

Community celebrates 64 years of tradition at Santa’s Village

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – A 64-year old family tradition continued in fine stead this year as hundreds of children made their way to Tapply-Thompson Community Center last weekend for a visit to Santa’s Village.

Inside the village they were greeted by elves, all of whom were busy working in the North Pole Post Office and the toyshop, or offering up samples of candies at the Sweet Shop or cookies at Mrs. Claus’s Kitchen. In the midst of it all, the North Pole Train made its rounds and children of all ages enjoyed watching as conductors Doug Williams and his grandson Landon raced the trains around the



Donna Rhodes

Nicole Stillings, daughter Kylie Kennell, dad Kyle Kennell and even their dog Max gathered together for a photo with Santa and Gumdrops the elf at Santa’s Village in Bristol last weekend.

to Santa. Every year, Williams goes up to the North Pole to borrow them though, then packs them all up and takes them back once Santa’s Village is over.

Other scenes everyone admired included the Snow Flake Chapel, the beautiful Annalee Doll Shop and a delightful display of snowmen and reindeers, designed by Gina Richford and the TTCC Teen Council. And once everything had been oohed and ahed over, all the good boys and girls lined up to wait for their turn with Santa.

Six-year-old Kiley Kennell of Holderness was one of those children, and her mom Nicole said they travel to Bristol every year to see Santa’s Village. In fact, families from nearly every town in central New Hampshire seemed to find their way to Bristol

SEE **SANTA**, PAGE A12

Handcrafted canoe will star in the auction at Keep the Heat On!

PLYMOUTH — With the freezing temperatures and snow we’ve experienced this winter, you may be dreaming of a warm summer morning on the lake, enjoying the solitude of a quiet paddle in a beautiful boat. Thanks to the generosity of the late Dr. John Messenger, you’ll have the chance to bid on that boat on Jan. 16 at Keep the Heat On! Dr. Messenger constructed the “Wee Lassie” from a cedar strip kit made locally by Newfound Woodworks in Bristol. The Wee Lassie is a one-person canoe, paddled with a kayak paddle, lightweight, and easily transportable. She will give you a lifetime of pleasure on the water and will become an heirloom that your family will treasure forever.

The Wee Lassie will have a starring role, but auctioneer Terri Dautcher will also be inviting you to bid on a fabulous African Photo Safari for two, get-



Courtesy

With the freezing temperatures and snow we’ve experienced this winter, you may be dreaming of a warm summer morning on the lake, enjoying the solitude of a quiet paddle in a beautiful boat. Thanks to the generosity of the late Dr. John Messenger, you’ll have the chance to bid on that boat on Jan. 16 at Keep the Heat On!

aways to the Nantucket seaside and private cabins on both Squam and Little Squam Lakes, and much more. The live auction will culminate a fun-filled evening that will in-

clude a silent auction, raffle, and buffet dinner supplied by more than 20 of our finest area restaurants and their chefs—all to raise money for local fam-

SEE **KTHO**, PAGE A11

mountain scenery.

“I started doing this in the early ‘70’s,” Williams said. “I took a hiatus while I was in col-

lege, but I’ve been doing it steadily every year since 1981.”

The trains, he explained, actually belong



Donna Rhodes

Last Thursday evening, Will Davis of Horizons Engineering held the plans for a new Market Basket in his hands as he and property owner Michael McGinley of Riverside Landing, LLC celebrated the approval of their proposal to bring the popular grocery chain to Plymouth.

Planning board gives Market Basket the go ahead

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – For many, it’s been a long and winding road to bring Market Basket to Plymouth, but last Thursday night, the town’s Planning Board gave the company the green light to build a

69,000 square foot store at Riverside Landing on the Tenney Mountain Highway, and everyone present at the final public hearing couldn’t have been happier.

The meeting last week was a continuation of an initial public hearing that began on Nov. 15. At that time the board, in a split decision, voted to delay the approval pending further feedback from surrounding towns whom they felt may be impacted by this latest development proposal.

Land Use and Planning Director Brian Murphy was then instructed to contact those towns and advise them of the Market Basket proposal.

After contacting officials in Ashland, Bridgewater, Campton, Groton, Hebron, Holderness and Rumney, Murphy reported he heard feedback from only two towns. Campton’s Board of Selectmen said they

were in favor of the construction of a Market Basket supermarket in Plymouth, and surprisingly, the town of Warren, not on the abutting towns list, chimed in with a letter as well, saying they would “cheerfully” welcome Market Basket to the region.

Residents from Plymouth and neighboring towns who were present at the hearing last week echoed those sentiments.

Plymouth’s Town Clerk/Tax Collector, Karen Freitas, was one of only a few members of the public who stood up that night, all voicing their approval of the proposal.

“Over the past few years, we have become the regional hub for many nonprofits, and we’re proud of that,” she pointed out. “Along with that, however, is that 50-percent of the proper-

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18 pages in 2 sections

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‘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.

For information on the holiday deadlines for display advertising, please contact Lori Lynch in Sales at 788-4939 or 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.

Local business owner equips Bristol PD with improved rifle sights

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – The Bristol Police Depart-

ment recently received a generous donation from David Raptis, owner of both the Bris-

tol House of Pizza and Village Pizza, which allowed the department to purchase some much needed equipment.

Chief James McIntire said Raptis approached the department one day and

asked what he could do to support them. When he learned that their rifles were only equipped with older iron sights, he offered to upgrade them to new, state of the art Sig Sauer Romeo 45 optics.

McIntire informed the Board of Selectmen about the offer and with their authorization to accept the gift, Raptis then made arrangements for the purchase.

In all, the BPD re-

ceived nine of the new rifle optics, holding a retail value of \$5,000, through Skip's Sports Shop in Bristol. Raptis said his reason for making the purchase was to simply give back to the community.

Newfound students recognized as NH Scholars

BRISTOL — Newfound Regional High School recently announced the names of their first N.H. Scholars students for the 2018-19 school year.

N.H. Scholars is a community-based program through partnerships with local business leaders and school districts. The federally funded program is currently in 25 states, encouraging high school students to take more rigorous Core Course of Study classes.

Recipients of the awards at NRHS in the first term were Ryein Ayres, Gabe Bauer, Katie Drapeau, Hannah Eastman, Elliot Economides (with STEM), Maddy Gould (with STEM & Arts), Nick Green (with STEM), Matt Libby (STEM & Arts), Ryan Lyford, Owen MacDonald, Maddy Paige, Jake Pfister, Aryn Prescott, Logan Rouille, Megan Stafford, Trinity Taylor and Reid Wilkins (with STEM).

Bristol police log, Nov. 25 to Dec. 8

BRISTOL — The Bristol Police Department handled 210 calls for service, resulting in seven criminal arrests, one Involuntary Emergency Admission, and 15 criminal offense investigations. Officers also performed 59 motor vehicle stops, investigated two motor vehicle accidents, conducted 170 directed enforcement patrols and foot patrols, and conducted 263 business, vacation, and property checks.

Other call reasons included, K9 deployment, shots fired complaints,

domestic disturbances, assaults, unwanted persons, thefts, warrant checks, wanted persons, criminal investigation follow-ups, accident follow-ups, intoxicated persons, criminal threatening, mental health emergencies, suicidal person, noise complaints, suspicious vehicles, suspicious persons, drug activity complaints, hit and run accident, fire, motor vehicle complaints, DWI complaints, welfare checks, residential alarms, business alarms, VIN verifications, paperwork

service, parking complaints, 911 hang ups, harassment complaints, animal complaints, child custody dispute, child abuse, public assists, community events, road hazards, trees/wires down, motorist assists, juvenile complaints, paperwork services, assist other police agencies, and assist the fire department.

Arrests:

Timothy G. Woodward, 39, Homeless-Criminal Warrant

Deborah McCormack, 52, Wakefield, Mass.- Domestic Violence Simple

Assault

Michael Valotta, 36, Franklin- Obstructing Government Administration

Dennis Herra, 39, Bristol- Bench Warrant

James Maviki, 43, Bristol- Bench Warrant

Mariah Malcom, 28, Campton- Bench Warrant

William Steinhagen, 39, Bristol- Bench Warrant

Identifying information for juveniles, and persons placed into protective custody are not released.



COURTESY

Turning 104 at the "104"

Evelyn "Ebbie" Quinn of Goffstown, formerly of Meredith, celebrated her 104th birthday with family and friends at the Route 104 Diner in New Hampton Tuesday. She was a frequent patron of the diner when she lived in the Lakes Region, and her family and friends brought her back to celebrate "104 at the 104." Here, Common Man owner Alex Ray greets Quinn to wish her a happy 104th birthday before celebrating with family and friends.



DONNA RHODES

Anthony and Faith were happy with the reindeer face paint done by Hayleigh (center) at Alexandria's Country Christmas Craft Fair last Saturday.



DONNA RHODES

June Flanders and her daughter, Elizabeth Flanders and Marion Morgan, had a table filled with holiday décor, one of several vendors who took part in A Country Christmas Craft Fair at the Alexandria Town Hall last weekend.

Bristol UCC preparing for Christmas services

BRISTOL — The Bristol United Church of Christ (the Church on the Hill), 15 Church St. (off South Main) is preparing for the celebration of Christmas.

On Dec. 16 at 10 a.m., the newly formed ukulele band will perform Go Tell It On the Mountain and following the service there will be a Christmas Tea. The following Sunday

will be the Christmas Sunday service.

On Christmas Eve, there will be a candlelight service at 7:30 p.m. Rev. Andrew MacLeod and volunteers will share the Christmas Story and the choir will perform special music. The congregation will sing many of the cherished carols. Near the close of the service individual candles

will be lit from the Bethlehem Peace Light candle that originated in Bethlehem and is currently being distributed around Europe and the Ameri-

cas. All are welcome to attend. No matter who you are or where you are on life's journey, you are welcome at the Bristol United Church of Christ.

Newfound Area Churches announce Week of Prayer for Unity services

REGION — Newfound Area Churches (NAC) will be holding their annual Week of Prayer for Christian Unity services.

Beginning Monday, Jan. 21, NAC will be holding noontime services at the following area churches: Monday at Bristol Baptist Church, Tuesday at New

Hampton Community Church, Wednesday at Alexandria United Methodist Church, Thursday at Union Congregational Church of Hebron, and Friday at Our Lady of Grace Chapel. Each service begins at noon, with a light lunch afterwards.

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Sun.-Thurs: 1:15, 4:15, 7:15 PM

FANTASTIC BEASTS: THE CRIMES OF GRINDLEWALD PG-13
Fri.&Sat.: 1:00, 4:00, 7:00, 9:50 PM
Sun.-Tues: 1:00, 4:00, 7:00 PM

DR. SEUSS' THE GRINCH PG
Fri.&Sat.: 12:30, 2:45, 5:10, 7:20, 9:30 PM
Sun.-Thurs: 12:30, 2:45, 5:10, 7:20 PM

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Local entrepreneurs push each other to success through Masterminds group

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – A group of local female entrepreneurs in the Plymouth area have formed a Mastermind group for the purpose of supporting each other as they work to make their businesses grow, and last week, they held an open house at Maundy Mitchell Photography Studios.

Masterminds organized to bring business owners together for the purpose of sharing their experiences, knowledge and best practice methods they have discovered over the years. In Plymouth, five women now make up such a group and they come from many facets of the business world.

Liz Hallen is the owner and creative force behind River's Bend Woodworking Studio in Railroad Square in Plymouth. There she works her magic in creating custom-made furniture of all styles and designs. Her specialty lies in fine display cabinets, benches and tables of all sizes and in the summer months she teaches woodworking to young girls at near-by camps.

"I like being part of



DONNA RHODES

Five local female entrepreneurs have formed a Mastermind group in Plymouth, and last week, they held an open house to introduce themselves and the concept of Masterminds to the public. From left to right are Stacey Berger, Maundy Mitchell, Darlene Nadeau, Sara Holland and Liz Hallen.

this group because we can help each other grow our businesses together," Hallen said. She said the Plymouth Mastermind is a vetted group that started last January with just three women initially and has now grown to five members. Those interested in joining, she said, have to have a level of excitement in wanting to help others and be very committed to not only the process but to

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – Members of the Plymouth State University Operating Staff presented their 11th Festival of Trees on the upper level of the Plymouth Area Senior Center last weekend, and on Sunday, ticket holders were notified of whether they won any of the beautifully decorated entries. Proceeds from the raffle each year benefit the OS-Scholarship Fund for instate students at PSU.

Many of the university's departments, clubs

and athletic organizations took part this year by developing a theme and decorating their tree accordingly. One great example was a "Learn to Skate & Learn to Play Hockey" tree, which was not only decorated with hockey pucks and came with a small air hockey game, but was actually created with old hockey sticks. The PSU History Club had a "Merica Tree" decorated in red, white and blue, while "Warm Wishes" was the theme of a tree hung with mittens, cocoa packets and scarves

the Town of Plymouth as well. Realtor and Home Advisor Sarah Holland, who is also the current president of the Plymouth Rotary, said that while still relatively new, the Mastermind concept has already been a great boost to its members. "We created our group when we realized the need to collaborate with other entrepreneurs, especially women, to become more of a success at what we do,"

said Holland. Each of the women are truly different in what they do, and that's what makes their Mastermind group work so well, the individual perspectives they bring with them to the table. Having just opened her own office last year, Sara Holland & Co., she said her business has grown as a result of Mastermind. "They've been my advisors, and have

SEE **MASTERMINDS**, PAGE A11

Festival of Trees at PSU benefits Operating Staff Scholarship Fund



DONNA RHODES

Mark and Vera Ware were proud of their entry, "A Hallmark Christmas," one of six they contributed to the Festival of Trees at the Plymouth Senior Center last weekend, benefitting the Plymouth State University Operating Staff's Scholarship Fund.

First-Year PSU students present solutions to 'Wicked Problems' at symposium

PLYMOUTH — How can society tackle the challenge of addiction? What are the unintended consequences of technology? What if pollinators become extinct? At Plymouth State University (PSU), these questions are called 'Wicked Problems,' and all first-year students, including those who transfer with fewer than 24 credits, tackled questions such as these in PSU's first year seminar class, "Critical Thinking and the Nature of Inquiry." The required general education course is designed to help students develop the skills necessary for academic success and lifelong learning.

PSU's first year students presented solutions to their Wicked Problems at a symposium in the University's Active Living, Learning and Wellness (AllWell) North center on Wednesday



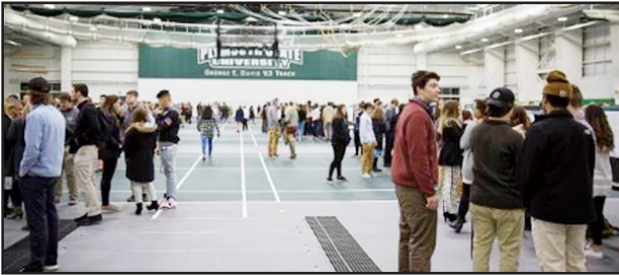
COURTESY

(Left) First-year Plymouth State University students McKaylee Loomis, Rowan McCullough, Riley Fichtner and Jacob Brien, and professor Michael Davidson stand with their posters outlining solutions to the negative effects of technology, such as gaming, cell phones, and other devices, on people. The students presented at PSU's First-Year Seminar Symposium in AllWell North, Wednesday evening, Dec. 5.



COURTESY

(Left) First-year Plymouth State University Brianna Hada (shown) was part of a group that researched inequity in education. The students presented at PSU's First-Year Seminar Symposium in AllWell North, Wednesday evening, Dec. 5.



COURTESY

Attendees of PSU's First-Year Seminar Symposium in AllWell North, Wednesday evening, Dec. 5 had the opportunity to hear from nearly 1,000 PSU First-Year Seminar students as they presented solutions to 'Wicked Problems' they explored in their First-Year Seminar course.

evening, Dec. 5. Organized in trade-show format in the Bank of New Hampshire Field House, nearly 1,000 students displayed poster projects and discussed solutions to their respective Wicked Problems with attendees.

from the PSU Center for Student Success.

Other community members were involved, too. The Circle Program for Girls presented "Holiday Cheer" with a tree that was adorned with bird feeders and seed, suet holders, wooden ornaments and even a few miniature toy squirrels. Lakes Region Community Services had "A Fall Christmas Tree" hung with acorns, leaves and pines cones, and another outdoor theme was "Nearer to Nature" from Squam Lakes Natural Science Center. Resident Stephen Wilson entered "Holidays by the Spoonful," which was comprised of artfully arranged handmade wooden spoons that formed a Christmas tree while another "Shelf Tree" from Bill Brown was a rustic, wooden cut-out of a tree with shelves holding elves and holiday ornaments.

Marie Leahy of Laco-nia attended the festival for the first time with her

friend Cindy Mathews of Campton and she was amazed at the creativity found in each entry. The women said they were having fun trying to decide which trees they wanted to try to win with their final few raffle tickets.

"It's a toss up between the 'Whoooo Loves You Tree' (by Ladders Thrift Store) or this 'Farm to Table' tree. They're both beautiful," said Leahy.

They also had their eye on another titled "Days Gone By," presented by Mark and Vera Ware.

"This is why I don't ever vote for a Fan Favorite tree every year. It's just too hard to decide which trees I like the best," said Mathews with a laugh.

Mark and Vera Ware certainly had the biggest selection of trees to choose between again this year. Besides "Days Gone By," decorated with the assistance of Arnold's Antiques, they

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CADY Corner

The harms of underage drinking

BY DEB NARO
Executive Director

According to Monitoring the Future, in a survey of 43,703 students from 360 public and private schools, teen binge drinking (five or more drinks in a row in the last two weeks) leveled off in 2017 but was significantly lower than what it had been in peak years. Binge drinking data in peak years for eighth grade in 1996 was 13.3 percent; in 10th grade in 2000 was 24.1 percent; and in 12th grade in 1998 was 31.5 percent. The most recent 2017 survey data shows binge drinking in eighth grade at 3.7 percent; 10th grade at 9.8 percent; and 12th grade at 16.6 percent.

When teens drink, alcohol affects their brains in the short-term, but repeated drinking can also impact it down the road, especially as their brains grow and develop. What are the short-term consequences of being “drunk?” An intoxicated person has a harder time making good decisions. A person is less aware that his/her behavior may be inappropriate or risky. A person may be more likely to engage in risky behavior, including drinking and driving, sexual activity (like unprotected sex) and aggressive or violent behavior. A person is also less likely to recognize potential danger such as reckless driving or riding with someone under the influence.

As the teen brain develops, research shows that drinking during the teen years could interfere with normal brain development and change the brain in ways that have negative effects on information processing and learning and increase the risk of developing an alcohol use disorder later in life.

A person's body builds

tolerance to alcohol the longer he/she drinks, causing him/her to drink more in quantity and more in frequency to get the same effects and feelings. A person with addiction no longer feels he/she has a choice in using alcohol; his/her life has begun to center around drinking or finding ways to drink.

Some warning signs your teen may have a drinking problem are excessive partying, frequent intoxication, frequently ill or has a hangover, has signs of depression, has suicidal thoughts, and has blackouts.

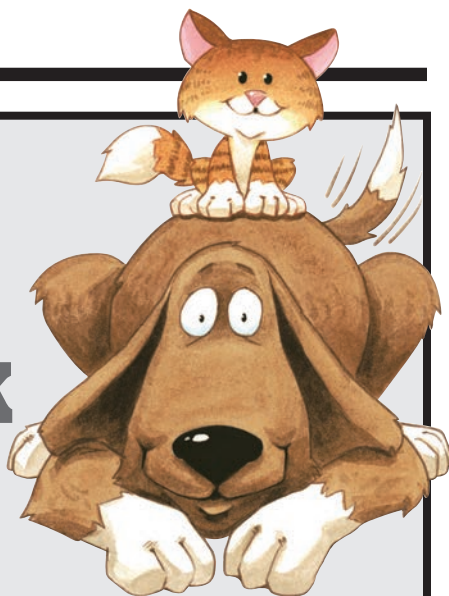
Some physical signs your teen is binge drinking may include sudden weight loss or gain, mood changes, sleeping habit changes, shaky or ill feelings when trying to stop drinking alcohol, and he/she may require more alcohol to achieve the same effect or feeling they had.

Some psychological signs may include using alcohol to relax or forget problems, being secretive with friends and family, changes in social behaviors, loss of interest in activities previously enjoyed, school problems, a change of friends, stealing or lying, anxiety, anger, and depression.

Please take the time to talk to your children about the risks of using drugs and alcohol; be a part of the solution by helping protect our children and youth. For more information on how to start age-appropriate conversations with your children, visit our Web site at cadyinc.org.

If you or someone you know struggle with addiction or substance use, seek help by calling the NH Statewide Addiction Crisis Line at 1-844-711-4357.

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.

New Hampshire, often a leader, demonstrates dragging one's feet

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



COURTESY CANNABIS CLIPART/FIRKIN

New Hampshire's climate is great for growing cannabis, better known as marijuana. Farmers here once grew huge cash crops of its close cousin, hemp.

I graduated from high school at about the end of the Ozzie and Harriet era (okay, Millennials, you'll have to look it up), just before the first marijuana wave hit town. Up until then, beer had been radical enough.

But it was 1965, after all. A year later, I found out that my younger brother smoked a joint now and then. Not much after that, my little sister's stash was discovered by our mother, who feigned outrage (she was a thinly disguised radical).

Having grown up pretty much unfettered, I have made it a lifelong avocation never to tell an adult what or what not to do, within the usual bounds of reason (i.e., mayhem). Hence my opposition to periodic attempts in the state Legislature to enact a helmet or seatbelt or hunter orange law, my own practices to the contrary.

Hence too my never-ending wonder that we never seemed to learn anything from Prohibition. On the lighter side of this, some of us can still name several local businesses that were founded with rum-running profits by respectable people who spent much of the day lounging in the doorway and, after a certain vehicle left the premises, switched from a wooden toothpick to a gold one on the way to the bank.

But it was not all so funny. Everybody was in on the national joke, the speakeasies and the like, but Prohibition made heroes out of two-bit thugs and helped organized crime get organized.

In recent times, we have made the Prohibition mistake all over

again, this time with marijuana, which grows so well here that it may be the state's biggest cash crop. By the by, New Hampshire farmers once grew thousands of tons of hemp, an industrial-use plant and marijuana's close cousin. Experts are fond of saying that to get the effects of one joint you'd have to smoke about a boxcar of hemp.

Anyway, New Hampshire seems to have lost its leadership zeal, and nowhere is this better illustrated than in its attitudes toward pot. Other states have been far ahead of us--leaders, not followers--to make marijuana legal for adults, in the name of freedom of choice. We are famous (or infamous) for this with helmets and seatbelts, but are uncharacteristically timid with pot.

In the years before the Civil War, lawmakers and businesses in New Hampshire were often in trouble with southern states (and federal



JOHN HARRIGAN

Abundant water (here in the form of ice and snow and yes, mud) is one reason New Hampshire suits the hemp family. The photo shows South Hill Road in Colebrook, in April, and that's northeastern Vermont's Monadnock looming in the distance. This is the kind of photo that some people at college and in the military say makes them homesick.

officials) for refusing to hand over runaway slaves. Our people and government earned reputations as leaders in the anti-slavery and women's suffrage movements, and as activists in other great social causes of the day.

In more recent times, our Current Use law, also known as the open space law, has been used as a blueprint by some 27 states. It has heavy penalties for misuse and is not, as so often portrayed, a tax dodge for the rich. It keeps wild places wild, and landowners on the land. It works. Imitation is the greatest form of flattery.

New Hampshire isn't very good at tooting its

own horn. That's okay--sometimes it's better to stay under the radar. But when we tire of outside media beating up on our 400-member House when they “rediscover” New Hampshire every four years, we should perhaps note that we are among the nation's leaders in female members of House and Senate (125 out of 424, or 29.5 percent, vs. the national average of 24.9).

New Hampshire women attain office through real elections--actual votes--not by some kind of mandatory make-up, a la Scandinavia. For some reason (and I admit it, this is a reach) I support this the same

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Newfound Landing

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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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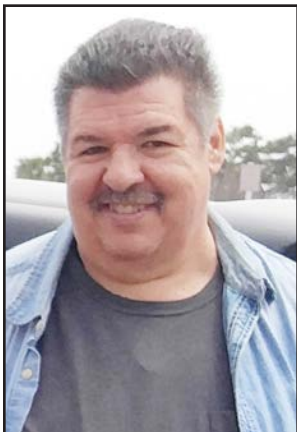
Joseph RedCloud-Owen, Jr.

FRANKLIN — This obituary is for my husband, Joseph RedCloud-Owen, Jr. If you knew Joe, you should wait an hour or so to read this, keeping him on “Indian” time.

Joe passed away, suddenly, on Dec. 5, 2018, of natural causes.

He was an amazing man, my best friend and my soul mate. He had an unquestionable love of family, a great love of music and a lifelong love of learning. I guess the word that best depicts Joe’s essence was LOVE. He loved life and embraced any opportunity to expand his horizons. He combined his eager outlook towards the future with his fascination of the past, always open to growth and change while holding fast to tradition. Joe always tried to fit as many experiences into the time he had. He enjoyed travelling and he made each trip event-full.

Joe had a remarkable acceptance of everyone and a refusal to judge or dismiss anyone. He genuinely loved being with people, hearing and telling stories and helping others. He also had a truly awesome capacity for forgiveness and



no ability to hold a grudge. He often said “Life is too short. Don’t sweat the small stuff.”

In recent years, Joe began to connect with his Native American heritage. He was extremely invested in all Native culture, history, art, and, especially, music. He was a gifted drummer and enjoyed playing as often as possible. His musical taste was eclectic and encompassed almost all styles. His preferences were blues and country. He loved listening to Johnny Cash, George Jones and the like, and drumming along. The only thing that made him happier was spending time with his family.

I like to believe that Joe is on his way to meet up with loved ones who have gone ahead, to a place where he will still be surrounded by music and

love. On his way to his next adventure, Joe will be sorely missed by me, his wife, Sheri RedCloud-Owen, his children, Elias, Robert, Natashi and Joseph, III RedCloud-Owen, his younger brother, Ralph RedCloud-Owen, two older brothers, Daniel and Gus, eleven grandchildren, Ariana, Justin, Angelia, Joseph Robert, Anthony, Julian and Chase RedCloud-Owen, Daniel, Marissa and Estella Keown, Joseph Keith RedCloud-Owen, sister in-law, Tracey Farrigan, mother in-law, Peggy Moses, grandmother, uncles, aunts, nieces, nephews, grand-nieces, grand-nephews, cousins, extended family and many friends.

Per Joe’s wishes, there will be a celebration of life for him on Jan. 5, 2019 at the Church of Jesus Christ of Latter-day Saints, 354 Fairground Rd., Plymouth, from 12:30-4 p.m. You are invited to share memories of Joe. In lieu of flowers, the family would appreciate donations to the Newfound Regional HS Drama Dept, c/o Stephanie Wiencek, 150 Newfound Rd., Bristol, NH 03222 in Joe’s name.

Jane Campbell Chandler, 91

MEREDITH — Jane Campbell Chandler, 91, of Hill and more recently of Meredith Bay Colony Club in Meredith, died peacefully at the Lakes Regional General Hospital on Dec. 3, 2018.

Born July 26, 1927, in St. Louis, Mo., she was the second child of Edward Jameson Campbell and Mary Whaley Campbell. She graduated from Washington University in St. Louis in June 1949, one of only two women in the Washington University School of Business. She earned a place in Mortar Board. As a child, Jane spent many wonderful summers on the east shore of Lake Michigan in Pentwater with her sister, Harriet and brother, George.

She married John Palmer Chandler of Cambridge, Mass. in December 1949. John was a graduate of West Point and a commissioned officer in the US Army. She traveled with him for thirty-one years to places as difficult as Occupied Germany in 1950-53, La Paz, Bolivia in 1964-66, and the Mojave Desert – just 50 miles south of Death Valley she always let people know. The couple was also stationed in Kansas three different times, West Point, N.Y. for three years and in the Washington, DC area for



many years at different times during their marriage. Jane was the president of three Officer’s Wives Clubs, served six years in the American Red Cross and three years in the Army Community Service. She accomplished all this while raising three daughters.

After her husband’s retirement and a move to John’s family home in Hill in 1979, Jane attended Plymouth State University and obtained a Teaching Certificate in Elementary Education. She taught school in Danbury, and spent six years as the kindergarten teacher in Hill. She also served as the Hill Librarian for five years. During her years at the Hill Public Library, Jane was able to obtain a sizeable grant from the Bill and Melinda Gates Foundation to install high speed computers and internet access for the town.

As a volunteer, she served on the board of the Visiting Nurses Association of Franklin. She was a trustee of the Hill Library and a member of the Starr King UU Fellowship in Plymouth, the Bristol Women’s Club, the Hill Historical Society and the NH Council on World Affairs.

Jane was a deeply generous person in a quiet way, adept at tennis, and her love of reading was shared with all who knew her. She was deeply loved by family and friends throughout her life.

Jane is survived by her three daughters, Mary Chandler Marder of Weston, Mass., Anne Campbell Chandler of Danbury, and Jean Palmer Chandler of Concord, Mass.; six grandchildren, and seven great grandchildren, with one more expected in May.

There will be a small memorial service held at the Meredith Bay Colony Club on Thursday, Dec. 13 at 11 a.m. A private burial will be held in the spring on Murray Hill. Jane asked specifically for no flowers and asked that in lieu of flowers, donations be made to the Hill Public Library, 30 Crescent Street, P.O. Box 257, Hill, NH 03243.

Towns

Groton

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

From the select board meeting on Dec. 4

A settlement was signed with Fairpoint concerning some telephone poles. The town attorney recommended that we sign the settlement for \$1,681 to end further litigation fees.

Bob Berti from Green Acre Woodlands came with a request for the Select Board. They have not been able to come up with any other information on the lot on Halls Brook Road, they are still in the process of searching for information. In the meantime, Green Acres Woodlands is logging in the area and would like to use the spot as an access point and put in a log landing area. The Select Board approved of this. Green Acre Woodlands is covered with sufficient insurance to protect the

Town from liability.

Two junkyard letters were sent to two property owners in Town. Two Veteran’s tax credit applications were signed. There were several resignations from Town Committees. The Town is looking for those who will serve as Library Trustees, Local Auditor and Cemetery Trustees. Four members of the Zoning Board resigned, but thankfully several people stepped forward who are willing to serve in this capacity until March elections.

The Town of Groton also has two openings for positions within the Emergency Management Team. The Town is looking for an Emergency Management Director and a Deputy Emergency Management Director. Anyone interested in helping out the Town in any of these positions, please contact the Select Board Office by calling 744-9190, by emailing se-

lectmen@grotonnh.org or by coming to the Select Board’s Office at 754 North Groton Rd.

Children’s Gift Tree

There are no more tags on the gift tree in the hallway, but we will still need money for fresh foods and meats to go into the food baskets, so if you would like to donate, please see Ruth or Elizabeth in the Town Clerk’s Office. Thank you to all who have already donated and thank you to Elizabeth for her time in organizing this. The Last day to donate will be Dec. 21 as we will be distributing on Dec. 22.

The Town has acquired from donations a large selection of winter coats, snow pants, hats, scarves, gloves, sweaters and sweatshirts/pants in both children’s and adult sizes. They are in the Town Hall in the Community Room if you

SEE TOWNS , PAGE A6

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

Cost: \$60 for initial registrant (Includes Study Guide; Beekeeping for Dummies; one year membership to PBBA). There will be a \$15 fee for an immediate family member who wishes to attend the classes (no extra materials available). (Children under 16 are free). Refresher Class: Space Availability Basis

Please make checks payable to Pemi-Baker Beekeeper’s Assn.

Registration form is on our website: www.pemibakerba.org Send registration form and payment to: Mary-Ellen Godville, 1090 River Road Plymouth, NH 03264

GERMANY • EUROPE • POLAND
BERLIN, PRAGUE, KRAKOW AND BUDAPEST

Student/Multi-Generational Trip
April 2020
Invitation



for Plymouth/Lakes Region area students grades 8-12, staff, parents, grandparents and community members to this 10-day Vermont schools sponsored educational trip to Europe. International travel is so important in today’s challenging and ever-changing world. We will experience so much immersing ourselves in cultures, history, languages, food and people creating many inspirational experiences that will last a lifetime.



Please check out our trip’s web page at eftours.com/2131732WM to see more details of our trip or to sign up. For more information, please contact Group Leader Jonathan Freeman (retired NH Principal/ Plymouth resident) at jonathanmimi@aol.com or call him at 603-254-3565.

There is an early bird registration discount of \$200 if you sign up during December 2018.

\$3075 or \$199 monthly for students, \$3575 or \$232 monthly for adults (15 monthly payments including discount).

CZECHOSLOVAKIA • SLOVAKIA • HUNGARY

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 Service: 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 - Met today, Thursday, Dec. 13 in Fellowship Hall at 10 a.m. We prepared cheer bags for our shut-ins, and held a short business meeting which was followed by a potluck lunch and grab-bag! Next meeting will be held on Thursday, Jan. 10 at 10 a.m. in Fellowship Hall.

B.U.C.C. Is scheduled for the Advent service at noon, followed by a light lunch on Wednesday, Dec. 19. (If school is cancelled, services are cancelled.)

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!
Adults \$9. Children \$4.
Serving 5:30 to 7 p.m.
Take Out Available: 744-8132

The ukelele band is now in full swing! 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, a few brave souls will make their debut on Sunday, Dec. 16 and share their music with the congregation.

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.

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!

Episcopal Churches Holy Spirit, Plymouth St. Mark's, Ashland

This is a shared ministry between Holy Spirit and St. Mark's. Well, at this time, the weather is certainly cooperating to make for a white Christmas. We are waiting during this Advent season the coming of the Christ Child and His gifts of light, love, peace and reconciliation. His preaching of good will towards all humanity is a lesson for us all.

Advent in a Box
Priest Kelly and Deacon Maryan shared "Advent in a Box" kits with some of our parish families with young children. At the heart of the kit was an Advent wreath to build at home: a sturdy cardboard base, leaves to cut out from stiff paper and arrange, and a set of 5 battery-operated tea light candles: 4 blue ones for the weeks of Advent, and a single white one for Christmas Day. A set of prayers for lighting the candles (the same prayers we're using in

Sunday worship) and the Book of Common Prayer collects for Advent and Christmas Day are in the packet as well.

Service Project: "Feed My Sheep"
Our community Service Project this month will be a Food Drive. For each of the six Sundays from Advent to Epiphany, please bring three nonperishable items such as canned fruit, soup, vegetables, beans, tuna, cereal, pasta, peanut butter. The accumulated provisions will be shared with the community Centers in Ashland & Plymouth.

Quilting Group Community Service
On Nov. 30, the Quilting Group distributed 17 quilts to meet a variety of needs within the community. Voices Against Violence received 10 quilts, which they use to welcome newcomers into their housing facility and give to children in need at Christmas. Also, the Bridge House received seven quilts, some of which were given to adults in the facility and others were put aside for children who might arrive. It is hoped that these quilts will bring warmth, love, and joy to those who receive them.

Caregivers Support Group
Would you like some support as a caregiver? Caregivers Support Group is a place you can meet with others to find that support. Held at the Plymouth Regional Senior Center, this group meets from 12:30 to 2 p.m. on the third Wednesday of each month; the next meeting is on Dec. 19. There is no registration or fee required.

Shared Ministry Services
Sundays 8 a.m. at Griswold Hall, 263 Highland St., Plymouth, and 9:30 a.m., St. Mark's Church, 18 Highland St., Ashland.

Office Hours
Tuesday 10 a.m. – 1 p.m., Wednesday 9 a.m. – noon, & Thursday 9 a.m. – 1 p.m.

Holy Trinity (Roman Catholic)

The Holy Trinity Parish Christian Life Center project is progressing on schedule. The parking lot will not be available throughout the winter, so we ask that continue to park in the two college lots on the corner of High St and Langdon. Please leave the lot across the street and the street parking for those who have trouble walking. Just think! You can get your Fitbit steps in on the way to Mass!

The Knights Spaghetti Supper and Auction was a big success, raising \$3,900 for local charities.

We thank everyone who attended and we thank the Knights for all of the hard work coordinating the event.

The Christmas Mass Schedule will be Monday, Dec. 24 that 4 p.m. at St. Matthew in Plymouth and 4 p.m. at Our Lady of Grace in Bristol, 6 p.m. at St. Matthew Church and 9:00 PM at St. Matthew Church. There will be no midnight Mass this year, as Fr. Leo continues to recuperate.

Christmas Day, there will be one Mass at 10:30 a.m. at St. Matthew Church in Plymouth. We wish everyone a blessed Advent season.

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
SEE CHURCHES, PAGE A7

Towns

FROM PAGE A5

or someone you know has a need help yourself. If you have specific needs please let us know and we will attempt to furnish you with these items.

Scheduled Meetings and Office Closures:
Select Board Work Sessions – Tuesdays, Dec. 18 and Jan. 8, at 6 p.m. at the Town House
Select Board Meetings (open to the public) – Tuesdays, Dec. 18 and Jan. 8 at 7 p.m. at the Town House

Conservation Committee Meeting – Thursday, Dec. 13 at 7 p.m.
Planning Board Meetings – Thursday, Dec. 13 and Wednesday, Dec. 19 at 7 p.m. at the Town House
All Town Offices will be closed between noon and 2 p.m. on Dec. 14 for our Fourth Annual Holiday Luncheon.
The Select Board Office will be closed Dec. 24 through Jan. 1, and will reopen on Jan. 2nd. The Town Clerk/Tax Collec-

tor's Office will be closed December 24th and 25th for the Christmas Holiday and January 1st for New Year's Day.

Tax monies have been coming in at a good clip the last couple of weeks. Remember that the due date is December 14th. Total of all taxes due to the Town as of Dec. 10 are \$369,979.50. The tax rate in Groton is \$14 per thousand.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

NAC Advent Services
The annual Newfoundland Area Churches (NAC) midweek Advent service will be at the following location for the concluding Advent service. Each week the noontime service will be followed by a light lunch. Bristol United Church of Christ on Dec. 19. For more information, please call 744-3885.

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 Newfoundland 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.Y.

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 \$10.00.

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!



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.

Exercise for a longer, healthier life

BY BECKY CHASE MS, RCEP AND
LEAH BARON MS
RehabFit

The effect of activity on mental and physical health is discussed frequently in today's society. However, the benefits can be easily overlooked and taken for granted. A recent study done by researchers at the Cleveland Clinic has shown having a sedentary lifestyle is worse for health in comparison to smoking, diabetes, and heart disease. A total of 122,000 people for 23 years participated in the study and completed treadmill testing regularly. The participants were divided into groups based on their performance levels to collect data concerning cardiovascular fitness level, health improvements, and overall longevity and quality of life. Results showed those who did not exercise had a 500 percent raised risk of death compared to regular exercisers. This study confirms staying fit and active reduces long-term mortality.

The Center for Disease Control and Prevention, CDC, reported in June only 23 percent of Americans get enough exercise. The CDC guidelines suggest 150 minutes of moderate aerobic activity each week, and resistance training twice a week. A brisk walk, swimming, or mowing the lawn are all examples for moderate intensity. Being unfit is being viewed as a stronger risk factor compared to hypertension, diabetes, and smoking for mortality. With this, a sedentary lifestyle should be looked at as a disease, which is treated with a prescription of exercise. Setting a short term goal of exercising two to three days a week has shown decreasing the stiffen-

ing of arteries. The resistance that exercise puts on our bodies initiates other cardiovascular adaptations, for example improving the hearts overall function.

The United States spends more than \$200 billion every year on treatments and complications for heart disease and diabetes. These are the most expensive diseases in America, and both are modifiable diseases. When clearance to exercise from a physician is obtained, there are no limits to the workout intensity, unless stated. If we increase fitness education and support for physical activity, diseases and the costs associated with these diseases can be reduced. This will coincide with an overall healthier, and longer, lifestyle. Exercise is truly medicine, and the benefits are never ending.

RehabFit is a medical fitness center for people of all ages and abilities with special attention to members with medical conditions and diseases. We train a wide range of levels from athlete and weekend warrior to beginner exercisers with goals of combating the aging process, increasing strength, increasing muscle mass, losing weight and improving overall health and wellness.

Exercise Specialists Becky and Leah have Master's of Science degrees in Exercise Physiology and are available to give members the guidance, attention, and supervision they need during exercise. Individual workout programs are created based on member's needs and goals. RehabFit is a clean, well maintained, friendly and unintimidating fitness center featuring Technogym equipment

and Smartkey Wellness System. The SmartKey Wellness System allows members to easily access, modify, track and log custom exercise

programs provided by Becky and Leah. RehabFit exercise equipment includes cardio and strength machines, free weights, TRX sus-

pension trainers, and more!

For RehabFit updates "like" the Speare Memorial Hospital Facebook page.

Call 238-2225 or stop by RehabFit at Boulder Point in Plymouth for a tour or more information! No referral needed!

Holiday scams: What seniors should look out for

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Coal in the Stocking

Scammers and con artists are all around us these days. It seems that no matter where we turn, there's a nefarious individual or group looking to scam us. To make matters worse, they're becoming more sophisticated in their approach. As we rely more heavily on the technology at our fingertips, sometimes all it takes is a wrong click and suddenly our personal information and money is up for grabs.

And what's the most wonderful time of the year for scammers? The holiday season, of course. It's a time of giving, charity, and all-around goodwill – but all of that can make us more vulnerable to the schemes that are out there. Seniors are certainly no exception. It's common for scammers to target seniors because they often have large nest eggs and exceptional credit scores, but little financial management. Additionally, memory issues and cognitive decline may make them more willing to give up valuable information.

Knowing what to look out for can save seniors from having their finances or even identity compromised. Below are some of the more common scams that target older adults during the holiday season. Share these with senior clients so that they can stay guarded and safely enjoy the holiday season.

Common scams to look out for during the Holidays

"Emergency" Calls: This tactic, which has gained considerable traction over the last few years, involves the scammer calling a senior, claiming to be a grandchild or other family member in need of money. They often say that they've been arrested, in an accident, or just need emergency funds in general. Seniors who receive such calls should ask specific questions that will trip up the caller. In most cases, the scammer will not be able to answer these questions and hang up in frustration. When in doubt, the best thing to do when an unknown number pops up is to simply not answer.

Phony Email Offers: Most personal email inboxes are full of promotional offers, and this certainly ramps up during the holidays. First and foremost, if the offer sounds too good to be true, it probably is. Scammers create emails that look legitimate but contain links that lead to pages requesting personal information. Seniors should look every promotional email offer over carefully, paying close attention to the sender address (it should have a proprietary address such as @amazon.com or @target.com) and anything unusual like mis-

spellings. A good rule of thumb when it comes to entering sensitive information into any website is to ensure that the URL begins with "https." This signifies that the site is secure and encrypted.

Free Gift Cards: Speaking of offers that are too good to be true, seniors may come across emails or flashy website ads that advertise free gift cards. While some companies have deals where you receive gift cards after purchase, you can safely assume the ones that say 'free' without purchase are entirely illegitimate. Seniors should not click on the accompanying links or ads for these offers.

Illegitimate Charity: It's the season of giving, but it's important to know where exactly your charitable donations are going. Seniors should be wary of any unfamiliar organizations or those whose appeals are overtly emotional. To confirm the legitimacy of an organization, seniors can utilize the Web site give.org.

Comfort Keepers® Can Help

The holiday season is the perfect opportunity to spend time with friends, family, neighbors, and all others who bring joy to our lives. That makes it all the more difficult to imagine that there are those

out there who wish to rob people of that joy – but they are out there. At Comfort Keepers®, our aim is to preserve the joy, warmth, and wonder that seniors and other adults cherish during the holiday season. We will work to reduce their risk of being conned, not only from the schemes above, but also any others that may exist. Our caregivers can also provide help with togetherness tasks and daily routines.

Call your local Comfort Keepers location to learn more about how we can help seniors and other adult clients this holiday season.

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 independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Churches

FROM PAGE A6

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 entitled, 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.

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. 16 - Sunday Worship – The Spirit of the Season is Joy

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director and Choir

We will fill our sanctuary with words and music that reflect the brilliance and possibility of the season's joy and the mystery of this great gift, life.

Visit our Web site
www.starrkingfellowship.org
536-8908



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Bristol Laundry

Cumberland Farms Bristol

Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

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Stinson Lake Store

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Campton	Eastern Corner Road	N/A	\$43,000	Mary J. Rimmer Doherty Trust	Frederick and Jill Prince
Dorchester	Route 199	N/A	\$95,000	Jeannette E. St. George	Corey O'Connor and Nathaniel P. Glenney
Ellsworth	36 Ellsworth Pond Rd.	Single-Family Residence	\$235,000	Catherine M. Foley	Victoria Merriman
New Hampton	30 Birch Way	Single-Family Residence	\$195,000	Robert M. Baum 1989 RET	Nicholas Silva and Katherine Isabella
New Hampton	1241 Winona Rd.	Single-Family Residence	\$275,000	Corey J. Chandler and Krista Brunt	Charlie A. and Margaret L. Stark
Plymouth	107 Chaddarin Lane	Single-Family Residence	\$478,000	Jitsupa Prajunbant	Thanath Asavamochai and Sarinya Banchasirichai
Plymouth	402 Mayhew Turnpike	Religious Practice	\$183,000	Peter T. and Cheryl A. Bates	Harold A. and Irene Caya
Thornton	74 Liberty Lane	Single-Family Residence	\$220,000	Ivan P. and Michelle A. Zyla	Robert L. Pooler
Waterville Valley	28 Packards Rd., Unit 320	Condominium	\$71,533	Michel H. Claudet	Douglas E. and Joanne M. Gustin

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 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

Absence of value



BY MARK PATTERSON

Any fee in the absence of value is too high. I'm referring specifically to fees regarding your investments, whether it is a fee that you are fee-only advisor charges, fee and commission advisor charges, registered rep or insurance representative. Whether we are in the business of charging fees for advice, fees for asset management or com-

mission and fees for product, the fee should be made known and very transparent to the client.

The registered representative or financial advisor, as many call themselves, typically sells product such as loaded mutual funds, or variable annuities which all have commission and ongoing fees attached. Mutual funds with an A share designation usually charge an upfront commission and an ongoing management and marketing fee known as a 12b1 fee. So using a fund from a very popular broker sold fund family, you might pay a 5.75 up front commission, and close to 1

percent management and marketing expense of which the broker may receive 0.25 basis points in what is called trail commission. Other shares of mutual funds that are designated as C shares may have little or no commission upfront but provides a 1 percent annual trail to the broker. The client usually pays about 1.75 percent to the fund company. These fees are not a line item charge but they are extracted from the return to the client.

That same registered representative may have a fee platform to manage your assets. Investment advisors that are fee-on-

ly will manage assets for a predetermined fee based on the assets under management. So for the sake of this example, let's say your asset management fee is 1 percent annually. Then you must determine if there are any additional fees or expense for any mutual funds or exchange traded funds that are being used inside the management platform that has a 1 percent asset management fee already in place. Even if the advisor is using advisor class funds, that tend to have lower fees, you are still looking at probably 50 to 100 basis points for a managed mutual fund. So all in you may be at one and

a half to two percent.

Variable annuities sold by registered reps can have fees that approach 4 percent. The compounded annual total return for the S&P 500 over the last 15 years including dividends has been just over 4 percent. It has been my experience that most advisors whose business is made up primarily of fee-based or fee-only typically try to use very low cost mutual funds or exchange traded funds to keep the overall fees low to the client.

My advice to you, the client, would be to find out what the advisor plans to use in your account to man-

age your money, what the typical fees would be for those funds or if they're going to use individual stocks and bonds before you really concern yourself of what the asset management fee would be, because any fee in the absence of value is too high. I have also seen some financial advisors charge a "financial planning" up-front fee for nothing more than an asset allocation! Work with a Fiduciary advisor who will work for you!

Mark Patterson is an advisor with an MHP asset management and can be reached at 447-1979 or Mark@MHP-as-set.com.



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BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

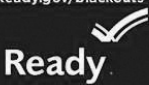
- Throw out unsafe food

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Who to Call

Where to Meet

What to Pack





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SLA to host guided hike at Red Hill via Eagle Cliff Trail Dec. 19

HOLDERNESS — 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. Join the Squam Lakes Association on Wednesday, Dec. 19 for a winter hike to the historic Red Hill fire tower via the Teedie and Eagle Cliff trails. This hike

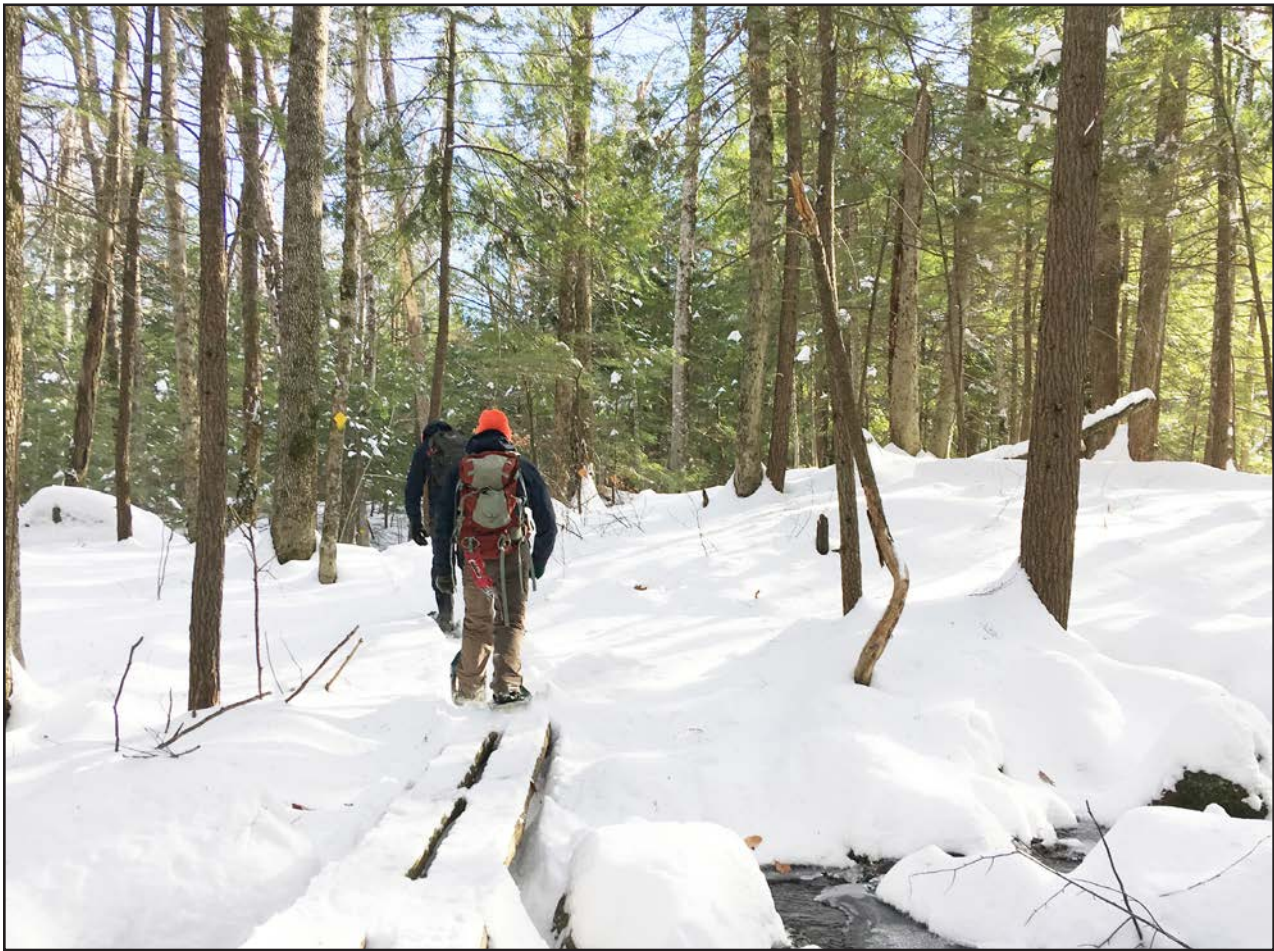


is a little over 4 miles. We will meet at 9 a.m. at the Teedie Trail trail head located on Bean Road at the Sandwich and Moultonborough town line. Participants will start up Teedie Trail and continue on to Eagle Cliff Trail when they merge about 0.5 miles in. At that point, we'll continue up Eagle Cliff Trail for one and a half miles until we reach the Red Hill fire

tower summit where we'll take a break to enjoy the view and eat lunch. After lunch, we will head back to the Teedie Trail trail head and expect to wrap up around 1 p.m. Hikers should be prepared with cold weather hiking gear, as well as water, snacks, and a packed lunch. This hike is for all ages, but is of moderate intensity and may increase in difficulty with any icy or rainy weather. The SLA can provide snowshoes for up to six participants.

SLA to host tree ID hike at East Rattlesnake Saturday

HOLDERNESS — Join the Squam Lakes Association (SLA) on Saturday, Dec. 15, from 9:30 a.m. – noon for an opportunity to learn about New Hampshire's native tree species! Participants will join Lakes Region Conservation Corps (LRCC) AmeriCorps members, Alex Reiber and Sydney Kahl, as we discuss tree anatomy and techniques to identify several native species. Following a short discussion at the trailhead on Pinehurst Road, the group will hike up East Rattlesnake, paying careful attention to the trees surrounding them along the way. Through mindful observation, participants will cultivate appreciation for the natural



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

For more information, or to sign up for this Adventure Ecology program, visit the SLA website (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.

resources of the Squam Lakes Region. All ages are welcome! The ecological role that trees play in forested areas is crucial. They provide habitat, food, serve as sinks for carbon dioxide, and help prevent soil erosion. Tree identification is a fun activity that helps one to develop a sense of connection with this fascinating flora. Leaves are commonly used to identify trees, but during the winter months when many trees shed their leaves, identification can become a bit tricky. During this time of year other techniques can be incorporated, such as observing the bark, buds, and organization of twigs. Although the hike up East Rattlesnake is short (0.8 miles round trip), there are some steep section of the trail. Due to the time of the year, participants

SEE HIKE , PAGE A11



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Baker River Watershed Association hosting Annual Meeting Wednesday

RUMNEY — The Baker River Watershed Association will hold its Annual Meeting Dec. 19, 6-8 p.m., Byron G. Merrill Library, 10 Buffalo Rd., Rumney. All are welcome. Please park and enter at the back of the building. The Guest speaker from the New Hampshire DES Dam Bureau will provide an "Up-

date on Flood Control Structures on the Baker River." The meeting will also include nomination and election of all officers (Chair, Vice-Chair, Secretary ad Treasurer) and new board members. All participants may vote. For additional information, contact the Chair, Lisa Doner, at 536-3358 or donerl@mac.com.

KTHO

FROM PAGE A1

ilies in need of home heating fuel and other forms of assistance. The contributions for the raffle and auctions—both silent and live—are truly extraordinary, so be sure to bring your checkbook or credit card to KTHO and help us reach this year’s goal of \$55,000 for fuel assistance!

Join us and place your bids on passes to a variety of area attractions to keep you busy year-round, including lift tickets to your favorite ski area and golf. Browse the wide variety of items that you can enjoy in your own home, including works by various local artists.

The auctions will also feature products, services, and gift certificates donated by our many generous area businesses, craftspeople, and professionals. Too numerous to list, they range from practical (a haircut

or an oil change for your car) to luxurious (lovely jewelry, clothing, and accessories). New items are being added to the list every day, so you’re sure to find something perfect for you! The Common Man Inn provides the ideal browsing venue, and the KTHO decorating committee is planning a fabulous setting, themed “Under the Sea,” with background music by the talented David Lockwood.

There are multiple reasons to go to KTHO: you’ll find some fabulous deals in the silent auction, you’ll enjoy a delicious meal created by our best local restaurants, and you’ll be entertained by terrific auctioneer Terri Dautcher—all for the very important goal of helping your neighbors in need.

If you can’t join us on January 16, please consider joining as a sponsor or auction donor. With this year’s early cold start to winter, close to \$35,000 has

already been expended in KTHO funds, and the heating season continues until April. The need has never been greater, and every contribution helps! For auction donations, please call Joyce Weston at 276-0862. If you’d like to offer financial support, call Barbara Fahey at 236-1122. Contributions to KTHO are also welcome at the Plymouth Area Community Closet, P.O. Box 434, Plymouth, NH 03264.

Tickets for KTHO are available in limited numbers at Chase Street Market, once again for just \$40. To reserve a table for 8 to 10, call Kate Coupe at 520-9389 or Joan Turley at 236-2795. KTHO is organized and sponsored by the Plymouth Area Democrats, partnered with the Plymouth Area Community Closet in their continued mission to provide assistance to our neighbors. KTHO—and the help it provides—is entirely non-partisan.

Market Basket

FROM PAGE A1

ty in our town is nontaxable.”

Freitas went on to say that that percentage rate puts a lot of stress on property owners, many of whom struggle to pay their taxes. Knowing that, she welcomed a new business to the town, one that could ease that stress and help tax payers survive.

One concern of the Planning Board last month as they worked their way through a checklist for major projects provided by the Lakes Region Planning Commission, was how a large addition to any town might impact emergency services. To that point, Jim Martin of Rumney spoke up last Thursday. He pointed out that the increase in taxable income would help offset any minor impact a business like Market Basket might bring to a community as far as fire and police response was concerned and asked the board to support the proposal.

Will Davis of Horizon Engineering, LLC, was called upon to ad-

dress a few concerns the board had after hearing a standard report from Plymouth’s Town Engineer on traffic and environmental impact. Davis and developer Michael McGinley were able to quell those concerns however through their own communications with the engineer and proof that, for the most part, most of those issues already been resolved.

Planning Board chair Rebecca Hanson then took a moment to assure Davis and McGinley that the board tried to make the approval process as quick as possible as they worked to ensure due diligence to the town and neighboring communities had been addressed.

Board member John Randlett, as the selectmen’s representative to the Planning Board, made a motion to approve the proposal, contingent upon the completion of conditions set forth by New Hampshire Department of Transportation and other minor site plan recommendations as laid out by the town engineer.

A vote was then taken

and the board was unanimous in their approval.

McGinley said he was very pleased with the outcome and, thanks to prior approval for the footprint of the building, announced that construction should move along quickly next spring. Contractor Bud Crane of Andrews Construction has been part of McGinley’s development projects at Riverside Landing since its inception and said that with better weather and a completion of the permit process, the site for Market Basket was good to go.

“I think they’re in good shape,” Crane commented after the meeting.

McGinley said he was glad that Andrews Construction worked hard to get everything ready this fall, pending the final approval from the board, and he looked forward to things moving forward in the spring.

“Right now, we have a planned opening of Plymouth’s new Market Basket in the late fall (of 2019). Before the holidays would certainly be ideal,” he said.

Masterminds

FROM PAGE A3

been holding my feet to the fire as I’ve begun to branch out and offer more services,” Holland said.

Darlene Nadeau of Aviva Wellness is a holistic life coach who also offers private instruction on yoga and meditation. She said she loves the ability to work with other women, especially those over the age of 55, in bringing out their true potentials.

Another Plymouth Mastermind is Stacey Berger who brings another totally different business to the group. While Berger is part owner of AppleKnockers General Store in Warren, she is also

the owner and pilot for White Mountains Helicopter, LLC. From her office in the sky, she provides people with scenic tours of the region, aerial photography opportunities, and her business adds an exciting and unique feature to local events, such as Warren and Rumney Old Home Day celebrations.

“Everything about what I do is exciting. The one experience in life I never forgot was taking my first helicopter ride,” Berger said.

The fifth member is Maundy Mitchell, owner of Maundy Mitchell Photography Studio. Mitchell’s talents bring out the very best in people through photography sessions where, in addition

to her camera skills, she even has a styling room to help with great hair and make up for her clients’ portraits.

When running a business on one’s own, there is seldom someone to “bounce ideas” off of or get a second opinion about a change that’s being considered. That’s why twice a month the women of the Plymouth Masterminds group meet at Mitchell’s studio, located at 2 Post Office Square, where they encourage, support and hold each other accountable for their business ventures.

“We have a lot of tough love,” said Holland. “We started this not quite a year ago and we’ve already made leaps and bounds.”

Trees

FROM PAGE A3

had five other entries.

“Ever year we try to have six or more trees for the festival,” said Mark. “This year we had seven but something happened to one and we had to leave it at home.”

Notebook

FROM PAGE A4

way I’ll support the wolf coming back only if they come in on their own four feet.

The only thing that keeps the percentage of women serving in New Hampshire from being as high as it should be, I’d bet, is that not enough women choose or are able to run. The percentage, to be in tune with national demographics, should be 51 percent, and I’d be tickled to live to see it.

All this came occurred to me, oddly enough, during the bobcat fiasco--the fight, two years ago, over whether New Hampshire should allow the hunting and trapping of bobcats. The public was vocal in letters and testimony that it shouldn’t, and a leg-

islative committee followed suit.

But one of the arguments touted for us having a season was that neighboring states had one, so we should too. This was an odd turn of events, I mused--New Hampshire, which we were saying should set an example and be a leader, was being urged to get in line and be a follower.

However, we were indeed followers, not leaders, in the fight for medical marijuana. New Hampshire dragged its feet on legalization itself until we were behind all others in the territory, and then was so slow setting up licensing outlets that suffering patients and their families were forced to go out of state to buy what they needed. How embarrassing

Operating Staff stated that there were over 50 trees in this year’s festival, which has become a tradition for she and her coworkers to coordinate each year.

“It’s always fun. I love the creativity and you can’t help but get in the holiday spirit when you see them all,” she said.

was that? Wherever is our spark of old? It was right there in our historical lap and then departed for parts unknown, perhaps nether parts (perish the thought), forever. Well, at least until the Legislature next meets. But in the interim, it’s enough to ask Santa for a giant set of jumper cables, for the Legislature, the Senate, the Corner Office-- the whole shebang.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via camp-guyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Hike

FROM PAGE A10

are encouraged to dress in layers, bring snacks and water, and bring snowshoes or micro spikes. Snowshoes can be provided for up to six participants.


For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squam lakes.org) or contact the SLA directly (968-7336). The SLA also of-

fers 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.


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DONNA RHODES

For nearly 40 years, Doug Williams has been the conductor for the North Pole Train at Santa's Village, and now his grandson Landon has joined him in the family tradition of overseeing the massive train set.



DONNA RHODES

Stardust and Sugar Plum were busy in the Toy Shop at Santa's Village painting wooden airplanes over the weekend.



DONNA RHODES

As boys and girls wrote down guesses on how many candies were in a jar, elves at Santa's Village made sure there were enough treats for them to enjoy when they were done.

Santa

FROM PAGE A1

over the weekend.

Downstairs on the main floor, adults

shopped the many vendors for Christmas gifts and holiday decorations or enjoyed minestrone soup and other foods available for lunch.

TTCC's Executive Director Leslie Dion said there was a steady flow of families coming in and out of the center all weekend as every-

one was enjoyed the new scenery and holiday excitement. She wished to thank those who volunteered their time to make the village

a reality once again, especially those from J. Jill in Tilton who lend valuable assistance every year. "They're awesome.

I don't know where I'd be without them," Dion said. "There's a million little details in putting this on, but every year, it comes together."



DONNA RHODES

At Santa's Village in Bristol last weekend, Happy the Elf manned the North Pole Post Office collecting all the letters coming in for Santa.

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We are grateful

In the spirit of the season, we are grateful for the partnership we have with you, our University community, and our students. All of us here at Plymouth State are grateful for the many opportunities we have every day to interact with, teach, learn from, mentor, and positively shape the lives of our students as they shape ours. We are also grateful for this beautiful community all of us call home and for the friendship and support you have shown us and our students. We wish each of you only the best for this holiday season and the coming year.

With gratitude,
Don Birx, President



Newfound Landing Sports

Section **B**
Thursday,

Thursday, December 13, 2018

Shorthanded Bears fall in home opener

Newfound girls bounce back, get first win in Belmont

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — With their two most experienced players unavailable, the Newfound hoop girls had an uphill battle when a speedy White Mountains Regional team came to town on Wednesday, Dec. 5.

The scrappy Bears battled the Spartans to the end, eventually drop-



Paulina Huckins puts up a shot in the paint during action against White Mountains last week.

ping a 48-38 decision in the home opener.

"They showed up, they played hard, they did everything I could ask them to do," coach Kammi Williams said. "Regardless of what was going on, they worked hard and I'm really proud of them."

White Mountains scored the first two points of the game before freshman Paulina Huckins got Newfound on the board with a free throw. A Mackenzie Bohlmann rebound and putback put the Bears in front and then Tiffany Doan drained a three-pointer, pushing the hosts to a 6-2 lead.

The Spartans hit a three of their own to cut the lead to one before Huckins put back a rebound to push the lead to three. White Mountains then went on an 8-0 run that included five free throws and a three-pointer, turning the 8-5 deficit into a 13-8 lead.

Leah Bunnell hit a basket to get Newfound back on the board but a late three-pointer from the visitors gave them a 16-10 lead after one quarter.

The visitors hit the first basket of the second quarter before Huckins hit a free throw for the Bears. After another White Mountains hoop, Huckins hit another free throw to make it 20-12. White Mountains got one from the free throw line to take the nine-point lead but the Bears fought back.

Huckins put back a rebound to start a 6-0 run for the Bears. Bunnell followed with a three-pointer and then Bailey Fairbank sank a free throw to cut the lead to 21-18. The Spartans hit two free throws and a field goal to go up by a 25-18 score as time ticked down in the first half.

Doan drained her second three of the night, this time coming at the



Leah Bunnell fires a jump shot in front of the White Mountains bench last Wednesday.

halftime buzzer, cutting the lead to 25-21 at half-time.

A hoop from Bohlmann got the Bears on the board first in the second half, cutting the Spartan lead to just two at 25-23. However, the visitors came through with a 7-0 run on three hoops and a free throw to push the lead to nine at 32-23.

Bunnell sank a three-pointer to cut the lead to six but White Mountains answered right back with consecutive baskets at the other

end to make it a 10-point lead.

Haley Dukette hit a hoop to keep Newfound in the game but the Spartans then hit a basket and a three-pointer at the buzzer to go up by a 41-28 score heading to the final eight minutes.

The Spartans scored the first hoop of the fourth quarter before Doan hit a basket and Huckins sank one from the charity stripe. The visitors then hit a pair of hoops and a free throw to stretch the lead to 17 at 48-

31 but Newfound wasn't done yet.

The Bears scored the final seven points of the game to finish strong. Huckins started the run with a steal and basket then Bunnell hit a hoop and Huckins closed out the game with a three-point play to make it the 48-38 final.

"We had two practices to teach this offense and we didn't have a press breaker going into this game," Williams said. "It got a little helter-skelter at times and we handled it well at times."

"We scored 38 points, I am really pleased," the Bear coach continued. "Half of those kids had never played quality minutes in a varsity game. Only three of the girls had varsity experience."

Williams said she changed up the defense prior to the game in the locker room, hoping to throw a curveball at White Mountains coach Brent Covell and she was pleased the girls worked it well in the beginning.

"It's a tough loss, but the kids played hard," Williams stated. "I knew they'd give me everything."

Huckins led the way for the Bears with 13 points while Bunnell added 10 points.

Excitement was the name of the game in the second game of the season on Friday, Dec. 7, as

SEE **HOOPS** PAGE B2

What's On Tap

As the winter schedule heads toward the holiday break, there are a number of games on the docket.

At Newfound, the hoop girls will be hosting Fall Mountain on Friday, Dec. 14, and will be at Berlin on Wednesday, Dec. 19, both at 6:30 p.m.

The Newfound boys' basketball team will be at Mascenic for a 7 p.m. game on Friday, Dec. 14, and will be hosting Berlin at 6:30 p.m. on Wednesday, Dec. 19.

The Newfound ski team is scheduled to open the season on Thursday, Dec. 20, at Bretton Woods at 10 a.m.

At Plymouth, the girls' basketball team will be hosting Souhegan on Friday, Dec. 14, at 6 p.m. and will be hosting Hanover at 6:30 p.m. on Wednesday, Dec. 19.

The Plymouth basketball boys will be on the road at Souhegan on Friday, Dec. 14, at 6:30 p.m. and will be at Hanover for a 7 p.m. game on Wednesday, Dec. 19.

The Kearsarge-Plymouth hockey team will be at Pembroke-Campbell on Saturday, Dec. 15, at 7:30 p.m. and will be hosting Con-Val at Plymouth State University at 4:30 p.m. on Wednesday, Dec. 19.

The Bobcat wrestling team will be at Hollis-Brookline at 8:30 a.m. on Saturday, Dec. 15, and will be hosting Pelham and Kearsarge on Thursday, Dec. 20, at 6:30 p.m.

The Plymouth unified basketball team will be opening the season on Monday, Dec. 17, at Inter-Lakes-Moultonborough at 3:45 p.m.



COURTESY PHOTO

Unified Bears

Members of the Newfound Regional High School unified sports programs attended the recent Special Olympics of New Hampshire Student Summit held in Waterville Valley. Coach Breanna Barksdale, with students Faith Smith and Madi Gould, learned about programs at other schools and look forward to bringing these ideas to the NRHS school community.

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Early hole sinks Bears in opener

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — An early hole proved too much for the Newfound hoop boys to dig out of in the season opener on Friday, Dec. 7.

The Bears fell behind 8-0 and 14-1 to Belmont in the first quarter and never could recover, as the Red Raiders took the 57-33 win over the Bears in coach Jesse Mitchell's debut at the helm.

"We gave it up early, we worked hard to get it back but on the offensive end, we had way too many turnovers and simple mistakes that made it harder," Mitchell stated. "But I'm proud of them for fighting."

The Raiders scored the first four baskets of the game to go up 8-0 before Mason Dalphonse hit a free throw to get the Bears on the board. The visitors then hit three more hoops in a row to stretch the lead to 14-1 before Tyler Boulanger had Newfound's first field goal of the season, draining a three-pointer.

After another Belmont hoop, Justin Shokal hit a free throw to pull Newfound within 10 at 16-6 after one quarter of play.

Belmont sank two free throws out of the gate in the second quarter before Dalphonse responded with a three-pointer. However, the Raiders went on an 8-0 run, including a pair from downtown that stretched the lead to 26-9.

Eddie Spooner came



JOSHUA SPAULDING
Mason Dalphonse puts up a shot in the lane in action against Belmont last week.

through with a hoop and after Belmont hit a hoop and a three-pointer, Dalphonse hit a free throw. Belmont drained another hoop and then Colby Miles sank a basket to make it 33-14. The visitors drilled a three-pointer at the buzzer to stretch the lead to 36-14 at the half-time break.

Belmont got the first hoop of the third quarter and Dalphonse came through with a free throw. After two more Belmont hoops, Dalphonse hit two more free throws and Miles finished off a great feed from Reid Wilkins to make it 44-19.

Dalphonse had a pair of free throws but Belmont again hit a big shot late, as they drained a three-pointer to take the 47-21 lead to the final eight minutes.

The Bears had the first five points of the fourth

quarter, all coming from the free throw line, with Miles hitting one and Dalphonse hitting four to make it 47-26. Following a three from Belmont, Dalphonse hit a field goal to make it 50-28.

Belmont hit another hoop and then Miles drained a free throw. After one more Belmont basket, Boulanger added a hoop and a free throw, cutting the lead to 54-32. The Raiders drained another three-pointer and Miles finished out the scoring with a free throw for the 57-33 final.

Mitchell noted he was happy to see the way the team fought through the entire game after falling behind early.

"That's going to be us this year," Mitchell stated. "We need to work and work to stay in games and compete and maybe scrap out some wins.

"We need to keep



JOSHUA SPAULDING
Tyler Boulanger rises to the basket in action Friday night.

working for 32 minutes," the Bear coach pointed out. "The biggest take-away from this game is that they worked hard from start to finish."

However, Mitchell also knows there are plenty of things to work on.

"The negative was

that turnovers killed us," he said. "But our play was definitely better in the second half.

"But that hole in the first half was too tough to fight through," Mitchell added.

Dalphonse led the way for Newfound with 16

Bobcats win opener, second in Early Bird Invitational

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth wrestling team kicked off the season with a home match on Dec. 5 and emerged with a win over John Stark.

Aiden Scribner at 106, Joe Peters at 113, Trevor Randlett at 120, Nathan Borger at 132, Ezra Letourneau at 138 and Joe Cleary at 145 all won by forfeit.

James Philbin at 126, Hunter Lessard at 152, Jon Panus at 160 and Steven Shute at heavyweight all earned wins by pin.

Dec. 14, at 6:30 p.m. and they will visit Berlin at 6:30 p.m. on Wednesday, Dec. 19.

NRHS 10-11-7-10-38
WMRHS 16-9-16-7-48

NRHS 38
Bunnell 3-2-10, Fairbank 0-1-1, Doan 3-0-8, Bohlmann 2-0-4, Dukette 1-0-2, Huckins 4-5-13, Totals 13-8-38

WMRHS 48
Challinor 5-1-11, Treamer 1-2-4, Kenison 2-0-6, Murray 2-1-7, Welch 6-3-15, Doolan 1-0-2, Graham 0-1-1, Totals 17-8-48

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

points.
The Bears (0-1) will be in action on Friday, Dec. 14, at Mascenic at 7 p.m. and on Wednesday, Dec. 19, the Bears will host Berlin at 6:30 p.m.

NRHS 6-8-7-11-33
BHS 16-20-11-10-57

NRHS 33
Spoonier 1-0-2, Miles 2-3-7, Shokal 0-2-2, Dalphonse 2-11-16, Boulanger 2-1-6, Totals 7-17-33

BHS 57
Burke 1-0-2, Embree 5-0-11, Ruelke 1-0-3, Sottak 2-0-5, Rupp 4-0-8, Landry 5-0-14, Magerer 1-2-4, Thurber 5-0-10, Totals 24-2-57

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

Hoops

FROM PAGE B1

the Bears traveled to Belmont and emerged with a 42-41 win.

"I am excited for my first varsity girls' basketball win," said Williams.

The Bears got out to a quick start with a 14-9 lead after one, with Bunnell, Fairbank, Doan and Bohlmann all putting points on the board. Belmont was able to get back in the game in the second quarter, cutting the lead to 19-16 at the halftime break.

Newfound went to a full court press in the third and Williams said she could feel the momentum switch a little but the lead didn't change, as

Newfound lead 31-28 after three.

However, in the fourth quarter, the Raiders came back and were able to take the lead and the Bears started fouling in the final minute, hoping to get the ball back. And Belmont kept missing the free throws, which kept the Bears in it.

Haley Dukette hit a long two to pull the Bears within one and then Belmont missed another free throw, giving Newfound the ball back with eight seconds to go, down one point. The clock management showed a bit of inexperience, as the Bears launched a shot from halfcourt with five seconds to go. The ball hit

off the backboard so hard that it came right out to Huckins, who was posting up on the foul line. She grabbed the rebound and made a spin move and put the ball into the basket as the buzzer sounded, giving Newfound the win.

"You never know, it was one of those ironic moments," Williams said. "We're trying to teach the kids to control the ball, how to settle the offense and let people get back in position.

"That was a big win for us for sure," the Bear coach added.

The Bears (0-2) will return to action with a home game with Fall Mountain on Friday,

third place match by a 9-2 score over Matt Cosio of Bedford.

JC Gaumer won his opening match at 138 pounds then lost his second match, both by decision. He then won his next two, finishing with a 5-2 win over Gabe Benedict of Kearsarge in the finals.

Johnston won his first match at 182, then lost by fall in his second match. After winning by fall in his next match, he won by forfeit over Thomas Johnston of John Stark in the third place match.

Peters was fourth at 113 pounds. He won his first, lost his second, won his third and then lost in the third-place match to Quintin McDaniels of Winnisquam.

Letourneau finished at 2-2 at 138 pounds, Joe D'Ambruoso finished at 3-2 at 160 pounds, Shute finished at 1-2 at heavyweight and Borger finished at 0-2 at 170 pounds.

The Bobcats are scheduled to compete at the NorEaster Invitational on Saturday, Dec. 15, at Hollis-Brookline at 8:30 a.m. and will be hosting Pelham and Kearsarge on Thursday, Dec. 20, at 6:30 p.m.

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

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Edward Jones: Financial Focus

Three Factors to Consider When Making Charitable Gifts

The holiday season is here, which means gift-giving is probably on your mind. In addition to making gifts to your family and friends, you also may be interested in contributing to charitable organizations. But before you donate financial assets, such as stocks, you will need to consider several factors, including taxes, your portfolio balance and the reputation of the charity. Let's look at these areas:

Taxes – Your donations to qualified charities (those that are considered 501(c)(3) organizations by the Internal

Revenue Service) can give you tax deductions – if you itemize deductions on your tax return. However, due to recent tax law changes, the standard deduction for 2018 has almost doubled, to \$24,000 for married couples, and to \$12,000 for single filers. As a result, you may be less likely to itemize deductions, so you could have less incentive, at least for tax reasons, to make charitable gifts. However, if you give appreciated stocks, you may be allowed a charitable deduction for the full fair market value of the gift on the date of the transfer, even if your original

cost was only a fraction of today's value. Plus, you may not be subject to the capital gains tax you might have to pay if you eventually sold the stocks.

Also, depending on your age, you might be able to use your traditional IRA as a charitable-funding vehicle. Once you turn 70-1/2, you generally must begin taking withdrawals – called required minimum distributions or RMDs – from your traditional IRA. (Roth IRAs are not subject to RMDs during your lifetime.) These RMDs from your traditional IRA are taxable, but you may be

able to exclude up to \$100,000 of RMDs per year from your taxable income if you transfer the funds directly to qualified charitable organizations.

In any case, consult with your tax advisor before donating appreciated assets to a charity.

Portfolio balance – When you donate financial assets to a charity, you are also taking them away from your portfolio. This could be an issue, especially if you repeatedly donate the same types of assets. For example, if you're donating some growth-

oriented stocks, will you lower the overall growth potential of your portfolio?

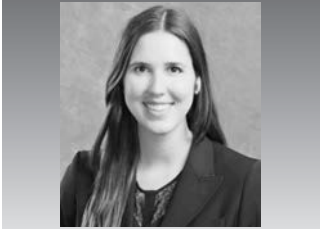
You may want to consult with a financial professional to ensure your charitable gifts will still allow you to maintain a portfolio balance appropriate for your goals and risk tolerance.

Reputation of the charity – You may want to do some homework to make sure you are giving to a reputable charity. Many experts on charitable giving say that a worthwhile charity should

spend at least 75 percent of its income on programs, rather than administrative costs. You may be able to find this type of information on a charitable group's annual report and its website. You can also browse the web for the names of agencies that evaluate charitable groups.

By considering the aspects of charitable giving described above, you can get more satisfaction from your generosity – because you'll know that your gift not only supports a good cause, but also fits well into your overall financial picture.

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



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



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



Jacqueline Taylor
Financial Advisor
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Fri., 12/14	Mascenic	A	5:30/7
Wed., 12/19	Berlin	H	5:30/3
Thu.-Sat., 12/27-29	Gilford Holiday Tourney	A	TBA
Fri., 1/4	Interlakes	A	4:30/6
Tues., 1/8	Winnisquam	A	5:30/7
Fri., 1/11	White Mtn.	H	5:30/3
Tues., 1/15	Franklin	H	5:30/3
Tues., 1/22	Prospect Mtn.	H	5:30/3
Thu., 1/24	St. Thomas	A	5:30/3
Tues., 1/29	Interlakes	H	5:30/3
Fri., 2/1	Mascoma	A/H	6:30 V/6:30 JV
Tues., 2/5	Berlin	A	5:30/3
Fri., 2/8	Newport	H/A	5 V/6:30 JV
Tues., 2/12	Gilford	A	4:30/6
Fri., 2/15	Somersworth	H	5:30/3
Mon., 2/18	White Mt.	A	5:30/3
Wed., 2/20	Monadnock	H	5:30/3
Thu., 11/29	Mt. Royal	A	5
Sat., 12/1	NIT	H	8:30
Mon., 12/3	Lin-Wood	A	5
Tue., 12/4	Lisbon	A	4:30

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Thu., 12/20	Bretton Woods	10	6:30
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Tue., 1/8	Sunapee	10	7:30
Fri., 1/11	Gunstock	10	7:30
Tue., 1/15	Sunapee	1	10:30
Fri., 1/25	Gunstock	10	7:30
Fri., 2/1	Gunstock	10	7:30
Fri., 2/8	Gunstock	10	TBA
Mon., 2/11	State Meet	TBA	TBA
Tue., 2/12	Weather date	TBA	TBA

GIRLS BASKETBALL


Fri., 11/30	Monadnock	A	5:30/3
Wed., 12/5	White Mtn.	H	5:30/3
Fri., 12/7	Belmont	A	4:30/6
Tues., 12/11	Franklin	H	5:30/3
Fri., 12/14	Fall Mtn.	H	5:30/3
Wed., 12/19	Berlin	A	5:30/3
Thu.-Sat., 12/27-29	Gilford Holiday Tourney	A	TBA
Fri., 1/4	Interlakes	H	5:30/3
Tues., 1/8	Winnisquam	H	5:30/3
Fri., 1/11	White Mtn.	A	5:30/3
Tues., 1/15	Franklin	A	5:30/7
Tues., 1/22	Prospect Mtn.	A	4:30/6
Thu., 1/24	St. Thomas	H	5:30/3
Tues., 1/29	Interlakes	A	4:30/6
Fri., 2/1	Mascoma	A	5 V
	Mascoma	H	5 JV
Tues., 2/5	Berlin	H	5:30/3
Fri., 2/8	Newport	H	6:30 V
	Newport	A	5 JV
Tues., 2/12	Gilford	H	5:30/3
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Mitchell takes helm for Newfound boys

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound boys' hoop team will take to the court with a new face at the helm, but a face who

would be familiar to Newfound fans. Newfound alum Jesse Mitchell takes over from Tom Bourdeau and inherits some talented returning players along

with some kids joining the team for the first time in their senior seasons. Leading the way for the Bears will be the senior trio of guards Justin



JOSHUA SPAULDING
Colby Miles is one of three returning seniors for the Newfound boys' hoop team.

Shokal and Colby Miles and forward Mason Dalphonse. "Hopefully through the leadership and guard play of Justin and Colby, we can spread the floor on the offensive end and be aggressive on the defensive side of the ball," Mitchell stated. "Mason will give us a physical presence down low that will help with finishing at the hoop and getting rebounds." Mitchell notes that in addition to the three re-

turning seniors, he has five other seniors on the roster, none of whom played in the program last season. "That will help with our team's athleticism and our culture," the first-year head coach stated. Mitchell also returns sophomore Tyler Boulanger to the court and he will be a wing player for the Bears. Mitchell is hopeful he will be another scoring threat for the squad. "Hopefully he will bring a second scoring threat to the team that will keep the opposing teams on their toes," Mitchell stated. As he makes his basketball coaching debut, Mitchell said the idea is for the team to work hard and make other teams play hard when they come to Bristol. "We are looking to turn the program and culture into a hard-work-

ing one," Mitchell said. "With the hard work and dedication of the team shown in the preseason, we have a lot of promise. "The guys are fired up and are very passionate about being the best they can be and bringing wins to the program," the Bear coach added. Newfound will play a schedule that includes two games each with Berlin, Franklin, White Mountains and Inter-Lakes and single games with Belmont, Mascenic, Winnisquam, Prospect Mountain, St. Thomas, Mascoma, Newport, Gilford, Somersworth and Monadnock. The Bears opened the season on Friday (see separate story) and will continue on Tuesday, Dec. 11, at Franklin at 7 p.m. Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Bears helping out

The NRHS Student Athletic Leadership Team assisted at the recent Bristol Lions Club annual Christmas dinner for senior citizens. Members participating included Kasey Basford, Mackenzie Bohlmann, Autumn Braley, Matt Libby, Logan Rouille and Athletic Director Peter Cofran.

Cowboys heading to national championships

BY BOB MARTIN
Bob@Salmonpress.news

LAKES REGION — The Lakes Region Flag Football League 6U team recently won the Division 1 NSFFL Turkey Bowl at Endicott College in Peabody, Mass. on Nov. 24, and now the Cowboys are heading to the NFL Flag National Championship in Orlando, Fla. in an event called "Battle Orlando." In the Turkey Bowl, the team won 32-0 over the Southcoast Blue Raiders in game one and then 22-6 over the Heavy Hitters in game two. In the semifinals, the Cowboys beat Tewksbury 11-8 and then Lakes Region beat the Heavy Hitters in the finals 12-0. The Cowboys are coached by Drew Guay, Rodney Guerin and Jeff Kane. The team includes the following players from all around the Lakes Region: Ethan Benson (Belmont), Keegan Connelly (Laconia), Ben Cooper (Wolfeboro), Harlow Corliss (Meredith), Logan Dubois (Meredith), Luke Fernandez (Laconia),



COURTESY
The Cowboys are heading to Battle Orlando, which is the national championship of flag football taking place Jan. 19 and 20

Austin Guay (Plymouth), Austin Guerin (Gilford) and Saygen Kane (Bristol). The Lakes Region Flag Football League is in conjunction with NFL Flag Football, and provides structure football focusing on basic fundamentals of football. It is a five on five league that involves boys and girls ages four through 17. The mission of the league is to provide safe and fun flag football for players and their families at any skill level. Here is an emphasis on teaching the importance of sports-

manship, discipline and life skills that will help well beyond the game of football. Coach Guerin explained that it was a huge surprise when the team was invited to the championship event, but said that it was very well deserved, as the young athletes went undefeated in tournament play. The Cowboys are the first team in the history of Lakes Region Flag Football to qualify for the championship. Going into Battle Orlando, the Cowboys are ranked 18th out of 64 teams.

"That is just crazy when you think about the fact that these are a bunch of kids from the woods of New Hampshire that are taking on teams from big cities from all over," said Guerin. Coach Guay added that it shows how talented their team is considering they will be playing teams from huge markets with large talent pools. Guay said that the great thing about Lakes Region Flag Football is that it unites child athletes from all over the Lakes Region and creates friendships with people from surrounding towns that they may not have met before. He said an interesting aspect is that these players could end up playing against each other in travel

sports years from now, and they will always have this bond. "It is really cool," said Guay. "We have nine kids on the team from seven different towns, which is such a neat thing that we have going on. Some of these kids are great players now and maybe 10 years down the line they will be going head to head." Guay said that another interesting aspect is that this is the second year the team has won the Turkey Bowl, although it is the first time the team qualified for the championship. Guay had sons on both teams playing quarterback. Three of the players from this year's Cowboys were on both teams. "These kids are kind of like an all-star team

that are used to being the best players on their team, but they all play together and work together," said Guay. While the Cowboys have qualified for the national championship, the team is looking for help getting there as the trip will cost the team roughly \$10,000 for 10 children and chaperones. On Dec. 30, there will be a pancake breakfast at Pauli's Restaurant in Tilton from 8:30 a.m. to 1:30 p.m., where a portion of proceeds will benefit the team. Battle Orlando takes place on Jan. 19 and 20. To help the Cowboys get to Orlando, check out the team's GoFundMe page at <https://www.gofundme.com/send-6u-cowboys-to-national-championship-in-fl>.

A lot of Christmas fun on The Village Players stage

SPORTING CHANCE



By JOSHUA SPAULDING

Christmas is a busy time of the year for just about everyone and that's no exception in my life, as there is early deadlines and holiday tournaments to deal with, not to mention time to spend with family and friends. But this year, it becomes even busier as the Village Players Theater in Wolfeboro is putting on a Christmas show, and as I have been since the summer of 2012, I am taking part in the show. Last summer I was part of The 25th Annual Putnam County Spelling Bee and the director for that show, Kathleen Hill, proposed doing The Best Christmas Pageant Ever during this holiday season. Since I had a great time working with Kathleen on that show, I signed up to help out with the Christmas show as producer. I gathered the necessary people to put on the show, including a stage manager, lighting and sound person, house manager and more. That group of people also included myself, as I decided to work backstage on the stage crew. Of course, as things do, there were a few changes along the way and as it turns out, there's a chance that if

you go to see the show this coming weekend, you might see me on stage. There's two walk-on roles for firefighters late in the show and I just might be one of them. We decided before we started the show that we wanted to get the Wolfeboro Fire Department involved in the show, with the possibility of having actual firefighters handle those parts. However, we also know that firefighters are busy and they may not have a chance to cover every night of the show. Deputy Chief Tom Zotti helped us out with possible firefighter help but also arranged for myself and fellow stage crew member Bob Tuttle to get outfitted with firefighter gear so we can cover the roles if need be. The Best Christmas Pageant Ever is based on a book and is a pretty funny story. It's also a pretty quick show, lasting just about an hour and features a large cast of kids from around the area. And I must say

that the kids have been a joy to work with and they've done a good job learning the show and the adults have blended in well with the kids, giving us a nice mix of a cast in a funny show. The Village Players did this show just more than a decade ago (also with Kathleen directing) and there's a couple of current cast members who were also in the show back then. If you're in the Wolfeboro area this weekend, I encourage you to buy a ticket to see The Best Christmas Pageant Ever. It's a show that is suitable for kids or adults, is not too long and is a lot of fun. This is sure to add a little more fun to your Christmas season. Finally, have a great day Allyson Vignola. 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 at 279-4516, or PO Box 729, Meredith, NH 03253.



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