

In search of Bear Mountain



The photo taken in 1993 by our dad at the start of the Elwell Trail. Left to right: Linda, Wanda, Sandi, Brenda, and Debbie.

BY SANDI PIERSON
Special to the Newfound Landing

HEBRON — “Where is Bear Mountain?” has been a running joke for my four sisters and me for more than a quarter of a century. That’s how much time had elapsed since we first hiked over that mountain in Hebron when, on a brisk November day in 2020, I decided it was time to find the summit. Joined by my sister Debbie, we headed up

Bear Mountain Trail from the abandoned Hebron-Alexandria turnpike armed with topo maps, trail descriptions, and, most importantly this time, a GPS that gave elevation readings. As a soft, cold rain started falling, we cheerfully stood on a ledge overlooking the picturesque Newfound Lake and proclaimed our success: we were standing on the official summit of Bear Mountain. Smiling, we posed by the sign I had

routed and painted, snapped a photo, and headed back to the turnpike via the Elwell Trail. The hikes on both the ascent and descent were exceedingly demanding. Bear Mountain Trail, cut out in 1942 by the boys and staff from nearby Camp Mowglis, was an unforgivingly steep half-mile ascent over a jumble of rocks and ledge ensconced with a deep layer of fresh-fallen, slippery leaves. We had

SEE NEAR PAGE A7



The five sisters about a decade later on the summit of Mount Mansfield in Vermont during our Long Trail hike



The view toward Newfound Lake from the Bear Mountain summit.

Arts Alliance of Northern New Hampshire dissolves

REGION — The Arts Alliance of Northern New Hampshire will dissolve at the end of 2020. The organization’s mission will live on through new and on-going grant funding for the North Country.

- 501 (c) (3) Arts Alliance of Northern New Hampshire has served Coös County and the northern half of Grafton and Carroll Counties since the late 1980’s and will dissolve at the end of calendar year 2020.

- Assets will be transferred to New Hampshire Charitable Foundation and designated for arts and culture grant making.
 - The North Country Youth Arts and Culture Fund at NHCF will continue to support arts and culture and arts-based programming for young people across the region.
- Starting in 2021, new and sustainable grant funding opportunities will invigorate New

Hampshire’s North Country as the Arts Alliance of Northern New Hampshire (AANNH) dissolves and transfers its assets to the North Country Youth Arts and Culture Fund with the New Hampshire Charitable Foundation (NHCF). Rather than eliminating programming and initiatives due to challenges related to the COVID-19 pandemic, Executive Director

SEE ALLIANCE PAGE A7

Newfound announces winter sports schedules

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — After staging a successful fall sports season, the Newfound athletic department has set up a regional schedule for the upcoming winter season.

On the basketball court, the first official games of the season will take place on Monday, Jan. 11, with the Bears taking on neighboring Plymouth. The boys will be at home and the girls will be on the road, both with 6 p.m. varsity start times. Newfound and Plymouth will meet again on Thursday, Jan. 14, with the same start times, this time with the Newfound girls hosting and the boys traveling.

The following week the opponent will be Moultonborough, with the Bear girls hosting the Panthers and the Bear boys traveling on Tuesday, Jan. 19, and then the roles will reverse on Thursday, Jan. 21, as the boys play at home and the girls play on the road, both with 6 p.m. start times.

The following week, the Bears were scheduled to play Kingswood, but at a meeting in early December, the Governor

Wentworth Regional School Board voted to not allow winter sports, so as of right now, those games are off the schedule.

The first week of February sees the Bears taking on Franklin, with the girls at home at 6 p.m. and the boys on the road at 7 p.m. on Monday, Feb. 1, with the teams switching locations and start times on Thursday, Feb. 4.

Newfound will take on Inter-Lakes the following week, with the Bear girls hosting the Lakers on Monday, Feb. 8, and the boys traveling to Meredith, both with 6 p.m. start times. On Thursday, Feb. 11, the girls will hit the road and the boys will be at home with the same start times.

The battles of the Bears will take place the following week, with the Newfound boys hosting Winnisquam on Tuesday, Feb. 16, and the girls traveling to Tilton and on Friday, Feb. 19, the girls will be at home and the boys will be on the road, all with 6 p.m. varsity start times.

The final week of the regular season brings games with Mascoma. On Monday, Feb. 22, the

boys are at home and the girls are on the road and on Thursday, Feb. 25, the girls are at home and the boys are on the road, all set for 6 p.m. varsity starts.

The unified basketball team is scheduled to be at Plymouth at 3:15 p.m. on Monday, Jan. 11, and will be hosting Belmont on Monday, Jan. 18, at 3:30 p.m.

The unified Bears are also set to be hosting Berlin on Monday, Feb. 8, and a game with Kingswood, scheduled for Jan. 25, has been taken off the schedule after the aforementioned Kingswood decision.

The Newfound alpine ski team is set to have regular Wednesday practices at Ragged Mountain. The team is scheduled to race at Gunstock on Friday, Jan. 15, and at Sunapee on Wednesday, Jan. 27, both with 10 a.m. start times. The state championships are set for Gunstock on Monday, Feb. 8, (girls) and Tuesday, Feb. 9 (boys).

All schedules are subject to change.

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

First vaccine shipment arrives at Speare



Dr. Andrew Seefeld, medical director of Speare’s emergency room, receiving the first vaccine.

PLYMOUTH — Speare Memorial Hospital received its first allotment of the Pfizer-BioNTech COVID-19 vaccine and began inoculating frontline employees today.

The first two in line were Dr. Andrew Seefeld, medical director of Speare’s emergency department, and Dr.

Thomas Scott, medical director of MedCheck Urgent Care.

“Today, I celebrate Science,” says Dr. Seefeld. “I

SEE VACCINE PAGE A7

Missing the furnace, and its smoke. And who starts the day at 9 a.m.?



By JOHN HARRIGAN
COLUMNIST

Editor's note: Mr. Harrigan was unable to submit a new column in time to meet our press deadline for this week's edition. The following North Country Notebook

column was originally published in 2018.

Doing dishes is something I don't mind at all, because it can be done by rote and gives me time to think. This chore is made all the more pleasant by the scene out the window, which takes in back lawn, bird feeders, apple trees and an alder swamp.

I miss something, however, and I didn't realize how keenly until now. Back in October, with medical issues looming, I had to make a decision on whether to run the outdoor wood-

fired boiler, which easily heats the entire house and annex and provides domestic hot water, or shut it down. And because what circulates is water, not antifreeze, shutting it down meant draining the whole system, buried pipes and all, not an easy thing, but so it went.

It's not that I begrudge Chip Bean and crew at C. Bean Transport the money I've had to spend on fuel oil, not one red cent. I'm fortunate to have an oil-fired backup system and a dependable supplier, which as is typical with dealers in this often-wild territory will deliver the product no matter the weather.

But what's missing from my window picture is the gentle wafting of white smoke when the boiler is idling, and the blast of equally white smoke when it's firing up. It is a comforting scene, and the smoke tells me the direction of the wind, which gives me a pretty good guess on the weather.

+++++

Smoke from outdoor wood furnaces is a big issue, which is why they never should have been allowed or installed in closely built neighbor-

hoods. But they were, back when oil became outrageously expensive and people turned to wood. It was allowing these things to be set up too close to neighbors, plus people doing really dumb things like burning tires and garbage, that got us into all the regulations.

My unit, a Central Boiler made in Minnesota and built to last, was one of the first in the territory, and people came from all over to see it. It is a pretty straightforward apparatus, sort of like a Model A Ford--pretty hard to improve on except for comfort and gadgets. It burns wood right down to a fine powder, like flour, and there is no need for an ash-pit. Cleanout (which for me, if I burn carefully, is twice a heating season) involves using a long-handle flat-bottom shovel to transfer the ashes into the bucket-loader, to be spread uphill of the apple orchard.

Alert readers will have noted that I was careful to say "white smoke." Properly dried firewood emits white smoke; unseasoned, (i.e. "green" wood) emits a pale blue. If any blue smoke came out of my furnace all my neighbors would see it, and



JOHN HARRIGAN

The furnace has a five-gallon bucket turned over on its stack and a crown of snow to boot--no smoke to help gauge the weather.

I'd be some embarrassed and would maybe even have to move.

+++++

Speaking of smoke, the story that was big news one day and gone the next concerned the government's plan to cut nicotine content in cigarettes in not-so-subtle increments, to the tune of something like 90 percent.

This, one might predict, will create a brisk black market and all sorts of cross-border shenanigans, virtually overnight, to provide desperate smokers with good old (or not so good) nicotine-loaded smokes. Not that any smuggling whatsoever goes on anywhere in northern New England, nosiree Bub.

+++++

My laugh of the week

came from a PBS story on the Pennsylvania primary, in which a news crew visited a wood-working factory.

"Even at 9 a.m.," an evidently amazed reporter said, "this factory is already humming." Yes, you heard it, "Even at 9 a.m." (emphasis mine).

Well, yup, hello, and welcome to the real world. How about factories that start the day at 7, or the loggers, truckers, road crews and tradesmen grabbing coffee and a bit of breakfast at (gulp) 4:30? It might cause one to faint.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	480 Shem Valley Rd.	Single-Family Residence	\$553,000	Jere L. Lundholm RET	Ebonie Sampson
Ashland	16 Circle Dr., Unit 61	Educational	\$156,000	Lewis J. Overaker	David M. and Cheryl M. Migliorini
Bristol	19 School St.	N/A	\$303,000	Michael T. Melo	Spencer Lacasse School St.
Campton	114 Beech Hill Rd.	Single-Family Residence	\$122,533	Rocco M. and Debora S. Tosoni	Alfred J. and Mandi Leblanc
Campton	196 Beech Hill Rd.	Single-Family Residence	\$165,000	R.C. & Carolyn C. Smith Fiscal Trust and Peggy A. Smith	Edward H. Laplante and Anne E. Altor
Campton	Eastern Corner Road	N/A	\$29,933	Joseph A. Caliri	Christopher K. Jennings
Campton	100 Ellsworth Hill Rd.	Single-Family Residence	\$294,000	Nicholas C. Mashburn	Mark and Lynn Rosedale
Groton	Bailey Hill Road	N/A	\$40,000	Grigalunas Trust and Joseph Grigalunas	Robert C. Pierce and Andrea Yanez
Holderness	22 N. River St.	Single-Family Residence	\$150,933	Frank J. Lanigan	John F. Spaulding
New Hampton	N/A	N/A	\$180,000	Casey D. Pickard	Subisak 1 Fiscal Trust and David J. Subisak
Plymouth	28 Pleasant St.	Single-Family Residence	\$104,000	CCK LLC	Tucker W. Newell
Plymouth	34 Route 25	Retail Store	\$625,000	Randall T. and Karen Pabst	34 Route 25 Realty LLC
Plymouth	70 Texas Hill Rd.	Single-Family Residence	\$157,000	BRJ Properties LLC	Stephen O. Collette
Plymouth	N/A	N/A	\$80,000	John A. Bisson RET	Matthew R. and Brenda J. Martel
Rumney	Doetown Road	N/A	\$275,000	Richard Murphy	Anne L. Kraemer LT and Timothy R. Kraemer
Thornton	11 Greenscapes Lane, Unit 8	Condominium	\$492,400	Craig L. and Lisa D. Rogozinski	Eric A. and Patricia M. Kraleski
Thornton	379 Mill Brook Rd.	Single-Family Residence	\$264,000	Christopher R. and Jennifer L. Strong	Marc and Bonnie L. Bisceglia
Thornton	Remington Road	N/A	\$105,000	R.J. Larochelle, Jr. RET	Pucciarello Fiscal Trust and Thomas R. Pucciarello
Thornton	Upper Mad River Road	N/A	\$27,533	Francis H. Deboise	Dimitry and Ekaterina Stadnik
Thornton	N/A	N/A	\$165,000	Equity Trust Co.	James R. and Natalina Serpa
Thornton	N/A (Lot 25)	N/A	\$180,000	Brendan L. and Amelia T. Philbin	Kenneth E. Larson and Katherine M. Manizza
Thornton	N/A	N/A	\$18,000	John P. McGonagle and Kathleen E. Ferry	Lynne G. Dugan Fiscal Trust
Waterville Valley	23 Black Bear Rd., Unit 1509a	Condominium	\$85,000	Boris and Tatyana Shapiro	Daniel J. Johnston
Waterville Valley	92 Noon Peak Rd., Unit 4d	Condominium	\$209,000	Gerard J. and Katharine E. McDonough	Jeb A. Pittsinger and Taylor Kloss-Pittsinger
Waterville Valley	28 Packards Rd., Unit 126	Condominium	\$186,933	A&K Hansen Fiscal Trust and Adam W. Hansen	Luke Moseley and Danielle Zittel-Moseley
Waterville Valley	6 Windsor Hill Way, Unit 43	Condominium	\$100,000	Nicholas L. and Fina T. Rinaldi	James and Colleen Sullivan

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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Local students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 419 students have been named to the Plymouth State University Dean’s List for the Fall 2020 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2020 semester and must have attempted at least 12 credit hours during the semester.

Isabella McDonald of Bristol
Olivia Boyer of Plymouth
Alexa Botelho of Rumney
Kobe Briand of Hebron
Nathaniel Duba of Bristol
Meredith Flynn of Plymouth
George Girouard of Hebron
Megan Marshall of Plymouth
Randall Scroggins of Rumney
Kacie Johnston of Campton
Mitchell Stevens of Bristol
Camden Swanson of Holderness
Angelique Dauphinee of Campton
Nicholas Kulig of Plymouth
David Littlejohn of Holderness
Liam Regan-Casey of Plymouth

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



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

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Wishing you and your family a very safe, enjoyable Holiday.

Merry CHRISTMAS

and Happy New Year!

Making SMART resolutions

With New Year's Day just around the corner, we, like many, are thinking about resolutions. We could debate that September is actually the start of a new year given the clean slate of grades to start a new school year, but a new year is a new year, and not all of us are still in school.

More than half of all resolutions end in failure, but we like the fact that generally, we, as people, seek to improve ourselves and our lives. One reason resolutions fail is that a person just hasn't chosen the right one, something that has meaning. Many people fail before the end of January.

A resolution isn't the right one for you if it's too vague, if it's someone else's expectations for you, or if you have no plan.

The acronym SMART (specific, measurable, achievable, relevant and time bound) can be used to help facilitate your success. If you make a specific goal of losing a certain amount of weight, your goal will be easier to obtain. If you set a time limit, (baby steps) by saying I will lose one pound each week, your plan becomes more effective. As a side note if you haven't seen 'What About Bob' starring Bill Murray, you must.

We all like to see progress and to see it fast. One way is to make something measurable. If you want to scale back on something, say using social media, you can use the 'see how much time you've spent on Facebook' setting to watch your usage go down. Or if you've set out to watch as many old classic movies or read as many John Grisham novels as you can this year, you can make a check list, and as you finish each one, check it off the list. Or bring an empty bookcase into your house, and as you finish a book, pop it on the shelf.

Pick a goal that is achievable. By taking a leap that is too big, you might find yourself in over your head and likely frustrated. Having a goal of saving more money than you can will leave you hopeless; however, if you can put away \$50 per month, then you're on to something.

Choose a resolution that is relevant. Doing something for the right reasons is key. A relevant goal is a lasting goal. If you want to do more research on your family's ancestry, so that your family will have the information for years to come, then what you're doing has meaning to not only you but to the people you care about. Choosing to bring others in on your goal is never a bad idea either. We all need a coach at times.

Using a timeline for your goals should be realistic. Knocking off small goals along the way will lead you to your larger goals and will also give you a chance to create your new habit.

Learning something new is one of the most refreshing things about being alive. Being able to continually grow and morph into the best versions of ourselves is what life is all about. The more you enjoy, the more meaning you get out of life.

As the poet T.S. Eliot said, "For last year's words belong to last year's language, and next year's words await another voice."



JOSHUA SPAULDING

Winter concert

The Newfound chorus, under the direction of Edward Judd, performs during its winter concert on Wednesday, Dec. 16. The band concert, which was scheduled for the next night, was postponed by the snowstorm and took place after deadline on Tuesday. Look for a full story on the two concerts in next week's edition.

CADY Corner

An ounce of prevention for our children

BY DEB NARO
Contributor

This past year, we have all been challenged and changed by a pandemic none of us ever could have imagined. It certainly has changed the way CADY operates. As an essential public health service, our doors remained open and we adapted. Today we are working in new and more innovative ways to provide support, information, education, and skill building to youth, families, and schools to prevent and reduce youth substance misuse.

The ongoing mental health, substance misuse, and child protection crises our state is experiencing has taken a significant toll on New Hampshire's children and families, impacting all child-serving organizations. These crises, and the pandemic we continue to face, are disrupting children's stability and upending their lives. Resources remain limited for preventative services and the systems set up to support chil-

dren remain underfunded and uncoordinated.

Consequently, CADY is very worried about our children and believe it is our community's collective responsibility to address these problems head on – to ensure that we are supporting the healthy social and emotional development of all children in our region. The scary truth is we are seeing surges in childhood anxiety and clinical depression statewide and locally. In 2019, 341 children, ages 12-17, called the state's 24-hour crisis line with the number rising to 418 this year. This summer, a disturbing new trend emerged with 26 children waiting for a bed in a treatment facility, in contrast to one child in 2017. Additionally, youth substance misuse in our local region has increased significantly, putting our children at even greater risk of harm. The 2019 Central NH Youth Risk Behavior Survey indicates our children are at higher rates than statewide averages in suicidal ideation, sad-

ness, and helplessness. Post COVID-19, these number are expected to grow, as so many of our children are struggling with the impact of social isolation and uncertainty. Emerging research shows that for youth to thrive, even amidst challenging life circumstances, what they need most is to be encircled by caring adults. This is the essence of CADY's vital work. We work hard. We are persistent. And we will never give up. There is much to be done. Collaboration is essential as our community is faced with complex problems that are just too big for a single individual, organization, or level of government to solve alone. The scarcity of treatment services for our children makes prevention a crucial first step to addressing their growing needs. An ounce of prevention for our children is more critical today than ever before.

Thankfully, our collective action has the power to transform the lives of children by pre-

venting youth substance misuse through education and skill building, increasing early intervention services and social-emotional supports, and offering opportunities for mentoring and resiliency building. We thank our friends and community partners for working tirelessly with CADY to build healthy environments that foster hope, growth, resiliency, and promising futures. We cannot do this critical work without you. To support our response to the current crisis, please consider a gift to our "How Are The Children" Campaign. If you would like to donate, you may do so online at cadyinc.org. We know that it takes a community to build possibilities, potential, and promise and we are grateful for your contributions—no gift is too small to make a difference. We send you our gratitude and warmest wishes for good health, hope, peace, and joy this holiday season. Please visit our Web site at cadyinc.org for a complete description of our programming.

MARK ON THE MARKETS

So, what now?



BY MARK PATTERSON

Back in the spring, our stock market, bond market and almost every other asset class had a sharp decline based on the uncertainty of COVID-19 and an abundance of cheap oil float-

ing around in tankers with no place to go. The supply chain was caught short based on factory shutdowns which hurt production, distribution shutdowns and a fair amount of hoarding by people that were afraid of not having basic necessities. Certain companies that provided services for stay-at-home activities did very well along with their stockholders. And as we got into summer, the virus appeared to subside from the initial cases, hospitalizations and death. Many restaurants offered outdoor seating, take-out menus and were able to survive. Many technology companies and companies that provide at-home entertainment

such as Netflix, Disney, Zoom video also increased their share price significantly. The equity markets also rallied on government stimulus and low interest rates. A lot of the run up in the equity markets was also based on the hope of a vaccine which is now being delivered across the country. Another round of stimulus is currently being negotiated in Washington, where everything is a political football.

There is an old saying on Wall Street that goes, "buy the rumor and sell the news!" As the vaccine is distributed and those who are in the greatest need receive their vaccine, I must ponder what will be the

catalyst to continue to push these markets in a positive direction. Yes, I understand that with the vaccine, hopefully people will be able to return to a normal life, but I am not really sure what that new normal will be! We all have opinions what it may look like, but we really do not know. The equity markets have come extremely far and amazingly fast since the downturn in the spring. The markets trade on much emotion and momentum. We may have gotten a bit ahead of ourselves with pricing of many shares and I believe those companies will have to prove their market multiples and valuations with earnings and not emotions.

Will the movement out of big cities to more rural areas continue? Will these big office buildings in major metropolitan areas remain empty? Will restaurants, bars, gyms, barbers, and hairstylist be able to survive in metropolitan cities or the suburbs that matter?

With changes in Washington, there is much uncertainty as to future policy regarding taxes and regulation that is a big unknown. The equity markets prefer divided government that prevents fast and radical change. We have a runoff election in Georgia that will decide control of the Senate. I believe the market is pricing in divided government,

but I am really not certain because of the political leanings of large technology companies that have a lot of influence in our elections. I believe if nothing else, we have some very interesting and challenging times ahead that make me feel even stronger about actively managed investment portfolios, with uncorrelated asset classes that in time will increase your returns and decrease your volatility. If you have any questions or comments please visit our website, [M HP-asset.com](http://MHP-asset.com) or you can reach me, Mark Patterson at 447-1979 or Mark@MHP-asset.com

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Well, a white Christmas will definitely occur this year! I don't remember a single-storm total as high as we received from winter storm Gail this past week! Light and fluffy snow was nice, but there was so much of it! I hope it adds to your Christmas cheer. I think it is pretty to look at, but I'm sure there are those who dread moving it around to clear the way!

Taxes are due on Dec. 31. You may do so online, use the dropbox outside the Town Office Building or take them in to the Tax Collector Office. The Town Offices are open on Monday, Tuesday, Thursday and Fridays from 8am until 4pm and on Wed. until 7 pm and will closed on Christmas Eve day at noon.

Churches

Starr King Unitarian Universalist Fellowship

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

THIS WEEK AT STARR KING:

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

The Minot-Sleeper Library's collection will be available solely through curbside pickup during the library's open hours. Printing, copying and scanning services will be offered curbside, reference service will be available by phone or email, and online programming will continue.

The library will offer curbside service Monday, Tuesday, Wednesday

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

Home delivery for homebound individuals in the Newfound Area is also available. Call the library at 603-744-3352 for more information.

I would like to wish everyone a very Merry Christmas and a Happy New Year! I'm hoping that this New Year is a chance to turn things around so that we can get back to the normal we were enjoying prior to the pandemic and that we have learned to be more tolerant in our daily lives. I am so looking forward to being with family again and to get out and about to socialize with friends and neighbors

Comfort Keepers
Pneumonia in seniors: causes, treatments, and prevention

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

There are many benefits that come with getting older, but there are also factors to be aware of when it comes to our health and wellness. As we age our body's natural defenses become less reliable and as a result, seniors are more susceptible to infection - including pneumonia.

Pneumonia is an infection that affects one or both lungs and can range from mild to severe. For some, pneumonia can be fatal.

Older people have higher risk of getting pneumonia, and are more likely to die from it if they do. For US seniors, hospitalization for pneumonia has a greater risk of death compared to any of the other top 10 reasons for hospitalization.

The additional steps that older adults take to protect their health can have long lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why Pneumonia is More Common in Seniors
Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

Weakened immune systems: A senior's immune system has a harder time fighting off infection. And, some health issues can have a greater negative effect on a senior's ability to fight off an infection – issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of Pneumonia
Symptoms can include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia Treatments
Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the Risk of Pneumonia in Seniors
Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.
Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer.
Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a signifi-

cant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk pneumonia.

Comfort Keepers® Can Help
Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

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

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 899 students have been named to the Plymouth State University President's List for the Fall 2020 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2020 semester and must have attempted at least 12 credit hours during the semester.

- Alison Alberta of Plymouth
- Cole Baker of Holderness
- Sylvie Donnell of Warren
- Cassandra Gordon of Plymouth
- Gwendolyn Hoyt of Holderness
- Ursula Hoyt of Holderness
- Ian Kim of Plymouth
- Ho Ching Suez Lai of Bristol
- Sheyenne Lester of Campton
- Patrick Lillicotch of Campton
- Thomas Perkins of Holderness
- Ethan Pruett of Alexandria
- Makayla Dalphonse of Bristol
- Maddisyn Decormier of Alexandria
- Stella Hoyt of Holderness
- Owen MacDonald of Plymouth
- Emily Marchand of Campton
- Patrick Mignanelli of Campton
- Jacob Mosby of Plymouth
- Kendra Boyd of Holderness
- Tatum Nadherny of Campton
- Christopher Costigan of Bristol
- Jenna Lewis of Plymouth
- Aleysha-Ann Stark of Plymouth
- Kadirah Abdul-Jabbar of Ashland
- Lauren Boisvert of Campton
- Saoirse Gaulocher-Bergmann of Holderness
- Hayleigh Pabst of Bristol
- Madison Paige of Bristol
- Dawn Picard of Rumney
- Valentina Raptis of Bristol
- Alyssa Riess of Plymouth
- Oceanne Skoog of Hebron
- Megan Stafford of Bristol
- Alexis Stonis of Campton
- Shea Waterhouse of Plymouth
- Hailey Botelho of Rumney

- Jonathan Bowman of Ashland
- Rowan Drew of Plymouth
- Elliot Economides of Bristol
- Megan Gebhardt of Hebron
- Nicholas Healey of Campton
- Sofia Karlsson of Plymouth
- Garrett Macomber of Holderness
- Brandon Roy of Plymouth
- Sarah Scharthner of Plymouth
- Kailee Smith of Ashland
- Haylie Witham of Plymouth
- Fiona Birch of Rumney
- Tracy Cristiano of Campton
- Jordan Meier of Holderness
- Brianna Therrien of Plymouth
- Hannah Gaudet of Plymouth
- Grace Page of Bristol
- Ryan Paterson of Holderness
- Ivy Pratola of Plymouth

- Alexi Rivet of Holderness
- Clayton Titus of Holderness

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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Edward Jones: Financial Focus

Investment Lessons from 2020

As the year draws to a close, it's fair to say that we've all learned something about the social, political, physical and environmental forces that have affected everyone. And, in some ways, our lives will be changed, perhaps permanently. But as an investor, what lessons can you learn from 2020?

Here are some to consider:

- The markets look ahead. Here's something many investors discovered in 2020: Investment prices don't always move in the same direction as the overall economy. This might not have seemed apparent right after the COVID-19 pandemic struck in mid-February, as the overall economy and the stock market took big hits. But just about five weeks later, the markets began a rally that lasted several months. During this time, the economy also recovered somewhat, but still remains on weak footing. What can explain this discrepancy between the markets and economic activity? Essentially, economic numbers, such as the unemployment rate and gross domestic product (GDP), reflect what's happening today, but the markets are always looking toward tomorrow, which means they are anticipating a stronger economic recovery and the results that come with it, such as greater corporate earnings in 2021. No one can say for sure what the future holds, but you can usually know the market's opinion by its performance.
- Opportunities will always exist for investors. Although the coronavirus seems unprecedented, the equity markets have rebounded from many crises before it. From war to global financial meltdowns, the market has seen it all. But even at the height of these events, when the markets might be most affected, individual segments or industries can do well. For example, in the current environment, when many people have been forced to work and shop from home, and get their entertainment online, it's probably not surprising that some parts of the technology sector have seen their economic activity grow, along with their stock prices. Here's the key point: Investment opportunities always exist, especially in times of market stress – and smart investors will find them and incorporate them into their portfolios in a way that's appropriate for their goals and risk tolerance.
- Patience and discipline can pay dividends. As mentioned above, the stock market dropped sharply in the weeks immediately following the pandemic, but then gained steadily for months afterward. Investors who tried to "cut losses" and exited the market likely did so at the wrong time and missed out on the beginning of the upturn. Unfortunately, this is not uncommon – investors who overreact to market declines often find themselves on the investment sidelines just when a new rally begins. Rather than being reactive in this way, you may be better off sticking with a long-term investment strategy, and buying and selling investments only when it makes sense for your situation, such as when you need to diversify your portfolio. For many reasons, it's unlikely that we'll see anything exactly like 2020 again. But some of the investment lessons we learned are applicable in every year – so keep them in mind for 2021 and beyond.



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Slow cooker meal makes holiday entertaining a breeze

The holidays wouldn't be complete without a delicious meal to share with family and friends. A holiday roast is often the centerpiece of fes-

tive occasions. Having a go-to recipe for this classic main course makes holiday preparations that much easier. Utilizing a slow cook-

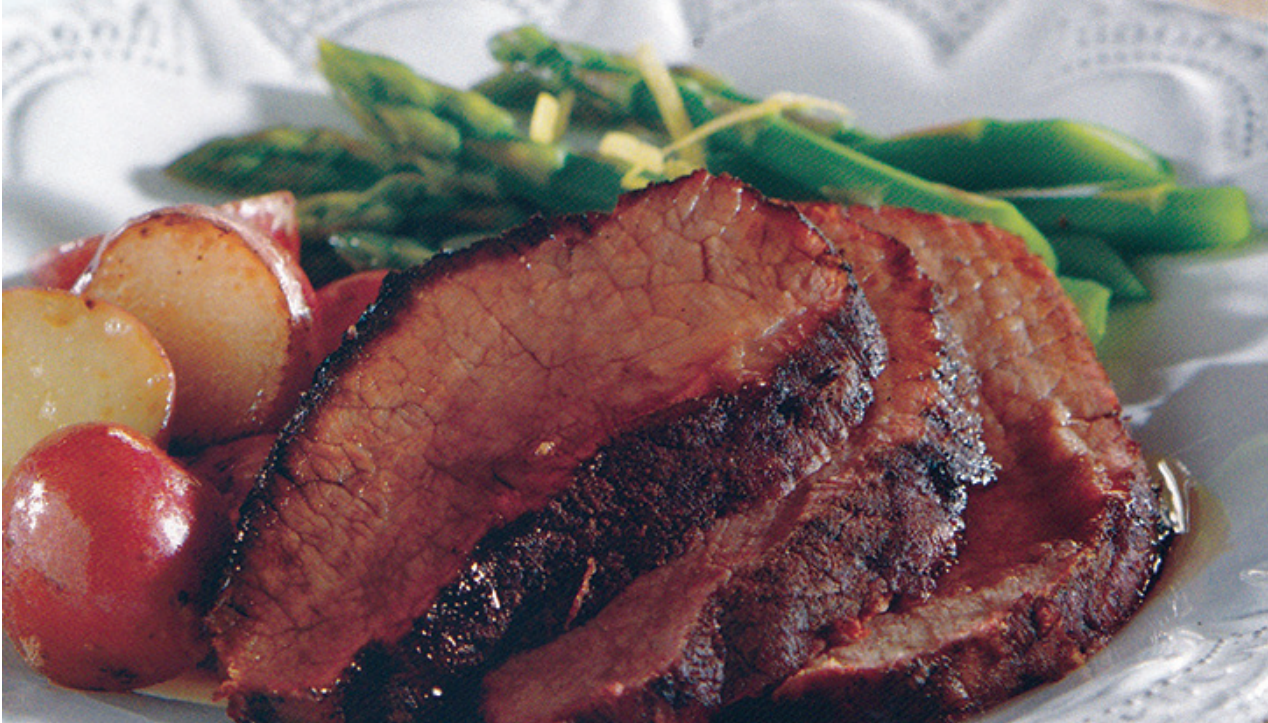
er to make a beef roast reduces time spent in the kitchen, affording hosts more opportunities to mingle with their guests. That's just the

idea behind this recipe for "Beef Roast With Dark Rum Sauce" from "Crock•Pot® 356 Year-Round Recipes" (Publications International,

Ltd) by Crock•Pot Kitchen. **Beef Roast With Dark Rum Sauce** Makes 6 servings

- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cloves
- 1 beef rump roast (about 3 pounds)
- 2 tablespoons extra-virgin olive oil
- 1 cup dark rum, divided
- 1/2 cup beef broth
- 2 cloves garlic, minced
- 2 whole bay leaves, broken in half
- 1/2 cup packed dark brown sugar
- 1/4 cup lime juice

1. In a small bowl, combine allspice, salt, pepper, and cloves. Rub spices onto all sides of roast.
2. Heat oil in skillet over medium heat until hot. Sear beef on all sides, turning as it browns. Transfer to a slow cooker. Add 1/2 cup rum, broth, garlic, and bay leaves. Cover; cook on low 1 hour.
3. In a small bowl, combine remaining 1/2 cup rum, brown sugar and lime juice, stirring well. Pour over roast. Continue cooking on low 4 to 6 hours, or until beef is fork-tender. Baste beef occasionally with sauce.
4. Remove and slice roast. Spoon sauce over beef to serve.



Happy Holidays!

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COVID-19: Looking forward to vaccine success

A message to our community



BY DAVID FAGAN, MD
Mid-State Health Center

PLYMOUTH — In 1952, polio ravaged the country, with over 20,000 Americans, mostly children, paralyzed. Public pools and movie theaters closed and windows were shut in the heat of the summer. Parents

feared their kids would have to live in iron lungs to breathe. On April 12, 1955, millions gathered around their radios to hear the announcement that Jonas Salk's polio vaccine was safe and effective. Church bells rang out as family members embraced, hopeful at last.

We are now faced with another dangerous pandemic, COVID-19, which has killed over a million people worldwide, closed schools and businesses, and kept us away from sports, entertainment, and our friends and family. While we all know that face-mask wearing and social distancing are essential, many people worry

about the disruption in our children's education, the economy, and our mental well-being.

Fortunately, the unprecedented effort to quickly discover a COVID-19 vaccine has paid off. In Pfizer's clinical trial, 170 of the 40,000 volunteers got COVID-19, but only eight of those had received the vaccine. Only one of the 10 severe cases had gotten the Pfizer vaccine. Moderna had similar results with 30,000 volunteers and 95 getting the virus, with only five who received the vaccine. None who had the Moderna vaccine became severely ill. While the trials were completed quickly, scientific standards were fol-

lowed and no shortcuts were made. The high prevalence of COVID-19 allowed enough people in the trials to catch the virus and give us these results sooner.

Side effects are expected to occur in 10-15 percent of people vaccinated, including fatigue, muscle and joint aches, headaches, and pain or redness at the injection site, typically going away after one or two days. People should expect to be somewhat more uncomfortable than with the typical flu shots and consider taking the next day off from work. These symptoms are all signs that the vaccine is working. No longterm side effects have been seen in vaccine trials. A second dose is required in three to four weeks before the

vaccine will protect you.

In deciding whether to get the vaccine, compare the risk of one or two days of tiredness and aches with the known COVID-19 risks of heart and lung damage, strokes, and potentially death. A study showed that two months after being hospitalized with the virus, one-third of people still had trouble breathing. Experts all agree that getting COVID-19 is far more dangerous than any potential risk from the vaccine. It is safe for people who have had COVID-19 to get vaccinated, and vaccination remains important since those who had a mild illness may not be immune from getting re-infected.

New Hampshire has a detailed plan for vacci-

nations, including four phases: initially health care workers, first responders, and then those in long-term care facilities or with high-risk health conditions. This first group will be followed by teachers, child-care workers, essential industry workers, and older adults. Finally, children, young adults, and then the entire public will be eligible. It will likely be April before everyone has an opportunity to be vaccinated. Thus, it is critical that we all continue to maintain social distancing and wear masks over both nose and mouth to prevent further increases in the spread of COVID-19 while we wait for a vaccine.

Vaccine

FROM PAGE A1

am honored to be one of the first frontliners to receive the COVID-19 vaccine at Speare Memorial Hospital. Let today signify the beginning of the end of this pandemic!"

The momentous, science-driven effort that went into developing this vaccine so quickly could not have come soon enough for hospital staff on the front line.

"There is excitement

in the air," says Susan Scheinman, RN. "It feels good to see hope on the horizon. This is a historic day for all of us."

The 35 frontline staff getting the vaccine today must have the second dose administered in 21 days. The remaining 20 doses in the allotment will be administered to additional frontline employees tomorrow.

With recommendations from the FDA and CDC and a 95 percent effectiveness rate during

initial trials, Speare's frontline staff are confident in this vaccine's safety and are lining up to register for when the next allotment arrives.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of Central New Hampshire. Visit online at www.spearehospital.com and join us on Facebook and Twitter.

Alliance

FROM PAGE A1

Dr. Kate Griffin and the Board of Directors considered ways to make a sustainable and impactful transition. With unanimous support, the mission of AANNH will live on through annual grant funding opportunities supporting arts and culture-based programming for young people (broadly defined) in Coös County and Grafton and Carroll Counties south to Haverhill, Plymouth, and Conway. Grant-making out of the fund will commence in 2021 and local schools, performing arts presenters, and arts and

cultural organizations are encouraged to apply to support programming geared towards children, teens, and/or young adults.

"The Arts Alliance has been a sustaining force for arts and culture in Northern New Hampshire for more than thirty years and has been particularly important in bringing the arts to the region's young people," says AANNH Executive Director Kate Griffin. "Over the past fifteen years, there have grown to be extensive opportunities for arts and culture across the North Country and after this pandemic, they'll be back! We're excited to join audiences across the region for performances, workshops, and shows in 2021 and are pleased to be able to provide a legacy that will support arts and cul-

tural programs for the region's young people. We're honored to have served the region for so many years and look forward to the future of arts and culture in the North Country."

The Arts Alliance of Northern New Hampshire was founded in 1987 and began by marketing and promoting North Country artists and arts organizations. AANNH was an early live music presenter in the region, running a mobile performing arts center for two decades, and helped found and lead statewide networks devoted to arts education, creative communities, and arts in health. In 2019, responding to changing community needs, the mission was tailored to support, promote, and advance arts and culture in Northern New Hampshire by leading a wide range of programs and initiatives with a strategic priority around creative community building.

From Pittsburgh to Plymouth, AANNH has worked with people, organizations, community groups, schools, and towns to leverage the power of the arts and culture to create thriving communities. Key project areas have included S.T.E.A.M. education, art and the environment and public lands, healthy aging and community art experiences. AANNH has served on the steering committee for the New Hampshire Creative Communities network to strengthen

partnerships across the state and the New Hampshire Arts Learning Network. The White Mountain National Forest and the AANNH have collaborated on an Artist in Residence program since 2011, along with Friends of Mead base. The residency program seeks to use the arts and creative expression to explore the many ways in which people relate to forests. The 2020 artist in residence, Ellen Oliver, dancer and filmmaker was in residence on the Forest for a month and will produce the White Mountain Film Festival in early spring of 2021 throughout the central and northern regions of the state.

For more information about applying for grants with the New Hampshire Charitable Foundation and to discuss support for your arts/culture programming for North Country young people, please contact Ben Amsden, Senior Program Officer, Lakes and North Country Regions at: ba@nhcf.org or 225-6641, ext. 225.

About Arts Alliance of Northern New Hampshire

The Arts Alliance promotes, supports, and sustains arts and culture in Northern New Hampshire. From Pittsburgh to Plymouth, we work with people, organizations, community groups, schools, and towns to leverage the power of the arts and culture to create thriving communities.

Bear

FROM PAGE A1

hoped that descending on the Elwell Trail would be more kind-hearted, but with the heavy coating of leaves now wet, it was like a toboggan slide down a steep, snowy slope.

Why we were triumphantly proclaiming finding this summit so many years later is a story of five sisters, countless shared campfires, endured blisters and calluses, and learning what "through thick and thin" really means. In 1993, on a lark I asked my four sisters to join me on a three-day backpacking excursion from Newfound Lake to Orange via the Elwell and Skyland trails. It would culminate with a bushwhack from the expansive ledges atop Orange Mountain to my home at the edge of Cardigan Mountain State Forest. Much to my surprise and delight, they all readily took to the idea. So there we were, five sisters standing at the Elwell trailhead across from Wellington State Park, our giant backpacks hovering over our heads, having no idea what we were in for. Our dad, who drove us to the trailhead, snapped a photo of his five smiling daughters and then left, all the time shaking his head. Clearly he thought his girls were crazy.

We knew next to nothing about backpacking, but we were young, robust, and enthusiastic. We stepped into the woods and hiked over Little Sugarloaf and Big Sugarloaf mountains. Crossing the Hebron-Alexandria tote road, we climbed to an outlook on Bear Mountain and proudly proclaimed our third summit. We continued westward toward Oregon Mountain. But we would soon discover that Bear Mountain

was a prankster. What we smugly hailed as our third mountaintop conquest was actually the first of numerous ascents and descents along an extended ridge. We continued through the woods to the next rise in the landscape.

Carrying what now felt like concrete sacks on our backs, we greenhorns were feeling ragged and drained. Plodding along for a quarter of a mile felt like two. We were longing to get to the eastern slope of Oregon Mountain where we planned on camping the first night out. After descending and ascending several more times over the long crest, we came to the high-tension power lines. At this cleared swath of land, the view opened up to the west and we were flabbergasted to see that a string of nameless summits lay between us and Oregon Mountain. The guidebook told us we had gone over Bear Mountain but we couldn't figure out when. We walked back into the woods and continued on the trail until we found a spot where five tents could be erected—complete with the perk of a tiny dribble of water coming off the landscape. After we each collapsed onto our sleeping pads, we got giddy and giggly and thus the joke began: "Where is Bear Mountain?"

In the ensuing 27 years, my sisters and I never stopped hiking together. The stretch

of mountains between Newfound Lake and Orange was like magic to us and it gave us all the backpacking bug. Yeah, that first expedition was tough, but we discovered how much we enjoyed the challenge, beauty, and camaraderie of our three-day hike. Every year since, usually in the fall, we go on a sister hike. After the Newfound Lake-Orange hike, we crossed the Connecticut River into Vermont and hiked the entire 272-mile Long Trail, one of the toughest trails there is, and completed it over the course of about a dozen years. From there we went on to other New England trails, including the Wapack, Tully, Monadnock-Sunapee Greenway, and the Appalachian Trail through Massachusetts and Connecticut.

In our hiking, we have traversed countless mountains that have had a number of "false" summits that kept us wondering if we had made it to the top. And each time we came to a high point on one of these mischief-makers, one of the sisters would inevitably get a chuckle out of the rest of us by asking, "Where is Bear Mountain?" Now, after all that time, my sister Debbie and I can answer the question; but that won't stop it from being a family joke that brings us back to those inspiring first steps we took together into the mountains.



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Local winery harvests the sun across the seasons



MEREDITH — The switch has been flipped on a new solar array in Meredith, NH. Brentwood-based ReVision Energy has built a 16-kilowatt solar project on the roof of Hermit Woods Winery & Deli on Main Street. The 50-panel array is expected to produce over 18,000 kilowatt-hours of clean renewable energy every year, offsetting more than 19,000 pounds of carbon.

Hermit Woods Winery & Deli prioritizes sustainability and community. They work closely with local farmers to find the best, preferably organic, fruit in every season. They craft wine with a variety of mostly organic fruit, from apples and blueberries to kiwi, berries, and peaches. Hermit Woods also has a Deli where you can get delicious farm-to-table cuisine seven days a week.

“From the day we founded Hermit Woods, we have not simply measured our success by how our business is doing financially, but by how we treat our employees, serve our community, and protect our planet,” said Bob Manley, Co-Founder. “Working with ReVision Energy has been both educational and inspirational. With their help, we have significantly reduced our environmental footprint.”

The 50 solar panels have been mounted on the roof of their winery located on Main Street in Meredith.

“We are so pleased with how the panels look on our roof. We have taken a lot of time to ensure our building looks good and fits in with the historic Meredith town center. ReVision did a wonderful job ensuring that the roof looks good and does not take away from the aesthetic,” said Bob.

The array has been in-

stalled by ReVision Energy, a local employee-owned solar company, and is projected to generate 18,530 kWh of clean electricity annually – enough to offset 19,500 pounds of CO2 emissions. This is equivalent to planting 217 trees!

ReVision Energy and Hermit Woods Winery are available for interviews and comments.

About Hermit Woods
Founded in 2011, Hermit Woods is a small boutique winery producing fruit wine, meads, and ciders. Our wines and ciders are local (as much as possible), vegan (except the honey wines), gluten-free, raw, and made from non-certified but mostly organic fruit. We always use the whole fruit and gentle hand processing. Our wines, meads, and ciders are styled after classic dry European grape wines. Hermit Woods sees over

8,000 visitors in their tasting room every year, and its wines are available throughout New Hampshire and direct to consumers in 37 states.

Hermit Woods Winery and Deli is located at 72 Main St. in Meredith. The winery is open seven days a week year-round. They are offering wine flights (a self-guided tasting experience) during the pandemic. Their traditional tours and tastings will resume by appointment just as soon as they can make them available safely. Visit them at www.hermitwoods.com to learn more.

About ReVision Energy

ReVision Energy is a local, employee-owned solar company on a mission to transition northern New England from fossil fuels to solar energy combined with battery storage, heat pumps,

LED lighting, and electric vehicle charging. As a Certified B Corporation, ReVision is part of a global movement using business as a force for good to solve social and environmental issues. ReVision Energy is the region’s most experienced solar company and is ranked #1 Rooftop Installer in New England by Solar Power World Magazine. ReVision Energy has also been named “Business of the Year” by Business NH magazine and a “Best for the World” company by B Labs. Learn more at revisionenergy.com.

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31 SOUTH STREET
PLYMOUTH, NEW HAMPSHIRE 03264

The town of Plymouth Highway Department is seeking a qualified individual to perform all aspects of highway construction, maintenance and snow removal, will require you to work during adverse weather conditions such as high winds, hurricanes, and other weather events including snow and ice storms. The final candidate will have a minimum CDL-B with air brake endorsement (or the ability to attain one in a short period of time) and will be required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check. Applications are available on the Town of Plymouth's website, mail application to Plymouth Highway, 6 Post Office Square, Plymouth, NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am - 2:30pm. Please ask for Joe or Miah.

Joseph Fagnant
Highway Manager

Holiday baking pointers

The holiday season is steeped in tradition. Baking is one tradition that comes with the holiday territory. Many people may only bake in November and December, so it's understandable if they're a little rusty come the hol-

iday season. These baking tips can lead to successful yields of cookies, cakes and other holiday treats. Follow the recipe carefully When cooking, it is easy to add an extra dash

of this or a pinch of that. But baking is a science and the ingredients are used in a ratio to produce a desired chemical reaction while cooking. To ensure success, do not substitute ingredients unless the recipe tells you how to do so,

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

emulsification process to work more readily. The difference in temperature can mean a completely different chemical reaction, so follow the recipe accordingly. Calibrate the oven Purchase an oven thermometer, set your oven to 350 F, the standard baking temperature, and see what the thermometer reads. If it is different, adjust cooking times accordingly or have the oven repaired. Cooking at the wrong temperature might mean the recipe doesn't turn out right.

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

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

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

Use unsalted butter Most recipes will call for unsalted butter so you aren't adding unwanted sodium to the recipe, affecting dough consistency and flavor.

Read up on temperature Certain ingredients, like butter and eggs, are temperature-dependent. Cold butter in biscuits helps them to rise up flaky and delicious. Eggs brought to room temperature enable the

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