

# Newfound Landing

THURSDAY, DECEMBER 20, 2018

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COMPLIMENTARY

## "Snowflake Village" initiative brings a blizzard of community spirit to downtown Bristol

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL – There's a blizzard of caring and sharing happening in downtown Bristol this year, thanks to seniors and school children who have pitched in to help local merchants raise money for community members in need.

A Snowflake Village project began on Dec. 1 when Nancy Spears and some of her neighboring shopkeepers wanted to show some community spirit by adding some more decorations to the business district. After a bit of brainstorming, they decided snowflakes in the windows would be a great seasonal addition that could stay up all winter.



DONNA RHODES

Dozens of paper snowflakes are now decorating windows in downtown Bristol as part of "A Snowflake Village," a fundraiser that is raising funds for the elderly and families who are struggling this winter.

## Open House at Alexandria Village School gives families some time to bond

BY DONNA RHODES

drhodes@salmonpress.news

ALEXANDRIA – The Alexandria Recreation Advisory Council held a holiday open house at the Alexandria Village School last weekend where families took time out to relax, read and play with the children as they all enjoyed some refreshments.

Council member Sue Cheney said the event was made possible through use of funds from the Perkins Trust Fund, which supports activities in the one-room schoolhouse. In addition to the snacks provided that day, there was a great selection of gifts available for children to chose from before they left, along with candy canes, and other small gifts of potpourri and tree ornaments for parents as well.

AVS was the community's last remaining one-room schoolhouse for many years, providing classes for kindergarten through as high eighth grade, depending on the needs of the town each year. Several years ago it was finally taken off the rolls of the



DONNA RHODES

Three-year-old Lucas enjoyed looking over some of the gifts available during the holiday open house at Alexandria Village School last Sunday afternoon.

Newfound Area School District, sending students instead to Bridgewater-Hebron Village School, then on to Newfound Memorial Middle School and the regional high school.

Cheney said AVS is now available to the pub-

lic for use in any sort of venture they may have in mind. Should someone need space to hold a meeting, craft nights, discussion groups or any other small gathering, they can simply contact the town hall to reserve a date.

### 'Tis the season... for early deadlines

The offices of the Newfound Landing will be closed Monday and Tuesday, Dec. 24 and 25, in observance of Christmas, and again Monday and Tuesday, Dec. 31 and Jan. 1, in observance of New Year's Day.

To ensure that our Dec. 27 and Jan. 3 editions arrive on local newsstands on schedule despite these holiday closures, our submission deadlines for those weeks have been moved up two business days from when they would ordinarily fall.

Any press releases, letters to the editor, and obituaries intended for publication on Dec. 27 must be in our hands no later than noon on Friday, Dec. 21, and any submissions for the Jan. 3 edition must reach us by Friday the 28th at noon to be considered for publication. As always, submissions can be dropped off at our offices, located at 5 Water St. in Meredith, or e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

For information on the holiday deadlines for display advertising, please contact Lori Lynch in Sales at 788-4939 or [lori@salmonpress.news](mailto:lori@salmonpress.news).

The staff of the Newfound Landing thanks our readers and advertisers for their cooperation with our holiday schedule, and wishes the entire community a safe and very happy holiday season.

"We also chose snowflakes because they're all different, but when snowflakes stick together, they make a big impact," Spears said.

To get the project rolling, they had reached out to the Newfound Area School District and Superintendent Stacey Buckley agreed to have elementary school students involved. Next was a call to the senior center where older residents were also eager to take part.

Since then, hundreds of snowflakes have come pouring in from all the elementary schools. Bridgewater-Hebron Village

School and Bristol Elementary School even made it a special project by teaching the students how to make beautiful three-dimensional snowflakes. There have also been donations of ceramic snowflakes and one local resident has been busy crocheting snowflakes for the project.

These are all very special snowflakes though. Each one on display represents a donation made toward the purchase of gas and gift cards that will then be split between Bristol's Town Welfare Officer and the Bristol Senior Center.

"We wanted to help SEE SNOWFLAKE, PAGE A14



DONNA RHODES

Carolyn Sharp's photo of a moth sitting on a fern frond graces this year's cover of the Alexandria Conservation Commission's 2019 calendar. Joining Sharp last week in displaying the calendar were Selectman Bob Piehler, board representative to the commission, and Commissioner Ernie Lamos.

## Alexandria Conservation Commission selects photos for 2019 calendar

BY DONNA RHODES

drhodes@salmonpress.com

ALEXANDRIA – On Thursday, Dec. 13, the Alexandria Conservation Commission met at the town offices to reveal the 13 photograph entries that were chosen for inclusion in their 2019 calendar, which features scenes of life in the community.

Judging the 50 entries received this year for

the photo contest was photographer David Redman. Redman said the decisions he had to make were difficult but he took time to give his professional critique on why some were selected over others.

People featured in a photo, he said, were always a plus. Some he selected for the colors, others for the surrounding scenery or feelings

that came through in the shot. A beautiful red fox in the snow by Ron MacLean and Carolyn Sharp's February photo of a bluebird huddled on a tree branch were two that really caught his eye.

Pointing to the bluebird, Redmond said, "If you can get the glare of the eye in a photo, that's good." SEE CONSERVATION, PAGE A14

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20 pages in 2 sections

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# Administration: Lawmakers' attempt to 'bring clarity' to default budget leaves much to legal interpretation

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — Lawmakers who earlier this year amended RSA 40:13, the Official Ballot Law, sought to bring clarity to the provision of that law that has caused the most confusion through the years: the default budget. They tried to do a better job of defining how the governing body — the municipal or school board that determines the default budget — makes the calculations and explains that method to the legislative body — the voters.

School Administrative Unit 4 Business Administrator Michael Limanni, however, says the tinkering still leaves a lot of area for interpretation. In suggesting the default budget that the Newfound Area School Board should consider for the 2019-20 fiscal year, Limanni said the school administration did its best to straddle the line between what was reasonable and what was allowed by the new language.

Central to the issue was the revised law's use of the word "authorized" when referring to the previous year's budget. Limanni said that the top lawyers in the field have concluded that, when voters reject a proposed budget — as Newfound voters did this year —

and a default budget goes into effect, it is not an "authorized" budget and, therefore, in calculating the next year's operating budget, officials have to go back to the last budget that voters did approve to determine what qualifies as "contracts previously approved" and how to calculate what the new figure should be.

Vincent Paul Migliore, the school board member from Bridgewater who also serves in the state legislature, has a different understanding of what the language means. He argued that when voters rejected the proposed budget, they were, in effect, authorizing the implementation of the default budget. Therefore, in his view, it is the most recent budget that serves as the base for calculating next year's default budget.

There was also disagreement about what constitutes a contract.

Migliore felt the language was very clear, stating "'Contracts' as used in this subdivision means contracts previously approved, in the amount so approved, by the legislative body in either the operating budget authorized for the previous year or in a separate warrant article for a previous year."

He therefore could not understand why

Limanni was proposing a \$120,000 increase in health insurance.

Limanni explained that the teachers' contract referred to a "structure" for calculating health insur-

ance costs. The specific amount is affected by the number of teachers and whether they are taking an individual or family plan. He said that, if they calculated the amount according

to the staffing level and projected increase from the last approved budget, it would result in a \$400,000 increase. That did not make sense, he said, and they used the low-

er figure, based on the current staff numbers and currently projected health insurance rates.

"The school board has the right to say  
SEE BUDGET, PAGE A13

# Newfound Regional High School honor roll

BRISTOL — Newfound Regional High School has released its honor roll for the first marking term of the 2018-2019 school year.

### 9th grade

High Honors: Dylan Collins, Logan Glidden, Julia Huckins, Mackenzie Jenkins, Daniel LaPointe, Evan Labonte, Lindsey Lacasse, Elsa McConologue, Kaylin Parker, Madeline Sargent, Emma Sawyer, Cassandra-Marie Zick

Honors: Sabrina Alan, Jesse Bartlett, Abigail Bauer, Margaret Bednaz, Ryan Berg, Paige Blad, Riley Boynton, Hayse Broome, Cassie Coffin, Katelynn Cornell, Connor Downes, Ryder Downes, Noah Eckert, Alana Frame, Gabriella Frasca, Luke Gordon, Nathaniel Hatch, Devin Hershberger, Aidan Hill, Paulina Huckins, Kaile-

igh LeBlanc, Emily Lower, Brandon Marsach, Caleb Moores, Jamie Norton, John Norton, Aria Peringer, Tristin Porter, Michelle Sallies, Ezekiel Shedd, Bodhi Smith, Abbey Springer, Dominique Swanson, Hannah Tobine, Ashley Tomaso, Conor Van Lingen, Caoilainn Voelbel, Brian Watson

### 10th Grade:

High Honors: Adele Meyer, Madison Perry

Honors: Larry Abbott, Jacob Blouin, Mackenzie Bohlmann, Autumn Braley, Tiffany Doan, Haley Dukette, Sadira Dukette, Adrian Ehmman, Bailey Fairbank, Owen Henry, Jacob Huckins, Mackenzie Jollie, Matthew Karkheck, Serenity LaPage, Lucas Longphee, Jennifer MacDonald, Tyler MacLean, Michael Macklin, Mialo-

ra Mahmoud, Alyssa McDonough, Gretchen McGowan, Meghan Murray, Olivia Obara, Hannah Owen, Hunter Pease, Hayden Reynolds, Shyann Seymour, Simon Shedd, Oceanne Skoog

### 11th Grade:

Honors: Hannah Babbitt, Leah Bunnell, Lillian Colby, Evelyn Cutting, Carter Davis, Isaiah Dokus, Duncan Farmer, Maura Geldermann, Ashlynn Hatch, Mark Henderson, Madeline LeClerc, Caroline Marchand, Brandon Marcoux, Kasandra McClay, Hayleigh Pabst, Alex Peterson, Alexis Raimondi, Ezekial Richardson, Madison Royea, Michael Sylvain-Stott, Anna Watson

### 12th Grade:

High Honors: Jillian Buchanan, Madison

Gould  
Honors: Gabriel Bauer, Aaron Belyea, Jakob Beshta, Jonathan Blake, Lilyana Cloutier, Makayla Coffin, Cian Connor, Julie Costigan, Erika Crooker, Madison Dalphonse, Mackenzie Davis, Kathryn Drapeau, Ashley Durant, Hannah Eastman, Elliot Economides, Cole Frye, Nicholas Green, Greta Gruss, Spencer Lacasse, Matthew Libby, Kimberly Lower, Rylee MacPherson, Deanna Martin, Madison Martin, Mason Martin, Josiah Page, Madison Paige, Dylan Perkins, Jacob Pfister, Aryn Prescott, Cheyenne Reilly, Logan Rouille, Gracie Schilling, Leslie Shattuck, Megan Stafford, Trinity Taylor, Mia Tomasetti, Naomi Wade, Reid Wilkins

## Holy Trinity Parish announces Christmas Mass Schedule

REGION — Following is the Christmas Mass schedule for Holy Trinity Parish's churches in Plymouth, Bristol, and Ashland.

Christmas Eve, Monday, Dec. 24  
4 p.m., Our Lady of Grace, Bristol

4 p.m., St. Matthew Church, Plymouth  
6 p.m., St. Matthew Church, Plymouth  
9 p.m., St. Matthew Church, Plymouth

Christmas Day, Tuesday, Dec. 25  
10:30 a.m., St. Matthew Church, Plymouth

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<b>AQUAMAN PG-13</b> Fri.-Sun.: 1:00, 4:00, 7:00, 10:00 PM Mon.: 1:00, 4:00 PM Tues.: 4:00, 7:00, 10:00 PM Wed.-Thurs: 10:00 AM, 4:00, 7:00, 10:00 PM	<b>SPIDER-MAN: INTO THE SPIDER-VERSE PG</b> Fri.-Sun.: 1:15, 4:15, 7:15, 9:45 PM Mon.: 1:15, 4:15 PM Tues.: 4:15, 7:15, 9:45 PM Wed.-Thurs: 10:30 AM, 1:15, 4:15, 7:15, 9:45 PM
<b>MARY POPPINS RETURNS PG</b> Fri.-Sun.: 12:45, 3:45, 6:45, 9:30 PM Mon.: 12:45, 3:45 PM Tues.: 3:45, 6:45, 9:30 PM Wed.-Thurs: 10:00 AM, 12:45, 3:45, 6:45, 9:30 PM	<b>No shows after 5pm on Christmas Eve</b>

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BRISTOL — It has come to our attention that an attempt by one of our correspondents to expand on a recent statement made by a member of the Newfound Area School District's Budget Committee may have resulted in a misperception as to the intention behind that statement.

An article published in our Dec. 6 edition concerning the school district's proposed budget for fiscal year 2019-20 stated that Don Franklin, who currently

serves as Hebron's designated representative to the budget committee, suggested during a recent board meeting that "giving voters a chance to decide could result in building maintenance getting delayed. He favored including capital projects in the operating budget where it would be more difficult for voters to locate and remove the funding."

Mr. Franklin subsequently contacted the Landing contending that his statement had been

misrepresented. At his urging, we reviewed video footage from the Oct. 22 school board meeting at which he spoke and determined that his actual statement, in its entirety, was "Let the board remember that putting the CIP [Capital Improvement Plan] projects out for warrant approval, you run the risk of the voters voting them down, despite the significant need for those projects to be completed." He did not explicitly speak to a belief that including capital expenditures in the budget rather than bringing them forth as warrant articles would make it more difficult for voters to single them out. Our correspondent

maintains, however, that he understood that to be the intention behind Mr. Franklin's statement, and felt a duty to relay that information for the benefit of readers.

We believe that our correspondent's attempt to expound upon Mr. Franklin's original statement was an honest effort to reflect what he understood Mr. Franklin's intentions to be. The fact remains, however, that the wording in the article attributed sentiments to Mr. Franklin that were not actually expressed, and he has our sincere apologies for any embarrassment or difficulty this unfortunate misunderstanding may have caused him.

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## Town of Bristol, NH

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**Work includes:**

- Demo
- Millwork. Cabinets.
- Doors / frames / hardware
- Drywall and framing
- Paint
- Flooring
- ACT Ceiling
- Lift / LULA
- Mechanical ( HVAC & Plumbing )
- Electrical

**Work is expected to be January through May. All who submit their names will be mailed the bid packages for submittal.**

# Circle Program receives grant from Speedway Children's Charities

LOUDON — The room was filled with holiday spirit on Dec. 6 as New Hampshire Gov. Chris Sununu and Manchester Mayor Joyce Craig joined Speedway Children's Charities New Hampshire Chapter at its 10th annual grant distribution ceremony at The Palace Theatre in Manchester. Grants were handed out to 55 local nonprofits totaling \$75,190 in front of the festive backdrop from "A

Christmas Carol." "I couldn't be prouder of this team today," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "We all get caught up in the everyday hustle and bustle, but it's days like this that really show us what's important and make you feel good."

Since its inception in 2009, New Hampshire Motor Speedway and



COURTESY (Left) Circle Program representatives accepting the grant during a ceremony held at The Palace Theatre in Manchester last week honoring all grant recipients.

helped to put everyone in the holiday mood."

Funds raised through the New Hampshire Chapter includes events such as a comedy show, the Dale Jr. Foundation Safe Kids 301, a motorcycle ride, Laps for Charity, Ricky Craven's "One for the Kids" Golf Tournament, Champions Breakfast, the Wicked Good Live Auction, helicopter rides, Track Walk Presented by PPG, the Red Bucket Brigade by PPG, the Charity Clay Shoot, Full Throttle Fall Weekend, 24 Hours of Lemons, Yule Light Up The Night Run/Walk and Gift of Lights.

Both Craig and Sununu expressed how important it is to support the organizations, not only in Manchester and throughout New Hampshire, but across New England that work

SEE CIRCLE, PAGE A13

## Mayhew Program one of 55 charities to receive grant from Speedway Children's Charities

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"I couldn't be prouder of this team today," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "We all get caught up in the everyday hustle and bustle, but it's days like this that really show us what's important and make you feel good."

Since its inception in 2009, New Hampshire Motor Speedway and SCC have distributed more than \$1.7 million, supporting more than 749,000 children in the local community.

"I am just overwhelmed with joy," said Hillarie Scott, director of Speedway Children's



COURTESY

Mayhew Program representatives accepting the grant during a ceremony held at The Palace Theatre in Manchester last week honoring all grant recipients.

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## From the Editor's Desk

*Put a little love in your heart*

Alongside the bright red ribbons, boughs of holly, and countless images of Jolly old Saint Nick that seem to greet us everywhere we go during the holidays, those of you who have braved the malls or, better yet, stayed closer to home and browsed the shops in your own community this season have likely encountered another iconic holiday image in your travels — the dedicated volunteers who bundle up and brave the chilly air with jingling bells in hand to collect donations for the Salvation Army.

These hearty souls can be seen everywhere, from their traditional outpost on Main Street in Laconia to the entrance of the recently re-modeled Wal-Mart supercenters in Gilford and Tilton. Always seeming to be ready with a cheerful greeting and a warm smile for the crowds of shoppers who file past them every day, their presence serves as an important reminder to all of us that now, more than any other time of year, is the time to turn our thoughts toward the less fortunate among us ... and that sometimes, the greatest gift of all can be a helping hand in a time of need.

With the continuing cloud of economic uncertainty causing many of us to tighten our belts more than usual when it comes to our holiday shopping in recent years, and the stress of dealing with family dysfunction or traveling away from home for the holidays occupying our thoughts, it can be all too easy to forget that times are that much harder for those who have been victimized by the stagnant economy of the past few years. Right here in our own backyard, there are a great many families who have fallen on hard times, often through no fault of their own, and who have nowhere left to turn for help but the generosity of strangers.

Fortunately, there are no shortage of charitable organizations throughout the area that are prepared to meet the growing demand for assistance, but only with the support of their respective communities. So as they rush around this weekend grabbing those last-minute stocking stuffers or that much sought-after game system, we encourage our readers, as we do every year at this time, to think of their fellow man and put a little love in their hearts (as Jackie DeShannon once sang) and remind themselves of the true meaning of the season by offering a helping hand to those who need it. Whether it be through a donation of canned goods to the Lakes Region Food Pantry in Moultonborough; a monetary gift to the Tilton-Northfield-Sanbornton Christmas Fund; a donation of used clothing to the Goodwill or Salvation Army thrift stores in Laconia and Belmont; a shopping trip to fulfill the wish list at Bristol Community Services; a donation in support of the annual Keep The Heat On fundraiser in Plymouth; or simply by slipping a handful of bills into one of the bright red Salvation Army coffers manned by those spirited, bell ringing volunteers, remember that it may only take a small amount of effort to make the season bright for a neighbor in need.

## PET of the Week Cooney



Cooney, a totally precious 14 year old tuxedoed lady will be a beautiful addition to anyone's family. This purr machine loves snuggles, plenty of sunshine to warm in and a comfortable bed to enjoy her senior years. She does have a thyroid condition, which is easily managed through her diet. She is good with other cats and enjoys a good long chin rub. Cooney has been with us since early October after being given up by her owner due to a living arrangements change. Visit with this curious, hypnotic green eyed



beauty and experience the absolute joy of giving your heart and home to such a sweet and deserving cat.

## CADY Corner

*Happy, Happy Holidays!*

BY DEB NARO  
Executive Director

CADY is excited to share information about our amazing youth and our progress over the past year. We see growth every day in the inspiring faces of our youth as they learn and thrive.

Why does everyone at CADY get up every morning and apply our very best efforts to our mission? Simply because the young people in our community count on us and benefit from our work. Our non-profit organization exists because our programs work. Together, with our community partners, we empower our youth to

achieve so much more than they would otherwise do.

We might be biased, but we believe our youth, and our programs, are one of the very best investments you can make in our community. We hope you feel the same way. When you invest in CADY:

You provide the opportunity for local teens to participate in asset-building, year-round, real-world programming through our nationally-recognized Launch Youth Entrepreneurship Program. Since 2005, 280 youth have participated in the Launch.

You help local youth

develop high-level leadership skills through our award-winning Youth Advisory and Advocacy Council (YAAC) where these youth influence positive change with their peers, community, and state. Since 2009, over 100 youth have served as leaders in prevention.

You provide opportunities for youth to experience Alex's Story of HOPE (Heroin and Opiate Prevention Education). Since 2015, this significant, life-changing program has been presented to the New Hampshire Legislative Task Force on Opioid Addiction, The New Hampshire

Association of Counties, the Northern New England Society of Addiction Medicine, and hundreds of New Hampshire high school and middle school students (a program spotlight is included on our website at cadyinc.org). We are very proud to collaborate with the PSU TIGER (Theatre Integrating Guidance, Education, and Responsibility) on this important program that educates through the arts, science-based information, and lived experience.

You provide opportunities for the Junior Action Club (JAC), a program for elemen-

SEE CADY, PAGE A13

## Newfound Landing

*Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.*

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Phone: 603-279-4516 • Fax: 603-279-3331

**Frank Chilinski, President & Publisher**  
**Ryan Corneau, Information Manager**

**Brendan Berube, Editor**

*E-mail: brendan@salmonpress.news*

**Joshua Spaulding, Sports Editor**

**Donna Rhodes, Reporter**

**Advertising Sales: Tracy Lewis**

**Distribution Manager: Jim Hinckley**

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## Strategies for Living

*On unsung heroes and outstanding men*

BY LARRY SCOTT

Talk of unsung heroes, outstanding men who were largely ignored and soon forgotten, and Joseph, Jesus' stepfather, goes to the top of my list.

The last we hear of Joseph is in the Gospel of Luke, chapter 2, where we read that Jesus' "father" was present on a journey the family made to Jerusalem when Jesus was 12 years old. Even then, Joseph is not named. That's it! We never hear of him again, not even as to his death.

Much has been made of Mary, and rightly so. She was a special woman given a role second to no one else in the annals of history. We can only imagine what a moving experience it must have been the

first time she realized she was holding God in her hands!

But she was not alone. For Joseph, also, it was an awesome responsibility. As head of the family, it fell to Joseph to give Jesus the stability and the security He needed as a child. During his teen years, he watched as Joseph managed the affairs of their home. Jesus' understanding of truth and honesty, self-discipline, morality, respect for authority, and godliness were all influenced by what he observed in the man he called, "Dad." He watched as Joseph responded to the frustrations and challenges of managing a business in first century Israel. It was, undoubtedly, a critical factor in His

education.

Keep in mind that Joseph was a normal man. He, like each of us, needed to discover the strength of character that can be developed only through the give and take of life. There were surely times when he blew it, and perhaps occasions when he didn't respond well to the growing-up antics of his unique stepson. But he was a good man and God Himself chose him for the rearing of his beloved son.

Although history records little of Jesus' childhood, one can surmise that Jesus also saw Joseph smile and relax as together they spent many a quiet afternoon fishing and enjoying each other's company. What an

impact the many conversations they had together must have made on Jesus' outlook on life! Joseph, as no other man on earth, helped make Jesus the man he was to become.

As we face the new year, it prompts a lesson we all need to take to heart. If we are typical, we develop our self-respect, indeed, our very attitude toward life, by the things we own and the success we have experienced. We admire wealth, power, and fame. God, however, seems to have a very different agenda. He is far more interested in who we are than in what we do. Character is primary!

Our accomplishments may be limited. We may be unknown

SEE STRATEGIES, PAGE A13

# Nephews banished to Pluto, and a multi-cultural knife

Most people will read this column on the 19th, plenty of time for that last-minute shopping, plenty of time for (you guessed it) my well-worn Christmas Gift List column, which contains wonderful ideas for your frantic tear-your-hair-out last-minute shopping.

“Well-worn” is perhaps an unfortunate choice of words, and doesn’t reflect the hours upon hours of research I do each year to make sure the column is “relevant.” The foregoing is written on the assumption that readers won’t know that “relevant” is a code word in advertising, education, publishing houses, sitcoms, and all over society for “keep the newest generation’s

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



attention span,” which is now down to a tenth of a second.

Before enraged readers bearing torches and pitchforks run me out of town (good luck on that, because I don’t live there), here it is, in an abbreviated version (not much space left here, on account of getting very close to going off on a rant up there), my not-so-famous Gift List.

--Does your short-list of Family and Extremely Close Friends, Maybe Too Close, include a hiker, camper, fisherperson, which we’re all supposed to call “anglers” now, or even “fisher” (which to



COURTESY CLIPGROUND.COM

Yup, that blip on the NORAD screens is Old Santy on his way to deliver gifts, some of them (by gum) suggested right here.

me is a furry little animal that sometimes actually runs around with a fish in its mouth, but we digress), or anyone

else who likes to totally waste hour upon hour in the great outdoors, even by just sitting there whittling on the porch and

once in a while sneaking a sip of Old Skunk from a jug hidden there in the woodpile, but guess what, Gramps, everyone knows (wink, nudge)?

Well, get ‘em a multi-blade, multi-purpose, multi-faceted, multi-tasked, multi-cultural (getting into shoal waters here), multi everything else on the planet, a not-so-genuine Swiss Army Knife. This last qualifier is because most of these knives are cheap knockoffs, and never got closer to the Swiss Army than the Swiss embassy in Botswana. Anyway, these make a great gift--great for actually being useful, not so great for swaggering (sample line, from “Crocodile Dundee”---WARNING: Not suggested---“That’s not a knife---THIS is a knife”).

--Telephone Call Card. Now here’s a radical gift idea. Don’t have a clue what to give your children (who are now collecting Social Security but still living in your cellar), grand-children (sometimes ditto), nieces and nephews who are actually the children

of people you’ve never heard of, or the children of people who are distant cousins but not quite distant enough to your satisfaction, which would be, say, the non-planet Pluto?

Well, this phone call card will enable the younger set, which is everybody younger than you are, to get their self-absorbed little beaks out of Game Boys and endless other “it’s all about me” devices and urge them to pick up the telephone and spend a few minutes actually thinking about you.

Imagine---someone actually thinking about you. It’s the perfect Christmas gift, the kind of gift that can truly go right on giving, not to them, but to you---all day, all week, and beyond.

*(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Letters, with contact information for questions, welcome at: campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)*

## Towns

### Alexandria

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

Glad to have successfully landed here with our column. And no, I didn’t get stuck in a snow drift, or blown off the hillside, just lots of things going on. Still making great progress with the hip replacement. Still doing physical therapy for a bit longer, and no more doctor visits until March. Had X-rays taken last week, and the new hip is healing well. Although I don’t travel far or often, I’ve begun driving again.

### Town

Budget Committee Meeting Thursday, Dec. 20 at 6 p.m. in the Municipal Building.

Conservation Commission Meeting Wednesday, Dec. 26 at 6:30 p.m. in the Municipal Building.

Board of Selectmen Meeting, Tuesday, Jan. 8 at 6 p.m. in the Municipal Building. There will be a Budget Committee Public Hearing immediately following the Selectmen’s Meeting.

First Deliberative Session has been scheduled for Saturday, Feb. 9 at 10 a.m. at the Town Hall.

These meetings are all open to the public, unless otherwise noted.

### Alexandria UMC

Office Hours and Visitation 11 a.m. until 6 p.m. Thursday, Dec. 20. Advent Bible Study will begin at 6 p.m. in the Vestry.

Sunday, Dec. 23, the fourth Sunday in Advent, worship begins at 9 a.m. and is based on Luke 1:39-55.

Christmas Eve Service Monday, Dec. 24 at 7 p.m.

### Happy December Birthdays to Larry Stickney and Deb Blouin!

I’d like to wish each and every one a very Merry Christmas! May your travels be safe and many happy memories made. Thoughts and prayers to those who will have an empty chair this year, and those who cannot be home for the holidays.

### Groton

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

If you would like to donate food or winter clothing to the Groton Christmas Tree, please see Elizabeth at the Town Clerks office or call 744-8849. Elizabeth works most afternoons from noon to 4 p.m. The Last day to donate will

be Dec. 21 as we will be distributing on Dec. 22. We have had a wonderful outpouring from the people in Town this year. As you can see from the notice below, there has been a good amount of winter clothing. The gifts for the children are all sorted and wrapped and ready to go and we have had good food donations and money donations towards food. We want to thank you all for your generosity.

The Town has acquired from donations a large selection of winter coats, sweaters, pants and jackets in both children’s and adult sizes. They are in the Town Hall in the Community Room if you or someone you know has a need help yourself. If you have specific needs please let us know and we will attempt to help out.

The Town is still looking for those who would be able to serve in different capacities in the Town. We are in need of a Town Auditor, Cemetery Trustees, Library Trustees, Old Home Day Committee, Zoning Board Members and if you look at the Town website we are still looking to hire a Police Officer full or part-time, and a part-time Minute Taker for several committees. If you would like to serve the commu-

nity in any of these ways, please contact the Town Offices at 744-9190 or 744-8849 and we’ll be glad to “get your number.” Soon we will be looking to have people to sign up to run for these offices in the Town Elections that will be held in March. We have several who are at the end of their term and will be looking to be re-elected, but some who are ready for a change of pace and so there will be lots of openings available. As these openings become evident I will try to post them here so that when the filing period comes around at the end of January we will have some sign-ups.

### Scheduled Meetings and Office Closures

Select Board Work Sessions -Tuesdays, Jan. 8 and 15 at 6 p.m. at the Town House

SEE TOWNS, PAGE A6

**At Your ServiceNH**  
Waste & Recycling

15 Yard Dumpster  
\$550 - 2 Tons-30 Day Rental  
\$495 - 2 Tons-14 Day Rental

10 Yard Dumpster  
\$350.00 - 1 Tons - 14 Day Rental

Common Uses...Construction, Renovations, Roofing, Debris, Demolition, House Cleanouts

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## Towns

FROM PAGE A5

Select Board Meetings (open to the public) – Tuesdays, Jan. 8 and 15 at 7 p.m. at the Town House Conservation Committee Meeting – Thursday, Jan. 10 at 7 p.m.

Planning Board Meetings – Wednesday, Jan. 23 at 7 p.m. at the Town House

Possible Planning Board Hearing on Jan. 21 at 7 p.m. to discuss the Groton Proposed Zoning Ordinance. This means a copy should be available in the Town Offices by Jan. 10.

The Select Board Office will be closed Dec. 24 through Jan. 1, and will reopen on Jan. 2, and will be closing early on Jan. 7 at 1:45 p.m. The Town Clerk/Tax Collector's Office will be closed Dec. 24 and 25 for the Christmas Holiday and Jan. 1 for New Year's Day.

Tax bills for the 2018P02 warrant were due Dec. 14. They will be accruing interest now at the rate of 12 percent. The total in taxes due the Town on Dec. 17 was \$205,662.22 and of that amount \$20,660.61 is for 2016 liens, \$51,965.28 for 2017 liens and \$47,406.98 for 2018P01. Paying taxes on time helps the whole community by reducing taxes for everyone. I am grateful to those who have budgeted and paid on time. Remember that we do take partial payments and even prepayments if that helps to be able to budget. The interest on all licensed amounts is 18 percent, so the more liens are paid down the better. We have taxpayers in Town who pay a small amount each month; especially those who are on a fixed income. A new law has been passed that will reduce the interest amounts on delinquent property taxes, but this will not go into effect until the 2019P01 tax warrant in June that will be due in July. All previous warrants will continue under the current interest rates.

## Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

### Hebron UCC Church Christmas week schedule

Our service on Sunday, Dec. 23 is at 10 a.m. and our Christmas Eve service is at 8 p.m. All are welcome to join us.

### Hebron Historical Society Holiday Deal!

Just in time for the Holiday Season, the Hebron Historical Society is offering a complete package of Hebron history publications at a special discount price!

For \$100, you receive:  
A History of John Ordway with his Genealogy, 60 pages 2006

The History of Hebron, The First Two Hundred Years, 247 pages, 2008

Origin of Some Hebron NH Place Names, 22 pages, including maps locating those places

A Self-Guided Tour of the Hebron, NH Village Cemetery, 43 pages, 2012

A History of Newfound Lake, 131 pages, 2014

Hebron Album and Scrapbook, 300 photos, 289 pages, 2018

The Hebron Gazette - The First Fifteen Volumes - Combined. (thirty issues, 240 pages), 2018

In short, a comprehensive History of Hebron and environs - what a great gift for folks new to Hebron!

We can accept checks, cash and PayPal.

Send your check to Hebron Historical Society, PO Box 89, Hebron, N.H.

For a PayPal payment contact the Society Treasurer, Ron Collins at roncollins@metrocast.net.

For a cash payment and book pickup call the Society President, Dave Brittelli at 744-2634.

If we need to mail the books to you please add \$10.

### Bridgewater Country Store Sale!

20 percent off Apparel Storewide (on single items) Or BOGO 30 percent off the second item equal or lesser value \*Includes footwear, gloves, hats, socks! And while there Please donate to the Turkey Trot fundraiser and get an awesome t-shirt while supplies last!

### Gilford Holiday Basketball Tournament

If you are looking for something interesting to do during the holidays why not head over to Gilford Middle High School for their annual Holiday Basketball Tournament? On Dec. 27, the Newfound Girls are playing at 11:30 a.m. in the Middle School Gym and following that the Boys are playing at 1:30 p.m. in the same gym. Hope to see you there!

## Churches

### Ashland Community Church

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

Pastor Ernie Madden  
Phone: 968-9464

Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

#### Sundays:

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

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

#### Kidzone:

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

#### Alcoholics Anonymous Group:

Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

### Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

### Bristol United Church of Christ ("the Church on the Hill")

#### We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

#### Sundays

Pastor: Rev. Andrew MacLeod  
Intergenerational Ser-

vice: 10 a.m.

Coffee Fellowship:  
Following service

Sunday School: 10 a.m. (No Sunday School Dec. 23 or Dec. 30)

Notes: Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

#### Office Hours

Main Office – Monday through Friday - 9 a.m. to noon

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment.

Rev. Andrew's Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

#### Weekly Events:

##### Mondays

A.A. Step meeting – 7:30 p.m.

Bible Study – 7 p.m.

##### Tuesdays

Bone Builders – 9:30 a.m.

Senior Crafts 9:30 a.m.  
Senior Luncheon – Noon

AA Discussion – 8 p.m.

##### Wednesdays

Morning Reflections continue through the month of December with Rev. Andrew moderating. We gather at 7:30 a.m. on Wednesday mornings in Fellowship Hall. Coffee is provided. Come join us!

##### Fridays

Bone Builders – 9:30 a.m.

##### Monthly Events

WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

T.E.A. (Time, Encourage, Accept) – for Women 3rd Tuesday at 4 p.m. They will continue to meet for the month of December. Meeting place varies.

Women's Fellowship – Cheer bag preparation, meeting and pot luck luncheon/grab bag was held on Thursday, Dec. 13 and a great time was had by all! Next meeting will be held on Thursday, Jan. 10 at 10 a.m. in Fellowship Hall. All are welcome!

Choir rehearsal continues at 4 p.m. every Wednesday.

##### Ongoing

Bristol Community Services is in need of, spaghetti sauce, baked beans, canned fruit, jelly, and canned peas. Please help if you can!

Taking a break in December, The Dynamite Dinner Crew will resume on Jan. 12 with a chowder supper! Chowders will be prepared by the Women's Fellowship. Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

The ukelele band is now in full swing, and having a lot of fun! If you are interested in joining, please contact Debbie Doe. The band is getting together once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. They

performed their first song for the congregation on Sunday, Dec. 16!

Rev. Andrew has indicated that several people have approached him with interest in meditation as a self-care practice. Please contact him if you are interested in having a weekday program for meditation. It's possible the group could meet and learn and practice a different meditation technique at each session.

Remainder of the hour would be for quiet, individual meditation in whatever style works for you. Based on interest, we will then proceed to scheduling.

We are hoping to bring a labyrinth to church during the Lenten season. If you would like to help with the planning of this special event, contact Rev. Andrew!

A big thank you to Tom Keegan for shoveling our church walks and pathways until someone else is available!

#### Note:

Christmas Eve candlelight service will be held on Dec. 24 at 7:30 p.m.

All are welcome to a special service of carols, candles and scriptur readings. Sharing in the service can be a moving and meaningful part of the holidays.

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

## Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by fellowship and coffee. Please come meet our Interim Minister, Rev. Earl Miller.

Our Christmas Eve Service is at 8 p.m.

Once a month we make soup for members in our greater church community. Our next "Soup Route" is Jan. 14. If you would like to receive soup, or would like to volunteer to make or deliver soup, please contact the Church Secretary at the contact information listed below.

Bible study will resume on Thursday, Jan. 10 at 9:30 a.m. in Community Hall. Anyone is welcome to join us.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our administrative assistant's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church website at www.hebronchurchnh.org.

Rev. Miller is also

available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the Administrative Assistant, Linda Kriss, using the contact information in the above paragraph.

## Holy Trinity (Roman Catholic)

#### Parish News

The Peace Light of Bethlehem, brought here by Austrian Scouts via Austrian Airlines, and passed on to the American Boy Scouts, is available for you to take home. Be sure to bring a candle or lantern that is covered and safe for travel.

The Christmas Mass Schedule is:

Christmas Eve Monday, Dec. 24 at 4 p.m. at St. Matthew Church and 4 PM at Our Lady of Grace Chapel. There will also be a 6 and 9 p.m. Mass at St. Matthew Church. There will be no Midnight Mass this year.

Parking will be at a premium at St. Matthew as we continue to have the lot closed due to construction. Parking is available at the commuter lots on the corners of Langdon and High St. The 4 p.m. will be particularly crowded, as it is every year. An option is to go the Mass at Our Lady of Grace at 4 p.m., where there is plenty of parking

Christmas Day, Tuesday, Dec. 25: there will be a Mass at St. Matthew Church in Plymouth at 10:30 AM.

There are still tags available on the Our Lady of Grace giving tree and the gifts are due back wrapped with the tag on the front by Sunday, Dec. 23. This year, the Faith Formation classes are hosting the tree and we are sponsoring Haven Pregnancy Center, local families and NINH. For more information, email Chris at holytrinitybristol@gmail.com.

## Restoration Church, Plymouth (Assemblies of God)

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

Sunday:  
10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series en-

SEE CHURCHES, PAGE A7



*How to Submit Obituaries & Announcements To Salmon Press Publications*

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

**Obituaries** can be sent to:  
**obituaries@salmonpress.com**

**Wedding, engagement, and anniversary announcements** are welcome at:  
**weddings@salmonpress.com**

Photos are also welcome, but must be submitted in jpeg format.

*Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 111  
with any questions regarding  
the submission process.*

# Pneumonia: What seniors need to know

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

## Why Are Seniors Susceptible?

There are certain serious health conditions that we often associate with older adults. Heart disease and cancer are a few that top

the list. But one that may not seem as obvious has the potential to be just as life-threatening as others in the category. Defined as a respiratory lung infection caused by viruses, bacteria, or fungi, pneumonia hospitalizes approximately one

million Americans each year, according to the Centers for Disease Control and Prevention (CDC). Many are 65 years of age and older. But what is it, physiologically, that makes seniors more susceptible to pneumonia than other age groups?

As we age, the efficacy of our immune system diminishes, and our body's natural defenses become less reliable. This, in turn, makes us increasingly vulnerable to any illness, even if it's relatively minor. As a result, something as com-

mon as a cold or mold spores in the home may lead to an infection of the lungs for seniors. Similarly, frailty – especially from ongoing recovery – can make it harder for seniors to cough and rid the lungs of certain infectious elements. Seniors may also be at greater risk if they have existing health conditions such as diabetes, Parkinson's disease, COPD (chronic obstructive pulmonary disease), HIV, and heart disease.

Despite its commonality, pneumonia certainly doesn't represent an inevitable aspect of aging. While there is no 100 percent guaranteed form of pneumonia prevention, there are steps seniors can take to reduce their overall risk. Doing so can help them continue to live life to the fullest – safely, healthily, and independently.

## Ways to Reduce Pneumonia Risk

**Get Vaccinated:** Because pneumonia often appears in seniors who have the flu, getting

vaccinated against influenza is recommended. Vaccine options include Fluzone High-Dose, Fluad and Flublok Quadrivalent. Seniors should talk to their physician about which is best. Additionally, to help guard against pneumonia, the CDC recommends that seniors get the two available vaccinations: PCV-13 (pneumococcal conjugate vaccine) and PPSV-23 (pneumococcal polysaccharide vaccine). Seniors should get PCV-13 first, then follow up with PPSV-23 approximately a year later.

**Prioritize Hygiene:** It may seem like common sense, but simply washing our hands and using hand sanitizer can make a world of difference. Seniors should avoid germ-ridden surfaces (e.g., door handles, grocery cart handles) whenever possible, and keep their distance from any sick relatives or friends. As mentioned, it doesn't take much for seniors to develop pneumonia, so even the smallest of hygienic best practices are worth following.

**Don't Smoke or Take Steps to Quit:** Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms often become compromised.

**Practice a Healthy Lifestyle:** Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk of not only pneumonia, but a number of other health conditions.

## Comfort Keepers® Can Help

Whether senior clients are recovering from pneumonia, SEE PNEUMONIA, PAGE A14

## “I Am College Bound/I Applied” initiative helps 1,000 NH high school seniors

CONCORD — More than 1,000 New Hampshire high school seniors from 20 public high schools submitted nearly 2,700 college applications during the first week of the state's “I Am College Bound/I Applied” initiative. This national program, coordinated by the American Council on Education, is designed to help high school seniors navigate the complex college admissions process and ensure they apply to at least one postsecondary institution during a daytime event at their high school.

“While the vast majority of submitted ap-

plications are for New Hampshire colleges and universities, students did submit applications to 189 colleges nationwide,” states Valerie Castonguay, a college counselor with The NHHEAF Network Organizations. “We are grateful to the New Hampshire-based institutions who have graciously waived their application fees as part of this initiative for participating students. In addition, we are pleased that each high school is provided with one \$500 college scholarship to award to a student who submits applications as part of this initiative.”

The initiative continues the week of Nov. 26 at these New Hampshire high schools:

Colebrook Academy, Conant High School, Concord High School, Epping High School, Fall Mountain Regional High School, Franklin High School, Kearsarge Regional High School, Kennett High School, Kingswood Regional High School, Manchester West High School, Mascenic High School, Mascoma Regional High School, Newfound Regional High School, Newport High School, Nute High School, Pembroke Academy, Pitts-

burg High School, Pittsfield High School, Salem High School, Stevens High School, and Winnisquam Regional High School. For a complete schedule of events, please visit <http://nhheaf.org/IACB-info.asp>.

This statewide initiative is coordinated by The NHHEAF Network Organizations' Center for College Planning (CCP) in partnership with NH colleges and universities, NH school counselors, NH Department of Education, NH Charitable Foundation, NH College & University Council, and other statewide stakeholders.

## Churches

FROM PAGE A6

titled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

## Our Mission Statement: Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

## A Shared Ministry of St. Mark's, Ashland and Church of the Holy Spirit, Plymouth

Services: Sunday 8 a.m., 263 Highland St., Plymouth

9:30 a.m., 18 Highland St., Ashland

Sunday School: 9:30 a.m., St. Mark's Ashland

Thursday: 11 a.m. Healing and Eucharist, St. Mark's Ashland

Christmas Eve service and pageant Monday, Dec. 24, 5 p.m., St. Mark's, Ashland.

Ashland Community Breakfast will be from 8 – 9 a.m. in Sherrill Hall on Saturday, Dec. 22. Please come and bring a friend.

Everyone is invited to help decorate the church for the Christmas and Epiphany season by donating a poinsettia for our floral display at St. Mark's. Please drop off by Sunday, Dec. 23.

Annual Meeting Reports: If you have responsibility for an area of church min-

istry either send an email report to Heidi in the church office at [holyspiritnh@myfairpoint.net](mailto:holyspiritnh@myfairpoint.net) or deliver it to the office (please leave in mailbox if office closed) at 263 Highland St. by Wednesday, Jan 2, 2019 at the latest. Many thanks for your work and dedication.

Check out our Facebook Page. Thanks to Katie Patten for taking care of this important ministry. Visit and like this page for news of our shared ministry.

Resource Booklet: A Resource Booklet has recently been put together for our at-home communicants, our members who receive large print newsletters and those who presently do not have internet service. It is our hope that the booklet will grant them quick access to needed telephone numbers of community organizations that serve to help those in need of support services. It is also hoped that the booklet will impact the length of our weekly e-newsletter by replacing long articles with a shortened list of

phone numbers. Copies of the Resource Booklet will be available at the back of each church.

Support organizations: Church Office 536-1321; Rev. Kelly Sundberg Seaman, 667-3296; Rev. Maryan Davis, Deacon, 548-7994; Ashland Community Center & Food Pantry, 968-9698; Plymouth Community Closet, 536-1101; CHS Quilters Group, 536-4015 (leave message); Comfort Keepers In-Home-Care, 536-6060; Day Away Respite Care, 536-6304; Parkinson's Disease Support Group, 653-6672; Transport Central 1-855-654-3200; Whole Village Family Resource Center, 536-3720.

Stewardship 2019: Pledge cards were due on Dec. 16; however, if you did not receive an 'Invitation to Give' to support your church, please phone or email the church office.

Updating Church Directory: If you have not filled out a welcome card with your current address, telephone number, and email address, please do so

at your earliest convenience. Cards available at the back of each church. Please also include special dates like birthdays and anniversaries if you'd like us to honor them.

## Star King Unitarian Universalist Fellowship

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

## This week at Starr King:

Dec. 23 - Sunday Worship – 9:30 a.m. – Winter Solstice: Beauty in the Dark

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

The celestial conse-

quence of earth's tilt away from the sun offers us the chance to pause and wonder together, that without the darkness, we could not appreciate the light.

Dec. 24 – Christmas Eve Service – 5 p.m.

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director and Choir

For Christmas Eve we will gather together in this season of hope and promise to celebrate the sacred gifts of love, light, and one another.

Visit our Web site [www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908

**If you would like to learn about the honeybee and the art of beekeeping - the Pemi-Baker Beekeepers' Assn. have a BEE SCHOOL for you!**



**Dates:** Saturdays: Jan 26; Feb 2, 9, & 16, 2019

**Time:** 9:00 am to 2:00 pm

**Location:** American Legion Post 15; 39 Main Street, Ashland, NH

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	16-18 Riverside Dr.	N/A	\$150,000	Anne Laszio	Riverside LLC
Ashland	Squam Point Lodge Condo Unit 16	Condominium	\$290,000	Brian J. and John J. Spera	Kenneth M. Rodrigues and Claire M. Murphy
Bridgewater	2775 River Rd.	Single-Family Residence	\$274,000	Gerossie Fiscal Trust	Bigelow & Laquerre Fiscal Trust
Bristol	594 100 Acre Wood	Single-Family Residence	\$241,000	Charles M. Carpenter	Thomas and Amye Kaempfer
Bristol	45 Grandview Dr., Unit L	Condominium	\$129,000	Charles H. and Sharon A. Voyer	Roger T. and Christine J. Conner
Bristol	22 Nyberg Rd.	Single-Family Residence	\$62,733	Terri L. Phelps Estate	Rachel C. Jones-Carlson
Bristol	Route 104	N/A	\$62,733	Gerald Gagnon Fiscal Trust	Rachel C. Jones-Carlson
Bristol	33 W. Shore Rd.	Single-Family Residence	\$286,250	Kathryn J. O'Neil Estate	Kon Voda LLC
Campton	201 Alden Dr., Unit 7	Condominium	\$105,000	Jeffrey and Amy Rose	Cheryl A. Haynes and Kenneth E. Horne
Campton	104 Hogback Rd.	Single-Family Residence	\$140,933	Marjorie Howard	Joshua G. and Paige F. Gadbois
Campton	15 Overlook Rd., Unit 3	Condominium	\$69,000	Craig Russell	Lee A. Bruno
Campton	Page Road	Residential Open Land	\$100,000	Janet A. Doner Fuat and Leslie T. Ari	N/A
Campton	10 Weetamoo Trail	Single-Family Residence	\$200,000	Steven A. Ross and Weetamoo Landing Trust	QS Private Lending LLC
Campton	N/A	N/A	\$74,025	FNMA	Knud and Eric Hellested
Campton	N/A	N/A	\$74,025	FNMA	Knud and Eric Hellested
Campton	N/A	N/A	\$10,400	Matthew R. and Nadia Bonner	Ryan D. and Holly L. Timms
Holderness	Lane Road	N/A	\$180,000	Barbara E. Evans (RET)	Albert Bennett-Evans and Emily Babonis-Evans
Holderness	3 Troon Terrace, Unit 21	Condominium	\$170,000	James R. and Linda A. Haluch	Jennifer R. Cooper and Lisa A. Hansen-Cooper
New Hampton	N/A	N/A	\$273,000	Jeremy J. Hiltz (RET)	New Hampton School
Plymouth	346 Daniel Webster Highway	Single-Family Residence	\$80,000	Judith M. Gilmore and US Bank NA Trust	US Bank NA Trust
Plymouth	Mayhew Turnpike (es) Lot	Residential Developed Land	\$21,000	Ernest R. Thompson and Lisa C. Savage	Chelsea Boyd
Plymouth	Page Street	N/A	\$57,533	Byco LLC	Maria Yelle Fiscal Trust
Plymouth	33 Ridgewood Place	Mobile Home	\$99,933	Donald and Diane Dumont	Gary Dickinson
Rumney	544 Doetown Rd.	Single-Family Residence	\$305,000	Michael E. and Karen Johnson	Joseph C. and Vicky S. Wieners
Thornton	Covered Bridge Road	N/A	\$171,000	Katrina Kendrick	Jessica A. Hill and Shawna D. Chase
Thornton	12 Diamond Ledge Rd.	Single-Family Residence	\$202,133	Gregg D. Locke Holly A. Rousseau	N/A
Thornton	65 Mountain River East Rd., Unit 53	Condominium	\$145,000	Frederick R. and Linda M. Wijnen-Rems	Thomas F. and Anne E. Boucher
Thornton	38 Northpointe Rd.	Single-Family Residence	\$313,000	William J. Burke	Shawn A. and Michelle L. Boisvert
Thornton	52 Orris Rd., Unit 5	Condominium	\$125,000	Mad River Properties LLC	Peace of Mind Properties
Thornton	143 Snowood Dr., Unit F3c	New Construction	\$146,000	Mary K. Allard and Sarah L. Ziobro	Nancy G. Perlmutter and Joseph P. Feiner
Warren	45 Breezy Point Rd.	Single-Family Residence	\$71,086	William Hartley and Citibank NA	Citibank NA
Warren	151 Pine Hill Rd.	Single-Family Residence	\$205,000	Francis J. and Judy A. Fleming	Chelsy Usher
Wentworth	586 Atwell Hill Rd.	Single-Family Residence	\$113,333	Earl L. and Karen F. Schweizer	Kelly Spencer

## ABOUT THE REAL REPORT

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

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

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

# MARK ON THE MARKETS



BY MARK PATTERSON

Whether you use a financial planner, advisor or do it yourself, planning your financial future involves a plan, strategy and tactics to get you where you need to go. So let's take a moment to think about the difference between these strategies and tactics to maybe reflect on what you have or have not done with your personal finances. To me a "plan" is the most macro or broad big idea regarding (in this example), your financial picture. But then we must create a strategy for your plan. The strategy represents a subjective time frame, for exam-

ple, five years. The strategy identifies the objectives you want to accomplish and attaches a loose timeframe to achieve your goal.

My strategy may read like this; Accumulate and grow my assets reducing the risk to the overall portfolio as I approach retirement at age 70. Using good Social Security planning, some "A" rated fixed indexed annuities for a small portion of income and a good fixed income bond ladder for most of the steady, sustainable income. I want to create a sustainable income that is not subject to market risks. Then with the remaining assets I want to continue to grow these assets with equities or stocks, managing some mitigated market risks to keep me ahead of inflation and grow my legacy. I also want to fund Long term care insurance (asset based), and

life insurance.

Now that I have outlined a basic strategy, I need to make "tactical" moves to get my strategy in motion. While I am still in the "accumulation" phase, a tactical move may be; with a portion of my assets, I will sell cash covered "puts" to create income or accumulate stock in companies I want to own. Once I own this stock, I may sell covered "calls" for income. This is a buy/write tactic that aids in the overall "accumulation" strategy.

The point is that your plan and strategy should be well defined. Not that changes should not be made, but a general idea of what you want to accomplish and how. The tactics that you or your advisor employ are more defined or maybe represent shorter periods of time. Tactics are just tools to help you reach your strategic goals which are a just

## Strategies

a part of the overall plan.

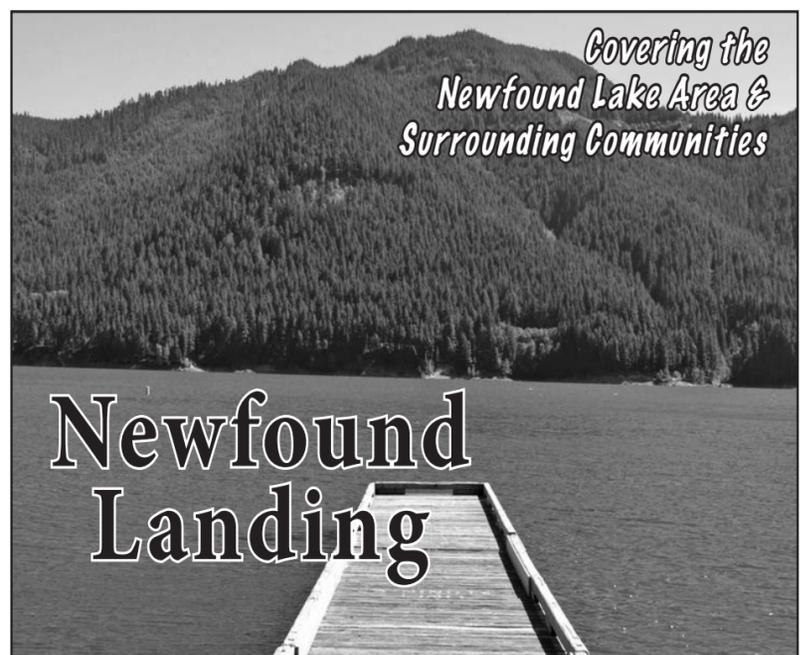
Reading this may seem simplistic to you, but I know sometimes very basic concepts can be a valuable tool for solving problems that may have seemed very complex. Buying mutual funds until you retire and taking the money out of them when you need it would

be a strategy and plan. But that plan does not include enough detail to ensure that you won't run out of money in retirement.

A very good exercise would be to write out your plan and objectives, then create a strategy to work towards your goals. If you are comfortable with the details or tac-

tics to fulfill your plan, then write those down as well. If you are not comfortable with any or all of this then, call a planner or you can call my office.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or [Mark@MHP-Asset.com](mailto:Mark@MHP-Asset.com).



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# 30 ways to celebrate a merry month

The holiday season begins in late November and runs through New Year's Day. It is marked by various gatherings of friends and family, decadent foods, cocktails, traveling, and gift exchanges. The National Retail Federation says consumers will spend an average of \$967 during the holiday season. However, the joy of the holidays also is about all of the memorable experiences that tend to make the season

so beloved. With that in mind, here are 30 ways to make the holiday season that much more merry.

1. Visit with an elderly or housebound neighbor and share conversation.
2. Donate gently used toys to a children's hospital.
3. Research the history of the holiday and share it with people you care about.
4. Make handmade Christmas tree orna-



5. Donate money to a charity or other good cause.
6. Encourage "pay it forward" movements in your community. Start by doing something simple like buying a coffee for a complete stranger.
7. Feed birds facing the cold, winter weather.
8. Take a ride or walk around the neighborhood to look at decorated houses.
9. Make a fire in a fire pit in the yard and toast marshmallows while sipping hot chocolate.
10. Binge watch holiday movies.
11. Attend the concert of a children's choir.
12. Help a friend decorate his or her home.
13. Host a tree-trimming party.
14. Schedule a day for baking cookies.
15. Sing Christmas carols at a nursing

16. home.
17. Put together care packages of items and send them to troops overseas.
18. Share the holidays with a military family whose spouse is in service and can't make it home.
19. Offer to shop for someone who is homebound due to age, a chronic illness or injury.
20. Visit a large city to look at Christmas window displays.
21. Buy and hang real mistletoe ... and use it.
22. Make a new friend and invite him or her to a holiday party for the first time.
23. Babysit a newborn so his or her parents can get errands done or just catch up on rest.
24. Volunteer at a soup kitchen.
25. Share the religious traditions of your holiday with someone of a different faith.
26. If weather permits, go sledding, build a snowman or have a snowball fight.
27. Share favorite memories at family holiday dinners.
28. Remember a deceased loved one with a special tribute.
29. Construct a gingerbread house.
30. Teach someone how to make a cherished family recipe.
31. Surprise a distant relative with an impromptu visit.

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*The Tapply-Thompson Community Center Board & Staff want to thank the many volunteers that donated their time, funding, cookies and creativity to make the 2018 Santa's Village another successful year with over 1,000 visitors. We are so very grateful for all of the support we receive throughout the year from our Annual Fund donors, Volunteer coaches, support of the NASD with the use of our school buildings and our many program participants! We couldn't be successful without all of you! We wish all in our Newfound Community a very Merry Christmas and Happy & Healthy 2019!*

# Season's Greetings!

## Holiday cookies the whole family will love

Many people enjoy baking come the holiday season, and perhaps no dish is more synonymous with holiday baking than cookies. Children leave cookies out for Santa Claus on Christmas Eve, while adults may indulge and enjoy an extra cookie or two at family gatherings or holiday office parties.

Cookies come in all shapes and sizes, so bakers have an array of options at their disposal when planning their holiday menus. Chocolate chip cookies may be among the most popular types of cookies, and

bakers who want to capitalize on that popularity while giving loved ones something a little different may want to try the following recipe for "Double Chocolate Chip Cookies" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

### Double Chocolate Chip Cookies

Makes about 12 large cookies

5 tablespoons unsalted butter, softened  
5 tablespoons granulated sugar



5 tablespoons light brown sugar, sifted  
1 large egg, beaten  
1/2 teaspoon pure vanilla essence or chocolate extract (see note)  
1 cup plus 2 tablespoons self-rising flour  
3 tablespoons unsweetened cocoa

1/4 teaspoon salt  
2/3 cup (or more) dark and white (or milk) chocolate chips (or roughly chopped chocolate)

A heavy, nonstick baking sheet

Preheat the oven to 350 F.

Using an electric mixer, cream the butter and sugars together until pale and fluffy. Beat in the egg and vanilla essence.

Sift the flour with the cocoa and salt in a small bowl. Fold into the egg mixture with the chocolate chips.

Place 4 heaping tablespoonsfuls of the mix-

ture on the prepared baking sheet, spacing them well apart. Press down and spread out to about 1/4-inch thick with the back of a wet spoon or with dampened fingers (you may like to scatter some more chocolate chips over the top). Bake for 10 to 12 minutes. Let cool on the baking sheet for 1 minute, then transfer to a wire rack. When cool, store in an airtight container. Repeat with the remaining mixture.

Note: Chocolate extract is a fat-free flavoring ingredient made from a blend of roasted cacao beans, water and alcohol.

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*Merry Christmas & Happy New Year to all!*

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# SLA to host New Year hike at Mt. Israel

**H O L D E R N E S S** — Want to bring in the New Year with a winter hike? Join the Squam Lakes Association (SLA) on Wednesday, Jan. 2 for

a hike to Mt. Israel. We will meet at 10 a.m. at Mead Base located in Sandwich and take the Wentworth Trail to the summit.

This four-mile hike

is of moderate intensity, and winter weather conditions may increase the difficulty. Enjoy lunch at the top and snap some beautiful photographs of the

distant White Mountains before heading back down. Hikers will be back at the parking lot by 3 p.m. Participants should bring extra layers that can be

taken off or added on to stay warm and dry, rain or snow gear, a hat, an extra pair of socks, hiking boots, a packed lunch, snacks, and plenty of water. Depending on conditions, microspikes or snowshoes are also recommended. The SLA can provide snowshoes for up to six participants.

Although hikers may be familiar with the trails around Squam Lake during the summer, winter

hiking in the region can provide a different perspective, and new appreciation, of the area. We encourage anyone interested in a more challenging excursion to join us on this guided hike, and get the opportunity to experience the natural beauty of the Squam Lakes Watershed during winter. In addition, there are a number of new and ongoing opportunities for

SEE HIKE, PAGE A14

## Plymouth State University students

### 'Swipe it Forward' for those in need

*Second-annual campaign results in more than 1,100 meal card swipes donated to students who are food insecure*

PLYMOUTH — Students at Plymouth State University (PSU) take the university's motto, Ut Prosim — "that I may serve" — to heart. PSU students recently stepped-up in a big way to help fellow students who are food insecure by donating more than 1,100 meal card swipes in the institution's second annual 'Swipe it Forward' campaign. The campaign, which kicked-off on Monday, Nov. 5, and concluded on Friday, Nov. 16, surpassed last year's effort by nearly 40 percent.

"Plymouth State is not the only institution where food insecurity among students is a concern — it is a concern shared by colleges and universities across the country," said Casey Krafton, Active Citizenship and Engagement Associate, Plymouth State University. "When finances are tight, some students will forego food to meet other expenses. The 'Swipe It Forward' program supplements other resources on campus to ensure that all students have access to basic resources to help them thrive academical-



Plymouth State University students recently stepped-up to help fellow students who are food insecure by donating more than 1,100 meal card swipes in the institution's second annual 'Swipe it Forward' campaign. The campaign, which kicked-off on Monday, Nov. 5, and concluded on Friday, Nov. 16, surpassed last year's effort by nearly 40 percent. Member of the PSU community shown in photo (L-R): Corey Hoyt, Sydney Tetreault, Casey Krafton, Jacqueline Fitzgerald, Brian Gagnon, Rodney Ekstrom, Ava Tyler and Jen Smith.

ly and socially. 'Swipe it Forward' truly embodies PSU's commitment to building community and taking care of one another through active citizenship."

'Swipe it Forward' is meant to aid PSU students who struggle to access food. Donated meal card swipes and equivalent cash donations are placed in a virtual meal bank administered by the PSU Student Support Foundation (SSF). Students may apply to the SSF to receive four meal card swipes, as well as other assistance and re-

sources to help them to access food.

PSU piloted the 'Swipe it Forward' program last November, and the campaign exceeded expectations, generating 840 donated meal swipes.

#### About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated

undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).



## SLA to host backyard bird workshop

**H O L D E R N E S S** — Join the Squam Lakes Association (SLA) on Sunday, Jan. 6 from 1-4 p.m. for a feathered frenzy workshop on backyard birds. Participants will make bird feeders, origami and to learn how to identify native bird species. Lakes Region Conservation Corps (LRCC) AmeriCorps member, John Plummer, will lead the activities and talk about New Hampshire's avian species along the way. This workshop will feature an indoor educational session followed by an outdoor walk to view good examples of a bird-friendly landscape. This is a great opportunity for kids to learn about some of the birds they may find in the area and also a chance to make natural crafts to bring home.

If you and your family love birds and want to learn more, sign up for this Adventure Ecology

program on the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

The Squam Lakes Association 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.

## SLA to lead guided hike to Mt. Livermore

**H O L D E R N E S S** — Join the Squam Lakes Association (SLA) on Wednesday, Jan. 9 for a winter hike to Mt. Livermore via the Cotton Mountain Trail and Crawford-Ridgepole Trail.

This hike is roughly four miles long. We will meet at 9 a.m. at the Cotton Mountain trail head (located off of NH Route 113, about 1.1 miles north of US Route 3 in Holderness, or one mile north of the Squam Lakes Science Center). We'll start up Cotton Mountain Trail, reaching the peak after six tenths of a mile. Afterwards, we will merge onto the Crawford-Ridgepole Trail for 1.3 miles before reaching the summit of Mt. Livermore. It is here where participants can enjoy the view and have a quick lunch.

After lunch, hik-

ers will head back to the Cotton Mountain trail head and expect to wrap up around 1 p.m. This hike is for all ages, but is of moderate intensity and may increase in difficulty with any icy or rainy weather. Participants should bring extra layers that can be taken off/added on to stay warm and dry, micro spikes or snowshoes, rain gear, a hat, an extra pair of socks, hiking boots, a packed lunch and snacks, and plenty of water. The SLA can provide snowshoes for up to six participants.

This hike is one of the SLA's Squam Ranger challenge hikes, so if you haven't checked it off your list or are interested in completing all the trails in the Squam Lakes network this is a hike not to miss. In addition,

SEE LIVERMORE, PAGE A14

## Here Comes the Guide!

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## Budget

FROM PAGE A2

no,” Limanni said, “but we feel [the numbers] are legally defensible.”

Migliore said the cost of healthcare was part of the discussion when the legislature was debating the bill, and “that contract amount can only be what was previously approved.” By increasing the number, he said, “We run the risk of having it come out of another line item.”

Other board mem-

bers agreed with Limanni that the proposed numbers were valid.

“I think I can defend this,” said Chair Jeff Levesque of Groton. “It’s not taking advantage of anybody.”

In the end, they agreed to set the default budget at \$22,200,457, a number that is higher than the tax cap budget. Suzanne Cheney of Alexandria, Heidi Milbrand of Bristol, and Levesque voted in favor of the motion; Migliore was the only vote in opposition. Jason Robert of Hebron

and Christine Davol of New Hampton were absent, and Danbury has a vacancy on the board.

While the school board developed a budget recommendation that falls within the tax cap (with Migliore voting against it), the budget that will go before the voters in March is the one being developed by the Newfound Area School District Budget Committee, which is working separately to put together a spending proposal.

## Mayhew

FROM PAGE A3

Charities New Hampshire Chapter. “To see everyone from all of the organizations come together after another year of hard work and dedication from our board and volunteers is so heartwarming, knowing how many kids are being helped. It certainly makes it all worth it and the setting just really helped to put everyone in the holiday mood.”

Funds raised through the New Hampshire Chapter includes events such as a comedy show, the Dale Jr. Foundation Safe Kids 301, a motorcycle ride, Laps for Charity, Ricky Craven’s “One for the Kids” Golf Tournament, Champions Breakfast, the Wicked Good Live Auction, helicopter rides, Track Walk Presented by PPG, the Red Bucket Brigade by PPG, the Charity Clay Shoot, Full Throttle Fall Weekend, 24 Hours of Lemons, Yule Light Up The Night Run/Walk and Gift of Lights.

Both Craig and Sununu expressed how important it is to support the organizations, not only in Manchester and throughout New Hampshire, but across New England that work every day to improve the lives of children.

“During the season of giving, we’re coming together with many thanks to New Hampshire Motor Speedway and Speedway Children’s Charities,” said Craig. “The nonprofits here today are among many wonderful orga-

nizations in Manchester and throughout our state that truly make a difference in the lives of children in need. I am so proud to be here to recognize the outstanding work they do.”

“This event really defines not just what the season is all about, but what New Hampshire is all about,” said Sununu. “To be able to spend a little one-on-one time as opposed to just mailing a check really makes it special at this time of year. It was great to be here and great to be part of something that really brings out the best of everyone at this time of year.”

The New Hampshire Chapter is one of eight chapters around the country, and combined, Speedway Children’s Charities raised more than \$3 million nationally this year, bringing the total distributed to \$55,300,000 since it was founded in 1982. The money raised comes in large part thanks to the fundraising efforts of Speedway Motorsports, Inc.’s eight facilities: Atlanta Motor Speedway, Bristol Motor Speedway, Charlotte Motor Speedway, Kentucky Speedway, Las Vegas Motor Speedway, New Hampshire Motor Speedway, Sonoma Raceway and Texas Motor Speedway.

Fundraising continues during the Gift of Lights presented by Eastern Propane and Oil, where a portion of all proceeds benefits SCC. The two-and-a-half-mile drive-thru light show is open 4:30 – 9 p.m., and admission is \$20 per car through Dec. 14 and \$25 per car Dec.

15 – Dec. 31. Be sure to check the schedule for days of operation when planning your trip.

### About Speedway Children’s Charities (SCC)

The mission of Speedway Children’s Charities is to care for children with educational, financial, social and medical needs to help them lead productive lives. Founded by Bruton Smith in 1982, Speedway Children’s Charities is a non-profit 501c (3) organization providing funding for hundreds of non-profit organizations that meet the direct needs of children.

The New Hampshire Chapter of Speedway Children’s Charities was officially established in 2009. Since then, the New Hampshire Motor Speedway Chapter of Speedway Children’s Charities has raised more than \$1.7 million. The goal is to ensure that every child in need be given the tools to build a better, brighter and healthier future. For more information, visit [www.Speedway-Charities.org](http://www.Speedway-Charities.org). For more information about other upcoming events for Speedway Children’s Charities New Hampshire Chapter, call Hilmarie Scott at 513-5738 or visit [SpeedwayCharities.org/NewHampshire/](http://SpeedwayCharities.org/NewHampshire/).

For ticket information for events at New Hampshire Motor Speedway, including the Gift of Lights, Nov. 23 – Dec. 31, visit the speedway website at [www.NHMS.com](http://www.NHMS.com) or call Fan Relations at 783-4931.

## Circle

FROM PAGE A3

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## CADY

FROM PAGE A4

tary students, to learn about the positives of living a drug-free life style. In this program, youth brainstorm ways to bring prevention messages to their peers, their school, and greater community! The JAC program gives students the skills and opportunities to help others choose health!

You reclaim futures by giving our region’s most vulnerable youth a second chance to overcome challenges, to grow, and to turn their lives around through Restorative Justice, our region’s

only juvenile court diversion program. Many of these high-risk youth are already struggling with substance use disorders—when we intervene early, we will prevent entry into the addiction pipeline and save lives.

We hope this column has highlighted for you some of the incredible things happening at CADY. With your support, CADY will continue to grow as we head into our 20th anniversary year. With your help, we will prevent youth substance misuse through awareness, education, collaboration, mentoring and skill-build-

ing—these protective factors change lives every day.

Please go to our Website to see more details on our programming. If you would like to make an online donation to CADY and dedicate it to a specific program, you may do so on our website. All donations are tax deductible and very much needed and appreciated. We know that it takes a community to build possibilities, potential, and promise—we thank you for your consideration support.

Everyone at CADY sends our very best wishes to you for a joyous holiday and Happy, Healthy New Year!

## Strategies

FROM PAGE A4

and unheralded. No one may ever squabble over our estate. But much like Joseph, that does not determine our personal worth. The

quality of our life will be seen in the lives of the family for whom we have been responsible. As they follow in our footsteps, as they honor the God they have met through our living ... then will our

personal worth and the impact of our lives become evident. Our living will not have been in vain!

For more thoughts like these, please follow me on [indefenseoftruth.net](http://indefenseoftruth.net).

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# Edward Jones: Financial Focus

## What’s Smarter – Paying Off Debts or Investing?

It probably doesn’t happen as much as you’d like, but you may occasionally have some extra disposable income. For example, perhaps you have recently received, or will soon receive, a year-end bonus. Or maybe you will get a sizable tax refund in just a few months. Wherever this money comes from, you will want to put it to good use. Should you use the cash to pay down debts or should you invest it instead?

There’s no simple answer, and everyone’s situation is different, but here are a few suggestions for helping you make a good choice:

Evaluate your cash flow. If you already have enough cash to meet your daily living expenses, you might lean toward investing the money, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your newfound funds to reduce your debt load. Another way of possibly reducing your debt load is to build an emergency fund containing three to six months’ worth of living expenses, with the money kept in a liquid, low-risk account. Once you have such a fund, you could use it, instead of going into debt, to

pay for unexpected costs, such as a new furnace or a major car repair.

Evaluate your debts. Some of your debts are actually more “expensive” to you than others. This expense level doesn’t necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because your interest payments are typically tax deductible, your “after-tax” interest rate may be relatively modest. Therefore, you might consider using your excess cash for investments, rather than paying down your mortgage. But if you have consumer loans

or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down this debt.

Evaluate your investment opportunities. You may have heard that one season or another is a “better” time to invest – but there’s really no strong evidence to support this claim. However, now that we are nearing the end of the calendar year, and only a few months away from the tax-filing deadline on April 15, you may want to take advantage of at least one time-related investment opportunity.

Specifically, you could use whatever extra money you have to fully fund your IRA, if you haven’t done so already. For the 2018 tax year, you can contribute \$5,500 to a traditional or Roth IRA, or \$6,500 if you are 50 or older. (Depending on your income, you may not be able to contribute the full amount to a Roth IRA.) You’ve got until the April 15 deadline to fully fund your IRA, but if you have the money sooner, why wait? The quicker it’s in your account, the faster it can go to work for you.

One final suggestion: If

you have a company match as part of your 401(k) or similar retirement plan at work, consider contributing enough to get your employer’s full matching contribution before you pay down debts – don’t leave this “free money” on the table.

Your year-end bonus, tax refund or other source of beyond-the-paycheck money can help you make progress toward your financial goals – so evaluate your situation and options carefully before making any moves. It will be time well spent.

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.



**Devon Gay**  
Financial Advisor  
(603) 279-3284 Meredith, NH



**Ben Wilson, AAMS®**  
Financial Advisor  
(603) 524-4533 Laconia, NH



**Christopher D. Stevenson**  
Financial Advisor  
(603) 524-3501 Belmont, NH



**Keith Britton**  
Financial Advisor  
(603) 253-3328 Moultonborough, NH



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Member SIPC

## Snowflake

FROM PAGE A1

people here in town who might be struggling and felt this was a nice way to do that," said Spears. "I even had two little girls come in just to donate a dollar toward the gift cards."

She said since the beginning of the month some of the businesses have not only purchased snowflakes for their windows but also donated gift cards. Others have reached out to sponsor snowflakes for stores that are closed for the winter, like the dozens from Danbury Elementary School that now adorn the windows of The Tin Shoppe.

"We only came up with this idea on Nov. 29, and so far, it's working really well," said Spears. "We like the idea of younger and older residents working together and we encourage people to take part. It's great seeing all the snowflakes around town!"



DONNA RHODES

Snowflakes made by senior citizens and elementary school children are showing up in Bristol businesses this winter as part of a special fundraiser to assist local residents. This three-dimensional snowflake was one of many contributed by Bridgewater-Hebron Village School students.

## Pneumonia

FROM PAGE A7

ing from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers can remind clients to take medication, provide transportation to scheduled appointments, and support

physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

### About Comfort Keepers

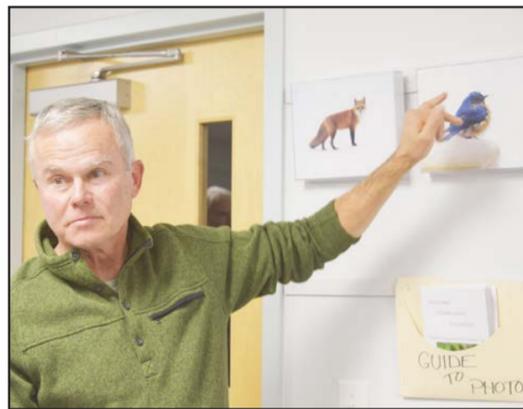
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living inde-

## Conservation

FROM PAGE A1

Sharp explained that that photo resulted from a chance sighting of the bird outside her window and was pleased it was chosen for the calendar.

Besides her bluebird (February's feature) and MacLean's "Backyard Fox" for January, other selections were: "Stella" by Sean Mulchaey (March); "Tavi on a Horse" by Mary Hamawy (April); Ernie Lamos' photo titled "Lee's Bear" (May); "Tom and Leigha" by Jenny Tuthill (June); Tuthill's photo titled "Girl at the Brook" (July); "Baby Runs to Horses" by Mulchaey (August); Susie Putnam's picture, "Dylan at Mt. Cardigan Orchard" (September); "Halloween Pumpkin" by Michelle Sanborn (October); Tuthill's shot "Sean and Stirnir" (November); and finally, another photo by Tuthill called "Child Waits for Santa." Gracing the cover this year is a photo of a moth perched on



DONNA RHODES

Photographer David Redman explained some of the finer details in the photos he selected for the Alexandria Conservation Commission's 2019 calendar.

greenery, also submitted by Sharp.

Other contributors this year were Paul Beaulieu, Marla Walls, Joe Kraemer, and Tom Larson, each of whom contributed equally great photos of Alexandria and life in a rural town.

Copies of the calendar are now on sale for at the Alexandria Town Clerk/Tax Collector's office.

Next year's contest theme will be "Around and About Alexandria" and the Conservation Commission encourages everyone to "start snap-

ping those photos now." The contest is open to residents and non-residents alike and can be taken at any time. The only stipulation is that they are each taken from within the Town of Alexandria.

In January, the commission will also offer photography classes by David Redman. For more information or to register for the four-week course, please call Jennifer Tuthill at 744-6883 or contact her by email at jentuthill@gmail.com.



## Hike

FROM PAGE A12

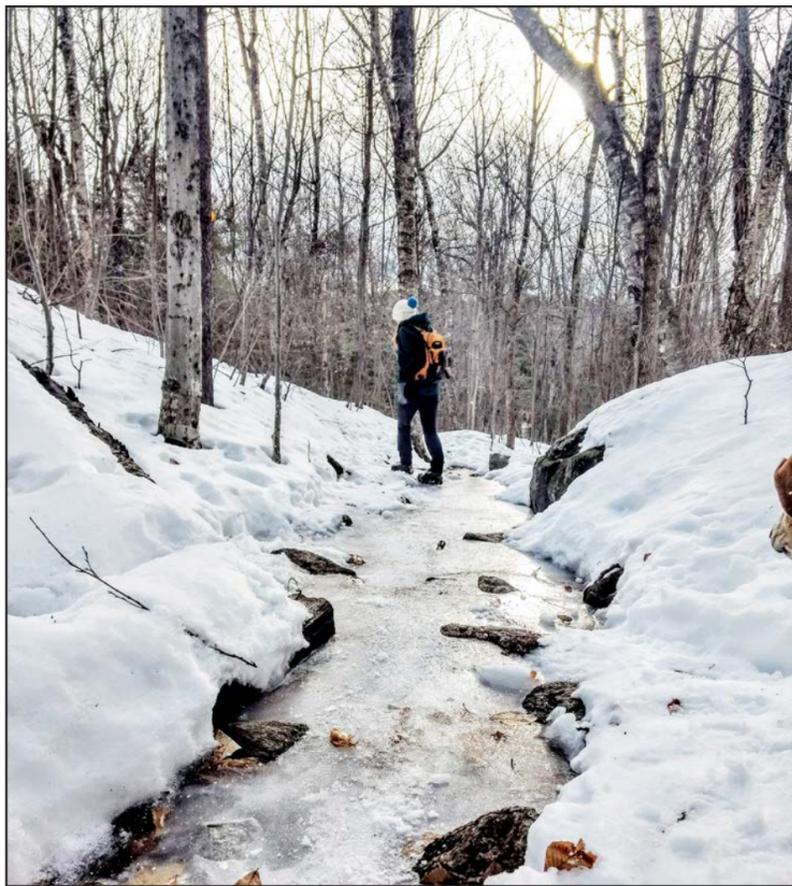
members of the community to get involved in the conservation of the watershed. Participants will get to hear about the conservation work being done around Squam Lake, and ways that they can get involved in the coming months as they hike up to the summits.

For more information, or to sign up for this Adventure Ecology

program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA offers Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in

support of the Association's mission.

The Squam Lakes Association 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.



## Livermore

FROM PAGE A12

there are a number of new and ongoing opportunities for members of the community to get involved in the conservation of the watershed. Participants will get to hear about the conservation work being done around Squam Lake, and ways that they can get involved in the coming months as they hike up to the

summits.

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# Newfound Landing Sports

## Bobcats finish seventh at NorEaster Invitational

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Plymouth wrestling team continued its season with a pair of meets last week.

The week began on Wednesday when the Bobcats took on Mascota and emerged

with a 70-10 win over the Royals.

James Philbin at 126 pounds, JC Gaumer at 138 pounds, Joe Cleary at 145 pounds, Hunter Lessard at 152 pounds and Steven Shute at heavyweight all took wins by pin.

Nathaniel Philbin at 132 pounds took the win by decision.

The rest of Plymouth's wins came by forfeit, with Ty Beauchemin at 106 pounds, Joe Peters at 113 pounds, Trevor Randlett at 120 pounds, Jon Panus at 170 pounds and Nate Borger at 182 pounds all getting the victories.

The Bobcats traveled to Hollis-Brookline on Saturday for the NorEaster Invitational and emerged

with a seventh place finish out of 22 teams.

Charlie Comeau at 106 pounds came away with a second place finish overall.

Lessard took third place at 152 pounds.

The Bobcats had four wrestlers finish in fifth place. Randlett at 120 pounds, Gaumer at 138 pounds, Cleary at 145 pounds and Cole Johnston at 182 pounds all finished in fifth place.

Plymouth will be competing today, Dec. 20, at home at 6:30 p.m. against Pelham and Kearsarge and will be at the Concord Quad meet on Saturday, Dec. 22, at 9 a.m.

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



JOSHUA SPAULDING

### Split

Newfound's Bailey Fairbank drives by a defender in early season action. The Bears split a pair of games last week, defeating Franklin 52-11 on Dec. 11 and then fell to Fall Mountain 45-30 on Dec. 14. Next up, the Bears will be playing in the Lakes Region Holiday Hoop Tournament in Gilford starting on Thursday, Dec. 27, against Kingswood at 11:30 a.m.

## What's On Tap

The local high school teams finish up regular season action for the year as holiday tournaments also begin in the coming week.

At Newfound, the ski team will be opening the season today, Dec. 20, at Bretton Woods at 10 a.m.

The Newfound hoop teams will be taking part in the Lakes Region Holiday Hoop Tournament on Thursday, Dec. 27, taking on Kingswood with the girls playing at 11:30 a.m. and the boys playing at 1 p.m.

The Plymouth wrestling team will be hosting Pelham and Kearsarge today, Dec. 20, at 6:30 p.m. and will be at Concord at 9 a.m. on Saturday, Dec. 22.

The Bobcat hoop teams will wrap up the 2018 portion of the schedule on Friday, Dec. 21, with the boys hosting Coe-Brown at 6 p.m. and the girls at Coe-Brown at 6:30 p.m.

The Plymouth gymnastics team hosts a meet on Saturday, Dec. 22, at 6 p.m. and is at Pinkerton on Thursday, Dec. 27, at 7 p.m.

The Plymouth girls' hoops team will be taking part in the Mike Lee Holiday Basketball Bash in Farmington starting on Wednesday, Dec. 26, against the hosts at 7 p.m. and they will play Lin-Wood on Thursday, Dec. 27, at 3:15 p.m.

## PSU softball offering numerous clinics

PLYMOUTH — Plymouth State University head softball coach Bruce Addison announced the dates for the team's annual clinics on Wednesday.

The first clinic is scheduled for Sunday, Jan. 27, with special guest coaches Dick Blood and Harold Sachs.

Blood, a 1975 graduate of then Plymouth State College, recorded 606 wins and five Ivy League titles during his tenure as head coach at Cornell University. He will lead a hitting clinic from 9 to 11 a.m.

Sachs led Salem High School to a record

18 state championships and accumulated nearly 600 wins before moving into a role of pitching coach at Merrimack College. He will direct a pitching clinic from 11:30 a.m. to 1:30 p.m.

Additionally, Plymouth State softball coaches and players will lead four separate three hour-long clinics throughout February. Clinics will take place from 10 a.m. to 1 p.m. on Feb. 3, 9, 17 and 23.

All clinics take place in the Bank of New Hampshire Field House at ALLWell North on the Plymouth State campus.

For additional in-

formation, including individual costs, team discounts and prereg-

istration instructions, please refer to the Plymouth State softball

web page (<http://athletics.plymouth.edu/sports/sball/index>).



JOSHUA SPAULDING

### Week two

Newfound's Eddie Spooner puts up a shot during action in the first week of the season. The Bears dropped a pair of games in the season's second week, falling Franklin by a 65-40 score on Dec. 11 and then fell to Mascenic by an 81-35 score on Dec. 14. Next up, the Bears will be playing in the Lakes Region Holiday Hoop Tournament in Gilford starting on Thursday, Dec. 27, against Kingswood at 1 p.m.



Happy Holidays from our family to yours!

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### Bulletin Board

**3rd ANNUAL WILD GAME DINNER!** Wentworth PTO Fundraiser. \$20 Per Person. Saturday January 26, 5:30pm at Wentworth Elementary School. Limited Seating. Call the School for tickets at 603-764-5811 Great night with great food.

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The Gifford Police Department has an immediate opening for the position of Patrol Officer. Successful candidates must be able to pass an extensive hiring process and background investigation. Excellent benefit package and competitive salary. Full job posting and requirements at [www.giffordpd.org-careers](http://www.giffordpd.org-careers).

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Qualifications/Skills/Knowledge:  
Bachelor's degree in Education, Addiction Studies, Social Services or closely related field required. Master's Degree preferred. Experience working with individuals with substance use disorders, coalitions, and at-risk families and youth. Must have knowledge of planning principles, skills, and techniques in human services and community development. Experience in management of grants and project budget and adherence to agency policies and procurement guidelines.

Send Resume and Cover Letter by 1/31/19 to: Susan Laverack, SMLaverack@plymouth.edu, Subject Line: PARC Program Director.

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All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

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**NCH** | Upper Connecticut Valley Hospital

**\$3,000 SIGN-ON BONUS**  
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Contact Human Resources at  
(603)388-4236  
Apply On-line at [www.ucvh.org](http://www.ucvh.org)  
181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
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**Delivery Driver**

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager  
Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

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**Ashland Lumber**  
A division of Belletetes, Inc.  
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This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
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**MINIMUM QUALIFICATIONS:** Applications will receive evaluation based on: Basic knowledge of solid waste disposal practices. Ability to communicate effectively; direct and assist the public with disposal policy and procedure; maintain basic records; interpret and comply with written and oral instructions; remain calm and use good judgment during confrontational or high pressure situations; courteously meet and deal effectively with other employees, contractors and the public.  
NH DES Solid Waste Certification a plus.

**Submit your resume to:**  
NCES Attn: Kevin Roy P.O. Box 9 Bethlehem, NH 03574 or apply on line at [www.Casella.com](http://www.Casella.com)

**Ashland Lumber**  
Division of BELLETETES, INC.  
**Delivery Driver**

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager  
Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

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**Ashland Lumber**  
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Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager, Ashland Lumber  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

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jcharding17@roadrunner.com



**AUG 2011**



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**SNOW REMOVAL OPERATOR**

The town of Dorchester is seeking a snow removal operator. Plow, loader, and backhoe experience with a CDL is a must. This is a part time position.

To request an application please contact the town office at  
603-786-5095,  
townofdorchester@gmail.com

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Bring your classified ad right into the office located nearest to you and drop it off. We'd love to see you!  
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**Pemi River Fuels**  
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FULL TIME- YEAR ROUND

Pemi River Fuels is seeking an experienced Propane Service Technician to join our growing team.

A minimum of one year of experience  
High School Diploma or Equivalent  
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Fully licensed as a Propane Technician in NH  
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Successful candidates will possess strong customer service skills, a desire to succeed, a willingness to work variable schedules with on call needs and the ability to pass a drug, physical, driver's and criminal background checks.

Benefits include competitive compensation, health insurance, dental/vision, LTD/STD, Life, Aflac, 401(k) with company match, Product Discounts and generous Personal Time Off.

To apply, please send resume to  
Pemiriver@pemiriverfuels.com  
612 Tenney Mountain Highway, Plymouth

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# Brickley named North Conference Player of the Year

## *Sanborn earns Coach of the Year honors*

BY JOSHUA SPAULDING

Sports Editor

REGION — After a bit of a delay, the Division II Northern Conference All-State selections were announced last week and there was plenty of local representation.

After leading his team to its third consecutive Division II title, Plymouth coach Chris Sanborn was named Coach of the Year.

After a stellar season in the Plymouth backfield, running back Owen Brickley was named Player of the Year.

First Team offensive honors went to Plymouth running back Patrick Malm, Plymouth offensive linemen Steven Shute and Tracy Christiano, Kennett offensive lineman Sloan Rogers and Kennett kicker Sam Pollard.

First Team defensive honors went to Plymouth linemen Camden MacDonald and Jackson



Coach Chris Sanborn (right) was named Division II North Conference Coach of the Year and running back Owen Brickley (15) was named Player of the Year.

Palombo, Kingswood Hunter Lessard and

linebacker Cameron Mann, Kennett linebacker Dom Jones and Plymouth defensive backs

quarterback Jacob Cole

Joining them on offensive First Team were quarterback Jacob Cole

of John Stark, Running backs Steven Guerrette of Bow and Simon Roach of Hanover, receiver Jack Wixson of Bow, tight end Jeffrey Holt of Hanover, linemen Bobby Putnam of Hanover and Andrew Berube of Bow and kick returner Thomas Rolla of Bow.

Also earning First Team defensive were linemen Noah Bellemore of John Stark, Matthew Nicholls of Bow and Jack Loftus of Hanover, linebackers Kegan Silovich of Hanover, Jacob Ride-nour of John Stark and Christopher Wheeler of Bow and defensive back Caleb Morse of Hanover.

Second Team offensive honors went to

Plymouth quarterback Cody Bannon, Kennett lineman Cole Sweeney and Kennett kick returner Ethan Ouellette.

Second Team defensive honors went to Kennett linemen Bobby Graustein and Jacob Stearns, Plymouth linebacker Joe D'Ambruso, Kennett defensive back Justin Olson and Plymouth defensive back Nick Qualey.

Also earning First Team offensive honors were quarterback Alex Cheek of Gilford-Belmont, running backs Bo Lyons of John Stark, Rick Hazeltine of Merrimack Valley and Griffin Young of Hanover, tight end Patrick Carr

of Gilford-Belmont, linemen Lucas Guerrette of John Stark, Benjamin Boisvert of Bow, Harley Huddleston of Merrimack Valley and Elijah Putnam of Hanover and kicker Kayden Easter of John Stark.

Second Team defensive honors also went to lineman Dakota Hanchett of Hanover, linebackers Jonathan Mitchell of Gilford-Belmont, Seamus O'Reilly of Bow and Brandon Jawidzik of Pembroke and defensive back Nikos Biskaduros of John Stark.

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

## Amy Annis Tournament is Jan. 6

GILFORD — The annual Amy Annis Volleyball Tournament is scheduled for Sunday, Jan. 6, starting at 10 a.m. and will take place in both the Gilford Middle School and High School gymnasiums.

This fundraising event is a recreational co-ed volleyball tournament for

high school age students through adults. All proceeds go to the American Cancer Society and the Amy Annis Scholarship Fund.

This scholarship is given annually to a graduating senior. The entry fee is \$100. There is a 12-team limit and will be on a first registered

basis. Twelve teams will be playing on three courts and each team will be guaranteed three matches in pool play and one match in the tournament round.

To register a team or find out more information, please contact Joan Forge at [forge@worldpath.net](mailto:forge@worldpath.net).

### HIGH SCHOOL SLATE

Thursday, Dec. 20

NEWFOUND

Skiing at Bretton Woods; 10

PLYMOUTH

Wrestling vs. Pelham, Kearsarge; 6:30

Friday, Dec. 21

PLYMOUTH

Boys' Hoops vs. Coe-Brown; 6

Girls' Hoops at Coe-Brown; 6:30

Saturday, Dec. 22

PLYMOUTH

Gymnastics Home Meet; 6

Wrestling at Concord; 9

Wednesday, Dec. 26

PLYMOUTH

Girls' Hoops vs. Farmington (Holiday Tournament); 7

Thursday, Dec. 27

NEWFOUND

Boys' Hoops vs. Kingswood (Holiday Tournament); 1

Girls' Hoops vs. Kingswood (Holiday Tournament); 11:30

PLYMOUTH

Girls' Hoops vs. Lin-Wood (Holiday Tournament); 3:15

Gymnastics at Pinkerton; 7

## *It's (one of) the most wonderful time(s) of the year*

This is the final column to be printed prior to Christmas, though next week's will be written before the holiday rolls around.

Christmas has long been one of my favorite times of the year. I'm not exactly known as a "jolly" person, but for whatever reason, I've always enjoyed Christmas.

I don't really need much of anything so I usually don't ask for much, which admittedly drives my mother crazy because I never really have a list for her.

Part of the issue with me is that my birthday also falls in December. Last Thursday's paper came out on my birthday and I was able to get through most of the day without thinking about it. One of my coworkers left me a couple of cookies and a note on my desk, my mother called and I got a bunch of Facebook messages, but for the most part, I didn't really have to think about it for most of the day. However, the cast of The Best Christmas Pageant Ever at the Village Players Theater in Wolfeboro found it necessary to sing Happy Birthday at the end of dress rehearsal last Thursday night. So I didn't escape completely.

### SPORTING CHANCE



By JOSHUA SPAULDING

I don't particularly care about my birthday, it's just another day, but Christmas is always a good time. It's one of those days where there's no games going on for me to cover so I can take a bit of time and relax for a day or two (though holiday tournaments start the day after Christmas). Additionally, my brother traditionally makes it home for Christmas and in most years, this is the one chance during the year that I get to see him, though this year I did go out to visit him over the summer.

I am looking forward to taking a few days off and traveling north to visit with family and take a bit of a break. I am sure I will probably eat plenty of crap that is not on my diet and probably not exercise as much as I should, which will surely be good for my health. But sometimes, you just have to do what you have to do.

As I write this, we are in the middle of our week-end of sellout shows at the Village Players, which is

just another good thing to celebrate. It seems that the Christmas spirit is alive and well around Wolfeboro as we sold out all three shows over the weekend with enthusiastic crowds on hand every night.

The week leading up to the Christmas break will feature a number of games, the first alpine meet of the season, early deadlines for the paper after Christmas and auditions for next spring's show at the theater. Needless to say, the break starting next weekend will be a welcome one and I am looking forward to enjoying it.

Until then, to quote one of New Hampshire's greatest, there's miles to go before I sleep.

Finally, have a great day Cathy Fraser.

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

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