

# Slim Baker Area hosting fireside chat

BRISTOL – Enjoy the warmth of a roaring fire, s’mores, and humorous tales of Newfound adventures on Jan. 9 from 7 to 9 p.m. with the Slim Baker Foundation.

Dick Tapply, the son of Wink Tapply, founder of the Tapply-Thompson Community Center, will tell stories of his father’s shenanigans and tales from the “good old days.” Share your own memories of Newfound and your hopes for the future.

Registration is required for this free event and is limited to nine participants to maintain a safe environment. Reservations are first come, first serve. Email [events@slimbaker.org](mailto:events@slimbaker.org) to reserve your space today. Slim Baker’s full COVID-19 policies can be found at: [SlimBaker.org/our-covid19-policy](http://SlimBaker.org/our-covid19-policy).

The Slim Baker Area is open year round for outdoor recreation via New Chester Mountain Road in Bristol.

The Slim Baker Foundation was established through a gift of land from Reba Hipson and gifts of support from Lucy Baker in memory of her late husband, local Fish and Game Officer Slim Baker. Comprised of 135 acres of land, the site includes numerous trails, camping areas and a lodge. More information about the Foundation and other upcoming activities can be obtained at: [SlimBaker.org](http://SlimBaker.org).



## Keep the Heat On goes virtual

### Fuel assistance “UnEvent” planned

PLYMOUTH — In a year when so many things have changed, the need for winter warmth and other necessities is greater than ever.

The Keep the Heat On (KTHO) Committee has responded with a twist on its popular annual fundraiser on Wednesday, Jan. 13 at 7 p.m.

“So many are suffering from the economic impacts of COVID-19,” says event organizer Audrey Eisenhauer. “We

can’t gather in person, but rather than canceling we’re encouraging everyone to stay home, stay safe, and help others stay warm by purchasing a ticket to our UnEvent. Everyone deserves to be warm and your support can help make that happen.”

Keep the Heat On is a volunteer effort raising funds for the nonprofit Plymouth Area Community Closet (PACC) in support of its mission

to assist our neighbors in need. PACC serves residents of 15 towns in the Pemi-Baker Region with programs such as the fuel assistance fund and the food pantry.

Community generosity and volunteer efforts have enabled KTHO to raise more than \$300,000 over the past 15 years. In lieu of the traditional auction, local businesses and individuals are providing a wonderful assortment of donated

items for this year’s live online door prize drawings, and you need not watch the live stream to win. All proceeds go directly to PACC assistance programs. The live stream will be broadcast via the Keep the Heat On Facebook page and YouTube.

Tickets are on sale now at \$45 online at <https://ktho2021.eventbrite.com>. You must buy a ticket to be eligible for

SEE KTHO PAGE A6

# Renovations completed at Old Webster Courthouse



They say “It takes a village,” and indeed it did! \$140,000 and two years later, the Old Webster Courthouse (OWC), located on Court Street, behind Town Hall, is beautifully renovated and ready to serve for decades to come!

PLYMOUTH — They say “It takes a village,” and indeed it did! \$140,000 and two years later, the Old Webster Courthouse (OWC), located on Court Street, behind Town Hall, is beautifully renovated and ready to serve for decades to come!

We couldn’t have done it without dozens of generous individual donors, and a matching grant of \$70,000 from the Land and Community Heritage Investment Program (LCHIP): a state authority providing matching grants to NH non-profits working

to preserve New Hampshire’s cultural, historic and natural resources. Together, these funds enabled the preservation of Plymouth’s most historic gem: constructed in 1774, the OWC was renovated from top to bottom.

Organizers of the project, The Old Webster Courthouse Committee, included members of the Young Ladies Library Association (owners of the Courthouse), the Plymouth Historical Society (users of the Courthouse) and community members.

Under the watchful

eye of Paul Turley, Project Manager, we were well on our way to project completion by March of 2020. The arrival of Covid-19 brought everything to a temporary standstill. We are pleased to announce that all project aspects are now completed: from a new roof, restored windows, an up-to-date heating and cooling system, repaired and painted clapboards, a wide brick sidewalk with railing, foundation repairs and new drainage features, to numerous inside re-

SEE COURTHOUSE PAGE A6

# Boys’ soccer All-State teams announced

BY JOSHUA SPAULDING

Sports Editor

REGION — New Hampshire’s boys’ soccer coaches have announced the All-State teams for the fall 2020 season.

In Division II, First Team honors went to defender Quinn Twomey of Plymouth and midfielders Carter Morrissey of Kingswood and Riley Hayes of Kennett. Second Team honors went to defender Aiden Sherlock of Kennett and midfielders Will Fogarty of Plymouth and Ethan Raifsnider of Kingswood. Honorable Mention went to midfielder Anton Smith of Plymouth and defenders Josh Finneron of Kingswood and Jack Cryan of Kennett.

Also earning spots on the First Team were goalies Hogan Cain of Coe-Brown and Mason Bourdeau of Merrimack Valley, defenders Connor Waschmuth of Bow, Brady Moote of Stevens

and Carson Filardo of West, midfielders Matt Selleck of Bow, Ethan Smith of Hollis-Brookline, Ryan Oliveria of Lebanon, Jack Davis and Noah O’Hern of Merrimack Valley, Noah Matthews of Milford, Chase Culberson of Pembroke, Max Lussier of Sanborn and Alex Lin and Ethan Lim of Souhegan and forwards Riley Brooks of John Stark, Caden Leader of Oyster River and Alex Gagnon of Pelham.

Second Team went to goalies Cooper Moote of Stevens and Adam Podadowski of West, defenders Josh Warner of Coe-Brown, Orry Murdough of John Stark, Nathan Dolder of Bow and James O’Connell of Sanborn, midfielders Tyler St. Martin of Lebanon, Griffin Wheeler of Merrimack Valley, Aiden Kelly of Oyster River, Drew Sacca of Pelham and Sebastian Parker-Christou of Souhegan and forwards Bryan

Wright of Hollis-Brookline, Ryon Constable of Milford and Harrison Army of Pembroke.

Also earning Honorable Mention were goalies Daniel Kilyard of John Stark, Reilly Hansen of Milford, Greg Nicolls of Pelham, Nate Talarico of Sanborn and Jacob Morrisette of Souhegan, defenders Danny Kennedy of Hollis-Brookline, Alex Felix of Lebanon, Connor Baldwin of Merrimack Valley, Ethan Wilson of Oyster River, Mason Pillsbury of Pembroke and Christian Abuda of West and midfielders Sam Lapiejko of Coe-Brown and Dylan Chambers of Stevens.

In Division III, First Team honors went to goalie Shaun Goyette of Berlin, defenders Aiden Phelps of Winnisquam, Alex Berube of Gilford and Michael Perry of Prospect Mountain, midfielders Brayden

SEE ALL-SATE PAGE A6



Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

The vaccine is now beginning to be distributed to our citizens. Perhaps now we can breathe a little easier knowing that strides have been made to make us all safer through the use of this vaccine. Let us hope that this is the beginning of the end of this terrible pandemic.

To pay your taxes (ouch!), you may do so online, use the drop box outside the Town Office Building or take them in to the Tax Collector Office. The Town Offices are open on Monday, Tuesday, Thursday and Fridays from 8 a.m. until 4 p.m., and on Wednesday until 7 p.m., and will close on Christmas Eve day at noon.

Enter this year's Bristol Holiday Decorating Contest! There are two categories this year:

business/non-profit or residential. The entry is free! Registrations must be submitted no later than Friday, Dec. 18 at 4 p.m. Entrants should be sure all lights and decorations are in place by Dec. 20. Registration forms and contest rules can be picked up and dropped off at the Bristol Town Offices or the TTCC. Online forms can also be obtained at: [www.ttccrec.org](http://www.ttccrec.org) or [www.townofbristol.org](http://www.townofbristol.org) and completed forms can be emailed to [bristolevents@townofbristolnh.org](mailto:bristolevents@townofbristolnh.org). Judging will take place the week of Dec. 20, and winners will be announced on the Community Events Facebook page and the Town of Bristol website. The winner of each category will win \$100 cash! In addition, the Business/Non-Profit winner will have their name added to the official trophy to hold for bragging rights!

A public Christmas Eve Candlelight Service

will be held outdoors at the Bristol United Church of Christ at 7 p.m. on Thursday, Dec. 24. Masks and social distancing are required and please dress for the weather conditions. The service will include the Christmas gospels, passing the light of Christ while singing Silent Night, and a Christmas prayer and blessing. A free will offering will be received.

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 until 8 p.m. on Thursdays. Monetary donations - cash, check to TTCC or PayPal to [ttcc@metrocast.net](mailto: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 in 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/](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 Coalition 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](http://www.standupnewfound.org), [standupnewfound@gmail.com](mailto:standupnewfound@gmail.com).

The Minot-Sleeper Library's collection will be available solely through curbside pickup during

the library's open hours. Printing, copying and scanning services will be offered curbside, reference service will be available by phone or email, and online programming will continue.

The library will offer curbside service Monday, Tuesday, Wednesday and Friday from 10 a.m. until 6 p.m., Thursday from 1 - 8 p.m., and Saturday from 10 a.m. until 2 p.m. The library will be closed for the holidays on Thursday, Dec. 24 at 4 p.m., Friday, Dec. 25, Thursday, Dec. 31 at 4 p.m. and Friday, Jan. 1.

Home delivery for homebound individuals in the Newfound Area is also available. Call the library at 744-3352 for more information.

We are staying home this Christmas. It just won't be the same, but...I hope it means we can all be together that much sooner and more often. Stay safe, everyone!

Hebron

Bob Brooks 744-3597  
[hebronnhnews@live.com](mailto:hebronnhnews@live.com)

Hebron Area Women's Group News

The Hebron Area Womens Group is sponsoring a Hat, Mitten, Glove and Sock drive in support of local community service organizations.

The donations start on Dec. 1, and will run through Dec. 18.

Donation box will be located on the porch at the Hebron Village Store starting Dec. 1.

Donations will be delivered to local community service organizations:

- \* Whole Village Family Services
- \* Bristol Community Services
- \* Voices Against Violence

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 Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

Dates to Remember on Facebook Live  
Wednesdays at 12:30 p.m. - Lunchtime Prayers & Devotional  
Sunday, December 20th at 9:30 a.m. - Fourth Sunday of

Advent & Birthing a Promise, Sunday School Skit at 10:45 a.m.

Thursday, Dec. 24 at 7 p.m. - Christmas Eve 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 something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

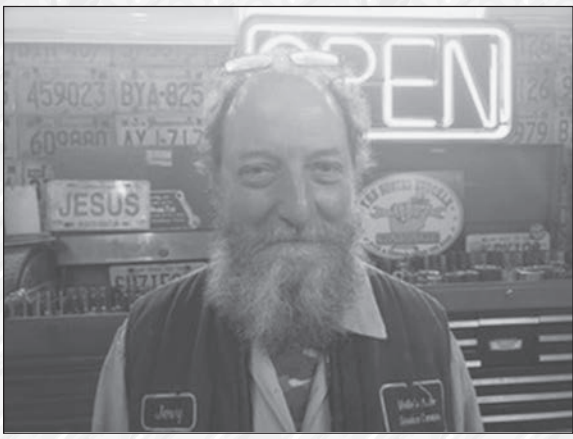
Since the beginning of this school year, we will provide 3,000 cal-

ories 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](http://www.uccplymouth.org).

Forty-six years of providing needed homes



HE'S HERE!

We are proud to announce that Jerry Mello, who was previously working at Garneau's Garage, has now joined our team at Bumper To Bumper Auto Repair Inc., here on Rt. 115, Twin Mountain, NH. Jerry has over 43 years of active experience in the automotive field, with his expertise in automotive repair. Come on in and help us give Jerry a warm welcome to our team. Jerry is anxious to be here, and to take care of all your automotive needs. You can call him at 603-846-0000.

BY GEORGENE FABIAN  
Plymouth Congregational Church UCC

PLYMOUTH — The Plymouth Congregational Church helped to launch what has become a mission to bring simple, decent housing to those people in need throughout the world.

How did this come about? In 1974, the pastor of this local church, the Rev. P.V. George, met Millard Fuller, who with his wife, Linda, were

to found what became a worldwide charitable mission. "P.V.," as he was called invited Fuller to come to his church to introduce the idea of providing needed housing to the congregation. Millard, a charismatic figure, fired up the congregation to become a part of his dream.

Millard and Linda, with their family of four children, were planning a trip to Zaire (now the Democratic Republic of

the Congo). They had been part of an experiment at Koinonia Farm in Americus, Georgia, where families in tremendous need were given the opportunity to help build their own house, with construction leaders and volunteers. The family would pay back the cost of the house with a no-interest mortgage. The idea had already been a success for a number of very needy families.

Fuller was determined to try doing this elsewhere. There was just a place to start, a "no man's land" called Bokotla. The Congregational Church (PCC), upon hearing of this experiment, voted to supply the funds to build their very first house. Since that time PCC has been donating to Habitat which now has built houses for desperate families all over the world, and of course in the USA. In 1985 New Hampshire Pemi-Valley Habitat for Humanity was formed. As many readers know, they have been actively

building simple, decent houses with families in need. One of the ways these affiliates can build low-cost houses is because many skilled and non-skilled workers donate their time. Suppliers and contractors have donated or lowered their prices to help. The Restore, a construction materials and second-hand furniture store on Tenney Mountain Highway, uses its income to help with building costs.

Every Christmas, Plymouth Congregational (now) United Church of Christ takes up an offering to benefit both the international and local Habitat effort. Perhaps this idea could be a way this community could contribute as well. Pemi-Valley Habitat would be very grateful for your help. Donations may be sent to the Plymouth Congregational/UCC at P.O. Box 86 or Pemi-Valley Habitat at Box 238, both in Plymouth, N.H. 03264 with "Habitat" written on the memo line.

Newfound Landing

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Akita Camp Road	N/A	\$31,000	Calvin R. and Elizabeth Alcorn	Chouinard Fiscal Trust and David R. Chouinard
Alexandria	1159 Washburn Rd.	Single-Family Residence	\$325,000	4D Capital LLC	Robert D. and Shari J. Aubrey
Ashland	23 West St., Unit 1	Office Condo	\$43,533	1994 Rheinhardt Fiscal Trust and Barbara A. Rheinhardt	Mark and Sacha Anastasio
Bridgewater	175 Dix St.	Residential Developed Land	\$85,000	Richard Murdy	Semele E. and Peter Platukis
Bridgewater	137 Tomahawk Trail, Unit 137	Condominium	\$1,325,000	Timothy J. McGrath Trust	Kevin D. and Tracey A. Miller
Bristol	61 Baker St.	Single-Family Residence	\$111,533	Kelsey E. and Jonathan G. Whitaker	David M. Lentine
Bristol	25 Cedar St.	Multi-Family Residence	\$275,000	Thomas R. Costigan	Leland J. Campbell
Bristol	Lakeview Ave.	N/A	\$55,000	Felix R. and Carol M. Rodriguez	Mark and Sandra Nowell
Bristol	992 W. Shore Rd.	Single-Family Residence	\$575,000	Glenn R. Ford and Mary T. Rurh	Robert J. Fanning and John T. Murphy
Campton	10 Marden Dr.	Single-Family Residence	\$335,000	Domenic and Nicolette Possemato	Kristin and Brian Day
Campton	277 Owl St.	Single-Family Residence	\$229,000	Herbert J. Lahout	Scott Taylor and Jill Chanin
Campton	14 Streamside Rd., Unit 14	Condominium	\$147,000	Robert C. and Susan Huneken	Robert F. Cruickshank
Campton	34 Weetamoo Trail, Unit 4	Condominium	\$100,000	Stone Cottage LLC	Michael and Elizabeth Vardaro
Campton	N/A	N/A	\$124,933	Edward Cavoritorita and Kelly T. Cassidy	Paul Kelleher
Dorchester	River Road	N/A	\$44,000	Anita L. Patten	Seanar R. Holland
Groton	Bailey Hill Road	Forest Use	\$135,000	Rockhaven Financial LLC	Brar Fiscal Trust and Gurdarshan S. Brar
Holderness	17 Black Bear Trail	Single-Family Residence	\$407,500	Gloria C. Winslow Estate and Heidi G. Winslow	Shawn M. Magoon
Holderness	3 Troon Terrace, Unit 20	Condominium	\$231,533	Elizabeth Lennox	Tammy L. and Jason S. Murray
New Hampton	34 Baldwin Ave.	Single-Family Residence	\$295,000	Kristopher J. Bean	Robert Weldon-Burhoe and Kristina M. Burhoe
New Hampton	15 NH Route 132 North	Commercial Use	\$660,000	McGinley P.O. 2 Development Inc.	Taiwan USA Investments LLC
New Hampton	8 Seminole Ave.	Single-Family Residence	\$594,533	Debra A. Marsh Trust	Jenlian and McGregor Chadwick
Plymouth	Ash Hill Road	N/A	\$368,000	Richard A. and Deborah L. Esposito	Lorna S. Wakefield and David G. Lewis
Plymouth	6 Cross Country Lane	Residential-Other	\$365,000	Michael L. Barry and Jane Bjerklie-Barry	James L. and Benjamin P. Cronin
Plymouth	3 Cummings St.	Single-Family Residence	\$230,000	Charles B. Durgin Trust and Sandra L. Manson	Douglas and Susan K. McLane
Plymouth	70 Davis Rd., Unit 13	Condominium	\$136,333	Xiaodong Li	Cameron J. Brand and Meaghan E. Corning
Plymouth	443 Main St.	Mixed Use (Residential/ Forestry)	\$600,000	Crowley Fiscal Trust and Sarah Pillsbury	PH Main St. Holdings LLC
Plymouth	14 River Ridge Rd.	Single-Family Residence	\$191,717	USA HUD	Peter J. and Donna J. Rudis
Plymouth	116 Thurlow St.	Single-Family Residence	\$335,000	David S. and Davida Zimble	Michael and Natalia Efmov
Plymouth	1 Wentworth St.	Single-Family Residence	\$129,000	CCK LLC	BTKA Fiscal Trust and Dorothea E. Dodds
Plymouth	N/A	N/A	\$40,000	NH State Grange	Susan Mathison 2011 RET
Thornton	10 Herbert Lane	Single-Family Residence	\$252,000	John J. McDermott	Stephanie McIntyre
Thornton	41 Mountain River East Rd., Unit 76	Condominium	\$160,000	Kenneth J. and Nancy J. Feroldi	Francis and Barbara Lajeunesse
Thornton	11 Ortis Rd.	Single-Family Residence	\$190,000	Shawn C. and A. Louise Kelley	Holly A. Burbank
Thornton	869 Upper Mad River Rd., Unit 1	Condominium	\$80,000	Grace M. Mariorenzi Trust	Antoin and Sousan Karwashan
Thornton	N/A (Lot 43)	N/A	\$315,000	Victor Edward Kasica Estate and Marianne Sciucco	Olga and Anatoly Postilnik
Thornton	N/A (Lot 12)	N/A	\$30,533	Maria T. Dubach	Kevin P. and Michelle M. Kirrane
Waterville Valley	Valley Beanbender Road	N/A	\$225,000	Tyrell Development Co. LLC	Bryan and Jean Olson
Waterville Valley	N/A (Lot 29-2)	N/A	\$172,000	Waterville Co. Inc.	High Altitude Development LLC
Wentworth	1219 Mount Moosilauke Highway	Single-Family Residence	\$304,000	Richard M. and Sandra J. Pike	Kathleen B. Lejeune and Peter F. Grenier

## 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](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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](http://www.thewarrengroup.com)

# New Episcopal congregation offers first Christmas Eve service online

REGION — The ancient hymn "O Come, O Come Emmanuel" has new meaning for Episcopalians in the Pemi-Baker Valley this Christmas season.

Emmanuel Episcopal Church invites the community to worship at 11:30 a.m., over the Zoom meeting platform, on the morning of Christmas Eve, Thursday, December 24, 2020. All are welcome to sign in and worship over Zoom. Login details for Christmas Eve are available by contacting the church office [[welcome@ecpbv.org](mailto:welcome@ecpbv.org) or 968-7640]. Due to the Covid-19 pandemic, there will be no in-person worship gathering on December 24.

A pre-recorded Christmas Eve service of carols, led by Emmanuel's music director, Mr. Ash Morgan, and scripture readings will be available on Emmanuel's YouTube channel. Details can be found on Emmanuel's Web site [[ecpbv.org](http://ecpbv.org)].

Emmanuel Episcopal Church was officially created by a vote of New Hampshire Episcopalians at the diocese's

annual convention in November. The vote formalized the relationship between the area's two pre-existing Episcopal congregations—Holy Spirit, Plymouth and St. Mark's, Ashland—a relationship that began growing deeper when the congregations began sharing clergy in 2016. The Rev. Kelly Sundberg-Seaman, of Rumney, and the Rev. Deacon Maryan Davis, of Belmont, continue to serve as the congregation's priest and deacon.

"'Emmanuel' means 'God with us,'" notes Ruth Harlow, of Bristol, who serves as the congregation's senior warden.

"As the time came for our unified community to discern a new name, that was the name that emerged from the congregation's leaders. As we added our reflections about what was important to us in our historic parishes and what was important about our joint parish, the realization came that throughout our stories, that we knew God was with us and is with us," she says.

A renewed relation-

ship with the Holderness School (and its chaplain, the Rev. Josh Hill, an Episcopal priest) is part of Emmanuel's present and future as well.

"The School's Chapel of the Holy Cross has proved to be an ideal place from which to 'broadcast' our zoom-only Sunday morning services this during November and December," says Rev. Sundberg-Seaman.

"Like a watershed," says Rev. Sundberg-Seaman, "Emmanuel draws members, worshippers, and friends from across the region, from Wentworth to New Hampton to Center Harbor and beyond."

And just as its membership comes from throughout the region, she notes, "We have physical roots in three communities: an office

in Plymouth, Sunday worship space in Holderness, and, in Ashland, Sherrill Hall and the St. Mark's sanctuary, both of which will reopen after the pandemic."

Even before Covid moved almost all activities on-line, the congregation has been making connecting with church possible for those who could not gather in person on Sunday mornings. One way has been "Faith@Home," learning packets sent to households with children. "We realized pretty quickly that our home communicants, who are mostly elders who weren't able to come to services very often, appreciated the packets as well!" says Deacon Davis.

"The fact that we had already were thinking beyond Sunday morning made the pandemic-re-

lated changes maybe just a bit less difficult than they could have been," says Rev. Sundberg-Seaman. "That's not to say that this season of being apart has been easy—far from it. And it's been very strange having this moment of 'coming together'—the birth of a new, merged congregation—take place when the virus has kept us physically apart."

Even so, she suggests that strong leadership from church members and their deep faith and hope are helping Emmanuel off to a strong start: "We can't wait to invite the community to gather with us in person, once the public health circumstances make that okay. And in the meantime, all are welcome to worship online alongside Emmanuel Episcopal, on Christmas Eve, and every Sunday."

Worship with Emmanuel Episcopal Church: Christmas Eve and the Season of Christmas & Epiphany

•Christmas Eve morning (Dec. 24): Live via Zoom, 11:15 a.m.

•Christmas Eve Carols & Scripture: Watch on Emmanuel's YouTube (pre-recorded)

•First Sunday after Christmas (Dec. 27): Lessons & Carols: Watch on Emmanuel's YouTube (pre-recorded)

• Zoom worship, Sunday Jan. 3, 9:30 a.m.

•Epiphany Sunday, Jan. 10, 9:30 a.m.: Zoom worship with Spiritual Communion/Distributed Eucharist





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**Edward Jones: Financial Focus**

**Are You Still Planning to Retire Early?**

Have your retirement plans changed because of COVID-19? If so, you have plenty of company. Nearly 40 percent of those planning to retire say the pandemic has disrupted their intentions, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. You might have been thinking about retiring early – can you still do so?

Even without a crisis, it's not a bad idea to review your important life goals from time to time. So, in thinking about the possibility of early retirement, consider these factors:

- Your retirement lifestyle – Your ability to retire early depends somewhat on what sort of lifestyle you're anticipating during your retirement years. If you think you'll be traveling extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. Of course, there's no "right" or "wrong" way of living in retirement – we all have our own dreams and

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taking more or less money from your retirement accounts – you can help determine if the retirement date you had in mind is viable.

- Your feelings about work – Your goals are not static – they can change in response to any number of reasons, both external and personal. When you first decided you wanted to retire early, you might have been motivated by, among other things, a weariness of your current job. But has that changed over time? Have you found new challenges that interest you at work? Or, if you were forced by the pandemic to work remotely, did you actually enjoy the arrangement and want to continue it? After all, many employers have found that their workers can be just as pro-

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ductive working at home, so, even when we've gotten past COVID-19, we might see a sizable shift in the geography of the workplace. In any case, if your feelings about work have changed in some way, leading you to think you could work longer than originally planned, you'd likely gain some financial advantages. You'd make more money, for starters, but you'd also keep building your 401(k) and IRA, and you could even possibly delay taking Social Security.

The pandemic may lead to a reevaluation of many financial goals – and taking early retirement might be one of them. By thinking carefully about your situation and your options, you can come up with a course of action that's right for you.

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## We all share responsibility for protecting the vulnerable

Something we've been hearing over the past few months with regard to COVID-19 deaths is the downplaying of elderly victims succumbing to the virus. When we look at the data and have conversations about the infection rate, and the numbers of those who actually pass away as a result, it seems to be dismissed in cases where the person is over the age of 65. "Well, they are old anyway, and in that age bracket" is often overheard.

What an awful world view.

True, when we hear about an older person passing, we can find some sort of solace knowing that they were able to live for a fairly long time and enjoy life as such. However, isn't the point to try to live as long and healthy as possible? Many of these elderly individuals who have fallen victim to this virus, would still be alive today, had COVID not come into all of our lives.

This outlook is a dangerous viewpoint to have, especially amidst a pandemic. Of course the younger, healthier population is less at risk; however the responsibility falls on all of us to protect the vulnerable, regardless of our odds of contracting a severe case ourselves. We may be fine if we catch it, and may decide not to take precautions, telling ourselves "I'll be fine." However, walking around asymptotically may infect someone who might not be OK. As a society of neighbors, co-workers, family and friends, it should always be our job to look out for each other. Despite our differences, we must always put humanity first and take care of one another. Whether that looks like helping someone with a flat tire, pulling someone out of a ditch who's car slid off the road, helping someone in need with groceries, or taking precautions during a pandemic to keep each other safe, it's our duty as decent human beings to do the right thing, not for ourselves but for each other.

In overhearing such statements regarding the elderly, we want to remind those that need to hear it, that these long lived lives are just as important as they always have been. Being elderly shouldn't mean we are automatically dismissed as a member of society. The golden years should be protected as best they can as we all age, and we all will.

Our elderly community are just as valuable now as they were when they were in their twenties. Remember that senior citizens still pay taxes, grocery shop, take care of family members including grandchildren. It is our grandparents that make up the highest number of child care providers, allowing their own children to continue to work, which in turn boosts the economy.

Our elderly population provides friendship and support to everyone around them. In addition, the highest number of volunteers come from the senior citizen population. Again, this in turn helps to contribute to our economy.

It doesn't seem like any of this hits home for some individuals, until they are affected personally. If you are not close with someone who is elderly, remember that many of us are. It is important to continue to value and protect the most vulnerable among us.

In an attempt to bridge recent political division, we want to remind everyone to look out for each other; despite your differences. What matters in the end is community and how we operate in our own small circles.

We have seen refreshing occurrences of both Republicans and Democrats, locally, who have joined forces to make our communities a better place...individuals who have not lost sight of what really matters in life.



COURTESY

### Lots of Toys for Tots

Marketing Director, Pat Edsall of The Lakes Region Art Association, Tanger Outlet Mall, Tilton, suite 132, is pleased to announce the LRAA Gallery's Toys for Tots collection and its 'Art for Giving' exhibit has been a great success. The LRAA Gallery was open to accept more (unwrapped) toys until Saturday, Dec. 12, and its sale of art and photography for gift giving will continue until Dec. 23. The Gallery is open 10 a.m. to 6 p.m. Thursday-Sunday. The LRAA is a non-profit 501 (c)-(3) organization.

## CADY Corner

## Rising stimulant deaths show we face more than an opioid crisis

BY DEB NARO  
Contributor

Although we often talk about specific drugs and substance use disorders in isolation, the reality is that many people use substances in combination and die from them in combination. Although deaths from opioids continue to command the public's attention, an alarming increase in deaths involving the stimulant drugs methamphetamine and cocaine are a stark illustration that we no longer face just an opioid crisis. We face a complex and ever-evolving addiction and overdose crisis characterized by shifting use and availability of different substances and use of multiple drugs together.

Overdose deaths, specifically from opioids, began escalating two decades ago, after the introduction of potent new opioid pain relievers like OxyContin. However, drug overdose deaths have been increasing exponentially since 1980s. Overdose deaths involving methamphetamine started steeply rising in 2009, and provisional numbers from the CDC show they had increased 10-fold by 2019, to over

16,500. A similar number of people die every year from overdoses involving cocaine (16,196), which has increased nearly as precipitously over the same period.

Although stimulant use fluctuates year to year, national surveys have suggested that use had not risen considerably over the period that overdoses from these drugs escalated, which means that the increases in mortality are likely due to people using these drugs in combination with opioids such as heroin or fentanyl or using products that have been laced with fentanyl without their knowledge. Fentanyl is a powerful synthetic opioid (80 times more potent than morphine) that since 2013 has driven the steep rise in opioid overdoses.

A 2018 study by researchers at Washington University in St. Louis and published in Drug and Alcohol Dependence found that methamphetamine use has increased significantly among people with an existing opioid use disorder (OUD). People with OUD in their study reported substituting methamphetamine for opioids when the latter are hard to obtain or are perceived as unsafe,

or they sought a synergistic high by combining. People who purposefully combine heroin and cocaine or methamphetamine report that the stimulant helps to balance out the soporific effect of opioids, enabling them to function "normally." However, the combination can enhance the drugs' toxicity and lethality, by exacerbating their individual cardiovascular and pulmonary effects. Overdose is not the only danger: Persistent stimulant use can lead to cognitive problems as well as many other health issues such as cardiac and pulmonary diseases.

Unfortunately, the COVID-19 pandemic and its associated stresses have made the need for new prevention and treatment approaches more urgent. Researchers at the Department of Health and Human Services and Millennium Health recently published in JAMA that since the beginning of the national emergency in March there has been a 23 percent increase in urine samples taken from various healthcare and clinical settings testing positive for methamphetamine nationwide, a 19 percent increase in

samples testing positive for cocaine, and a 67 percent increase in samples testing positive for fentanyl. Another recent study of urine samples by researchers at Quest Diagnostics, published in Population Health Management, found significant increases in fentanyl in combination with methamphetamine and with cocaine during the pandemic.

Efforts to address stimulant use should be integrated with the initiatives already underway to address opioid addiction and opioid mortality. The recognition that we face a drug addiction and overdose crisis, not just an opioid crisis, is needed to guide research, prevention, and treatment efforts going forward. For more information, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LR-GHealthcare (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.

## Letters to the Editor

### Stop the blame game

To the Editor:  
It is extremely sad to see people blaming each other for Speaker Hinch's death; we are better than this. Everyone had the freedom to attend the meeting or

not, and to wear a mask or not. We are a people who live free or die; we are Americans who live in the land of the free and brave. Let's stop the blame game, let's stop losing our freedoms one

at a time, and let's stop the lying that masks save us, otherwise before you know it, we will not be the land of the free and brave and our kids and grandkids will pay for it.

Live free or die it is the New Hampshire way; liberty for all.

JOHN SELLERS  
BRISTOL



# Winter StoryWalk® at Chamberlain Reynolds Forest

CENTER HARBOR —Are you looking for something fun, outside, and educational to do with the whole family? The Squam Lakes Association has just the activity! From Dec. 15-Jan. 15, the book “Over and Under the Snow” by Kate Messner will be featured in our winter StoryWalk® along the West Fire Road Trail, which begins at Chamberlain Reynolds Memorial Forest’s West Parking Lot, located on College Road in Center Harbor. A StoryWalk® is when a children’s book is taken apart and the pages are placed along a popular walking route. The StoryWalk® Project was created by Anne Ferguson of Montpelier, Vt. and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.

Get bundled up in your winter gear and head over to Chamberlain Reynolds to enjoy Messner’s tale of a cross country ski trip through the winter woods and discoveries made along the way about the secret world of animals and how they survive the winter. Christopher Silas Neal’s beautiful illustrations capture the mysterious world beneath the snow and draw you into the lives of squirrels, snowshoe hares, bears, bullfrogs, and many other animals. As you walk along reading the story, you will notice dots that include prompts related to the pages. For example, you might be prompted to howl at the full moon or to look for signs of critters over and under the snow! If afterwards you find yourself wanting to have

your own copy of Over and Under the Snow by Kate Messner, consider supporting your local bookstore. Check out Innisfree Bookshop in Meredith, who generously donated the books for this StoryWalk®. Or you could check the book out from your local library. The Holderness Free Library (our local library) created take-and-make craft sets inspired by Over and Under the Snow. So if you are looking for a fun craft project, give them a call at 968-7066 and schedule a pick-up time. To learn more about the creatures in the book and other NH wildlife, check out the Squam Lakes Natural Science Center who offer a variety of live animal programs year round (including virtual programs) and have spectacular live animal exhibits May 1- Nov. 1. Visit [www.nhnature.org](http://www.nhnature.org) to see what great programs they have scheduled.

The Squam Lakes Association (SLA) in partnership with the New England Forestry Foundation maintains the trails at Chamberlain Reynolds Memorial Forests along with many other trails in the Squam Watershed. We also offer adventure ecology programs year-round that explore a variety of nature topics. The SLA is dedicated to conserving for public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes region. To learn more about this winter



StoryWalk and other great programs offered at the SLA visit [www.squam lakes.org](http://www.squam lakes.org) or call 968-7336.

## Sustainable Bristol

# Buy Nothing Group

BY LAUREN THERIAULT

This summer, I read a book called “How to Buy Nothing and Get Everything Plan” by Liesl Clark and Rebecca Rockefeller. It was about two women who started the “Buy Nothing

Project” in Washington in 2013 and have since then spread the project around the world. After many realizations that the Newfound Area could benefit from a Buy Nothing Group, I started one. Find us on Facebook at Buy Nothing Newfound

Area, NH.

The group has three purposes. First is to get things you need or want without having to buy them. This could be because finances are tight or because you don’t want to buy something you think others already

have available for you to use, thus keeping items and packaging out of the garbage. One member of the group asked to borrow cookie cutters to make holiday cookies with her son, she got the cookie cutters and returned them and didn’t

have to buy new ones at the store and add unnecessary packaging to her trash. I lost a sewing tool and asked members if they had a spare sitting in an old sewing kit they inherited and didn’t use. Within a few hours a member said she found

one and gave it to me. You can also ask for services or help with a project, this might be a bit trickier with the current situation but is still an option. The second purpose is to give away things SEE SUSTAINABLE PAGE A6



*Happy Holidays!*

“Where seeing is believing”

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*Happy Holidays*

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Sustainable
FROM PAGE A5

you no longer need. Old clothes filling up your closet? Give them away! Have baby items but your baby isn't a baby? Give them away! It is not

sustainable to get sick of something, outgrow it, or change preferences and immediately toss items away. "Away" doesn't exist, items always end up somewhere. Putting in a little bit of extra work to find someone who would

like and use the items you have helps out your community and the environment.

The last purpose is to post gratitude for things you are grateful for, either from the group or from around the commu-

nity. Doesn't being grateful just make everything you do have so much more special? These three things will build a stronger community, save you money, and help the environment by keeping purchases in check

and packaging out of the garbage.

There are some rules so be sure to read the fine print before joining. This group is open to people from Bristol, Bridgewater, Alexandria, Hill, New Hamp-

ton, Groton, Hebron and Danbury. If you are not a resident in those towns look up a Buy Nothing group in your area, there might already be one. We look forward to community members joining the group.

All-State
FROM PAGE A1

White of White Mountains, Garrett King of Newfound and Anthony Aguiar of Gilford and forwards Nate Sottak of Belmont and Max Hentz of Inter-Lakes.

Second Team went to goalie Alex Potter of Inter-Lakes, defenders Brody Labounty of White Mountains, Chance Bolduc of Gilford and Michael Mahoney of Prospect Mountain, midfielders Ayden Cushing of Winnisquam and Gavin Brooks of Newfound and forwards Tyler Rousseau of Berlin and Liam Waldron of Belmont.

Honorable Mention went to goalies Jacobb Bivens of Belmont and Nick Clark of Prospect

Mountain, defender Parker Valdez of White Mountains, midfielders Lucas Robdau of Winnisquam, Matthew Karkheck of Newfound and Ben Estrella of Berlin and forwards Tanner Keenan of Gilford and Luka Brown of Inter-Lakes.

Additionally, Berube and Sottak were named to the New Hampshire Lions Cup Team, which traditionally takes on Vermont the following year.

Also earning First Team honors for Division III were goalies Anthony Dizillo of Trinity, Aidan Burns of Hopkinton and Logan Clough of Hillsboro-Deering, defenders Peyton Marshall of Hopkinton and Jack Wildes of Fall Mountain, midfielders Nathan

Meeker of Tirnity, Vinny Simonelli of St. Thomas, Logan Dee of Laconia, Chris Van Natta of Derryfield, Jacob Tremblay of Conant, Michael de Carli of Campbell and Evan Haas of Bishop Brady and forwards Georgios Pananas of Monadnock, Ben Seiler of Mascoma and Parker Root of Kearsarge.

Second Team honors also went to goalies Connor Thompson of Mascoma and Jackson Noury of Campbell, defenders Ryan Stultz of Trinity, Jamiah Harris of Monadnock, Dylan Dickey of Laconia, James Greason of Kearsarge, Ethan Vitello of Conant and Riley Jones of Hillsboro-Deering and midfielders Marcus Broon of St. Thomas, Bryce Charron of Hopkinton,

Noah Gutierrez of Fall Mountain, Chris Lynch of Derryfield and Miles Lavoie of Bishop Brady.

Honorable Mention also went to goalies Lucas Bean of Laconia and Brayden Ring of Fall Mountain, defenders Ben Stonis of St. Thomas, Isaac Rayno of Mascoma, Josh Duval of Hopkinton, Kaven Fitch of Derryfield, Ryan Latscha of Campbell and Sal Aubin of Bishop Brady, midfielders Quinn Booth of Trinity, George Hoffman of Monadnock and Tim Flanders of Kearsarge and forward Noah Mertzie of Conant.

In Division IV, First Team went to goalies Josh Finkle of Littleton and Liam Cairns of Gorham, defender Landon Bromley of Littleton, midfielders Max Ritter of Profile, Ryan Mason of Moultonborough, Nathan Superchi of Lisbon, Silas Weeden of Lin-Wood and Chris Corliss of Groveton and forward Corey Bemis of Woodsville.

Second Team honors went to goalies Ethan Larsen of Moultonborough and Kris Boris of Lin-Wood, defenders Gabe Jacobs of Profile

and Ethan Houston of Woodsville, midfielder Teagan Leclerc of Gorham and forwards Parker Paradice of Littleton, Will Lopus of Lisbon and Matt St. Cyr of Groveton.

Honorable Mention went to goalies Killian McKim of Profile and Shayne Holmes of Groveton, midfielders Austin Marquis of Littleton and Asher Donati of Lin-Wood and forwards Cam Tenney-Burt of Woodsville, Gavin Mahoney of Moultonborough and Dylan Colby of Lisbon.

First Team honors also went to defenders Josh Heino of Sunapee, Jah Gordon of Pittsfield, Caleb Mason of Pittsburg-Canaan, Gavin Callow of Newport, Hayden Russell of Newmarket, Levi Campbell of Concord Christian and Carson Rancourt of Colebrook, midfielders Parker Reed of Sunapee and Jesse MacGlashing of Pittsfield and forwards Sean Brennan of Wilton-Lyndeborough, Riley Chase of Portsmouth Christian, Daniel Watts of Franklin and Mike Picard of Epping.

Also earning Second

Team spots were goalie Drew Croteau of Franklin, defenders Sam Crisp of Portsmouth Christian, Colby Rodrigue of Pittsburg-Canaan and Jacob Loving of Epping, midfielders Colton Godwin of Newport, Mitchell Tilton of Newmarket and Joshua Coulombe of Concord Christian and forwards Troy Brennan of Wilton-Lyndeborough, Jackson Cooney of Sunapee, Parker Clark of Pittsfield and Maddox Godzyk of Colebrook.

Honorable Mention also went to keepers Conner Hickey of Portsmouth Christian, Decota Maura-Giddis of Pittsfield, Laned Phillips of Pittsburg-Canaan, David Hutchinson of Newport and Ben Milbury of Epping, defenders Andrew Claus of Sunapee and Asher Graves of Franklin, midfielders Sam Townsend of Wilton-Lyndeborough, Tyler Napeltano of Newmarket and Jacob de Ramon of Colebrook and forward Ethan Young of Concord Christian.

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

Renovations
FROM PAGE A1

pairs: the Old Webster Courthouse gleams!

We hope you'll drive or walk by to take a look at the handsome Old Webster Courthouse! We look forward to celebrating our success sometime in 2021, when it feels safe to do so!

Special thanks to the LCHIP program, which has provided grants all over the state since 2000. To date they've supported 301 projects to rehabilitate historic structures and sites, and 499 grants which have helped conserve approximately 294,000 valuable acres of land; 176 of New

Hampshire's 234 communities have received grant awards. The funds for their grants come from fees on four documents recorded at the Registry of Deeds in every county of the state. Want more information? Visit LCHIP.org or call 224-4113.

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KTHO

FROM PAGE A1
the door prizes, so purchase as many tickets as you like! You will receive an e-mail prior to the event with links for the live stream drawing.

Door prize donations to date include:
• Dinner for Four from Nourish Food Truck (Through Local Foods Plymouth—Donated by Joan Turley)
• Fresh Flower Bouquets (Weekly, June through September—Donated by Pike Hill Farm)
• Gift Baskets with Four \$25 Restaurant Gift Cards (Two Separate Door Prizes—Donated by Chase Street Market / Biederman's Deli, Covered Bridge Farm Table, Dam Brewhouse, Fugaky, Mad River Tavern, Rumney Village Store, 6 Burner Bistro, and Walter's Basin)
• Gift Card and Goody Basket (Donated by Tamworth Distillery)
• Handmade Quilt (Donated by Sarah Bunkley)
• Heating Fuel (150 Gallons—Donated by Dead River Company)
• Overnight Stay with Breakfast at The Common Man Inn (Donated by Common Man)
• Painting (Donated by Alma Grand)
• XC Ski Lessons for Four People (Two Lessons—Donated by Joan Turley)

"We are so grateful to all who are stepping up so generously in this time of so much need," says organizer Martha

Richards. "On the night of the UnEvent, we encourage you to get take-out in support of your favorite local restaurant, then watch the live stream drawing at 7 p.m. online to see if you win a fabulous door prize!"

KTHO hopes to raise as much as possible this year to purchase home heating fuel (whether that be gas, oil, propane, wood pellets, coal, or cord wood), and other vital necessities including food, clothing, and prescriptions. The cost of fuel and other essentials are simply beyond the means of many of our neighbors in the 15 communities served by PACC. The state's Fuel Assistance Program, which is funded through the US Department of Health and Human Services, provides some assistance, but cannot meet the needs of all. Hundreds of families have benefited from KTHO funds over the past 16 years, with the number increasing every year.

PACC and the KTHO Committee thank our many generous friends who have already responded to the appeal for assistance for our neighbors. If you'd like to offer financial support, please contact Martha Richards at maplerichards@gmail.com or 536-2279.

For more information, please visit the KTHO Facebook page, facebook.com/KeepTheHeartsOn.





NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

A last-minute list induces rants, and a drunken pachyderm or two



COURTESY At this time of year, you have just about knocked yourself silly, so you look for a silly Santa.

Late Christmas gift suggestions

For loyal readers who've been waiting with baited breath, here it is, my traditional list of last-minute gift suggestions. This year's list is shorter on items but longer on words. This is because the usual deranged person who compiles this list is off for a months-long fly-fishing trip to the wildest parts of New Zealand. Sitting in this week is the equally deranged Fenton Hardwick, most recently of Deadwater Stream, formerly Deadwater Flowage, Clarksville.

+++ A folding knife with several dozen accessories. There is a reason for this being first on the list, which is that it has always been first on the list. Perhaps that's because it's the best. Either way, it is obviously a suggestion that has legs.

But really, so many people who camp, hike, hunt, fish, paddle, burn gasoline, cause fights on otherwise peaceable nights, ruin other people's vacations, or are just plain feckless bums do not have one of those folding knives with enough blades to do everything but break into the Denver Mint.

Oh sure, some guys make a big point of swagging around with a sheath-knife big enough to harpoon Moby Dick. This is not one of those. It's just a nifty little knife that is actually good for something around camp, whether it's just a camp for the night or a real camp. You can even open bottles with it.

Now, there's a thought--has anyone else out there noticed how some beverages are now coming in bottles that seem

can you say, except why? That's what most people would probably wonder; the why of it, which is a good reason for buying the paper.

But anyway, many people who write headlines for a living secretly long for an excuse to use "pachyderm" in a headline. So they wait for the story, which happens about every three or four years, in a remote village in India, or Pakistan, or similar nation with the necessary components, in which villagers are fermenting beer in huge vats, for a fertility rite.

There are elephants nearby, usually out there somewhere in the jungle minding their own business, walking over saplings and such, but the problem is, their trunks contain finely tuned sensory devices way better than our own noses, and they can detect--for miles and miles, apparently--these vats of fermenting beer; the odor of which is wafting through the entire jungle.

The elephants go to

the village to investigate, and sample the vats, peacefully enough this first time, although they have a habit of treading on carefully tended crops, so the villagers shoo them out. This is not an easy thing to do with elephants in daylight, never mind in the dark.

Also, it is difficult for the villagers to estimate how much of the fermenting beer the elephants sampled on this first visit, and apparently it was a challenge for the elephants, too, because it turns out to have been way too much; and the elephants, now swaying perceptibly if viewed from a safe distance, say about as far as you can drive a Titleist Pro golf ball on a crispy-clear day from the fifth tee at the Colebrook Country Club, have an increasing urge to return for more beer. So, perhaps trunk-to-tail, they make a bee-line, more or less, back to the village, or more precisely, the vats of fermenting beer, but this time they don't care as much about things in the way, at times in a wild-eyed

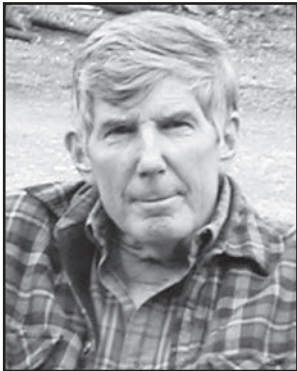
fashion, which gets reported as "a frenzy," and there you have it, a headline-writer's dream:

Drunken pachyderms frenzied by ritual beer trample jungle village

I'm not making any of this up. It does indeed happen. I'm breaching venerated newsroom protocol by even mentioning it. As Casey Stengel liked to say, you could look it up. (And now, they all ask, who was Casey Stengel?)

+++ Hunting and fishing license. This one's for real, folks. A combination hunting and fishing license, with garnish, costs 58 dollars and 50 cents. If that sounds like a lot of money, think of it this way: you're likely to spend more than that for dinner for two at a swank restaurant. Even better, divide the price of the license by the number of hours of enjoyment you'll get.

It's pretty easy, say, to envision 100 hours of fishing and 50 hours of hunting. Therefore, you divide \$58 and change



by 150 hours of fun and/or total concentration, like focusing your entire being on your nearly invisible #20 tiny little Hornberg floating out there near the shrubbery in the gloaming. To do that, take the sum of the square root of the temperature in your freezer and the temperature outside, and divide by the size of the last fish you caught subtracted from the size you told your best friend the fish was, but you have to stick your tongue out of the left side of your month just so, and can only do this twice on Sunday.

There you have it. Don't forget the milk and cookies.

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



# CLASSIFIEDS

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## TOWN OF PLYMOUTH

### BUILDING INSPECTOR/ CODE ENFORCEMENT OFFICER

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org.

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

*The Town of Plymouth is an EOE.*

## TOWN OF CAMPTON

### FULL-TIME SEASONAL WINTER PLOW DRIVER/LABORER

The Town of Campton is accepting applications for the position of a Full-time Seasonal Winter Plow Driver/Laborer. The successful candidate will be responsible for general laboring responsibilities and to operate various pieces of light and heavy equipment. CDL-B preferred but not required. Valid Medical Card required.

#### To Apply:

Applications are available on the Town's website at [www.camptonnh.org](http://www.camptonnh.org) and are to be returned to the Road Agent, Butch Bain or Town Administrator, Carina Park, 12 Gearty Way, Campton NH 03223.

The Town of Campton is an equal opportunity employer. Applications will be accepted until position is filled.

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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>


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# Interlakes Community Caregivers Volunteers Persevere!

Throughout the pandemic, Interlakes Community Caregivers, Inc. (ICCI) Volunteers have continued to provide rides and deliver essentials to Neighbors in the towns of Meredith, Center Harbor, Moultonborough and Sandwich.

“ICCI has been a god-send,” said Ann Willett who recently registered with Interlakes Community Caregivers. “I don’t have any family close by to help me out and the volunteers have been so nice.”

While many volunteer-driver programs in

northern New England limited or suspended rides, ICCI volunteer drivers have not stopped driving. Approximately 30 volunteers have provided rides to medical and dental appointments, picked up groceries, run errands and made wellness check-in phone calls to over 75 Neighbors since the outbreak of the COVID-19 pandemic.

The volunteers’ careful adherence to safety protocols and desire to support their fellow community members during this difficult time has been vital in helping

to counter the feelings of isolation and loneliness that are associated with aging in place and not having easy access to transportation. The pandemic has exasperated this problem even further as many older adults have had to cancel long-standing traditions to gather with their loved ones during the holidays.

Fortunately, the benefits of ICCI’s program are not all one-sided. As many Interlakes Community Caregivers Volunteers will tell you, they benefit as well. Giving of yourself to help oth-

ers has been shown, according to a University of Michigan study, to increase the life span of the giver/volunteer. Volunteering makes most people feel good and it has been proven to potentially lengthen your life.

If you or someone you know would like to become an ICCI Volunteer or needs support, please contact Interlakes Community Caregivers through their website at <https://interlakescares.org> or by phone at 603-253-9275.



Meredith resident Ann Willett received a ride from Interlakes Community Caregivers Volunteer Paul Helfinstein recently. Paul has driven 4,362 miles while responding to 157 requests from neighbors like Ms. Willett since the beginning of 2020.

## Health Care Documents

By Attorney Edward H. Adamsky

We are all feeling worried about our potential health issues these days. There are several legal documents

necessary to protect your health and wellbeing.

The first is the Health Care Directive. Sometimes called a Power of Attorney for Health

Care. This is a document that appoints an Agent to make medical decisions for you if you cannot do so yourself. You can name a primary Agent and an Alternate Agent. The power of your Agent comes into effect when your doctor determines that you cannot make your own

medical decisions. The power would end if you recovered the ability to make decisions. Without a directive in place, your family might not be able to make decisions for you without a costly and time-consuming legal guardianship proceeding.

Although not required, some people also complete a Living Will. In New Hampshire, it is a part of your Health

Care Directive and has a specific meaning under the law. It is your direction to your doctors to stop medical treatment if they determine that you are going to die anyway. Some people call all medical directives Living Wills, so it can be confusing. A separate Living Will (not as part of your directive) can contain your wishes for future medical care. It can put in writing what you would want to happen in various situations such as your desire for life support and extreme medical measures, or your desire to avoid such things. You could also state your wishes for feeding tubes, breathing interventions such as ventilators and the like. You could also express your burial wishes.

The next necessary tool is a Medical Privacy Release or HIPAA Authorization. This is a document that allows whoever you name to get your private medical information. Federal law prohibits access to

your medical information unless you release it. You would obviously name your Health Care Agent and Alternate in this document, but you might also name a few other people that you would want to know about your medical issues, such as someone who helps you with doctor visits or who goes to the pharmacy for you. You might name your Agent under a Power of Attorney so that person could ask questions about medical bills if necessary.

If you are living with a serious medical condition, your doctor might ask you to consider completing a POLST form. This is a Physician’s Order for Life Sustaining Treatment, that can go with you from facility to facility. It contains several sections in which you and your doctor state your wishes for future medical care such as artificial nutrition and hydration, intubation, resuscitation, and a few other medical issues. The orders in this document will be followed by any medical facility in which you may be.

You should discuss all of these planning tools with your family and your legal advisor. By having the discussion and getting the tools in place, you can ease the emotional burdens on your family should you need medical care and be unable to make decisions. You and your chosen Agents should keep copies of all of these documents handy in case you need them. And we all hope that you never do.

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# Soothing Seasonal Sadness

GUY TILLSON, MDIV, MA, PBCH  
HOSPICE CHAPLAIN AND BE-  
REAVEMENT COUNSELOR

(Plymouth)--In my years working as a clinical mental health counselor, I could always count on having a few clients who suffered with Seasonal Affective Disorder. That's psychiatric lingo for mood disturbances worsened by seasonal changes. Appropriately, its acronym is SAD. Particularly as we lose daylight hours, especially when we turn the clocks back as the fall moves into becoming winter, some people get in a sad and funky mood. At the mental health center I worked for, we purchased a device called a light box which patients could borrow for short spaces of time. The light box radiates light which

helps the patients in elevating their mood so that the sadness would not be so pervasive or overwhelming.

Currently, we are experiencing stretches of time besides this season of fall turning into winter. It is the holiday season. It is a season of caution and care as we try to safeguard ourselves against the coronavirus. It also an ongoing season of grief and mourning for those whose loved ones have died, whether from COVID19 or other causes. So, perhaps, we are enduring multiple seasons of compounded sadness in varying degrees of intensity. Sorry to say, there are no easy remedies to "the blahs" that may befall us at the present time, though there may be some tem-

porary relief to turn our awareness from it all so that we do not become overshadowed by a moody cloud. Here, I will suggest some short, simple practices.

First of all, fresh air and physical movement are valuable. Naturally, as the weather gets colder, we need to moderate our exposure to the outside air. A brief walk around your yard or on your porch or deck for ten or fifteen minutes, breathing normally, with some movement of your limbs will help to "clear house" and "keep the motor going".

Secondly, the simple act of washing your face two or three times a day can be very refreshing. You can experiment with what seems to work best for you- water tem-

perature that is hot, lukewarm, or cold and a facecloth that is thin or plush. The temperature of the water and the texture of the fabric revitalizes our pores, wakening up our complexion.

Following on this, there are the practices of hand and head massages. Start by rubbing your hands together as you would if you were washing your hands at your sink. Allow each hand to move over its partner, gently rubbing over the back of the hand, then the palm, and moving through the fingers. Starting at the wrist of one hand, let your thumb and fingers of the other hand softly massage the wrist, and then move across the back of the hand, and continue to gently massage each knuckle and joint of each finger. As you finish, use your fingertips to move in a circle in your palm. Then attend to the other hand. You may also want to lightly rub your palms together or even to softly clap your hands. To massage your head, gently let your fingertips move through your hair (or what you have left of it!). Do this a few times. Then gently tap your fingertips throughout and across your whole scalp, not forgetting the areas around your ears or at the base of your skull down to your neck. This also stimulates the

movement of energy in our cranial area.

I began this sharing by mentioning the use of a light box, so I will close with a suggestion that is more meditative and reflective. The winter holidays of this time of year (Advent, Christmas, Epiphany, Hanukkah, and the Winter Solstice) all focus on the element of light, hoping for its return and emergence from the darkness. Most craft supply stores and even some pharmacies sell small LED light battery-powered candles of various sizes. Some even have flickering flames. Though there is a lot to be said for actual candles, these are a bit safer to use. For the purpose of focusing and directing your attention, only one is necessary. Use it as the daylight is ending. Simply direct your attention to the light, bringing to mind thoughts of past good times and the joy of affection shared with loved ones. The length of time you do this for does not matter too much, but respect the rhythm of your ability to concentrate easily. This isn't supposed to be a chore or an assignment! It seems to be more profitable to do this in a quiet time without the distraction of other noise. This can be settling to the soul and bring your day to a peaceful end.

As I indicated earlier,

these are not "cures" for seasonal sadness- only suggestions for momentary relief that may help the next stretch be more tolerable and bearable. As always, take care of yourself, respecting both your own strengths and limits.

Regretfully, we are still unable to gather for our Bereavement groups due to COVID19 restrictions but Guy Tillson can meet with you one on one via ZOOM or in person following CDC guidelines for safety. To contact Guy please email him at [gtillson@pbhha.org](mailto:gtillson@pbhha.org). Please visit our website for other monthly ZOOM meetings: Coffee with Caregivers and Fill Out Your Forms.

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# Holiday baking pointers



The holiday season is steeped in tradition. Baking is one tradition that comes with the holiday territory. Many people may only bake in November and December, so it's understandable if they're a little rusty come the holiday season. These baking tips can lead to successful yields of cookies,

cakes and other holiday treats. Follow the recipe carefully. When cooking, it is easy to add an extra dash of this or a pinch of that. But baking is a science and the ingredients are used in a ratio to produce a desired chemical reaction while cooking.

To ensure success, do not substitute ingredients unless the recipe tells you how to do so, and measure each addition carefully.

Spoon out your measurements. It can be tempting to dig a measuring cup right into a bag of flour, but scooping packs the ingredients down — potentially causing you to use more than the recipe calls for. Instead, spoon the flour into your measuring cup gently and use a straight edge to level it out. Even better, use a scale and metric measurements to ensure exact amounts of wet and dry ingredients.

Read up on temperature. Certain ingredients, like butter and eggs, are temperature-dependent. Cold butter in biscuits helps them to rise up flaky and delicious. Eggs brought to room temperature enable the emulsification process to work more readily. The difference in temperature can mean a completely different chemical reaction, so follow the recipe accordingly. Calibrate the oven. Purchase an oven thermometer, set your oven to 350 F, the standard baking temperature, and see what the

thermometer reads. If it is different, adjust cooking times accordingly or have the oven repaired. Cooking at the wrong temperature might mean the recipe doesn't turn out right. Use unsalted butter. Most recipes will call for unsalted butter so you aren't adding unwanted sodium to the recipe, affecting dough consistency and flavor.

Position pans centrally. Pans should be on the center rack of the oven. If the oven isn't wide enough to put multiple pans side by side, place them on different racks and slightly offset them to enable air circulation.

Use parchment paper. This unsung hero of baking can keep cookies from spreading out on baking sheets, prevent cakes from sticking to pans and may even help batter and dough bake evenly.

Flip cakes. Cool cakes upside down on a cooling rack. This will help flatten out the tops, which makes it easier to stack and level cakes for layered cakes. A few tips can go a long way to helping holiday baking go more smoothly.

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