

Local teen achieves Eagle Scout rank

BRISTOL — Isaac Robert, a member of Scout Troop 59 from Bristol, has achieved Boy Scouting's highest rank, that of Eagle Scout.

Robert, 14, began his scouting career as a Tiger Cub with Pack 59 and continued through Cub Scouting to achieve the highest award, the Arrow of Light.

As a member of Troop 59, Robert has held numerous leadership positions including Senior Patrol Leader, Assistant Senior Patrol Leader, and Den Chief for Pack 59. He has earned 47 merit badges, 5 Eagle Palms, the Mile Swim Award on two occasions, BSA Kayaking, and Outdoor Camping Award. He was inducted into the Passaconaway Lodge Chapter of the Or-

der of the Arrow in 2018 and earned Brotherhood Membership in 2019.

Robert has attended many camp outings at Griswold Scout Reservation and Camp Carpenter and is always looking for new adventures with his troop. He looks forward to being on staff in future summers to help foster scouting spirit among younger scouts. He has been fortunate to attend several state-wide Jamborees. One of his most memorable adventures was hiking the first 15 miles of the Appalachian Trail starting at the New Hampshire/Vermont border.

For his Eagle Scout Service Project, Robert, as a student in the Newfound Area School District, wanted to give back to the Newfound Community. His Eagle Project, known as, 'Be-friending Benches,' was designed, built, and installed at each of the elementary schools in the Newfound Area School District. The benches, sitting feet long, were created out of a need that Isaac recognized to help elementary students interact with their peers and to aid in the development of their so-



Isaac Robert

cial-emotional skills. In addition to these benches, he had originally planned to hold a small assembly at each school. Due to the pandemic and schools being remote, Isaac was forced to pivot and instead created a personalized YouTube video for each school that introduced himself, the intent of the project, and how the benches could be used when school started back in person post-pandemic. Under his direction, scouts, peers, and adult volunteers completed the project that took more than 150 man-hours.

Robert is a freshman at Newfound Regional High School and looks to continue to find new adventures to try. He reached his goal of Eagle on July 5, and received his Eagle badge during a court of honor ceremony on Nov. 7.

Bristol tree lighting set for Nov. 27

BRISTOL — While a simpler celebration compared to year's past, Bristol's Annual Town Tree Lighting will take place in Central Square on Friday, Nov. 27.

Instead of group caroling this year, there will be a free musical performance by local vocalist Denise Therrien. An entertainer with a wide variety of musical experience, Denise performs as a solo artist and in several bands. Many of you may know her from her performances with the Bel Airs in Bristol's Kelley Park. Denise will be performing holiday favorites beginning at 5:30 p.m.

Santa will make his big entrance into the Square by fire truck at 6 p.m. to officially light the Town's Christmas tree. Due to restrictions this year, Santa will not be able to visit one-on-one with kids. However, children are invited to bring their "Letters to Santa" and place them in a special North Pole Mailbox that will be located in the Square that evening. Santa will collect all the letters and bring them back to the North Pole to prepare for the busy holiday season!

You can find more information about all of Bristol's Holiday Happenings at: www.townofbristolnh.org, www.ttc-crec.org or by following the Bristol Events Committee on Facebook at www.facebook.com/Bristol-Community-Events.

And please, remember to shop locally this holiday season!

Trout Unlimited offering free memberships to first responders

REGION — Trout Unlimited, a nationwide non-profit organization dedicated to the restoration and preservation of cold-water fisheries and their watersheds, has announced it is expanding its Service Partnership Program, which offers free one-year memberships to members of the military, to include first responders in the medical, fire service and law enforcement communities. The free memberships include a full year of award-winning TROUT magazine, local chapter activities including free fly-fishing lessons and discounts on travel and fishing gear, opportunities to win trips, prizes and more. Interested first responders will find more information on the free memberships at www.tu.org/conservation/outreach-education/trout-unlimited-service-partnership. Locally, TU is represented by the Pemigewasset Chapter, which hosts speakers monthly on such topics as fisheries and aquatic ecology, local stream improvement projects, and travel to remote fishing destinations. First responders may also obtain additional information on the free memberships and other TU activities by contacting the Pemi Chapter at www.pemigewasset.org.

PSU students organize cleanup of local waterways

BY JASMIN REED
PLYMOUTH STATE UNIVERSITY

PLYMOUTH — Four students attending Plymouth State University have immersed themselves in an action-based project allot-

ted by the required Tackling A Wicked Problem course in their first year. Acacia Fournier, Kyah Mekus, Matthew Mulkerrin and Jasmin Reed partook in their own style of this action-based project the

weeks of Nov. 8 and 15. They initiated in a clean-up, whether on campus or remotely from their hometowns, with the goal of filling up at least a trash bag's worth of litter strewn about and close to waterways – with the hope of decreasing the risk of water contamination in their approximate community. While collecting this litter (safely, with gloves), they kept track of their findings with the app, Marine Debris Tracker; on their mobile devices. While storing and submitting their data found through this app, they attributed their collection to a nation-wide open source of data.

When reflecting on the experience, one of the members mentioned, "I was surprised to see how much waste is thrown carelessly along these water bodies, contaminating these water sources that the communities rely on for clean, quality water."

They had made an intention of inspiring local citizens of their community to become more aware of litter and its detrimental effects on the surrounding community, accruing harmful bacteria and chemicals in drinking water while also negatively effecting local marine and land ecosystems. Through depleting vital oxygen for aquatic life in water while the litter decays, to disintegrating



COURTESY

A group of Plymouth State University students enrolled in the Tackling A Wicked Problem course recently set out to clean up local waterways.

BY JOSHUA SPAULDING
Sports Editor

The season was certainly an unusual one, with all teams playing a regionalized schedule due to COVID-19 and the NHIAA opening the

For Division II All State, Kennett's Maddie Stewart and Ella Chandler, Kingswood's Abby Kelley and Allie Drew and Plymouth's Holly Hoyt all earned First Team honors.

Division II Second Team honors went to Kathryn Hawkes of Kennett, Alexis Booth of Kingswood and Gwen Merrifield and Emma Webster of Plymouth.

Team honors for Division II were Madeline Michaelis and Amelia Coe of Bow, Abbey Carr of Derryfield, Maggie Hansen of Goffstown, Mia Edmonds of Haver, AnnMarie Tremblay and Alyssa Hill of Hollis-Brookline, Gracie Bolduc of John Stark, Molly Smith of Lebanon, Caitlyn Fortier and Taylor Bailey of Merrimack Valley, Nora Breton of Milford, Annika Kell and Alice Judge of Oyster River, Sydney Nutter of Pelham, Janelle Gagnon of Pembroke, Alexis Dumont of Portsmouth, Elinor Cotter of Sanborn and Miya Chorney of Souhegan.

Toupin and Halle Laramie of Bishop Brady, Elizabeth Gonyea of Conant, Jada LaPierre and Emma LaPierre of Franklin, Kate Bouchard of Hopkinton, Kate Cochran and Abby Nadeau of Kearsarge, Lydia Tucker of Laconia, Allison Adams of Mascenic, Paige Jette and Natalie Poitras of Mascoma, Carly Bernard of Monadnock, Eliza Bates and Kelsey Wheeler of Newport, Brianna Frisbee and Julia Turksy of Stevens and Olivia Kimball of St. Thomas.

Bates and Toupin were named Division III Co-Players of the Year while Patty Deschaine of Stevens was named Division III Coach of the Year.

Second Team honors in Division III also went to Libbey Hicks of Bishop Brady, Chelsea Dupuis and Bella Hayes of Conant, Elizabeth Guillotte and Jasmyn Long of Franklin, Caroline Barrett and Julia Baer of Hopkinton, Sophia Guzewicz of Mascoma, Isabelle Sutton and Mackenzie Hopkins of Monadnock, Maddie Miller of Newport, Gabriella Savo of Stevens and Sara Anderson and Brooke Chandler of St. Thomas.

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

Also earning First Team honors for Division III were Ashlyn

COURTESY

Members of the Pemigewasset Valley Chapter Daughters of the American Revolution joined other DAR chapters on Veterans Day to honor Revolutionary War Patriots at the NH Veterans Cemetery in Boscawen. A lovely red, white & blue wreath was laid at the Revolutionary War Memorial by New Hampshire DAR State Regent Trish Jackson, National DAR Historian General Laura McCrillis Kessler, and New Hampshire DAR Honorary State Regent Phyllis Gagnon. The granite memorial, erected by the DAR, is located on the “Memorial Walkway” at the cemetery and is open to the public. Daughters of the American Revolution is a women’s service organization dedicated to historic preservation, education, and Patriotism. Any woman who is descended from a Revolutionary Patriot is eligible to join. Please contact Paula Woodward at woodwardpm1@gmail.com or call 536-4778 for more information. Pictured on the left: Laura McCrillis Kessler; Paula Woodward; Trish Jackson; Heidi Pope; Phyllis Gagnon; Kay Stenelsen; Shannon Croteau; Deborah Plimmer. On the right: Paula Woodward & Deborah Plimmer of Pemigewasset Valley Chapter DAR.

Skilled Home Health Care: What Pemi-Baker Community Health Can Do For You

November is National Homecare Month. What better way to celebrate it than to provide information about home care services thru Pemi-Baker Community Health, and what it can offer for a loved one? As we age, we still want our independence. Many older Americans are choosing to stay in their homes longer and "age in place." This trend allows people to remain in their family home surrounded by familiar furnishings that make them feel comfortable and safe. But as we get older, certain activities that once seemed simple can become more difficult to manage.

So when do we need skilled home health care?

Skilled home health is care given to patients at home by medically trained and licensed professionals. It is an alternative to receiving care in a nursing home or hospital to regain health and independence.

What sort of people are served by home health?

Skilled home health care clients can be recovering patients who are ill with a chronic condition like heart failure or an acute health condition like surgery for a hip replacement, or who have sustained an injury. Home health care permits earlier discharge from a hospital, reduces hospital admissions and assists with rapid recovery. It's less expensive, more accessible, and as effective as care from a hospital or skilled nursing facility.

Skilled home health care can be for rehabilitation following a stay in the hospital or nursing home. Patients may also be referred to Pemi-Baker Community Health by their own PCP's for help managing a health condition. For example, your Mom might need skilled nursing after being hospitalized with a bout of pneumonia or Dad may need occupational and physical therapy when he gets home following knee surgery. The nurse can help your Mom learn to manage her medications safely and help her learn ways to manage her overall health more effectively. Occupational and physical therapy will provide training on the best exercises Dad can do to strengthen his knee so he can get back to doing the things he enjoys.

Long-term home health palliative or hospice services can be provided when your parent or loved one is suffering with a terminal illness. Our nurses and therapists work together with your doctors to provide coordinated, effective care.

How does a patient access skilled home health thru Pemi-Baker Community Health?

A referral from a physician, nurse practitioner, or physician's assistant is necessary. If your loved one is being sent home from the hospital or nursing home, their staff physicians will typically write the referral. Your own PCP can also provide a referral. Just let them know you would like to use Pemi-Baker Community Health, we service 22 towns in Central New Hampshire.

Who pays for skilled home health care?

Payment options for home health typically include a wide variety of insurances including Medicare, many Medicare Replacement plans, along with a whole host of private insurances.

Pemi-Baker Community Health has been in the business of 'skilled' home health care for over 50 years. We understand how hard it can be to get ready, travel to a certain facility to receive care and then travel back home again every time you have to go to an appointment. Home health care addresses this dilemma and Pemi-Baker Community Health can help you. There are many benefits of getting care at home and one of them is getting competent, one-on-one skilled care right where you live. Apart from this, you also save your time, energy and extra money because home health care is relatively cheaper than being institutionalized in a care facility.

Our team of responsible and reliable professionals will make sure that you or your loved ones receive the appropriate care at home. We offer skilled nursing, home health aides, physical therapy, occupational therapy, medical social services and speech therapy. We are experts in our field and we have the necessary experience to make sure you are cared for correctly. You are in safe and caring hands with Pemi-Baker Community Health.

"The people working at Pemi-Baker are terrific. I would highly recommend them for any home health care needs for yourself, family and friends. They take the time to meet your needs in a kind and sensitive way." - Deb

"I have had home care after a hip replacement as well as physical therapy to recover and PT for other problems. Everyone is friendly, concerned, efficient, professional and cheerful. This organization is superior to others I have had over the years." - Sheila

"Fantastic people! Real people you can trust and feel comfortable with. I can't thank you enough for all the help you have given us while my husband is going thru cancer. Thank you so much!" - Maxy

PBCH is located at 101 Boulder Point Drive, Plymouth, NH. To contact us please call: 603-636-2232 or email: info@pbpha.org Visit our website: www.pbpha.org and like our Facebook Page: @PBCH4

Newfound Landing

ADVERTISE WITH US
 ADVERTISING EXECUTIVE
 TracyLewis
 (603) 575-9127
 tracy@salmonpress.news

**TO SUBSCRIBE OR FOR
SUBSCRIPTION SERVICES:**
 KERRI PETERSON
 (603) 788-4939
 kerri@salmonpress.news

**SEND US YOUR NEWS
AND PICS**
 news@SalmonPress.news

**TO FAX THE GRANITE
STATE NEWS:**
 CALL 1-888-290-9205

TO PRINT AN OBITUARY:
 E-MAIL: brendan@salmonpress.news
 CALL: 603-677-9084

**TO SUBMIT A LETTER
TO THE EDITOR:**
 E-MAIL: brendan@salmonpress.news

**TO SUBMIT
CALENDAR ITEMS:**
 E-MAIL: brendan@salmonpress.news

WWW.SALMONPRESS.COM
 (603) 279-4516

A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

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

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


OPERATIONS DIRECTOR
 JIM DiNICOLA
 (508) 764-4325

DISTRIBUTION MANAGER
 JIM HINCKLEY
 (603) 279-4516

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

SPORTS EDITOR
 JOSHUA SPAULDING
 (603) 941-9155
 josh@salmonpress.news

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



**Salmon
press**
Media

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729,
 5 Water St., Meredith, NH 03253.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	107 Ledgeview Shores Dr.	Single-Family Residence	\$720,000	Kathy C. Gilroy RET	D. Scharfenberg-Fuller and Frederic W. Fuller
Alexandria	Perkins Hill Road	Residential Open Land	\$44,533	Roy M. Silva	Joseph Fisher
Alexandria	Perkins Hill Road	Residential Open Land	\$28,533	Kramer 1 Fiscal Trust and Joseph B. Kraemer	Joseph Fisher
Ashland	62 Winter St.	Single-Family Residence	\$239,933	Stephen T. and Naomi L. Frateschi	Jonathan Wydola and Jessie L. Munroe
Ashland	N/A (Lot 5)	N/A	\$310,000	Leona R. Grenier	Squam River Partners
Bridgewater	Dick Brown Road	N/A	\$145,000	Angelo and Irene C. Manni	Michael and Margaret Doyle
Bridgewater	Old Road	N/A	\$50,000	Wayne S. and Martha L. Morrill	Williams Homestead Trust and Steven N. Williams
Bridgewater	Route 3a	N/A	\$1,700,000	Thomas H. and Andrew S. Moore	42 Brookdale Rd. SPE LLC
Bridgewater	N/A (Lot 141)	N/A	\$230,000	Susan C. and William J. Sullivan	Scott M. Jones
Bristol	15 Sugar Hill Dr.	Commercial Building	\$150,000	Sherburn C. Ramsay	David M. Dyer
Bristol	370 Upper Birch Dr.	Single-Family Residence	\$475,000	Kevin W. and Jean M. Button	William and Stephanie Olson
Bristol	W. Shore Road	Residential Open Land	\$1,161,000	Robert J. Prendergast	Exchange Authority LLC
Bristol	N/A (Lot 17-7)	N/A	\$350,000	Gary Baker	Julie M. and Glenn A. Wilder
Campton	Campton Bog Road	N/A	\$315,000	Jennifer M. and Gerald J. Tichy	Michael C. Pulli and Kathryn G. Pulli
Campton	Echo Ridge Road	N/A	\$20,533	Jason S. Hiltz and Robin J. Fisk	Renee and Geoff Tessier
Campton	Owl Street	N/A	\$100,000	Reign 7 RT and Victor DelRegno	Marjorie A. Stelwagon and Shawn W. Matthews
Campton	Page Road	Forest Use	\$225,000	Michael O'Leary	Donald and Laura Mei
Campton	N/A (Lot 43)	N/A	\$85,000	Paul and Kathy Lastoff	Douglas B. and Patricia Staruk
Groton	N/A (Lot 2)	N/A	\$330,000	Jeanine M. Adams	Mountainside Trust and Mark L. Mello
Hebron	4 Whipowill Rd., Unit 3	Condominium	\$600,000	E & C Taglieri, Jr. RET	Ryan and Lauren Martens
Holderness	2 Boulders Rd.	Mobile Home	\$126,000	Gary and Diane Fouquart	Darby Fiscal Trust and Louis G. Darby
Holderness	Lane Road	Residential Open Land	\$205,000	John Dopkin	John C. and Judithanne F. Fisher
Holderness	974 US Route 3	Single-Family Residence	\$430,000	Phyllis A. Chase	Steven Siek
Holderness	N/A (Lot 4)	N/A	\$45,000	Ellen M. Smith-Faiella and Michael D. Faiella	Matthew Iovanni and Melissa G. Fabbari
New Hampton	140 Riverwood Dr.	Single-Family Residence	\$315,000	Susan Leduc 2018 RET	Michael R. Fournier 2016 Trust
New Hampton	28 W. Shore Rd.	Single-Family Residence	\$464,000	Carole A. Elliott Trust	Carol A. and Hugh S. Dansereau
Plymouth	36 Emerson St.	Single-Family Residence	\$210,000	Ian and Heather Williams	Darren K. Descouteaux
Plymouth	10 Hawthorne St.	Single-Family Residence	\$200,000	Adam T. Rich	Wiratsarin Phaophayak
Plymouth	Lacourse Street	N/A	\$30,000	Karen Olivier	Eric Bouchard
Plymouth	68 Main St., Unit 68	Retail Condo	\$125,000	O'Rourke & Grnblott Holdings LLC	Winnepieseogee Investment Management
Plymouth	NH Route 3a	N/A	\$35,000	RTG Enterprises LLC	NLB RET and Michelle L. Clark
Plymouth	Old Route 25, Lot 5-10	N/A	\$182,533	Jaime L. Cronin	Joseph and Carol McLaughlin
Plymouth	21 Thompson Farm Lane	Single-Family Residence	\$368,533	J. & Diane Francis RET and Jonathan R. Francis	Jeremy and Sandra Thompson
Rumney	N/A (Lot 1)	N/A	\$46,533	Decosta Fiscal Trust and Stephen J. Decosta	Deborah A. Cutter and Karen Comeau
Thornton	Anderson Hill Road, Lot 2	N/A	\$102,000	Downing LT and Donalee Downing	Noah J. Bigl
Thornton	42 Banjo Dr.	Single-Family Residence	\$300,000	Andrea L. and Matthew R. Walker	Bond Worthington and Allison Reese
Thornton	71 Holland Trail	Single-Family Residence	\$215,000	Kennedy Fiscal Trust and Richard B. Kennedy	Lauren and Patricia Frazer
Thornton	36 Horizon Dr.	Acc. Land Imp.	\$449,000	White Mountain Escapes LLC	Shawn R. Brunelle
Thornton	65 River Run Rd.	Single-Family Residence	\$257,533	Cory B. and Lindsay C. Costello	William R. and Glenda D. Tumber
Thornton	Thornton Gore Road	N/A	\$139,000	Mary S. Asselin	Joseph B. McInnis
Warren	Route 118	N/A	\$16,000	Barbie J. Tilton	Teegan Properties LLC
Waterville Valley	Forest Rim Condo Unit D4	Condominium	\$269,000	Alan J. Berko and Peggy Flaherty-Berko	Daniel and Laura Rifkin
Waterville Valley	26 Hillside Way, Unit 2	Condominium	\$314,293	Georgianna L. Burton	FNMA
Waterville Valley	Osceola Road, Lot 19	N/A	\$360,000	Maryfarm Trust and Alberty Lynch	Karin E. and Peter B. Settel
Waterville Valley	13 Tee House Lane	Single-Family Residence	\$465,000	Anthony Constabile and Paul Barrasso	Mariusz Olesiak and Yanchun Zhang
Waterville Valley	17 Tee House Lane	Residential Open Land	\$90,000	E. Mukhaelyankuznefsov Estate and Joseph G. Butler	Gregory and Karen M. VanDeMoere
Waterville Valley	N/A (Lot 29-1)	N/A	\$172,000	Waterville Co. Inc.	Joshua B. and Selena C. Kutin
Waterville Valley	N/A (Lot 11)	N/A	\$590,000	Linda M. Roberts 2008 Trust	Alan J. Berko and Peggy Flaherty-Berko

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 in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

PSU men's ice hockey season cancelled

PLYMOUTH — Last winter, the Plymouth State University men's ice hockey team became the first back-to-back Massachusetts State Collegiate Athletic Conference (MASCAC) Tournament champions in the history of the league, but the Panthers will need to wait another full year to defend their title as the league announced the cancellation of winter sports competition on Friday.

The announcement, made on the league's web site, noted the cancellation of all winter sports competition for the MASCAC's five winter sports - men's ice hockey, for which Plymouth State is an affiliate member, men's and women's basketball and men's and women's indoor track and field.

"It is very unfortunate for all of the MASCAC student-athletes, but the Presidents are making decisions based on keeping their students healthy and safe," said Director of Athletics Kim Bownes. "We don't yet know what this means for Plymouth State men's ice hockey, but we will keep moving forward to see what happens, particularly with the Little East Conference and other in-state universities."

Plymouth State is also an affiliate member of the MASCAC for football. In mid-July the league announced the suspension of fall sports with hopes of moving contests to the spring, though no official announcements have been made thus far.

Per the announce-

ment, PSU will have the option to schedule non-conference competition at its discretion, though no decisions have been made at this time.

MASCAC statement
The NCAA has released winter sport guidelines and the state of Massachusetts recently updated their winter sport policies. After an in-depth review of the information from the state and NCAA, consultation among the Massachusetts State Collegiate Athletic Conference (MASCAC) Presidents, athletic directors, and athletic trainers and after exhausting all possibilities, including a review of the risks involved, the eight MASCAC Presidents have made the difficult decision to cancel all winter sports competition. This includes the sports of men's and women's basketball, men's ice hockey and men's and women's indoor track and field.

Similar to the fall sports, the state universities are planning to provide winter sport student-athletes with

on-campus, in-person practices, conditioning and training opportunities throughout their traditional season to support their physical and mental well-being. These practice and training opportunities will not use a year of NCAA eligibility and will be done in compliance with the campus, state, federal and NCAA COVID guidance and protocols.

"The MASCAC Presidents have been continuously observing the pandemic and guidelines from local, state, federal and NCAA officials, which has led us to the decision to cancel winter sports competition during the spring semester," said Massachusetts College of Liberal Arts President James Birge, Chair of the MASCAC Council of Presidents.

Affiliates will be able to schedule non-conference contests at their discretion.

"We explored countless scenarios to find a safe path forward with the evolving recommendations and policies from the NCAA and the state for our winter sport

student-athletes," said MASCAC Commissioner Angela Baumann. "After consultation with our medical staff and athletic directors, the MASCAC Presidents came to the conclusion there is not a way to ensure the safety of our student-athletes and staff with off campus winter competition, the risks are far too great."

Throughout the 2020-21 academic year, the MASCAC will be celebrating its 50th anniversary with special features, facts and trivia commemorating the event. The conference has a rich history of success on the playing field and in the classroom. Over the academic year, the conference will be highlighting the

student-athletes, teams, trators from the last 50 coaches and adminis- years.

CASS INSURANCE INC.

‘Nanc’ & Michelle

PO Box 406 • Newport, Vermont 05855

PERSONAL AUTOS, WORKMAN’S COMP.

GENERAL LIABILITY AND EQUIPMENT

HOMEOWNERS, SNOWMOBILES, ATVS



802.334.6944-Work

802.334.6934-FAX

cassinsurance@myfairpoint.net



NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS

Est. 1989

WWW.NCCNH.COM

TUES • FRI 10 • 5 • SAT 10 • 3

HIGHEST PRICES PAID

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

NORTH COUNTRY COINS.

Main St., Plymouth, NH 536-2625.

Hiring?

Reach More Local Applicants



Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise locally, where you will get qualified, local applicants for your local job.

- The Baysider
- Meredith News
- Berlin Reporter
- Gifford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent



Email: tracy@salmonpress.news

Phone: (603) 616-7103



SCHWARTZBERG LAW

FAMILY LAW EXPERTISE

IN YOUR BACK YARD



Steve Gahan, Ora Schwartzberg and John T. Katsirebas, Jr.

572 Tenney Mountain Hwy, Plymouth, NH 03264

603-536-2700 | WWW.NHLAWYER.NET

CADY Corner

What is a co-occurring disorder?

BY DEB NARO
Contributor

Co-occurring disorder is the term used to describe two or more disorders or illnesses that occur in the same person at the same time, or one after the other. It is sometimes referred to as comorbidity. Some common mental health disorders that can be experienced as co-occurring disorders are anxiety, depression, ADHD, eating disorders, substance use disorders or thoughts of suicide. It is important to know that having one of these disorders does not mean you will have another one.

People often refer to substance misuse as “self-medication.” In other words, some teens might drink and do drugs to feel better when they are suffering from a mental health disorder. Self-medicating is not an official medical term, but it does help explain why some teens experiment with drugs and alcohol. Research does show that some teens have substance use and other mental health disorders at the same time. For example, a teen who is dealing with depression or anxiety might use drugs as a coping strategy. Or, on the flipside a teen who uses drugs might get depressed. In fact, science tells us that regular misuse of drugs and alcohol can change the brain structure, which may contribute to a mental health disorder.

However, there might not be an easy explanation—inherited traits or a person’s life experience can make them vulnerable to brain changes involved with depression or substance use. Whatever the reason, this is called “co-occurring disorders” or “comorbidity.” Although substance use disorders commonly occur with other mental illnesses, this does not mean that one caused the other, even if one appeared first. It is important to know that interactions between the illnesses can worsen both situations.

Co-occurring disorders are very common in both teens and adults, and there should be no shame in asking for help. A teen’s mental health can improve when they are willing to share their concerns with a trusted adult. For example, if you tell your pediatrician about your depression, and how drugs make you temporarily feel better, your doctor can then recommend a healthier approach to managing both problems or refer you to a counselor or other expert for help.

Scientists know that some of these disorders run in families, so genetics might play a role in both substance use and other mental illnesses. Genes (inherited traits) also play a role in how a person responds to a drug. For example, some teens try marijuana and have a psychotic reaction. This could be related to specific genes. Secondly, environmental influences can lead to co-occurring disorders. Children who are bullied, abused, or who have experienced trauma are more at risk for substance use disorders and other mental illnesses.

To learn more about co-occurring disorders, visit our Web site at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

**YOU ARE
NOT ALONE**

you are not alone

The National Domestic Violence Hotline
has answered over 3 million calls
from victims of relationship abuse,
their friends and family.

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.781.3224 (TTY)

The National Domestic Violence Hotline offers
phone and chat services for anyone affected by
domestic violence. Support is available
24/7/365 by calling **1.800.799.SAFE (7233)**
or online at thehotline.org.

The production of this material was supported by Grant #95010001-03-00 from HRH Administration.
For children and domestic violence, the National Domestic Violence Hotline is available at 1.800.799.SAFE (7233).
National Domestic Violence Hotline and do not necessarily represent the official views of ACP/PCB.



JOSHUA SPAULDING

On to the finals

The Plymouth football team was set to take on Lebanon in the Division II semifinals on Saturday, but the Raiders had to forfeit the game after a positive COVID-19 test on a Bow player, who had played against Lebanon the previous week. With the forfeit, Plymouth earned a bid into the Division II finals, where they will play Souhegan on the road in Amherst on Saturday at 1 p.m.

Sustainable Bristol

Avoiding Black Friday; do it for the environment

BY LAUREN THERIAULT

With Thanksgiving only a week away, that means Black Friday is only eight days away and Cyber Monday is only 11 days away. Have you been inundated with flyers and ads about deals and must haves? Here’s a secret, unless you needed any of those things before Black Friday/Cyber Monday they aren’t really steals and deals. Impulse buys are not helping your wallet, or the environment.

The majority of things on “sale” on Black Friday are plastic, cheaply made, unfairly compensated, resource sucking pieces of junk. You and your family and friends do not need more of that. Not to mention that there is still a global pandemic which could

make it unsafe for you and employees at these stores to be working and shopping.

Some of the negative environmental effects of these impulse shopping days are that the resources needed to produce items for sale are stripped from the land or created from harmful chemicals. Once they are no longer needed, they get incinerated or sent to a landfill. Let’s face it, if you didn’t know you needed the item before you saw it in a shopping frenzy, it probably won’t be long before you don’t need it anymore and it ends up in the garbage. Buying online isn’t any better, the resources needed to quickly ship items across the country to you are primarily of the fossil fuel variety, and don’t

pay local taxes for the wear and tear on roads in your community. The shipping also adds to the already exorbitant packaging waste this country faces. Remember; at this time the Bristol Transfer Station is not taking cardboard for recycling. Don’t even get me started on how much the CEO’s of these online companies are making, which is exponentially higher than what their employees are paid.

What am I suggesting you ask? Well, don’t go shopping on Black Friday and don’t buy things online on Cyber Monday, or don’t buy things that you or your family don’t really need. If you are inclined to shop there are plenty of local shops that sell locally and handmade products that your family would prob-

ably get more use out of and love. If you are worried about getting gifts for your family members and friends, reconsider who you are buying for; how much you are buying, and what you really want your gift to mean to them. I would prefer a handmade gift or something with a lot of thought put into it than something from Black Friday or Cyber Monday. Instead spend some more time with your family doing something special and not fighting for deals at midnight.

Lauren’s Green Tip of the Week: Donate money to local charities or food banks in your friends and loved ones’ names instead of buying them something.

Letters to the Editor

Trust but verify

To the Editor:
I read in the Laconia Daily Sun the other day an article titled, “False claims of voter fraud pushed by Trump thrive online.” Really? They are calling the President of the USA a liar? In my opinion, I can only assume that the reporters of the Associated Press — Amanda Seitz, David Klepper and Barbara Ortutay — who wrote this story must have proof there are no false claims of voting fraud! I would like to see their proof. Did they investigate all allegations or cherry pick a couple of them?

Did they go through every ballot in several problem states? Until they do so, they cannot be a trusted source.

How thoughtless is the Laconia Daily Sun to think we are stupid, dumb, ignorant, readers! Why would the Daily Sun allow junk like this into their paper? I can only assume the AP and Daily Sun want us to believe everything Trump says is a lie, his supporters are liars and anyone who files an election allegation is lying too. How arrogant is the Associated Press thinking we will believe what-

ever they print? I guess if these writers write it and the Daily Sun prints it, it must be true! Not so fast.

All voters, Democrats, Republicans and Undeclared, should want investigations so we find the truth, just like they did with the Russia collusion investigation. Investigations are conducted to verify the truth or falsehood of the allegations. Why would you not want the truth? I guess there could be many reasons why, just think what is at stake!

I found through my lifetime if anyone lies to

you once they should not be trusted. Unless, what did Reagan say, “trust but verify,” not bad advice. We all should be responsible enough to verify the information being given to us is true or false. We should never leave truth to the Daily Sun, the Associated Press or any other media outlet or big Tech company. We all want our one legal vote to count; otherwise, why vote at all! Live Free or Die.

JOHN SELLERS
BRISTOL

A “Roar” from a Newfound Bear to the community and Newfound Alumni

To the Editor:

Join the Blakeley-Mills Newfound Regional Scholarship Foundation Team! Last year, 77 alumni and friends contributed to the campaign which raised over \$11,000 for future scholarships. This year two generous donors will match dona-

tions up to \$10,000! To date we are half-way there and have until Dec. 31 to reach this goal.

Generous alumni, teachers and friends, joined a proud fraternity of people who understand the need to support the next generation of Newfound graduates. These collective efforts will help assure that stu-

dents have the means to further their education. Please consider being a part of our efforts to grow this endowment, that we may one day provide needed financial resources through the interest on our investments.

Please help us by either sending a check to Blakeley-Mills New-

found Regional Scholarship Foundation, Inc, P.O. Box 691 Bristol, NH 03222 or by going the Web site: www.newfoundalumni.com.

A proud Newfound Alumni!

LINDA DRAKE
NORMANDIN (CLASS ‘72)
BELMONT

North Country Notebook

“The Wreck of the Hesperus” translates to “Hoorah’s nest”



By JOHN HARRIGAN
COLUMNIST

It blew a gale Sunday, a phrase used by seafarers who wished it would do something else. Like us, the phrase followed the rivers on up.

“No good going out,” Rudy would say, a full hundred miles from the ocean, waving at whitecaps on Clarksville Pond, darkish water, a loose boat on the other side. “It’s blowing a gale.”

To me, a high wind is a good excuse to stay indoors. Not much good comes from a high wind, except something simmering on the stove all day. Better to scoot the chair toward the fire and reach for a good book.

Wind is the only kind of weather I do not like. Maybe it’s because it’s hard to hear much in a high wind, unless the

sound is coming from the same direction. Even then you hear it for only an instant before the wind snatches it away. “What was that sound?” you think, and then you chase it downwind, to oblivion.

+++++

Our grandfather White had roots in Jone-sport, Maine, where his ancestors were saltwater farmers just a generation removed from the sea. Freshwater streams flowed through their meadows. My grandfather told stories about sea trout, creatures I’ve never seen.

My mother Esther White and I went to a family reunion down there once, away down East, where I remember a couple of cousins who looked like me, or maybe I looked like them. This was back in the Seventies, which makes me sound older than dirt. “Poor lugs,” I thought, looking at my cousins, using an old dock-worker’s term. They had close-set, beady eyes.

My grandfather had a lot of those old terms in his head. “Lowery”

was one he used, and it was in common use up until the turn of the last century, meaning a low and dull overcast, or what pilots (the flying kind) would call a very low ceiling, low and grey and somehow almost threatening, although to admit that would be to admit fright, which you never did.

Still, there was that time when Rudy and Joan had to go somewhere and left Jeannette and Kathleen and me with the Hurlberts, who had been around since the first stumps were pulled, and a lightning storm came up, and old Mrs. Hurlbert made us kneel by the bed, upon which was the Bible.

The Bible, of course, was open to a significant passage, the significance of which I’ve totally forgotten. Perhaps I was more focused on the crashing thunder that threatened to bring the entire house down around our pointed little heads.

Oddly enough, I did not grow up fearing the weather whatsoever, and to this day, the first peal of thunder will send me

galloping for the porch.

+++++

If my sister Susan happened to run by with hair asunder, our grandmother would say “Susan! Your hair looks like the wreck of the Hesperus!” and I remember thinking, “In a few years nobody’s going to know what that means,” and then of course I looked it up.

Henry Wadsworth Longfellow’s poem, published in 1840, drew on an infamous winter storm that wrecked more than 20 ships off the New England coast. It was the age of sail, in this case sails in tatters, all askew, like my hapless sister’s hair.

Longfellow kept a diary, as did most people of letters in that time, and he was bounced in and out of bed on the night “Hesperus” came to his head. And it did not come in lines, he said, but in stanzas.

+++++

At the big Down East family reunion, a good part of the throng suddenly broke off and



COURTESY

This woodcut engraving is often used to depict the schooner “Hesperus” in the full teeth of a gale. (Courtesy wordhistories.net)

headed for vehicles, obviously bound for somewhere worth going, so my mother and I followed. The parade went to Beal’s Island, where a distant cousin thrice married and twice removed or something like that, as people were always saying, was building a boat.

Now, I’d helped Rudy build rowboats with nothing but plans in his head, but nothing had prepared me for this. My cousin was building a boat, all right--putting down the framework for a 40-footer:

He was over about twenty feet in front of the bow, huddled with various aunts and uncles and nieces and nephews, squinting at a plumb-line--for all I knew, allowing for windage. “That’s all he’s using,” someone said.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Churches

Plymouth Congregational UCC

Church Announcement

In order to protect everyone’s health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church’s website at www.uccplymouth.org.

Dates to Remember on Facebook Live

Wednesdays at 12:30 a.m. - Lunchtime Prayers & Devotional
Friday, Nov. 20, 6 p.m. - Trans(gender) Day of Remembrance: TDOR was started in 1999 by transgender advocate Gwendolyn

Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence since Rita Hester’s death and began an important tradition that has become the annual Transgender Day of Remembrance.”

Sunday, Nov. 22 at 9:30 a.m. – Reign of Christ & Reigning Compassion

Tuesday, Nov. 24, 7 p.m. – Interfaith and Ecumenical Thanksgiving Service

Church’s Facebook Page?

You can find our Page by searching for “Plymouth Congregational United Church of Christ Plymouth NH.” “Like” the Page and you will receive notifications when the weekly service goes live! Missed some-

thing? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ’s love with the world. Please visit our Web site at www.uccplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, 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.

THIS WEEK AT STARR KING:

Sunday, Nov. 22

Becoming Honorable Ancestors

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

Whether we are aware of it or not, we inherit the world our ancestors made. Some of us are proud of the people we come from, some of us carry shame. Many of us hold a complex mix of feelings about the impact our ancestors had on the world they encountered. As we near the Thanksgiving holiday, we explore the difficult realities of recognizing the truth about

our ancestors and how we might become the honorable ancestors we wish we had.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

PUBLIC NOTICE

The Hebron Select Board will be holding a public hearing on Thursday, November 19, 2020 at 7:00 p.m. in the Town Office Building located at 7 School Street. The purpose of the hearing is to expend funds from the Non-Capital Reserve Fund entitled “Emergency Contingency Fund”.

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

DEADLINE NOTICE

CLASSIFIED ADS
AND
YARD SALES

DEADLINE IS FRIDAY AT 3PM
FOR THE FOLLOWING WEEK

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!

salmonpress.com

Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement	Paid Advertisement
Edward Jones: Financial Focus				
<p>It’s almost Thanksgiving. And although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful – such as your family. How can you show your appreciation for your loved ones? Here are a few suggestions:</p> <ul style="list-style-type: none">• Invest in your children’s future. If you have young children – or even grandchildren – one of the greatest gifts you can give them is the gift of education. You may want to consider contributing to a higher education funding vehicle.• Be generous. Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. You can give up to \$15,000 per year, per recipient, without incurring gift taxes. Of course, you don’t have to give <p>cash – you might want to consider presenting your children with shares of stock in companies they like.</p> <ul style="list-style-type: none">• Review your insurance coverage. If you weren’t around, it would leave some gaping holes – financial and otherwise – in the lives of your family members. That’s why it’s essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There’s no magic formula for determining the right amount of coverage, so you’ll have to consider a variety of factors: your age, spouse’s income, number of children and so on. Also, you may want to consider disability insurance – if you were unable to work for a while, it could cause a real problem for your family’s finances.• Preserve your financial independence. When your children are <p>young, you take care of them. But you certainly don’t want them to have to do the same for you – so it’s essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your 401(k), IRA and other retirement accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.</p> <p>Create an estate plan. To leave a legacy to your family, you don’t have to be wealthy – but you do need a comprehensive estate plan. You’ll have to think through a lot of questions, such as: Have I named beneficiaries for all my assets? How much do I want to leave to each person? Do I need to go beyond a simple will to establish an arrangement such as a living trust? For help in answering all these issues, you’ll want to work with an attorney.</p> <p>By making these moves, you can show your loved ones, in a tangible way, how much you value them – and that can help you keep the spirit of Thanksgiving alive all year long.</p>				
		<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>		
<p>This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor. Member SIPC</p>				



Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities

Find it **FREE** Online at:
www.NewfoundLanding.com

Or **FREE** at these
fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

**PUBLISHED
EVERY
THURSDAY!**

A new publication full of local news, sports & happenings from the following communities:

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton



www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516



REAL ESTATE

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%
Call Kevin - 603-387-7483
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'



We are here for you!

SOLD



Kathleen Davis
A Lakes Region native going back 4 generations, Kathy has the area knowledge that only a true native can possess! With 14 years experience as a mortgage originator prior to her real estate career, she is uniquely prepared to help you buy or sell your home.
603-387-4562



Bill Walker
Before becoming a REALTOR Bill had many years of customer service experience working in the hospitality industry throughout New Hampshire and New England. He is uniquely qualified to guide you through the vast network of resources available to buyers and sellers.
603-717-2563

OUR OUTSTANDING AGENTS KNOW THE LAKES REGION!



208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079
604 Main Street Laconia, NH 03246 (603) 527-8200
www.baysidenh.net



VISA
MasterCard
DISCOVER

NEWSPAPER

NEWSPAPER

CLASSIFIEDS

For Advertising Call (603) 444-3927



FIND A CAREER
IN THE CLASSIFIEDS!

Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions

Will Train. Valid Driver's License required.
Application available at:

CONSTRUX, 630 Daniel Webster Hwy.
Plymouth, NH 03264
INC. (603) 536-3533

Leading Pre Engineered Metal Building Co.



Plymouth State University has the following positions available:

Public Safety Officer
Early Childhood Teacher I
Plumber/Pipefitter – Two Positions
Recycling Coordinator

Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an
Equal Opportunity/Equal Access/Affirmative Action institution.

www.SalmonPress.com



SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

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

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

Competitive Wages

Paid Vacation

Paid Holidays


Paid Time Off

Health Insurance

Profit Sharing

Store Discounts

401k



SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETETES
BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

Competitive Wages

Paid Vacation

Paid Holidays

Paid Time Off

Health Insurance

Profit Sharing

Store Discounts

401k



SalmonPress.com

News, really close to home

HUNDELRUT STUDIO

Tuesday - Saturday 9:30 to 5:30
Art Gallery & Delightful Gift Shop

Locally Handmade & Fun NH Gifts,
Holiday + Assorted Greeting Cards,
Advent Calendars, Pottery, Paintings,
Stationery, Canvas Bags, & More !

584 Tenney Mountain Hwy
Plymouth, NH 03264 • 603-536-4396

30th Anniversary

Holiday Gift Guide

Did you know?

Giving the gift of an experience is a rising trend, particularly among millennials. Harris research has determined that millennials (defined as people born between 1980 and 1996) highly value experiences, and they are increasingly spending time and money on them. Types of experiences include athletic pursuits, cultural visits, concerts, social events, and various travel. The research goes on to say that more than three out of four millennials choose to spend money on a desirable experience instead of buying a product. And it's not just millennials. Overall, consumer spending has shifted in the last 10 to 15 years. HSBC bank chief economist Kevin Logan has said consumer spending on recreation, travel and eating out has been trending upward for more than a decade, while purchases of clothing and shoes as a share of discretionary spending has dropped. These trends can help drive purchases during holiday gift-giving. Gifts that are more experience-oriented may be more appreciated by their recipients

Gift cards, Co. Store & more
at theCman.com



Have an Uncommon THANKSGIVING DINE WITH US...

Join us Thursday, November 26 at Common Man Claremont, Concord and Windham, and Foster's Boiler Room in Plymouth for a three-course holiday feast complete with packaged leftovers sent home with each guest!

Adults 36.95, Children 14.95 + tax and gratuity • Reservations are required.

Common Man Restaurants: 11 a.m.-4 p.m.
Claremont: 542-6171 • Concord: 228-DINE • Windham: 898-0088
Foster's Boiler Room: 10:30 a.m.-4 p.m. (603) 536-2764.





603-897-0002

This year give the gift of ADVENTURE!

Surf's Up at SkyVenture NH is your indoor destination for action-packed ADVENTURE! Come fly, surf, climb, fishpipe, boogie & eat! Gift Cards can be purchased online, by phone or in person.



SKYVENTURENH.COM



Ask About Our Rebates & Loan Programs

NHEC Heat Pump Programs

Heat pumps are up to 300% more efficient than conventional heat sources, which means you will spend less money each year heating & cooling your home or business.


Benefits of a Heat Pump

- Save on your total energy bill
- Highly efficient
- Added comfort & convenience
- Heat and cool with one unit
- Room-to-room control
- Low maintenance

NHEC Heat Pump Water Heater Programs

Key Benefits of a Heat Pump Water Heater:

- Can be four times more energy efficient than conventional electric, propane or oil fired water heaters.
- Can save approximately \$480 annually, depending on water use and electricity rates.
- An ENERGY STAR® certified HPWH can save up to \$4,800 over the 10 year warranty period.
- Dehumidifies the space surrounding the unit.



Are you ready to make comfort a priority?
Call 1.800.698.2007
to find out if a heat pump works for you!



AT ALL TIMES READY Your Family Deserves Nothing Less

- Learn self-defense
- Rifle, pistol, shotgun
- Tailored personal instruction
- Concealed Carry courses
- Women-only courses





GoRFT.com • 603-636-2167



GIFT CERTIFICATES AVAILABLE

Comparing Health Insurance or Medicare Supplements? THAT'S OUR SPECIALTY!!

Open enrollment is coming up soon!!
Give us a call to set up an in person, Zoom or telephone meeting.

Patty Stewart and Associates
35 Main Street
Plymouth, NH
(603) 536-3691





Email: info@pattystewartandassociates.com
Web: pattystewartandassociates.com

Check out our 5-star Google reviews!

Find the time to shop for holiday gifts

The holiday season is a busy time of year. So many activities are packed into a relatively short period of time, and it is easy to become a tad overwhelmed by it all. Once Black Friday arrives on November 27 (or Thanksgiving evening for those who can't wait until Friday), holiday shoppers have less than a month to get all of their shopping done.


Planning, decorating, entertaining, and socializing takes time away from shopping. To find the time to get everything done — especially shopping — consider these time management tips and tricks.

- Shop during off-peak hours. The busiest times of the day for holiday shopping will be lunch hour during a business day and right before or after supper time. Wading through crowds can be time-consuming. Try to shop when the stores are more sparsely populated so you can get in and out faster.
- Shop local. Think about patronizing small, independent retailers. Not only will you enjoy customized, exemplary customer service, but the stores probably will not be able to fit as many customers as large chains. That means you can browse more readily and shop faster and more safely.
- Schedule online shopping blocks. Pepper your calendar with blocks of time devoted to online shopping. This way you can handle it without distraction and easily check people off of your list.
- Delegate some tasks.

Pool your resources with friends or family members and divide up your shopping lists. Each person can be in charge of a different category of shopping. For example, if you are in charge of gaming gifts, buy all of these and then distribute them to whoever needed them. Delegating saves time and lets shoppers avoid rushing from store to store.

- Take a day off. While it may not be ideal to use vacation time for holiday shopping, sometimes it can be an effective way to check off a good portion of your list. Start in the early morning when the children are at school and visit as many stores as possible. Stow away those gifts until you have the opportunity to wrap them. Make the day off a little more special by treating yourself to a solo lunch or a midday meal with a friend.

The holiday season is one of the busiest times of the year. Finding the time to finish shopping and complete other tasks is challenging, but possible.



**A Collaborative Offering
Work of 28 Local Artisans**

Many Unique & One of a Kind Creations
For those Special People on Your Gift List

Visit Us This Holiday Season!

Located at
26A Central Square, Bristol
603-744-7700

**ENTERTAINMENT
MAKES A GREAT GIFT...**

and the North Country Center for the Arts at



has gift-giving ideas for you!

Visit ONLINE at www.jeansplayhouse.com
NCCA at Jean's, 34 Papermill Drive, Lincoln, NH 03251

**Loon Center
Holiday Sale**

Fri, Nov 27 - Mon, Nov 30
10% off ALL ITEMS
Daily FLASH Sales



ONLINE at WWW.LOON.ORG/SHOP

Visit us mid-week and get our
NEIGHBORS' SPECIAL!



Mention this ad
M-Th • 1-5 PM for
\$3 OFF
Any Pre-Cut Tree

VALID Nov. 30 - Dec. 24, 2020

Pre-Cut & Cut-Your-Own Trees
Wreaths • Boughs • Activities • Free Cocoa

Prices, Info and Covid Guidelines GloveHollow.com




**HEARTFELT GIFTS
FOR EVERYONE ON
YOUR LIST!**




20% OFF CHRISTMAS 2020 COLLECTION
Excludes Annalee Exclusives & Bundles | one/customer
Cannot be combined | Must show ad | Exp 12/24/20

ANNALEE GIFT SHOP OPEN DAILY 10-5
339 DW Hwy, Meredith | 707-5385 | www.annalee.com



Old Man Pendant from \$35

Sterling • Gold
Colored Stones • Diamonds



ALAN F. SOULE Jewelers
286-8649 422 West Main St. (Across from Winnisquam H.S.) Tilton, NH



Belletetes Your One Stop Holiday Shop

We have something for every one on your shopping list.

Come shop with us and see everything we have to make your holiday shopping easier all in one place!

Visit our website to download a copy of our **"Tis the Season to Save"** 8-page Sales Flyer (or pick up one at one of our 9 locations) for great gift ideas, decorations and more! Sale runs Nov 25- Dec 31, 2020.



www.belletetes.com

JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

Artistic Roots is the place to find unique handcrafted gifts by NH artists. 40 juried artists in wood, glass, fiber, paint, paper, photography, ceramics, metals, embroidery & more. Select pieces available online and can be picked up curbside or in store. *Gift Certificates available.*

More info at artisticroots.com
Open 10-3 Tuesday thru Saturday
73 Main Street • Plymouth, NH



ARTISTIC ROOTS

HARDWORKING LOW PRICES

SKEHAN Home Center
NO SALES TAX!



Give Your Home A Gift For The Holidays!

Holiday SALE!
20% OFF
ALL IN-STORE ITEMS!

PRE-PRIMED TRIMBOARD / PRESSURE TREATED LUMBER
NOVEMBER 27TH THRU DECEMBER 12TH



Gift Certificates Available

SKEHAN HOME CTR
Route 25 East, Center Ossipee, NH
Phone 603-539-5971

STORE HOURS:
Mon. thru Fri. 7am-4pm
Sat. 7am-3pm



Bristol

Al Blakeley
adblakeley0@gmail.com

Annual Tree Lighting in Central Square, Bristol will be on Friday, Nov. 27. Children are invited to bring their letters to Santa and deposit them into the special North Pole Mail Box! Santa will collect them all before he leaves and take them back to the North Pole. Music entertainment begins at 5:30 p.m., and Santa arrives by fire truck at 6 p.m. to light the tree! Please plan to wear a cloth face mask while attending. Unfortunately, Santa will not be able to visit one-on-one with the children following the tree lighting this year.

The Friends of the Minot-Sleeper Library have moved their fall book sale online! View books and movies for sale at: <https://minot-sleeperlibib.com>. Please be sure to select the different categories on the left side of the page to see all titles available. Because of Covid-19, the Friends of Minot-Sleeper Library will be unable to hold their Cookie Buffet this year. Instead, the dedicated bakers have provided the many cookie recipes for a Holiday Cookie Buffet cookbook! The cookbook will be available at the library, on the website and at several businesses around town starting the first week in November. Purchases will go toward supporting pro-

grams at the library for the coming year. Visit the library and do the Turkey Trot in the Kids' Room! Throughout the children's room there are seven pictured turkeys that have mini challenges for kids to complete. Complete all seven of the turkey tasks and win a prize to take home! The Bristol Rotary Club will be holding their annual Christmas Tree Sale at O'Reilly's Auto Parts on Lake Street in Bristol. Trees will be delivered on Nov. 24, and will be on sale while supplies last. The trees will be fresh NH grown trees and the cost is \$35 for any tree. All proceeds go back into the local community through both activities, scholarships and donations. For more information, contact Leslie at 744-2713.

BSA - Troop 59 G from Bristol is looking to organize the first girl's troop in the area. If your daughter enjoys biking, camping, hiking, swimming and the good old outdoors then this might be the experience she is looking for. Information about this opportunity can be found by contacting Jason Robert at jasonrobert603@gmail.com or 731-7933. Pack 59 is selling balsam fir wreaths, garland, swags and kissing balls until Nov. 28. Order directly from the company and have your wreath delivered to your front door!

<https://threeriversfundraising.com/fund/cus-cp59-wreath2020>. The TTCC Teen Council is hosting a Christmas Edition Parents Night Out on December 5th. Sign up right away as space is limited. It will be from 5 – 10 p.m., ages four to 14, \$15 per child, and pre-registration is a must. Contact information: 744-2713 or ttccrec.org. Newfound Every Child is Ours, a local non-profit supplying food for local children in the Newfound School District is in need of donations of food and/or funds. Items can be dropped off at the Bristol PD 24/7 in the bins in the lobby, the TTCC Monday - Friday from 9 a.m. - 5:30 p.m. and nail 8 p.m. on Thursdays. Monetary donations - cash, check to TTCC or PayPal to ttcc@metrocast.net - please indicate that it is for Newfound Every Child is Ours. After-school child care is available at TTCC Monday - Friday until 5:30 p.m. for any Newfound Area children the TTCC program. This service has been offered by TTCC for 70 years! The cost is \$35 for the week. Information: https://ttccrec.org/youth_programs/after-schoolprogram/. To enroll, call 744-2713 or stop by the TTCC office at 30 N. Main St. Monday - Friday from 9 a.m. to 5 p.m. Stand Up Newfound, the Newfound Area Drug Awareness Coali-

tion of the Central NH Newfound Lake Region meets on the first Thursday of the month at 6:30 p.m. at the TTCC and is open to the public. Information: Bryan/Deb Richardson - 744-9995, www.standupnewfound.org, standupnewfound@gmail.com, The One Stop Christmas Shop for Kids will take place downstairs at the TTCC on Friday, Nov. 27 from 1 – 5 p.m. by appointment in 2020 at bccfun@metrocast.net or call 744-2713 to set up a time. Masks will be required while shopping. Each child will be accompanied by one of Santa's helpers to escort them through the shop, making sure everyone is bought for and the budget is kept! All presents will be wrapped and tagged after purchases. Helpers are needed for this holiday event. Please call 744-2713 for more information. Santa's Village will be held this year, just not the one you may be used to! It is 2020, you know! This year's event will be an outdoor version. A drive-by experience on North Main Street just prior to the bus yard. Families will be able to drive past the scene, briefly stop to wave to Santa, drop off their letters with an elf and receive an ornament from Mr. and Mrs. Claus and the elves! Hopefully we can return to the full Santa's Village experience next year!

Groton

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

We had quite an "Indian Summer" this year. Some of my plants were a little confused and I saw new shoots coming up, but that won't last long I'm sure. It's quite likely that winter will come as usual. Hope you all had opportunity to get outdoors for a little fresh air and sunshine. See, even while I'm saying this, I see snowflakes sailing past the window. From the Select Board Meeting on Nov. 10 The Highway Department has sand available for icy driveways and walkways at your house. Please limit your pickups to three buckets per visit. This sand is available on the side of the sand/salt shed nearest the road. The paving and guardrails are done on Sculptured Rocks Rd. It looks great. Holiday Schedule has been posted. Please plan accordingly as the Town Offices will be closed Wednesday and Thursday Nov. 26 and 27. We will also be closed Dec. 24, and again on Dec. 31; also, the Select Board will be closed Dec. 21 through 28 for vacation. Holiday Food and Clothing Help The holidays are right

upon us and several have come forward with offers for food and winter clothing. If you, or someone you know, a neighbor, friend or just someone you are acquainted with is in need this winter, please contact the Town Office and we'll connect you with someone who may be able to help out. Our number 744-8849. Information is also on the Town Web site at www.grotonnh.org

The Town Clerk will soon be accepting credit cards as a form of payment for auto registrations in house. This is already a payment type for online payments now. There is a convenience fee, so please keep that in mind when using your credit or debit. We are hoping that by the end of the month this will be an option for payments at the window.

SCHEDULED MEETINGS AND CLOSURES FOR THE TOWN OF GROTON Select Board Work Session – Tuesday, Dec. 1 and 15 - 5 p.m. at the Town House Select Board Meeting – Tuesday, Dec. 1 and 15 – 7 p.m. at the Town House Town Offices will be closed, Nov. 25 and 26 and Dec. 24 for the Holidays. The Select Board Office will be closed Dec. 21 through 28 for vacation.

How small businesses can prepare for a unique holiday season

When the famous ball dropped in Times Square on New Year's Eve and 2020 officially began, few people might have anticipated what awaited the world in the months ahead. By the end of March, a global pandemic had changed the way people across the globe lived their lives

as governments scrambled to prevent a potentially deadly virus from spreading. No aspect of life has been left untouched by the COVID-19 outbreak, including how people shop. Stay-at-home measures and government-mandated closures proved a formidable

challenge for small business owners. Another challenge awaits such businesses this holiday season, when consumers are expected to do much of their shopping online. Many small businesses thrive on welcoming customers into their facilities. While no one can predict how long social distancing measures will remain in place, it's reasonable to assume that consumers may be hesitant to visit stores en masse this holiday season. But the spirit of the holiday season will return, and that spirit will still compel consumers to look for gifts for their loved ones. Small business owners looking to capitalize on the holiday shopping season can try these strategies as they prepare for what promises to be a unique final month of 2020. • Start early. Holiday promotions typically feature discounted items, and small business owners can hit the ground running by announcing

sales well in advance of the holiday season. Consumers have adapted to lengthy delivery times during the outbreak, and retail analysts predict many will begin shopping earlier than ever before to account for potential delivery problems. By discounting items early, small business owners can put themselves in position to capitalize on early bird shoppers. • Keep sales going. The Bureau of Economic Analysis noted that economic growth in the United States declined by 5 percent in the first quarter of 2020, and in June the Congressional Budget Office predicted that growth would ultimately decline by 38 percent. Such figures suggest that money will be tight this holiday season, and small business owners can expect to compete for every dollar. By starting sales early and keeping those sales going throughout the holiday season, small



business owners can put themselves in the best position possible to capitalize on consumer spending, however limited that spending may be. • Apply past experiences. Small businesses have had more than a few litmus tests to gauge consumer behavior during the outbreak. Easter marked the first major holiday to occur while stay-at-home restrictions were in place, and since then retail holidays like Mother's Day and Father's Day have come and gone. Small business owners can examine consumer behavior during past retail holidays to inform their approaches to the coming holiday season.

If consumers expressed a desire for gift packages that reduced their need to make multiple shopping trips, small business owners can design and promote gift baskets filled with an assortment of products available in their stores. Creativity figures to be a necessity to attract customers this holiday season, and past retail holidays can inspire a new approach. Small businesses can confront the challenge of the coming holiday season by embracing a handful of strategies to attract consumers during what promises to be a season unlike any other in recent memory.

Considering Cremation?

Make arrangements in the comfort of your own home!

Our caring staff is here for you to answer any questions

603Cremations.com

Serving New Hampshire Families

info@603Cremations.com • 603.524.1425

Mailing Address: PO Box 67, Laconia, NH 03247-0067

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

Fall into good habits - Time to clean up, clean out & GET ORANGE!

Wishing you a Happy & Healthy Thanksgiving!

DUMPSTER RENTALS STARTING AT \$410

NO HIDDEN FEES NO FUEL CHARGE NO TRICKY LONG TERM CONTRACTS TO SIGN

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Got a trashy question? CALL US TODAY TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050

Great Service at "YOUR" Convenience, Not Ours!

THE DUMPSTER DEPOT® Waste Recycling Services

WWW.DUMPSTERDEPOT.COM

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

Cleanup

FROM PAGE A1 small pieces of plastic, glass, and aluminum-indigenous animals in the area can possibly digest and suffocate due to the large amounts of litter surrounding their local areas. These effects as well as the harmful risks of drinking water becoming toxically contaminated acutely ignited the group's purpose of this project. With the focus on water as a human right, resource and hazard, the Tackling a Wicked

Problem course taught by Professor Rachele Lyons of Plymouth State University has opened the conversation on the international problem of water scarcity and quality vulnerability caused by human action and decision. Illuminating the problem through research and projects throughout the class's course, the students have all participated in an action-outreach-based project as the final in the recent weeks.