

Newfound music students soldier on through pandemic

BAND AND CHORUS PERFORM FOR FAMILY MEMBERS IN WINTER CONCERT



The Newfound band performs under the direction of Edward Judd during its concert on Dec. 22.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It was only fitting that in a very unusual year, Mother Nature threw yet another obstacle at the Newfound Music Department. In a year filled with remote learning, social distancing and plastic

shields, Director Edward Judd was forced to adjust his students’ concert performance in mid-December, as a snowstorm forced the postponement of the band portion of the concert for almost a week. And while the audiences were smaller, the

band and chorus were still able to perform for family members to close out the first half of the school year. The chorus performed on Wednesday, Dec. 16, and the band, scheduled for a night later, eventually performed on Tuesday, Dec. 22. “This is not easy,”



The Newfound select choir performs during its winter concert on Dec. 16.

Judd told the audience for the band performance. “These kids have worked harder this year than any other year. “But we’re a band, bands perform,” he said. “That’s what we do.” The chorus concert kicked off with the select choir performing ‘Venga Nel Nostro Coro’

and ‘Durme, Durme.’ The chorus was up next, performing ‘Cantate Canon,’ ‘Waitin for the Light to Shine,’ ‘Shoshone Love Song,’ ‘Jazz Gloria’ and ‘Nightmare Before Christmas (Medley).’ The band portion of the concert kicked off with the band performing ‘March from Sympho-

ny 2,’ ‘Ashokan Farewell,’ ‘Hall of the Mountain King,’ Percy Grainger Suite’ and ‘Music from “Avengers Endgame.”’ The jazz band finished out the concert with ‘Tipping Point Blues,’ ‘Martini-que’ and ‘6:00 Evening Blues.’ The audience was lim-

SEE MUSIC PAGE A3

FSB spreads holiday cheer by donating to community groups

FRANKLIN — Eight community groups were presented with a \$500 donation from Franklin Savings Bank in recognition of the holiday season. The recipients included Twin Rivers Interfaith Food Pantry and Pemi Youth Center both of Franklin, Open Door Community Kitchen located in Penacook, Bristol Community Services, Tilton-Northfield Christmas Fund, Goffstown Network, Greater Lakes Region Children’s Auction, and United Way of Greater Nashua. Joseph Thornton, SVP - Retail Banking Officer, commented, “The pandemic has had a profound impact on the ability of our nonprofit community to raise funds, so they can continue to provide critical services to individuals who rely on them. Seeing the impact this has caused, we

wanted to do our part to ensure these community groups can continue to carry on their mission of helping others.” The bank’s retail team has a long-standing tradition of delivering holiday gifts to its business customers during the holiday season. Due to limitations imposed by COVID-19, as well as to ensure the safety of its employees and customers, the bank instead decided to give a donation to a local group in each of its market areas. Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goff-

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Waterville Valley Resort announces night skiing for 2020/21 season

WATERVILLE VALLEY — Waterville Valley Resort is excited to introduce night skiing for the 2020/21 Season during select weekends and holiday periods. Over the last few months, the Resort has been working closely with the US Forest Service and has been granted approval for lights on lower mountain terrain. Night skiing will operate off the Exhibition Poma surface lift with access to the Exhibition, Lower White Caps, and Pasture trails to start, with the potential to expand over to the Higher Ground park and World Cup. With Exhibition being the widest trail on the mountain, it will now feature a NAS-TAR race course during the day and will be a nice, groomed trail for all abilities at night. With the increased demand to get outdoors

this winter, night skiing will create more opportunities for people to get out and ski & ride. “We believe that this night skiing operation will cater to both our race and freestyle demographics,” said President/General Manager, Tim Smith. “It’s our hope that the local community and our visiting guests will come out and enjoy the snow under the lights.” Night skiing is expected to begin Christmas Week, weather permitting, and will operate on select Friday & Saturday nights and holiday periods. The hours on Friday will be 4pm-8pm and Saturday will be 4pm-9pm. The cost will be just \$25 to start, but will change as more terrain is added. Night skiing will not be included with a day ticket purchase or season pass, however season passholders will receive

a \$5 discount. Advanced online ticket purchases will be required as capacity will be limited. About Waterville Valley Waterville Valley is a four-season resort set on 540 private acres surrounded by 360° of National Forest. Sitting atop the 4,004-foot Mt. Tecumseh, “New Hampshire’s Family Resort” features 265 acres of skiable terrain, a vertical drop of 2,020 feet, 62 trails, 11 lifts, and 74k of groomed Nordic terrain nestled in the valley below. Waterville Valley Resort is more than just a mountain. Off the slopes enjoy year-round events, shopping, and dining in the Town Square as well as a variety of lodging options, including country inns, condominiums, and all-suite hotels. For more information, visit waterville.com

Weekly meditation first offering at The Workshop in downtown Plymouth



PLYMOUTH — Downtown Plymouth has a new creative spin on meeting space that is open to all community members. The Workshop is a new idea just getting off the ground to serve Plymouth and surrounding towns with a communal space for sharing talents, hobbies, knowledge, skills and ideas. Located in the old NAPA building next to Step

Ladders, The Workshop is becoming the place for anyone to lead a workshop about something they want to share, with no real limits to topics. Some will be one-time workshops, some weekly. It’s up to the leader when they sign up to host a workshop. A small local advisory group is putting final touches on the space and finishing up the web site that will allow people to sign up to host and/or to take a

class. As Covid continues to constrain outings, offerings starting in January will be limited. The first scheduled event perfect for the post-holiday stressors is a free weekly meditation night Wednesday evenings hosted by local Ed Van Dorn from 6-7 p.m. limited to seven people, starting Jan. 6. Those attending will need to wear masks

SEE WORKSHOP PAGE A3

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	22 Winter St.	Single-Family Residence	\$150,000	Grace E. Marcroft Estate and David A. Marcroft	Diana H. Marcroft and Annamarie Pennucci
Bristol	79 Autumn Lane	Single-Family Residence	\$342,000	Tammy L. and Kevin A. Farnham	Nicholas P. and Kelsey Leonard
Bristol	101 School St.	Multi-Family Residence	\$250,000	Vivian Beadle	Joshua Beadle and Amber Coconis
Campton	Eastern Corner Road	N/A	\$70,000	Frank E. and Sandra M. Tobine	John S. Bates and Simone E. Monteleone
Campton	121 Eastern Corner Rd.	Single-Family Residence	\$485,000	Alfred J. and Deborah A. Lemley	Igor Vidovie
Campton	281 Lower Beach Hill Rd.	Single-Family Residence	\$259,000	Luis A. and Naivy Arias	Douglas P. and Susan L. Rogers
Campton	Marden Drive	N/A	\$24,000	Lynne Riley	Waterville Estates Realty Acquisitions
Campton	Pinnacle Road	N/A	\$50,000	Martin and Amy Barnett	Ian Sindlinger and Chantal Laplante
Campton	Route 175	N/A	\$41,000	William M. and Lorette J. Deppe	Jeffrey A. Fontaine
Campton	N/A (Lot 6)	N/A	\$39,933	Cathy A. Bishop	Randall Hill
Hebron	33 Indian Point Rd.	Single-Family Residence	\$1,250,000	Anthony M. and Catherine L. Salerno	Nancy L. and Thomas A. Diziki
Hebron	62 Ledgewood Circle	Single-Family Residence	\$487,533	Andreana M. McCabe RET	Scott and Bernadette Stephens
Hebron	Valley View Road	N/A	\$250,000	John and Darlene Jackson	Mark and Karen Lewis
Holderness	5 Lewis Piper Rd.	Single-Family Residence	\$279,000	Eastman Fiscal Trust and Randall S. Eastman	Jamison D. Brandin
Holderness	N. Ashland Road	N/A	\$60,000	West St. Development LLC	Debbie A. and Henry L. King
New Hampton	Oxbow Road	N/A	\$450,000	Starace Fiscal Trust and William R. Starace	Michael P. and Leslie M. Zimmer
New Hampton	Pinnacle Hill Road, Lot 19	N/A	\$95,000	Judith B. Blood	Kellen and Gail Bizel
New Hampton	Pinnacle Hill Road, Lot 19	N/A	\$104,000	Bascom Blood LLC	Kellen and Gail Bizel
Plymouth	28 Eagles Nest Rd., Unit 28	Condominium	\$310,000	Donna Decareau	Jane W. Glander
Plymouth	618 Fairgrounds Rd.	Multi-Family Residence	\$227,933	John A. Bisson RET and Liam A. Bisson	Kory M. Thomas and Iahissa Ferreira
Plymouth	18 Jacques Dr.	Single-Family Residence	\$255,933	Brenda J. Olson	Christopher D. and Tena M. Chant
Plymouth	43 Tenney Brook Rd., Unit 6	Condominium	\$115,000	Scott R. Callahan	Karen M. Armento
Rumney	Route 118	N/A	\$35,000	Leo R. and Lillian M. Schleicher	Elizabeth R. and Michael G. Daniels
Thornton	Checkerberry Ridge Road	N/A	\$13,000	Scott Proulx	Tyler J. and Salieu B. King
Thornton	112 Mountain River East Rd., Unit 17	Condominium	\$145,000	David W. and Judith A. Merrill	Robert J. Muldoon RET
Thornton	14 Waterburn Rd.	N/A	\$246,000	Robert F. Day Estate and Donald J. Day	Nan Wang and Alton R. Hughes
Thornton	Waterthorn Road	N/A	\$45,000	Stephen D. and Beth Chaput	Matthew J. Sietins and Danielle Peters
Thornton	N/A (Lot 21)	N/A	\$145,000	William S. and Lisa A. Dematteo	James and Karen A. Detora
Thornton	N/A (Lot 19)	N/A	\$27,533	Jean C. Maxwell	Thomas S. Mitchell
Thornton	N/A	N/A	\$251,000	H. Hiltz Harrington RET and Holly Hiltz-Harrington	Rebecca Tabaczynski Trust
Waterville Valley	Black Bear Lodge Condo Unit 603b	Condominium	\$117,000	Howard G. and Patricia A. Horn	Baxman Properties LLC
Waterville Valley	28 Packards Rd., Unit 331	Condominium	\$97,533	Colby R. and Andrea Compton	Jason M. & A.F. Rifkin RET
Waterville Valley	32 Windsor Hill Way, Unit 124	Condominium	\$190,000	Barbara M. Kelly RET	Robert and Alicia Verity

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



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Have a Healthy and Happy New Year!



Happy New Year!

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Happy New Year!



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Music

FROM PAGE A1

ited to family members of those who were performing but the simple fact that they were able to perform after such a tough year, was a victory for everyone involved.

Judd, who has been teaching music since the 1970s, and his students were forced to make a lot of adjustments to the way they taught and performed.

“I do not teach in the music room this year,” Judd said. “I teach in the auditorium. I conduct class from the state while the students are spread out in the audience section.”

Despite being spread out, the students also use polycarbonate shields in front of their instruments and with the brass instruments, those that are more prone to spread droplets, have coverings on the bells of their instruments.

Judd thanked Sarah Ohl of the high school living skills department for crafting the shields for the brass players.

And that’s with the kids who are in school. There are also kids who are part of the music program that are learning remotely.

“It’s incredibly difficult to balance in-person learning with online students,” Judd said. “The online conferencing programs, such as Zoom, have a speech compression feature, which throws off the timing of musicians when we combine online playing with live playing.

“As a result, the online students have to keep their mics muted, which of course means that I can not accurately gauge how well they are learning the music,” he added.

For the chorus, the singers are all masked, which obviously will change their vocal tone considerably and makes it impossible for Judd to visually check their pronunciation and diction.

Judd notes that the enrollment in band and chorus has dropped off considerably, with most reasons having to do with the COVID-19 situation. And the opportunities to

perform have been curtailed as well.

“The music festivals and other activities we normally engage in have been severely affected and this has been frustrating,” Judd stated. “The dynamics of being a band or chorus member have changed considerably and some students are having difficulties dealing with it.”

That being said, Judd noted that the students have been doing their best in this unusual situation.

“As well as can be expected,” Judd said when asked how the students are adjusting. “But, they all realize this is not a normal situation and sometimes that wears on them.”

As for what’s ahead for the music department in the new year, Judd echoed the feelings of probably just about everyone.

“I just want to see things return to normal as soon as practical,” he said.

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



Saxophone players (left to right) Noah Echert, Autumn Braley and Jeff Huckins play during the Dec. 22 concert.



Newfound jazz band members Evan Foster (piano), Jack Lavin (drums) and Zach Goudreau (guitar) play during the band’s concert on Dec. 22.



Members of the Newfound chorus add a little percussion sound to the group’s performance on Dec. 16.



Members of the Newfound chorus perform in the winter concert on Dec. 16.

At right: Members of the Newfound band perform for the audience during the Dec. 22 concert.



The Newfound band prepares to perform its winter concert on Dec. 22.



Workshop

FROM PAGE A1

throughout the hour. Eight-foot distanced chairs are provided and people are invited to bring their own cushions and water bottles.

Until our Web site is ready to go, please register for meditation

nights by emailing TheWorkshopPlymouth@gmail.com or calling 254-6043. In the event of inclement weather, please check the School District #48 website. If schools are cancelled that day, the meditation night will also be cancelled. Stay tuned on social media and local papers for

more information on a mid-winter open house and new offerings. If you are someone with a talent or hobby to share or have a topic you’d like to learn or practice more (How to fill out the FAFSA, knitting, Renters Rights, life coaching, game boarding, writing workshops, screen re-

pair, planting dahlias, etc...the sky’s the limit!) please email TheWorkshopPlymouth@gmail.com or call 254-6043 and find out more today!

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CADY Corner

Starting the New Year off right!

By Deb Naro
Contributor

With the New Year come new resolutions. What resolutions are you making for 2021? At CADY our mission is to prevent and reduce alcohol and substance misuse among youth. According to the National Center on Addiction and Substance Abuse at Columbia University, more than 90 percent of people struggling with addiction or substance misuse began smoking, drinking, or using other drugs, including marijuana, before the age of 18. This year, the social isolation and uncertainty of the pandemic has contributed to surges in mental health and substance misuse. Let's make it our New Year's resolution to work together to keep our kids healthy, safe, and drug free—in so doing, we will be preventing addiction and saving lives.

Where to begin? Making your home a safe place for your family and preventing drug diversion is a good place to start. Go through your medicine cabinet and consider bringing any expired or unused medications to your local permanent Rx Prescription Take Back Box located at the Plymouth, Bristol, Lincoln, Thornton, and Ashland Police Departments. According to the Substance Abuse and Mental Health Services Administration, 18-to-25-year-olds have among the highest rates of prescription drug misuse. Parents need to reinforce that prescription drugs are just as dangerous as street drugs; talk to your children today about the risks of non-medical use of prescription drugs. Parents need to send the message that using someone else's prescription drugs or sharing their own is not only dangerous but illegal. Removing prescription drugs from your home or closely safeguarding them can prevent harmful situations from happening.

Be an informed and actively involved parent—as your child looks to you for guidance in solving problems and making good choices, including the decision not to use drugs or alcohol. Not only should this be something to focus on in the new year, but it should also be something that parents' practice with their children throughout their lives. Based on data from The National Institute on Drug Abuse (NIDA), positive parenting can prevent substance misuse. Positive parenting skills include keeping the lines of communication open with your child, encouraging and supporting positive behaviors, negotiating conflicts in a calm and respectful way, setting a clear set of rules with corresponding consequences, and ongoing supervision of your child.

According to the National Council on Alcoholism and Drug Dependence, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50 percent less likely to use alcohol and drugs than those who do not have such conversations. By educating your child early and often about the risks associated with drug and alcohol misuse, you are supporting the healthy choice when faced with pressures to experiment with drugs or alcohol.

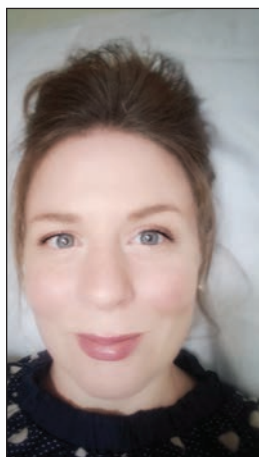
Prevention is a critical first step to addressing the addiction crisis in New Hampshire. CADY's 2021 New Year's resolution is to work harder than ever to help keep our communities and children safe from the harms of substance misuse—this is one resolution that will be kept. Please join us in building healthy environments and promising futures for our children. We send our best wishes for a new year filled with good health, hope, and joy.

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.

LRAA hosting abstract art class for beginners

COURTESY

Join abstract artist Krista Doran for her class “Beginner Abstract Art for Creative Flow.” This is a fun beginner class to learn abstract art using different mediums. It is an eight-week course that will be held Sundays from 9-11 a.m. at the Lakes Region Art Association Gallery, 120 Laconia Rd., Suite 132, Tilton, NH 03276. The first class will begin Jan. 3 to kick off the New Year with some fun creativity.



Sustainable Bristol

Sustainable New Year's Resolutions

BY LAUREN THERIAULT

Happy New Year! I, for one, am excited for 2020 to be over and a fresh new year to start. Nothing beats a new calendar and some resolutions to add to it. Are you the type who makes goals or resolutions every new year? In 2018 I vowed to not use plastic bags for a year and was mostly successful (if you consider carrying 14 items out of the store in my arms since I refused to use a plastic bag when I left my reusable ones at home a success that is). In 2019, I made a resolution to not buy any new clothes, which went mostly well. In 2020 I resolved to only borrow books from the library

and friends, being a bibliophile made this goal nearly impossible, but I did try my best to support local/independent bookshops while the library was closed.

The hard part about sustainable goals is you never arrive, you have to keep doing them day in and day out, even when it's hard and you don't want to. The best part about sustainable goals is the small changes add up and create lasting habits that you can feel good about and inspire others to make. 2018 gave me the ability to remember my reusable bags, 2019 broke me of my shopping habits, and 2020...well 2020 was 2020 but we all tried our best right. I thought I would

share some ideas in case you wanted to make a sustainable New Year's resolution.

Eating less meat. This reduces your carbon footprint a significant amount depending on how much meat you give up. Sound impossible to you? You could try “Meatless Monday” and start with only one meal a week without meat. Bringing reusable silverware to work and out to eat. Starting a compost pile, it's not as hard as you think. Growing some of your own food. Refusing plastic bags. Going zero waste in one area of your home, the bathroom or kitchen are great places to start. Cooking from scratch to avoid takeout

containers and plastic packaging, it also tastes so delicious too. Thinking twice about what you are throwing away and if there is a way you can repurpose it. Buying less clothes or drying your clothes on the line. Bringing a water bottle with you and refusing plastic water bottles.

Perhaps you could add one small change to your list every month and then by 2022, you'll have 12 new sustainable habits under your belt. My goal for 2021 is to eat grass fed meat, and a lot less of it, grow some foods I've never grown before and finally learn how to can/preserve. Good luck, and Happy New Year!

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

You drag sleds uphill together, but he might go to bed hungry

My brother Peter and I awoke on Christmas Day reluctant to leave the covers. Frost marked the nails and grommets holding the big sheets of wallboard to the studs, and the windowpanes were full of filigree.

Whatever heat there was crept up the back stairway, a house-length away from the living room grate above the coal furnace. There was an old wood stove in the kitchen, but it wouldn't hold a fire overnight.

I have heard many a story from farm kids about the lack of any heat in the bedrooms. Sometimes a grate in the floor was just not enough to make a difference. In many old houses there was no central heat at all, just stoves. The kids made a dash from stove to bed and quilts, and kept their wool socks on.

+++++

Right now I am thinking of the people who are in real trouble in this country, and there are a lot of them. Sometimes it's not enough to wish you could help.

I'm thinking about our grandmother White, playing the piano as we all gathered around and sang carols, like something out of a Norman Rockwell painting, but this was real and it happened, and I was there.

It's not easy to take the cold, especially when you're wet. I really hate that--cold and wet--have felt it too many times in my life to ever want to feel it again. There are too many people in this country who are wet and cold and can't get out of it. Under much of anything, either. You want to reach a handout, but how?

I'm remembering the carolers who went from neighborhood to neighborhood, all over town, palatial places and shacks, on both sides of the tracks. Kids played with kids, no matter what their parents did. “Class” was a word we never heard until later; most often from the media.

I'm thinking about cutting, dragging, tagging, bagging, and loading Christmas trees, having to pile them just so to make the load, the snow and the dark, the

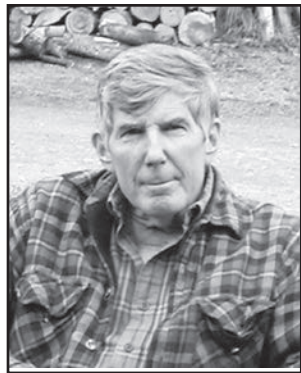
numbing cold of it, and wishing that I'd never see another Christmas tree, until I did.

And I'm remembering how Dad, Pete, and I, with the addition of one neighboring kid (Don Brabble), formed a brass quartet and went around town playing carols--again, the Norman Rockwell thing, for real.

Small towns can cope with the homeless and hungry, and do, with no fanfare. Bigger places with far more people can't, and don't. How do we fix something that big, and that broken?

There is a yawning and widening gulf between Urban-Suburban America and the small towns and countryside. How do we deal with this fundamental divide?

I'm thinking about that old World War II crowd, and what a get-things-done bunch they were. How they went off to war and saw the world at its worst, and came home eager to make things the best. How they worked hard, and partied hard, and got so much done, all be-



fore the numbing influence of TV. What would they think of the state we're in? And what would they do to fix it?

And so I'm thinking about our parents, and how lucky we were to have them, and for them to have us. We will never know the things they did or the sacrifices they made. It's this thing called love.

And that's a good place to end this little trip through questions of the day and Christmases past, with a note about love, and to say for this Christmas of 2020,

“Merry Christmas to all, and to all, a good night.”

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

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The following was taken from an email sent to my wife earlier this week and I thought it appropriate to include here this week: On New Year's Eve, an old Irish tradition is to open your door at midnight and let the Old Year Out and the New Year In. I think this year deserves the doors, windows and garage doors to be open!

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 10am until 6pm, Thursday from 1 – 8 p.m., and Saturday from 10 a.m. until 2 p.m. The library will be closed 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.

An interesting movement has developed at the Minot-Sleeper Library as a result of a newsletter suggestion that young writers submit their own stories and

illustrations. A reader responded and offered wise advice for all of us. He suggested our community members, young and old, consider writing about their own life, and then keeping their work, accumulating their work: writing, photographs, news clippings, letters, the evidence of a life being lived. He went on to describe a legacy book that was created from a friend's collection of their story who had passed away. A legacy book describes and celebrates what a special person left behind when he or she passed on: a loved one, a friend, or perhaps a co-worker that you think would be an interesting person to write about. If you are interested in writing or would like to get involved in this suggestion, please avail yourself of the ongoing information through the library. I'm sure we all know someone who we think would be fun to write about.

Please contact the Minot Sleeper Library for more information on writing a Legacy Book: minotsleeperlibrary.org, or call 744-3352 or email minotsleeperlibrary@gmail.com.

My hat is off to those of you who played it safe and celebrated Christmas by yourselves, ensuring your safety and that of loved ones with whom you would ordinarily celebrate with. It was a lonesome time for us, but FaceTime and Zoom get-togethers were

enough to take the edge off and allow us to celebrate the way students have to partake of their school lessons. May next year bring about our normal routines and help us all get back to 'the good ole days!'

Groton

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

Well, the holidays are nearly over and it's feeling a little more like winter after our Christmas Day rainstorm. I can't say that I am sad that the snow is off our driveway, I'm really thankful for that, but it won't last long. As I type this, we already have another dusting of snow on the parking lot. The days are getting longer now though.

The Town Hall had a few cases of COVID, so we were closed for disinfecting spray was used and we are now requiring anyone who comes in to wear a mask please. Those who had COVID are now recovered and back in operation.

Effective Jan. 1, some fees at the Transfer Station will be increasing. A new flyer is available at the Town Offices or at the Transfer Station.

We are now taking CC/Debit cards online if you need an alternative payment method. We hope to soon be able

to take credit/debit in house as well but there have been some problems with the security system accepting this method of payment and our IT department is trying to work this out. There is a convenience fee when using this payment method just so you're aware.

S C H E D U L E D MEETINGS AND CLOSURES...

The Town Offices will be closed Dec. 31 and Jan. 18 for the holidays.

Select Board Work Sessions – Tuesday, Jan. 5 and 19, 5 p.m. at the Town House

Select Board Meetings – Tuesday, Jan. 5 and 19, 7 p.m. at the Town House

The Conservation Committee Meeting - Thursday, Jan. 14 at 7 p.m. at the Town House.

Planning Board Meeting – Wednesday, Jan. 27 at 7 p.m. at the Town House

Tax Totals Due:

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.

Our Sunday morning worship will be on PB TV at 6:30 p.m. If you are unable to join on Facebook, consider the op-

As of Dec. 28, total delinquent taxes due for all warrants - \$233,029.29

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

SAU4 positions available!

Interested in becoming a School Board/Budget Committee Member? The Newfound Area School District is looking for candidates for the following positions:

Hebron School Board Member (3 year term)

Hebron Budget Committee Member (3 year term)

Moderator (1 year term)

Filing for positions starts Jan 20 and ends Jan 29. Please see the Town Clerk to register.

Budget Hearing The Budget Committee of the Newfound Area School District will conduct a public hearing on the proposed school district budget for 2021-2022 on Friday, Jan. 8 at 6:30 p.m. in the Newfound Regional High

School Gym, located at 150 Newfound Rd., Bristol.

The make-up date in the event of an emergency postponement is Saturday, Jan. 9 at 10 a.m. same location.

Kim Bliss, Chair
Newfound Area School District Budget Committee

Petitioned articles for warrant

Pursuant to RSA 40:13, II (b)

All petitioned warrant articles for the School District Warrant must be submitted by the second Tuesday in January. Such articles must be signed by 25 or more legally registered voters of the School District and articles must be delivered to a member of the School Board or the School Administrative Unit #4 Office, 20 North Main St., Bristol, no later than 3:30 p.m. on Tuesday, Jan. 12.

Happy New Year, everyone!

Unique ways to celebrate New Year's Eve during the pandemic

New Year's Eve is a highly anticipated day on many people's calendars. Social schedules tend to be busy during the holiday season, and that typically culminates on December 31, when people across the globe gather to say goodbye to one year and welcome in a new one.

Much of the world is no doubt ready to put 2020 in its rearview mirror, but New Year's Eve celebrations will almost certainly have to be scaled back this year. The COVID-19 pandemic has changed the ways people gather socially, so traditional New Year's Eve parties likely won't be in the cards as the world turns the calendar from 2020 to 2021.

Raucous parties might not be on the docket this December 31, but that does not mean people cannot still celebrate the end of what's proven to be a very challenging year.

• Don't wait until midnight. Many people love to be around friends and family as the clock strikes midnight on New Year's Eve. But the Centers for Disease Control and Prevention warns that the COVID-19 virus spreads more easily indoors than outdoors. So gathering around the television to watch the ball drop in Times

Square as you count down to the new year may put celebrants' health in jeopardy. If you want to gather with loved ones, do so earlier in the day and gather outdoors when the weather figures to be much warmer than it will be at midnight. A champagne toast around a backyard firepit can serve as a stand-in for midnight toasts.

• Hit the road. Travel restrictions may dictate where people can safely celebrate New Year's Eve, but if large gatherings with friends are prohibited this year, families can plan getaways. New Year's Eve is on a Thursday this year, and many offices will be closed on the following Friday in observance of the New Year's Day holiday. That makes it an ideal weekend to get out of town. Many vacation rental services like VRBO and Airbnb have introduced guidelines to address health and safety concerns prospective travelers may have. Before booking a getaway, contact hosts to determine what they're doing to make their rentals safe for renters.

• Celebrate over and over again. One unique way to see 2020 to the door and usher in 2021 is to celebrate throughout the day and night

as various areas of the world officially close the book on 2020. The Pacific island nations of Tonga, Samoa and Kiribati are the first countries to ring in the new year, and they will do so at what will be 5:00 a.m. on December 31 in New York. Many countries across the globe ring in the New Year before residents of North America, so North Americans can make a day of sending 2020 into the history books and celebrate each time a new country reaches 2021.

New Year's celebrations figure to be different as the world ushers in 2021. But there are many unique ways to celebrate that can make New Year's Eve just as fun as it's always been.



tion of public television!

Dates to Remember on Facebook Live

Wednesdays at 12:30 p.m. - Lunchtime Prayers & Devotional

Sunday, Jan. 2 at 9:30 a.m. via Facebook Live – Second Sunday after Christmas

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 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.ucplymouth.org.

TOWN OF ALEXANDRIA

NOTICE OF PUBLIC HEARING

The Town of Alexandria will hold a public hearing on the proposed 2021 budget on **January 12, 2021 at 6:00 p.m.** in the Town Hall located at 45 Washburn Road.

Edward Jones: Financial Focus

Time for New Year's Financial Resolutions

Many of us probably felt that 2020 lasted a very long time. But now that 2021 is upon us, we can make a fresh start – and one way to do that is to make some New Year's resolutions. Of course, you can make these resolutions for all parts of your life – physical, emotional, intellectual – but have you ever considered some financial resolutions?

Here are a few such resolutions to consider:

- Don't overreact to events. When the coronavirus pandemic hit in mid-February, the financial markets took a big hit. Many people, convinced that we were in for a prolonged slump, decided to take a "time out" and headed to the investment sidelines. But it didn't take long for the markets to rally, rewarding those patient investors who stayed the course. Nothing is a certainty in the investment world, but the events of 2020 followed a familiar historical pattern: major crisis followed.

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

by market drop followed by strong recovery. The lesson for investors? Don't overreact to today's news – because tomorrow may look quite different.

- Be prepared. At the beginning of 2020, nobody was anticipating a worldwide pandemic and its terrible consequences, both to individuals' health and to their economic well-being. None of us can foretell the future, either, but we can be prepared, and one way to do so is by building an emergency fund. Ideally, such a fund should be kept in liquid, low-risk vehicles and contain at least six months' worth of living expenses.
- Focus on moves you can control. In response to pandemic-related economic pressures, some employers cut their matching contributions to 401(k) plans in 2020. Will some future event cause another such reduction? No one knows – and even if it happens, there's probably nothing you can do about it. Instead of worrying about

things you can't control, focus on those you can. When it comes to your 401(k) or similar employer-sponsored retirement plan, put in as much as you can afford this year, and if your salary goes up, increase your contribution.

- Recognize your ability to build savings. During the pandemic, the personal savings rate shot up, hitting a record of 33% in April, according to the U.S. Bureau of Economy Analysis. It fell over the next several months, but still remained about twice as high as the rate of the past few years. Of course, much of this surge in Americans' proclivity to save money was due to our lack of options for spending it, as the coronavirus caused either complete or partial shutdowns in physical

retail establishments, as well as dining and entertainment venues. But if you did manage to boost your own personal savings when your spending was constrained, is it possible to remain a good saver when restrictions are lifted? Probably. And the greater your savings, the greater your financial freedoms – including the freedom to invest and freedom from excessive debt. When we reach a post-pandemic world, see if you can continue saving more than you did in previous years – and use your savings wisely. These aren't the only financial resolutions you can make – but following them may help you develop habits that could benefit you in 2021 and beyond.



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603-279-3161
Fax 866-532-8685
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6 popular health-based resolutions



Resolutions that focus on health and fitness are made each year. Numerous people are eager to lose weight, improve their physical fitness levels or even stop habits that can hinder their mental or physical wellness. As the new year ticks closer, individuals can explore these popular resolutions as they

get on the path to better health.

1. Commit to quit. The American Cancer Society says about half of all Americans who keep smoking will die due to the habit. Smoking kills more Americans than alcohol, car accidents, guns, HIV, and illegal drugs combined. Smoking not only causes

cancer, it also damages nearly every part of the body, including the bones, reproductive organs, mouth, skin, eyes, and blood vessels. Quitting can help reverse the effects of years of smoking.

2. Limit alcohol intake. The phrase “everything in moderation” applies to alcohol consumption.

Excessive consumption of alcohol can lead to liver and kidney damage. When these organs are not functioning properly, they cannot filter toxins out of the body, resulting in potentially irreparable damage. Resolve to cut down on alcohol consumption if you are drinking more than two drinks per day.

3. Address stress. It’s easy to underestimate the effects of stress on the mind and body. Left unchecked, stress can contribute to heart disease, obesity, diabetes, and high blood pressure, says the Mayo Clinic. Resolving to reduce stress by adopting certain techniques can improve self-esteem and mood.

4. Exercise more readily. Physician Partners of America states that exercise can improve mood and sleep, help people control their weight, reduce the risk of heart disease, improve bone and muscle strength, and potentially extend their lives. Resolving to exercise doesn’t require drastic changes. Small steps can add up to big results.

5. Visit the doctor. Too often people put off going to the doctor until

something is wrong with their health. It is much better to be proactive and avoid illness through testing and conversations with a physician. Doctors may be able to recognize symptoms and risk factors that could be indicative of future illness. Routine physical exams also will check cholesterol and glucose levels, monitor blood pressure and include other preventive care options.

6. Improve your diet. Eating more meals made at home and incorporating more fresh fruits and vegetables, whole grains and lean protein into your meals can improve overall health.

Healthy changes top the list of New Year’s resolutions each year. Certain resolutions can greatly improve overall health.

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Joseph Fagnant
Highway Manager


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Joseph Sampson, Principal
Holderness Central School
19 School Road
Holderness, NH 03245
(603) 536-2538
jsampson@pemibaker.org


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2021

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