salt in controlling water means that the levels of other preservatives or processes can be reduced. This means that microbiological safety can be achieved with reduced heat, acidity and other preservatives. This results in a product of vastly improved taste and nutritional quality because of the improved retention of other nutrients.

However, as the federal government pushes companies toward lower salt content there are some concerns that it could affect food safety and increase the amount of preservatives that must be used. Many prefer salt as the more natural choice.

Fortunately, food safety is a leading concern of the Food and Drug Administration and its Commissioner, Scott Gottlieb, and the newly appointed Deputy Commissioner, Frank Yiannas, who was previously Vice President of Food Safety at Walmart, and Director of Safety and Health at Walt Disney World.

Food safety is an ongoing challenge for an enormous and complex food system, and although challenges continually arise, exercising caution and attention in food purchasing, storage and preparation will minimize the risks. Remember to not only eat healthy but to also eat safely. (BPT)

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Mary Yuryan: Account Rep.

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Monday at 5pm prior to Fri. publication.

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We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue using space equal to the items in error.

LETTERS POLICY:

We will print signed letters to the editor on a space available basis. Letters should be no more than 250 words, typed or e-mailed. Letters must be signed but names may be excluded upon request.

PHOTO SUBMISSIONS:

We encourage individuals and groups to submit photos of their events or activities, either by mail or e-mail.

CORRECTIONS POLICY:

We strive every day to present full, fair and accurate news reports. We will correct, in this space, factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

Also from The Granite Quill:

IN New Hampshire

Your Guide to What's Happening in the Granite State

Senior Lifestyles



Publisher's Perspective *by Leigh Bosse*

A Creed To Live By

A friend sent this to me and I thought it was worth passing along. LDB

At the end of life, what really matters is not what we bought, but what we built;

Not what we got, but what we shared;
Not our competence, but our character;
and

Not our success, but our ignorance.
Live a life that matters. Live a life of Love.



State House Happenings

By Representative JP Marzullo



We began our February 2nd State House session reviewing and passing several Bills that will affect taxpayer's wallets: here are a few:

“HB735 (in the Science and Technology Committee) this proposal is for an \$800 Million per year Carbon Tax, it requires any vendor of carbon based fuels to pay a high fee that will get passed on to consumers. The proposal would increase gas prices by 15-20 cents per gallon in the first year and 5-10 cents a year as the fee increases.

In addition, home heating oil prices could rise as much as \$1.22 per gallon. The fee/tax would also apply to other carbon-based fuels including natural gas and propane. In the midst of snowy weather and ice-cold temperatures, can these Democrat legislators seriously be asking New Hampshire to pay hundreds of millions of dollars more per year to heat their homes, drive their cars, and run their businesses? Can they really be asking to raise the cost of every good or service in New Hampshire that relies on carbon based fuels? Even if seventy-five percent of the revenue is rebated, this is a high risk scheme that will crash our economy, and hit the wallets of every single resident.” What would the impact

on our property taxes be if energy costs increased by 30-50%? This bill is full of deficiencies, and would severely disrupt our economy, small businesses, and local governments.”

HB 349, relative to a second opinion on health care matters for state and county prisoners. This bill was passed; it will permit prisoners in county and state prisons to seek a second medical opinion at their own expense, if they can afford it. Most facilities allow second opinions already. This bill is a mandate to county taxpayers that is NOT funded by the state. I opposed this Bill.

HB 172, relative to driver education. This bill will not do away with driving schools but it will provide a waiver for parents, allowing them to focus their efforts on the approaches that are most effective for their children. The Bill was ITL, Inexpedient to Legislate, failed. So now, if you have a child between 16-18 years old you must pay for driver education, which could exceed \$500.00 per child, not affordable by many hard working families. I opposed the ITL but would have support OTP, Ought To Pass.

I plan on setting up a Community FB page for Deering and Weare residents over the next few weeks to provide you with an opportunity to voice your concerns. In the meantime feel free to contact me at jp.marzullo@leg.state.nh.us or by phone at 603-203-1847.



Letters to the Editor

To: The Editor:

I am writing today to discuss two warrant articles that are on the ballot for the Newport School District's Annual Meeting, Second Session, the voting, which will be

held on Tuesday, March 12, 2019. The voting takes place at the Town Hall, also known as the Opera House, from 8 AM to 7 PM.

Article 6 – SRVRTC Renovation. The

Sugar River Valley Regional Technical Center offers career and technical education programs for students in the Newport, Sunapee and Claremont school districts.

The Center has programs in Welding, Automotive Technology, Cosmetology, Health Sciences, Pre-engineering, Natural Resources/Forestry and Horticulture. Students take competency-based courses that prepare them to enter the workforce, acquire additional post-secondary training, or attend two- and four-year colleges. The Center opened in the Fall of 1993 and now is the time to start the planning process to renovate both the programs and the facility.

The NH Department of Education through the NH General Court (the Legislature) will fund up to 75 % of approved renovation costs, for two centers, every biennium. It was the intent when these facilities opened to renovate them every 20 years, but local budgets did not allow for these bonds to pass and the cycle got off schedule. Newport's turn will come up in the 24-25 biennium but that means that the plan for renovation must be in final format, with a positive bond vote by the local legislative body, the voters in Newport. In preparation for this, we are asking for \$45,000 to develop a feasibility study and design new or re-design existing programs to meet the needs of local and regional employers. This will allow the district to engage a firm to develop the plan and prepare for a second vote in 2020 or 2021 to hire an architectural/design firm and prepare plans for a final bond vote in 2022. It is important to meet this time line because history tells us that the Centers ahead of us, might not decide to renovate or get the necessary vote they need to move forward. In that instance, those districts with a plan move up the time line. I am asking the voters of Newport to support this warrant article on March 12.

Article 9 - School Health Insurance Expendable Trust Fund. The Newport District is reviewing the health insurance plans we provide to our employees and have hired IPG, Employee Benefits Specialists to assist us in this process. We are looking at self-insurance as one of our options. In order to do that we need to have a dedicated fund to be used to pay claims, up to the limits of whatever amount we determine for self-insurance. Again, this is enabling legislation and I encourage the voters of Newport to support this article. The \$100 amount is a place holder to begin the trust fund.

Thank you for your consideration

and your participation in the democratic process.

Virginia O'Brien Irwin, Newport

Washington Selectmen:

As long time advocates for the preservation of the Meetinghouse who have also made repeated contributions to the Meetinghouse Preservation Fund, we have watched with pleasure the preservation efforts proceed for the last two years as allowed by Article 3 of the 2017 Town Warrant (see below). So far it has been a success story long in coming.

According to the Article, funds would be raised through several sources, including \$13,800 from the Meetinghouse Preservation Fund. As it turned out, we understand that with careful budgeting the appropriation turned out to be in excess of the needs and as a result you are now repaying part of the funds derived through bonding without even consulting the voters about how those funds might be used to finish the job. We have heard the argument that the Article was restricted to use for the main floor and the creation of a lower level but, in fact Article 3* makes no such distinction or restriction. It is particularly distressing that you spent money from the Meetinghouse Preservation Fund when those funds were not needed in the final analysis.

Of the \$13,800 appropriated, \$8,000 was actually used from the Meetinghouse Preservation Fund. We are sadly disappointed that you do not appear to be returning the \$8,000 to the Meetinghouse Preservation Fund since those funds were never needed at all. We believe that many other donors, most of whom like us have no vote at Town Meeting, would feel that these funds would be better used for some of the smaller projects that were economized out of the budget.

We will be unable to attend the 2019 Town Meeting and so this is our only opportunity to share our thoughts. We implore you to reconsider your decision and restore the \$8,000 to the Meetinghouse Preservation Fund so that as other needs arise there will be something available without more taxation.

Honestly, out of a budget and appropriation of \$1,370,082.00, do you really need to give that \$8,000 back to the bank prematurely rather than restore it to the Fund that has come from those who love the Town of Washington and choose to do more than just pay their taxes?

**Jim and Carolyn Russell,
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THE Messenger

PICK UP YOUR MESSENGER AT:

Andover: Jake's, Circle K, Pizza Chef, Bank

Antrim: Antrim Marketplace, Rick & Dianne's, Edmunds, T-Bird

Belmont: Irving, Brookside Pizza, Yolk, Town Office, Village Store

Bennington: Albertos, Harris Convenience, General Store

Boscawen: Alan's of Boscawen, Franklin Savings, Sunoco, Cumberland Farms, Kapelli's Pizza

Bow: Town Office, Mobil, Chen Yang Li, Library, Blue Seal Feeds

Bradford: Bradford Marketplace, Bank, Post Office, Applesseed, Pizza Chef

Chichester: Z1 Express, Speedway, Country Store, Town Office

Claremont: Hannaford, Market Basket, Huberts

Concord: Shaws (2), Hannaford

Contoocook: Dimitri's, Colonial Market, The Everyday Cafe, Covered Bridge Restaurant, Merrimack County Savings, Mr. Mike's

Dunbarton: Pages Corner, Town Office

Epsom: Circle Market, Town Office, Pizza Shop, Smoke Haven

Francestown: General Store, Town Office

Franklin: Hannaford, City Hall, Franklin Savings Bank, Franklin Studio, Pizza Chef, JJ's

Georges Mills: Georges Mills Market

Goffstown: Sully's, Sawyers, Hannaford, Goffstown Ace Hardware, Dollar Tree, Village Trestle, Shell, Cumberland Farms, China Gourmet, Putnam's

Greenfield: Harvester Market, Town Office

Guild: Dorr Mill Store

Hancock: General Store, Fiddleheads, Hancock Inn, Town Office

Henniker: Harvester Mkt., Henniker Pharmacy, All In One Market, Henniker Farm Store, Edmunds

Hillsborough: Shaws, Post Office, Diner, JD Foods, Bar Harbor Bank & Trust, Santander, Bank of NH, McDonalds, Subway, Dunkin' Donuts, William's Store

Hooksett: Shaws

Hopkinton: Town Hall, Cracker Barrel

Keene: Price Chopper, Hanaford, Toadstool, News Stand, Monadnock Co-op

Loudon: Village Store, Eggshell, Subway, Penguin

Manchester: Hannafords (2)

Newbury: Marzelli's, Bubba's, Town Office, Post Office

Newport: Shaws, Coronis Market, T-Bird, Circle K, Quick Stop, Senior Center

New Boston: Dodges General Store, New Boston Hardware, Library, Town Office, Molly Stark

New London: Hannaford, Hospital, Pizza Chef, Library, Liquor Store, Pharmacy, Jake's Market

Northfield: Community Center, Wash & Fold, Ciao Pasta, Park & Go Pub

Penacook: Dunkin Donuts, Constantly Pizza, Szechuan Garden, Laundrymat, Newell Post Restaurant, CC Tomatoes, Subway, Tedeski's, Thirty Pines, Cheney's Furniture, Sam's, Chief's Place

Peterborough: Shaws, Toadstool Bookstore, Mr Mike's, Hospital, Dunkin' Donuts, Brady's, Roy's, Nonnies

Sunapee: Mini Mart, Town Hall, Library, both Banks

Tilton: Post Office, Market Basket, The Onion, Cumberland Farms, Cyr Lumber, Shell

Warner: Market Basket, Foothills Restaurant, Circle K

Washington: General Store

Weare: Town Office, Dimitri's, Country 3, Lanctots, Subway, Blackbird Market & Deli

Wilmot: Park & Go

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Grade 12 Honors: Kasey Arnold, Aucoin, Morgan Austin, Katherine Barnes, Aaron Bergeron, Haleigh Bilodeau, Gabriel Boddy, Jameson Bourque, Aaron Brasier, Brown, Travis, Lindsey Brunelle, Steven Cantin, Justin Coidakis, Jacob Cole, Tyler Descoteau, Delani Dowst, Elizabeth Drake, Madison Duclos, Catherine Emery, Hailey Erskine, Sarah Ferguson, Jackson Flanders, Johan French, Eric Gage, Noah Gamache, Madeleine Gardner, Alexander Goulet, Kyle Grivois, Lucas Guerrette, Devin Hamilton, Fallon Hawkes, Tyler Hazzard, Ila Heino, Kayla Houle, Maeve Hunt, Trinette Hunter, Anna Ishak, Campbell Johnson, Kali Kolehmainen, Ethan Konrad, Ryan Konrad, Labounty Charles, Ian Lamphere, Delainey Lapointe, Courtney Lavigne, George Lord, Christopher Mann, Brianna Martel, Shannon Merrill, Sara Nikias, Hunter Oesterreich, Chaeleigh Ouellet, Lance Pachico, Carson Patenaude, Jared Peterson, Matthew Piscina, Samantha Porter, Lexander Proulx, Rebecka Provencher, Harrison Purdue, Cody Russell, Steven Shattuck, Olivia Sohl, Jennifer Sokoloski, Lauren Sokoloski, Glen Spooner, Riley St. Amand, Emma Trumble, Blake Waldron, Joshua Waterman, Nicholas Weidman, Jason Weikel, Jared Widger, Sebastian Winsor, Alison Wright

Grade 11 High Honors: Hannah Champagne, Daniel Ciarla, Olivia Desainde, Keegan Dunn, Bowdyn Egner, Samantha Innerfield, Clara Richman, Lauren Zervos

Grade 11 Honors: Hunter Allen, Paige Armitage, Chloe Astholz, Elizabeth Aubin, Spencer Beahm, Logan Beliveau, Elsie Benson, Nikos Biskaduros, Brennan Bodner, Sean Boisvert, Joshua Booker, Eli Bryant, Victoria Bulcock, Alexander Burgess, Eve Caplan, Ian Combs, Makayla Couturier, Cordell Drabble, Kayden Easter, Timothy Fatcheric, Dominic Fortin, Kaiden Frederick, Rachell Gamache, Jacob Greene, Jonah Hammond, Nicholas Kenney, Jillian LaBrecque, Stevie-Ray Lalli, Cabot Lineberry, Arianna Maxwell, Zachary McClintock, Hailey McKillop, Christopher Metcalf, Colby Michaud, Caitlin Mooney, Kalie Palmisano, Brett Patnode, Richard Phipps, Carter Pike, Camryn Plaza, Naomi Prevo, Joshua Reynolds, Aaron Rizzo, Anna Salisbury, Alyssa Sargent, Christopher Seaver, Taylor Severance, Anna Stenger, Sydney Talbert, Marley Tirrell, Hailey Turcotte-Hallee, Caroline Wetherbee, Rebecca Wetherbee, Chelsea Woodsum

Grade 10 High Honors: Quinn Antle, Elizabeth Barnes, Kira Bergeron, Brianna Bodner, Riley Brooks, Nathan Chasse, Meghan Cole, Andra Dagenais, Madison Dionne, Delaney Forrestall, Margaret Girardet, Lauren Guerrette, Alexandra Hardcastle, Kaitlyn Lafleur, Gianna Massaro, Madison McDonald, Brianna Meisser, Brady Philibotte, Alex Pike, Brianna Pinter, Stephanie Rodonis, Alana Sevigny

Grade 10 Honors: Joshua Albert, Taryn Arel, Madeline Aucoin, Evan Ballou, Noelle Barrieau, Mason Biagiotti, Nathaniel Boddy, Caleb Bojarsky, Braileigh Booker, Zachary Bowes, Christopher Brennan, Ivy Brooks, Abigail Burke, Jordyn Case, Summer Clement, William Connor, Emily Corey, Haley Couchon, Olivia Dame, Ryan Desainde, Elizabeth Downing, Victoria Drake, Erin Duhaime, Jake Eisan, William Finn, Jacob Garside, Kayli Gilman, Madeline Goulet, Spencer Grant, Arianna Guay, Anthony Hagar, Ethan Hauptman, Jaiziah Hooper, Brady Johnson, Spencer Keane, Evan Lamphere, Josselyn LeBlanc, Connor Little, Cameron Lombard, Riley Lord, Katerina Mandrino, Benjamin McKean, Devin Menard, Orry Murdough, Brynna Newcomb, Sheridan O'Brien, Lilly Orleans, Cloe Palladino, Brooke Patnode, Marcus Paveglio, Ashley Peereboom, Sydnee Pelletier, Izaiah Pihl, Ryan Plamondon II, Sydney Pollard, Thomas Quinn, Emmet Rinehimer, Cooper Rivers, Isabella Roy, Dawson Ruoff, Amelia Santee, Sarah Sheldon, ►



Honors

Timothy Sheldon, Lillian Stogner, Autumn Teixeira, Nathan Tower, Alyssa Villemare, Margaret Waligura, Colin Warecki, Kacie Weston, Carson Woodward
Grade 9 High Honors: Brooke Blackburn, Gracie Bolduc, Kaitlyn Bossart, Grace Caplan, Bailey Carignan, Abigail Guillemette, Lexi Guimond, Carina Keirstead, Alyson Kenney, Brianna Langdon, Katie Palmateer, Alexis Rinker, Emaly Roy, Andrea Seaver, Diana Stafford, Arden Ulmer, Rylie Winward
Grade 9 Honors: Hayden Bailey, Noah Brent, Thomas Bryant, Enzo Cardin, Andre Chabot, Annabelle Charette, Jason Crean, Jazmyn Curry, Anthony DeTone, Emma Edwards, Eiligh Fenske, Brandon Firman, Ketan Fournier, Emma Frink, Terry Greene, Nicole Grenier, Maria Hagar, Linsey Hagman, Jayna Henry, Logan Hinse, Myles Hooper, Nikolos Hurrinus, Nathan Innerfield, Owen Jones, Ian Lavertu, Brianna Lynn, Jack Malone, Jordan Moscato, Julia Moskey, Miles Murray, Jaden Nelson, Devin Patterson, Natalie Patterson, Brandon Perron, Logan Pike, George Reph, Alyx Rodonis, Christopher Roy, Savanna Ruoff, Ardaie Rustam, Nolan Scott, Terry Seymour, Jackson Souther, Sunnie Steinbach, Jocelyn Stoll, Cody Sutkus, Willow Tibbetts, Ethan Weidman, Cadence Williams, Maddy Wood.

HILLSBORO-DEERING MIDDLE SCHOOL

8th Grade High Honor Roll – Ella Austin, Megan Belanger, Hailey Cloutier, Katie Connarn, Kagen Ellinwood, Courtney Ford, Emily Howell, Alexis Ledvina, Madison Ledvina, Danielle Pellecchia, Audrey Queen, Peter Seymour, Josephine Vassar.

Honor Roll – Devin Barrett, Zoeyleigh Bergeron, Kassidy Bienvenu, Griffin Cassidy, Noah Cate, Natasha Chouinard, Zack Coombs, Emma Davison, Cooper Dean, Felicity Decareau, Hannah Edwards, Liam Greene, Gabrielle Hartford, Haley Hathorn, Logan Irwin, Michael Johnson, Dillon Lavelly, Riley Leonard, Emily Martins, Natalie Maynard, Bradley O'Brien, Jessica Richardson, Gracie Riessle, Richard Robbins, Richard Rose, Jayden Stevenson, Aidan Turner, Owyn Turner, Payton Twombly.

7th Grade High Honor Roll – Signy Burke-Smith, Megan Denslow, Michael Denslow, Claire Doyle, Elysia Hagstrom, Paige Kelly, Erin McGillicuddy, Crystal Rocha, Kennedy-Lynne St.onge.

Honor Roll – Abigail Benn, Ethan Benn, Victoria Berrocales, Mackenzie Borowiec, Dylan Braun, Barbara Brien, Abigail Carroll, Noah Carter, Benjamin Chadwick, Gavin Coombs, Wyatt Descheneau, Addison Dillon, Emma Donahey, Blake Drew, Mason Ferwerda, Benjamin Hartford, Aden Henry, Jakeb Hurd, Noah Johnson, Alyssa Kelley, Kara Kopf, Benjamin LaBier, Madison Lane, Gregory LeBlanc, Jacob-Daniel Martineau, Tyler Marx, Savannah McDaniel, Ryleigh McFadden, Logan Miller, Kyle Nickulas, Ariana Pendleton, Kaiya Richard, Jason Sanborn, Bryan Searles, Rosemary Shifflett, Tyler Stephansky, Isabel Swirko, Savannah VanCleave, Tayla Williams.

6th Grade High Honor Roll – Joel Belanger, Callia Card, Robert Hamblett, Logan Lane, Joseph LaValley, Logan Luciano, Tyler Pollard, Emily Robbins, Phoebe Seymour, Kathryn Thyng.

Honor Roll – Ariana Ambrose, Cameron Anderson, Dahlia Anwar, Jacob Audette, Savanna Baillargeon, Peter Beane, Amariah Breed, Autumn-Nikole Bryant, Christopher Cloutier, Brendon Coffey, Jayden Covell, Dylan Czynewski, Morgan Dean, Ryder Descheneau, Dylan Dubay, Trinity Garvin, Savannah Gee, Jack Harrington, Lexi Harris, Michaela Hartford, Alana Harvey, John Heineman, Haeley Jouvelakas, Alexander Kulbacki, Maisy Menard, Cejay Noiles, Tatanka Ole-Gli, Madison Paquette, Benjamin Perrin, Ryan Podsadowski, Brianna Puffer, Kassidee Rajaniemi, Alexis Ranclous, Kaylee Royal, Evan Smith, Angelina Stahley, Aidan Steele, Matthew Stokes, Chase Twombly, Paulo Vazquez, Makayla Vincent, Heather Wagner, Tristan Wallwork, Brooklyn Webb, Tyrus Whisman, Michael Wojcuilewicz.

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Senior Lifestyles

Selecting a plan during Medicare Open Enrollment

During Medicare Open Enrollment, you can keep your current plan or review the options in your area to join a different prescription drug plan or Medicare Advantage plan. The Open Enrollment period gives everyone with Medicare the opportunity to make changes to their Medicare health plans or prescription drug plans for coverage beginning Jan. 1, 2019. Think about what matters most to you and be open to different options, like Medicare Advantage plans from private insurers, which are plans allowing you to simplify your coverage by combining all your health and drug coverage into a single plan.

People who choose Medicare Advantage plans are often able to lower their out-of-pocket costs while getting extra benefits, like vision, hearing, dental, and prescription drug coverage. Some Medicare Advantage plans now offer supplemental benefits that can include adult day care services, in-home support services, caregiver support services, home-based palliative care, and therapeutic massage. Best of all, prices are going down. The average Medicare Advantage monthly premium will decrease to \$28 for 2019.

Medicare health and drug plans change each year, and so can your health needs. Think about your health status and determine if you need to make a change by asking yourself these questions:

- * Does my current plan cover my medications?
- * Does another plan offer the same coverage at a lower cost?
- * Am I interested in a plan that covers extra benefits like dental and vision?

* Does the network include the specialist or hospital I want for an upcoming surgery?

Medicare.gov has new tools that can help you review your options:

* Compare Coverage Options Tool: Asks five simple questions to see if Original Medicare or a Medicare Advantage Plan meets your needs.

* Estimate Medicare Costs Tool: Helps you estimate out-of-pocket costs depending on the Medicare coverage you choose.

* Plan Finder Tool: Lets you compare plans to see the exact costs for plans in your area based on the prescription drugs you take and the pharmacy you use. If you are open to coverage choices, you may find a plan that costs less, covers your drugs, and offers extra benefits like vision and dental coverage. Try the web chat feature for real-time help.

Once you've chosen a plan, check its Star Rating before you enroll. Through the Plan Finder Tool, you can access up-to-date Star Ratings for Medicare health and prescription drug plans.

Medicare Open Enrollment ends on Dec. 7. Now is the time to act if you want to enroll in or make changes to your Medicare health or prescription drug plan for coverage beginning Jan. 1, 2019. If your current coverage meets your needs, you don't have to do anything. However, if you miss the Dec. 7 Open Enrollment deadline, you will likely have to wait a full year before you are able to make changes to your Medicare coverage.

For more information, visit Medicare.gov or call 1-800-MEDICARE (1-800-633-4227). (Family Features)



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Senior Lifestyles

Angela Pelletier replaces Steve Gunnerson as Summercrest's Executive Director

After 16 years at the helm of Summercrest, Steve Gunnerson is stepping aside and the Summercrest crew is welcoming Angela Pelletier as its new Executive Director. Gunnerson has agreed to stay on in a new position as the CEO of Summercrest. While spending less time at Summercrest, his main objective will be to assist in overseeing the upcoming expansion of Summercrest in which 24 new units will be added to the community, along with other special projects and supporting Pelletier during the transition.

Stepping into the Executive Director position at Summercrest, Pelletier's, experience and qualifications made her the top choice among a deep pool of candidates to replace Gunnerson. Prior to Pelletier joining Summercrest, she was the Director of Operations of WoodBine Senior Living, LLC. Having worked in the senior living industry for more than 30 years, starting as a caregiver at the age of 15, she went on to create an impressive track record of

success in the field over that time.

Some of her greatest accomplishments have been developing many successful leaders at the communities under her management while overseeing the operations of numerous communities for WoodBine Communities. As a key player in developing many of WoodBine's east coast communities, she has become an expert in opening new communities in various markets and will be a great asset during the expansion of Summercrest.

Pelletier has been a caregiver, a nurse, a clinical director, an executive director and a senior executive director in the senior living industry. She lives with her husband Scott, their seven-year-old daughter Madison and eight pets. They love to be active in the outdoors and enjoy spending time with friends and family. Her diverse talents will be a huge asset to Summercrest, that is proud to welcome Pelletier as its new Executive Director.

Prior to working in the senior living

industry, Gunnerson spent 14 years in the college administration field. Steve has been known to say that managing a college is much like managing a senior living community. "You need to make sure the residents are safe and well fed," he said. After moving to New Hampshire with his wife Susan in 2000 Steve worked as the Administrator for several communities in the Upper Valley before finding his niche at Summercrest. For the past 16 years Gunnerson has overseen the daily operations at Summercrest. Managing the complex programs offered to residents at Summercrest such as the Choices for Independence (CFI) /Medicaid waiver program and The Seasons Memory Care program, in addition to traditional independent and assisted living programs, is no small undertaking. Steve is widely respected in the industry and at the state level as a board member of the industry association and as an active contributor to greater Newport area businesses and professional organizations.

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| HOLLYBERRY | HOOKSETT |
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| SUNRISE | WINCHESTER |
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Did you know that 1 in 5 adults over 85 are living with Dementia? Peabody home now offers caregiver workshops to assist you with support and guidance in the care of your loved ones. Call us for more details!



Senior Lifestyles

The Cold Does More Than Chill Your Fingers, It Also Chills Your Lungs

Franklin – Chill brisk mornings, and sometimes afternoons and evenings, is a hallmark of winter in New Hampshire, but for people with chronic lung diseases like asthma, Chronic Obstructive Pulmonary Disease, Reactive Airway Disease or bronchitis the cold air can make their lung conditions worse, and even land them back in the hospital. Franklin VNA & Hospice wants to help you and your loved ones be safe and healthy this Winter, and management of chronic diseases, especially lung disease is a major way we can do that. Cold air can cause the muscles in our lungs to tense up and constrict, making it harder to breath. It also makes it harder for our lungs to absorb oxygen.

Some easy steps you can take when going forth into the wintry air include:

- Taking your prescribed medications to help treat your lung disease, always a good step to take. If you have problems doing this for whatever reason, talk to your health care provider to see if they can help

you find some good solutions.

- If you have a fast-acting inhaler, or other emergency medicine to take when breathing difficulties strike, make sure you bring it with you so you can use it when you need it.

- Wear a scarf over our nose and mouth to help warm the air before you inhale it.

- Avoid outside activities in severe cold weather.

- Help your immune system out by getting your flu shot, washing your hands frequently, and avoiding sick individuals.

- Check the Air Quality Index forecasts each day. www.airnow.gov is a great free resource for this. Checking is good to do during all seasons, but in winter burning wood to heat our homes can cause high concentrations of particles in the air that can irritate lung tissue.



Ming Du catered the recent luncheon sponsored by Greater Hillsborough Senior Services at Deering Town Hall.

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| BUTTERFIELD ELDERLY | WEST DOVER, VT | ELDERLY |
| CHURCH HILL APTS. | DURHAM, NH | ELDERLY |
| COLONIAL COURT I & II | LITTLETON, NH | ELDERLY |
| CONWAY PINES | CONWAY, NH | FAMILY |
| CRANBERRY HILL APTS. | TROY, NH | FAMILY |
| GILFORD VILLAGE KNOLLS I & II | GILFORD, NH | ELDERLY |
| HIGHLAND APARTMENTS | ASHLAND, NH | ELDERLY |
| HILLSCOMB APARTMENTS | HILLSBORO, NH | FAMILY |
| JAFFREY MILL APTS. | JAFFREY, NH | FAMILY |
| MOUNTAIN VILLAGE | GROVETON, NH | ELDERLY |
| ORCHARD CIRCLE | FARMINGTON, NH | ELDERLY |
| PAPER MILL VILLAGE | ALSTEAD, NH | ELDERLY |
| PEQUAWKET VILLAGE | FRYEBURG, ME | ELDERLY |
| PROCTORSVILLE GREEN | PROCTORSVILLE, VT | FAMILY |
| PROMENADE COURT | GORHAM, NH | FAMILY |
| ROCKBROOK APTS. | PETERBOROUGH, NH | FAMILY |
| UNION SQUARE | WINDSOR, VT | FAMILY |
| WALL STREET | SPRINGFIELD, VT | FAMILY |
| WINCHESTER WOOD | SWANZEY, NH | FAMILY |

Elderly – 62 or older, handicapped or disabled (regardless of age)

Family – families, individuals, elderly or handicapped/disabled

Applicants must meet USDA Rural Development Income Guidelines.

In most cases, waiting lists do apply. For more information please contact:

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Nebraska fugitive avoids arrest after Peterborough tractor-trailer crash

A tractor-trailer unit rolled over the middle of a roundabout, closing Route 101 in Peterborough for nearly three hours on Monday morning.

Drew Davis, 38, of Gastonia, North Carolina, reported that he was driving his tractor-trailer, loaded with 60,000 pounds of concrete, east on Route 101, when his brakes failed, as he was coming down the hill, and was unable to stop.

The unit went over the center of the

roundabout next to the shopping plaza, crossed the west lane, before going off the road and landing in a marsh near the CVS plaza. The unit was brought back onto the road by three heavy-duty tow trucks, and was towed to Milford for a safety inspection.

While investigating the accident, police learned that Davis had a warrant for his arrest from Nebraska, charging him with vehicular homicide. Because Nebraska does not extradite from New Hampshire, local police could not take him into custody.

ConVal's Librarians honored

The New Hampshire School Library Media Association has just announced that ConVal librarians Rachael Bowman and Ashley Jones and the ConVal Library Learning Commons have been named as the recipients of the 2019 Outstanding Library Program of the Year Award.

ConVal High School will be recognized for this award at the 26th Annual NH Excellence in Education Awards Celebration, also known as the "ED"ies, on Saturday, June 8, 2019.



On Tuesday, a propane truck rolled over on Sawmill Road in Greenfield, by American Steel. The driver was not injured and there was no active leak. Greenfield fire kept 3 pieces of equipment on the scene, while Lyndeborough and Peterborough provided station coverage.

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Hopkinton Selectmen and School Board ready to face the voters

On Wednesday, February 6, the Hopkinton Budget Committee voted in favor of the Hopkinton School Board's proposed \$9.7M facility project. The project includes a classroom addition and office renovation at Harold Martin School, the renovation of science labs at the middle and high schools, and completing deferred maintenance and safety/security projects in all the schools. Additional information is available on the Hopkinton School District website under the School Board meeting and Facility Project tabs.

Hopkinton Candidate's Forum

The Hopkinton Rotary Club is sponsoring a Candidates Forum on Wednesday, March 6th, at 6:30 p.m. (Snow Date Thursday, March 7) at Hopkinton Town Hall. This is your chance to meet the candidates and ask questions of those seeking office in contested Town/School races. Candidates for Town Clerk/Tax Collector are; Chuck Gangel, Carol Harless, and Amy O'Brien. Candidates for School Board are: Norman Goupil and Steve Lux, Jr.

There will be two tours of Harold Martin School and Hopkinton Middle and High Schools on Saturday, February 16 (8:30 am and 9:30 am).

The tours will begin at the entrance near the flagpole at Harold Martin and at the "yurt" entrance (near the skate park) at the middle and high schools.

The Hopkinton School Board FY 20 Budget: On Wednesday, February 6, the Hopkinton Budget Committee approved a budget \$350K less than the Hopkinton School Board's budget. The School Board requested a projection of the impact of the reductions be presented at the Hopkinton School Board meeting on Thursday, Febru-

ary 21. (5:30 pm, Hopkinton High School Science Lab - Rm. 217).

The Hopkinton School District Annual Meeting will be held in the gymnasium at Hopkinton Middle and High Schools beginning at 9:00 am.

The Hopkinton School District is looking for a part-time custodian at Harold Martin School (4:00 pm - 8:00 pm). In addition, the middle and high schools are looking for a JV lacrosse and a Middle School JV baseball coach.

Thank you for your support. If you haven't yet, I hope you get the chance to tour Harold Martin School or Hopkinton Middle and High Schools on Saturday.



The Hopkinton Select Board finalized the budget and warrant articles to be presented at the Town Meeting in March.

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Events: Community Bulletin Board

SATURDAY FEBRUARY 16

PANCAKE BREAKFAST: 7 am-11 am Franklin Elks Lodge \$7 at the door.

AVENUE A: Community Open Mic Night | 6:30-9 pm | 42 Main Street, Antrim Join our fun, relaxed atmosphere & show off your musical stuff. . . Come alone or with a group! Come to play or just to watch! Everyone is welcome! This event is free (donations welcome). Email avenuea@grapevინeh.org to sign up to perform.

WHIPPLE HALL: 7:00 "Crooners, Cabaret, and Chocolate" A Valentines Celebration with the Nancy Tripp Trio Champagne, Desserts, and Chocolate! Whipple Hall, NewLondon. \$30/\$25 members (in advance) Tickets on sale at Tatewell Gallery, Morgan Hill Bookstore and online at www.CenterForTheArtsNH.org

SUNDAY FEBRUARY 17

PANCAKE BREAKFAST: The Antrim Baptist Church will be offering a free pancake breakfast from 8:30 to 10:00 am. The menu includes plain and blueberry pancakes, sausage, fresh fruit, orange juice, and coffee.

WRESTLING TOURNEY: BNSYS is hosting the 5-8 Grade State Tournament at Kearsarge Regional Middle School to close the 2019 wrestling season with 400 or more wrestlers and their families, there is the potential to host over 1,000 people at our Middle School. This is a huge event for BNSYS, and we need your help. All of your donations will help BNSYS make this a successful event. Anybody that can arrive between 8am and 4pm on 2/17 to volunteer are welcome. There is always something to be done, from helping serve food in the kitchen, assisting in offering breaks or helping empty trash as they fill.

UNH EXTENSION: Program's 4 H meeting in Henniker this month at 5:00 at the Community Center.

MONDAY FEBRUARY 18

HILLSBOROUGH SENIORS: Quilt Knotting Great get-together to help finish off donated quilts. We start at 10 a.m. at St. Mary's.

TUESDAY FEBRUARY 19

CONTOOCCOOK VALLEY RADIO CLUB: You are invited to attend our monthly meeting, 7 PM at the Hopkinton Library, 61 Houston Dr. in Contoocook. The

program will cover Digital Communications. For more information, call 428-3840 or 496-2089.

FRIDAY FEBRUARY 22

NUTRITION: The TRIP Center, Franklin hosts the NH Cooperative Extension Nutrition Connection Program one Friday per month, beginning February 22 from 10 – 11 AM, to present a free series of workshops on nutrition and health. Heart Healthy meals for 1 or 2, savory soups, fitness fun and dietary supplements will be discussed. For more info or to sign up, please call the TRIP Center at 934-4151. TRIP Center programs are open to all ages.

SATURDAY FEBRUARY 23

BOBCATS: 1:30-2:30: Understanding Bobcats in NH, presented by NH Fish & Wildlife Stewards. Community Room, Hopkinton Town Library, Contoocook. Free program sponsored by the Nature Discovery Center of Warner. Donations gratefully accepted. For more info, call 746-6121.

SUNDAY FEBRUARY 24

SIGNUPS: Bradford, Newbury, Sutton TBall, Softball

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Events: Community Bulletin Board

and Baseball Registrations are now open for the spring! Register your son or daughter by 02/24/19 to take advantage of the early-bird discounts.

TUCKER LIBRARY: John Harris will be presenting his renowned program. NH Humanities to Go program "Returning North with the Spring: Retracing the Journey of Naturalist Edwin Way Teale" at the Tucker Free Library in Henniker 2:00pm – 3:00pm. Free and open to all.

WILMOT PROGRAM: Wilmot Historical Society presents Steve Taylor and "NH Roads Taken - Or Not" at 2 pm, the Wilmot Historical Society will host a talk by popular witty storyteller, Steve Taylor, about how highway infrastructure decisions affected New Hampshire communities. A public meeting offering updates on the Wilmot Historical Society's is doing and hopes to accomplish will begin at 1 pm with light refreshments served at 1:30pm. The free and open to the general public program to follow will be presented at the WCA's Red Barn

MONDAY FEBRUARY 25

FEBRUARY FUN WEEK: begins at Fuller Public

Library in Hillsboro. Join us each day for something fun. Today is Game Day, bring your own game to play or borrow one of ours, 2pm.

WEDNESDAY FEBRUARY 27

DO YOU REMEMBER: The Hillsborough Historical Society will host its second "Do You Remember?" round table discussion at 6 pm in its Heritage Museum on 5 Central Street. Do You Remember "The Great Nuclear Dump Fight" of 1986? If so, please join us to share your memories and memorabilia of the protests against the U.S. government. If not, please attend to learn about this extremely crucial time in our town's history.

THURSDAY FEBRUARY 28

FUN WEEK: February Fun Week at Fuller Public Library 10am - we will be making Puffy Paint! Paint your own picture and one for the library! Please call to sign up, 464-3595.

FRIDAY MARCH 1

FUN WEEK: February Fun Week at Fuller Public Library 1pm - Make a Suncatcher using glue and

glass beads. Please call to reserve your child's spot, 464-3595.

FIRST FRIDAYS: Colby-Sawyer Dance Ensemble FREE 7:00 At Whipple Hall Laura Shepherd directs the Colby-Sawyer College Dance Company in this beautiful production. www.CenterForTheArtsNH.org

SATURDAY MARCH 2

ALCHEMISTS' WORKSHOP is bringing its award winning William Ogmundson musical, Georgia O'Keeffe Paints Paradise, to the Hudson Guild Theatre in NYC. To help cover their expenses they are presenting two benefit performances on March 2nd at 4 pm at The Hatbox Theatre in Concord and 7 pm at the Congregational Church of Henniker. For reservations e-mail dunn.t@comcast.net or call 568-5102.

MONDAY MARCH 4

SPORTS SIGNUP: HDHS will have sign ups for 2019 Spring Sports, on the following dates, and in these locations: Baseball - Monday, March 4th at 2:20 in the ISS Room. Softball - Monday, March 4th at 2:20 in the Cafe. Track and Field - Monday, March 4th at 2:20 in the Gym.

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Obituaries: Friends & Neighbors Remembered

Ralph "Jerry" G. Whitney

MEDFORD, OREGON - Ralph "Jerry" G. Whitney, 76, of Medford, Oregon, passed away on February 7, 2019 at Asante Rogue Regional Medical Center. Celebration of Life will be held 1:00 to 4:00 on February 17, 2019 at Moose Family Center on School Street, Hillsboro, NH. Interment will be held at the Veterans National Cemetery in Eagle Point, OR on February 26, 2019. Jerry was born in Goffstown, to Charles E. and Faith Whitney on May 23, 1942. Jerry was preceded in death by Charles E. and Faith Whitney-Starcher, parents, Rose Whitney, step mother, and Denny Whitney, brother. Jerry is survived by spouse Carole AB Whitney, daughter Maureen Whitney Gordon (Neil), son Edward Whitney (Colleen), stepson John J. Baptistella, Jr. (Cory), stepdaughter Barbara J. Albanese (John), stepdaugh-



ter Victoria A. Baptistella, brother Keith Whitney, sister Harriet Whitney, brother Chris Starcher, 11 grandchildren, 4 great-grandchildren and numerous nieces and nephews. In lieu of flowers please make a donation to International Loyal Order of Moose, Inc.

Anne Therese Carew

DEERING - Anne Therese Carew, 84, of Deering, NH died peacefully surrounded by her family Friday February 8, 2019 at the Hillsboro County Nursing Home in Goffstown. Anne was born January 15, 1935 in Hingham, MA, to the late Joseph M. and Catherine (McCormick) Carew, she was the 10th child. She was also predeceased by brothers, Joseph, Thomas, Richard, James, John, Paul, and Robert Carew; 2 sisters, Catherine Sullivan and Marie Gianni. She was survived by many nieces and nephews. A Mass of Christian



burial will be held Monday February 18, 2019 at 11 am in St. Theresa Church in Henniker. Burial will be held in spring in St. Mary's Cemetery Hillsboro. Donations may be made in her name to the C.R.V.N. A. Home Hospice, 30 Pillsbury St Concord, NH 03301.

Sondra J. (Cross) Masse

FRANKLIN - Sondra J. Masse, 78, a lifelong resident of Franklin, died, Saturday, January 26, 2019 at the Lee Hospital in Fort Myers, Florida after becoming ill at her home. She was born in Franklin, December 20, 1940, the daughter of the late Robert W. and Barbara E. (Kimball) Cross. She leaves her husband, Armand Masse of Franklin and Fort Myers; her daughter, Debra Bedard and her husband, Scott of Franklin; granddaughter, Tabitha Gerry and husband, Timothy and their son, Dawson of Meredith; several nieces



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Obituaries: Friends & Neighbors Remembered

and nephews. Those wishing may make memorial contributions in Sondra's name to the Philanthropy Department, Franklin Regional Hospital, 15 Aiken Ave (Noting Sondra Masse), Franklin, NH 03235.

Rodney Guay

WASHINGTON - On January 28, 2019 Rodney Guay, 58, of Washington passed away unexpectedly at his home of 35 years. He was born

February 26, 1960 in Nashua. Rodney leaves behind his wife, Robin Guay, whom he was married to for 31 years. He also leaves behind

his three kids, Victoria Guay, Susan Allen and Jesse Guay; along with his 12 grandchildren, Ka-Lynn, Bryce, McKenzie, Anthony, Cole, Kayla, Aleah, Tristan, Courtney, Zee, Amber and Madilynn. He also leaves behind four brothers and five sisters. There will be a Celebration of Life



held sometime this spring.

Leslie G. Hammond

DUNBARTON - Leslie Gordon Hammond died peacefully, surrounded by family and friends, on

February 5th, 2019 at the age of 74. Leslie was born in Concord NH on August 12th, 1944 to Robert and Dorothy (Rogers) Hammond. Leslie lives on through his wife Joyce, sis-

ters Sharon and Joy, sons Nathaniel, Jonathan and Benjamin, daughter Sara, grandchildren Ashlyn, Thomas, Samuel, Jacob, Raymond and Sawyer, and many extended family members. In lieu of flowers, a donation can be sent to the First Congregational Church of Dunbarton Community Fund, 6 Stark Highway North, Dunbarton NH, 03046.



III, 87, died Saturday, February 2, 2019, at his home in Newbury, NH.

He was born in Long Branch, NJ on April 8, 1931, the son of Joseph B. and Marion (Clark) Goodnough. Joe was predeceased by Sue Williamson, his dearly beloved wife of 25 years. Joe was honored to be a member of the extended Williamson-Quackenbos family. Joe is survived by a son, Thomas Joseph Goodnough of Concord NH, and his wife, Amy Jo Heffernan. He was lovingly known to his four grandchildren as "Grampy Joe," Nicole Elizabeth Goodnough, Megan Lynn Reznicek, Alex Joseph Goodnough, and Ike Joseph Reznicek. Memorial contributions may be made to Lake Sunapee Protective Association, P.O. Box 683, Sunapee NH 03782.



Joseph B. Goodnough III

NEWBURY - Joseph B. Goodnough

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PO Box 1190, Hillsborough, NH
or email leighb@tds.net

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PUBLIC NOTICE

Vertex Tower Assets, LLC proposes to construct a wireless telecommunications facility that will consist of panel antennas to be mounted onto the top of a proposed 174-foot tall galvanized steel self-support lattice tower on a concrete foundation (175-foot total height) with an optional six-foot tall lightning rod and town whip antennas (up to 10 feet in height) for a total height of up to 185 feet, off Loverens Mill Road in Antrim, NH (Assessor's ID 209-003, 211-008 & 211-009). Associated telecommunications equipment will be located outside at the base of the structure within an approximate 5,625 square foot lease area. In accordance with regulations implementing Section 106 of the National Historic Preservation Act, Vertex Tower Assets, LLC hereby solicits public comment concerning its proposal. Any comments from interested parties should be made within 30 days of the date of this notice and sent to Lucas Environmental, LLC, 500A Washington Street, Quincy, MA 02169, via telephone at 617.405.4140, or email at cml@lucasenvironmental.net.



Sales Help Needed

The Messenger is expanding again and needs experienced sales help to service customers in the following towns:

- Area 1** Manchester • Goffstown • New Boston • Weare • Dunbarton
- Area 2** Concord • Bow • Franklin • Andover
- Area 3** Keene • Peterborough • Jaffrey • Rindge
- Area 4** New London • Newport • Sunapee • Newbury

Salary Plus Commission.
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Send resume to:
The Messenger, PO Box 1190,
Hillsborough, NH 03244

Attention Candidates for School and Town Offices

Send us your photo and a brief statement of why you are running for that office and we'll publish it in our March 1ST issue of The Messenger. If you don't have a photo, stop by our office at 246 West Main Street in Hillsboro and we'll take one for you.

DEADLINE FOR YOUR SUBMISSION IS TUESDAY, FEBRUARY 21

MAIL TO: The Messenger, PO Box 1190, Hillsboro, NH 03244
or EMAIL: leighb@tds.net

TOWN OF WINDSOR PUBLIC NOTICE:

Supervisors of the Checklist will be meeting on **March 2, 2019 at the Windsor Town Hall, 14 White Pond Road, from 11:00 AM to 11:30 AM for additions and corrections to the official voter checklist. No additions or corrections shall be made after this session.**

TOWN OF HENNIKER

SUPERVISORS OF THE CHECKLIST

TOWN OF HENNIKER: Supervisors of the Checklist will be in session on **March 2, 2019** at the Henniker Town Hall from 11:00 to 11:30 AM for the additions and corrections to the checklist. No additions or corrections shall be made to the checklist after this session.

OFFICE OF YOUTH SERVICES PROGRAM ASSISTANT JOB DESCRIPTION

General Statement of Duties: The Program Assistant is responsible for the overall management of the juvenile diversion caseload for the Town of Hillsborough Office of Youth Services and all community service partners. The Program Assistant will work alongside the Director of Youth Services to create substance abuse prevention programming and early intervention modules for court-involved youth. The Program Assistant will also manage Project Genesis Community Youth Center, a free drop-in center made available to middle and high school aged youth.

Distinguishing Features of the Position: This position has flexible hours, up to full-time equivalent, and a schedule that can be negotiated with the Director of Youth Services. It is expected that the Program Assistant be available to work during Project Genesis open hours: Monday, Wednesday, Thursday and Friday from 2:00-6:00pm.

***All eligible candidates must be able to pass both a criminal and driving record background check**

**All interested candidates should send a resume and cover letter via email to the Director of Youth Services, Chelsea Szalanski at ysdirector@townofhillsboroughnh.net*

Send your Community Events to: LeighB@tds.net

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ANTIQUe WW2 DESK, \$150 or BRO;

APPLE PICKING LADDER (100+ years old), \$150 or BRO; HP All-In-One Copier, Printer, Fax & Scanner, \$150 or BRO; ROYAL ALFA 710 ML Cash Register, like new, software included, \$100 or BRO; GENERAL ELECTRIC ARC Welder, Model 6W K406620 GFDBH, Serial 582-NN, 400 Ampere, High Low Range, \$200 or BRO; ZENITH Chiropractic Table, Williams MFG Co. Inc., Elsin Ill. #25392, \$200 or BRO; OLD ANTIQUE Wooden Screens, Windows and Doors, good shape, sizes vary, must see. Call 680-4124.

HELP WANTED

MUSIC DIRECTOR: The Congregational Church of Henniker is seeking a part-time (12-15 hours/week) inspirational, committed and creative Music Director to lead our church's music ministry. If you are an excep-

tional pianist and a motivational leader who doesn't mind the needed administrative duties that come with managing a music ministry, we offer a great work environment that's flexible and fun. Send your cover letter and resume to sltarolli@gmail.com. We'll be accepting applications until the position is filled.

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Winner for Feb. 8, 2019

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| | | | |
|-------|--------|-------|--------|
| Ad #1 | Page # | Ad #2 | Page # |
| Ad #3 | Page # | Ad #4 | Page # |

Name _____
Mailing Address _____
Town & Zip _____

Answers for week of Feb. 8, 2019:

- Knoxland - page 6
- Yestramski Electric - page 8
- Murdough Builders - page 13
- Red Coat Travel - page 19

Mystery PHOTO

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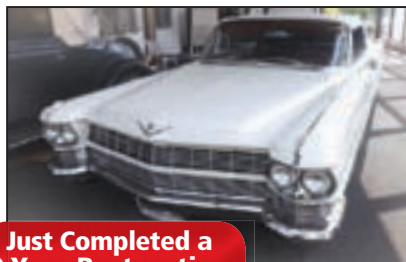
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