

2017 — A look back at the year that was

BY DONNA RHODES
drhodes@salmonpress.com

REGION — The Year 2017 was a busy year in the Newfound Region, with new businesses and plenty of activities for everyone to enjoy, each keeping local residents smiling while bringing newcomers to the area, too.

Since the re-configuration of downtown Bristol several years ago now, new stores have cropped up along Central Square, South Main, Lake and Pleasant Streets, making the town a true visitor destination. Twin Designs Gift Shop, White Mountain Smile Makers, Riverview Artisans, Northwoods Gifts & Gallery, The Tin Shoppe, Homestead Creations and Norton's Not Just Antiques are just a few of the places people have stopped by in search of not only souvenirs of the lake community but fine art, antiques and collectibles.

"I've had people who told me they've configured their trip from Vermont to Maine just so they could stop in Bristol and shop on the way," said one business owner.

Outside the downtown hub, Cardigan Mountain Store and other fine shops have found their own niche as well and many local home crafters were spotlighted in the "Making It In Bristol" event on the town green last August.

When residents and shoppers became hungry or needed to relax, Pat's Pizzeria, Lin-Cross Roast Beef and More, Cielto's Mexican Restaurant, The Purple Pit Coffee Lounge, Mill Fudge Factory, Kathleen's Cottage and downtown breakfast and lunch favorites like Gina's Place, Bristol Diner and Gilley's Breakfast and Lunch were readily available.

But for those who wanted other activities to enjoy in 2017, there were plenty of opportunities. From community gatherings, outdoor recreation, dances and holiday celebrations to theatrical, historic and



civic presentations, no one was left out.

Bristol's Decorating Committee set the stage for all those activities by planting flowers, hanging plants and barrels of bright floral color all along Central Square once again this year. They also hosted a scarecrow contest and decked the square for Christmas, hosting a tree lighting ceremony that was complete with chestnuts roasting on an open fire, free popcorn and carol singing.

In addition to Central Square, nearby Tappan-Thompson Community Center was another focal point in 2017. The Jack Frost and Miss Snowflake Dance in January presented entertainment and awards for young, community-minded achievers and was a great night out for all middle school students in the Newfound Memorial Middle School. This year's Jack Frost and Miss Snowflake titles went to Cassandra Zick and Conner Downes.

As the year moved on, TTCC hosted their annual Daddy-Daughter Dance in February, a Minute to Win It Mother and Son competition in March, Apple Festival, Halloween thrills and of course the traditional Santa's Village. The center also oversaw baseball and softball programs for youth once again last year, along with basketball, summer camps, adult and youth recreation programs.

SEE **NEWFOUND**, PAGE A9

Happy New Year from the Landing!

MEREDITH — The offices of the Newfound Landing, located at 5 Water St. in Meredith, will be closing at noon on Friday, Dec. 29, and will remain closed through Monday, Jan. 1 in observance of New Year's Day. We will re-open for normal business hours, 8 a.m.-4 p.m., on Tuesday, Jan. 2.

The staff of the Newfound Landing wishes our readers a safe and very Happy New Year!

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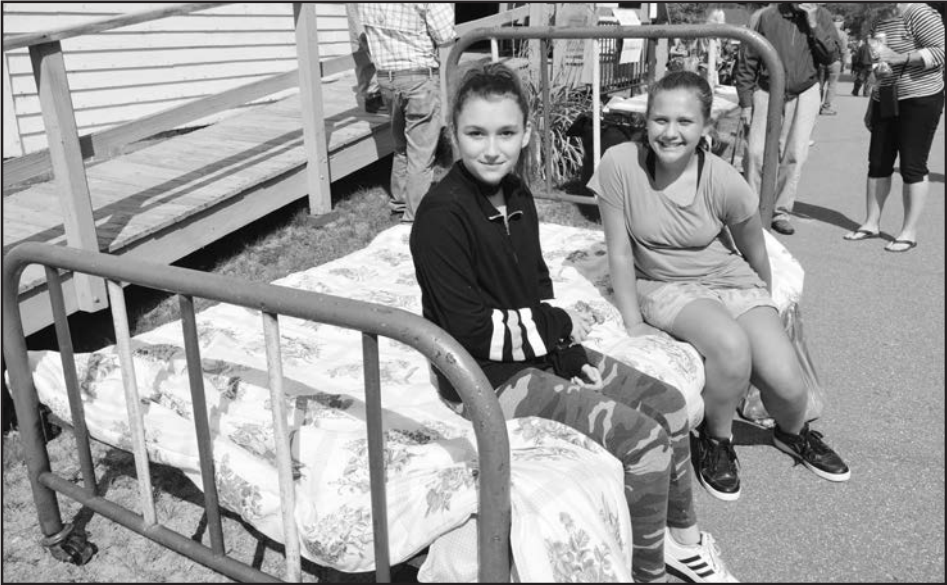
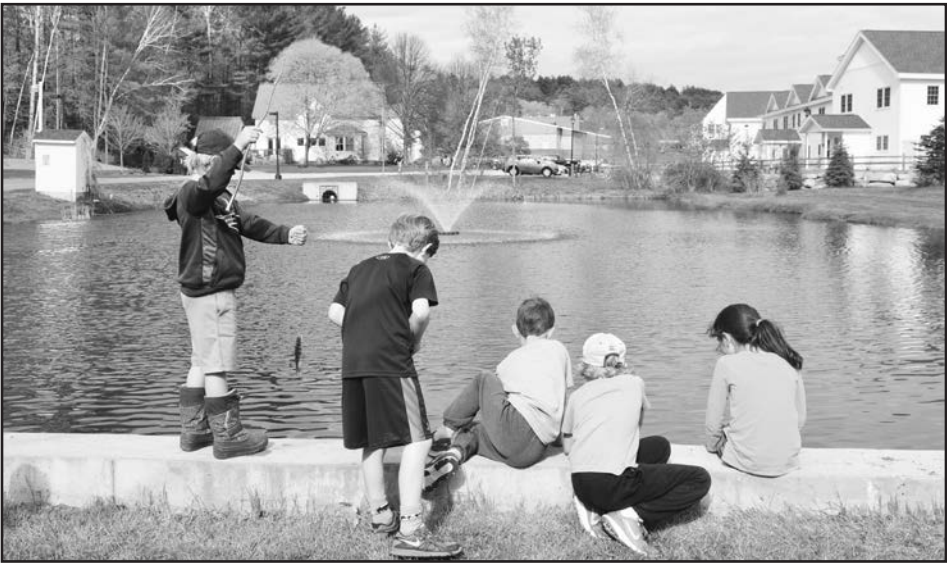
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Tues.-Thurs.: 4:50, 7:15 PM

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Fri. - Sat.: 12:15, 3:30, 6:45, 10:00 PM
Mon.: 12:15, 3:30, 6:45 PM
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Public Notice
Town of Alexandria

The Budget Committee of the Town of Alexandria will conduct a public hearing on the 2018 proposed budget on Tuesday, January 9, 2018 at 6:00 pm in the Conference Room at the Municipal Building, 47 Washburn Road, Alexandria, NH.

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Edward Jones: Financial Focus
New Year's - Time for New Year's Financial Resolutions

We've reached the end of another year – which means it's just about time for some New Year's resolutions. Would you like to study a new language, take up a musical instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some financial resolutions?

Here are some ideas to think about:

- Increase contributions to your employer-sponsored retirement plan. For 2018, you can contribute up to \$18,500 (or \$24,500 if you're 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some non-profit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax-deferred. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.
- Try to "max out" on your IRA. Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are 59-1/2 and you've have had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.
- Build an emergency fund. Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.
- Control your debts. It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.
- Don't overreact to changes in the financial markets. We've had a long run of rising stock prices – but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a "time out" from investing. Market drops are a normal feature of the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.
- Review your goals and risk tolerance. At least once in 2018, take some time to review your short- and long-term financial goals and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk – or possibly too little risk – with your investments. Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits – and they may improve your financial picture far beyond 2018.

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New Year's Resolution: Let's Change Direction NH

BY DEB NARO
Contributor

Did you know that addiction to drugs or alcohol is a mental illness? Substance use disorders change normal desires and priorities, interfering with the ability to work, go to school, and to have good relationships with friends and family. Nearly one in every five people, 42.5 million Americans, has a diagnosable mental health condition. Our friends, neighbors, co-workers, and family members may be suffering emotionally. Mental health disorders and substance use disorders affect people from all walks of life and all age groups. These illnesses are common, recurrent, and often serious; however, they are treatable, and many people do recover.

Substance use in adolescents frequently overlaps with other mental health problems. A teen with a substance use disorder is more likely to have a mood, anxiety, learning, or behavioral disorder. Substance use can make accurately diagnosing these other problems more complicated. Some teens may begin using substances to deal with anxiety or depression but on the other hand, frequent drug use may also cause or precipitate mental health disorders. Adolescents entering substance use disorders treatment should be given a comprehensive mental health screening to determine if other disorders are co-existing. Effectively treating a substance use disorder requires addressing drug abuse and other mental health problems simultaneously.

Learning more about the most common mental health disorders and substance use disorders can help people recog-

nize red flags and signs and then seek appropriate help. A new mental health campaign called, Change Direction New Hampshire, launched in 2016. This is the first state-wide effort to change the culture surrounding mental health in America. This campaign is co-chaired by retired New Hampshire Supreme Court Chief Justice John Broderick.

Justice Broderick states, "We are thrilled to be the first state to launch an effort like this. This is a conversation we, as a state, must have. Imagine a future where people can ask for help for mental disorders as easily as they seek treatment for a physical illness or injury."

Peter Evers, president and CEO of Riverbend Community Mental Health in Concord, is co-chairing Change Direction NH with Justice Broderick. He wants people to think of mental illness as a chronic illness, akin to diabetes.

He said that "research has shown that early treatment can prevent more serious problems in adulthood."

Broderick hopes the message of the Change Direction campaign will reach parents, teachers, co-workers, coaches and friends. He wants information available "wherever people gather," and is holding forums on mental health and treatment around the state. But what Broderick really wants is to "change the culture." "I want a color. I want a visibility, and I want a dignity for mental illness that it has never had, a humanity to it, and an understanding." Justice Broderick spoke with Plymouth Regional High School teachers in August and students in October and shared this powerful

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Newfound Landing

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

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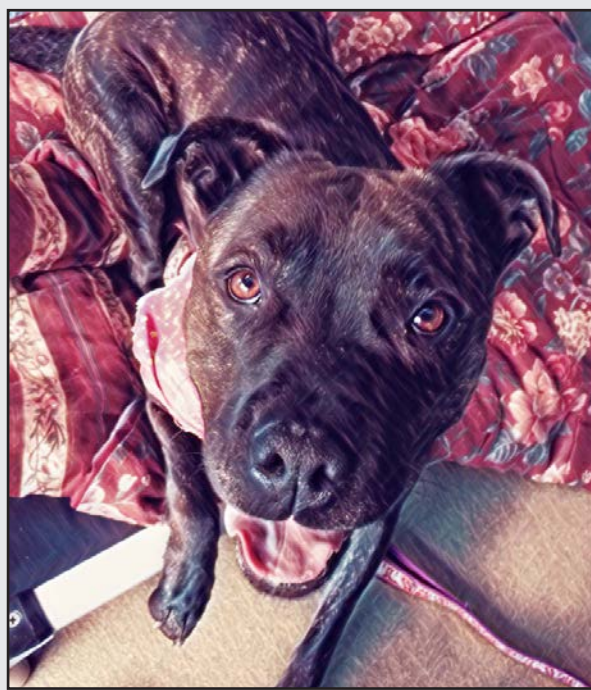
PET of the Week Rhonda



Tall, stately, brindle coated Terrier mix, Rhonda is a dog who has endured may twists and turns on the road to a secure, loving forever home, including a very quick return after being adopted before Thanksgiving!

Dogs need time to blend into a new family setting, rarely is this effected in a few short days. Our adoption counsellors know what dogs need and we take the leap of faith this will be followed.

In Rhonda's case, while she does seem to feel companionable around dogs of similar size, smaller creatures trigger her interest in a less convivial way.



Rhonda arrived via our SAFE HARBOUR program. She's been calling our shelter home since the Sum-

mer.

Well now the weather is cold, snow is in the air, Winter has arrived, and she is still

reeling from the return to us wondering what happened.

Once more into the breach... large dogs yes, no cats and other small creatures (although to truly flourish being the only pet would be the best possible placement). A home where she can finally unpack her suitcase of sorrow and rejection is Rhonda's wish at Christmas-time.

She is a lovely dog, a big girl, still waiting for that committed adoptive home, and one that will manage her foibles appropriately.

We have not given up hope and neither should she!

Letters to the Editor

Make your vote count, or see your taxes increase

To the Editor:

Bristol has its problems, but it also is a great town to live in. At Monday's (Dec. 18) budget committee meeting when the Board of Selectmen (BOS) presented its budget, I and a few others challenged it. Even though the BOS reduced the department heads' budget, they still want to increase the budget by \$471,000, or a bit over 10 percent. This comes to \$1 per \$1,000 on the tax bill, or for a property that is valued at \$300,000, the additional cost to the taxpayer is \$300.

The BOS has lost sight of the taxpayer, and they do not even know their own numbers. In a separate email to the BOS/Town Admin and Finance Officer, I challenged Rick Alpers (BOS chair) statement that the increase was \$408,000 when the actual number is

\$471,000, or 10 percent over last year's budget, and as of today, they have not refuted it.

The final numbers are approved by you at town meeting in March. So, my gift to you is if you do not want your taxes going up, then plan on attending and making your vote count at town meeting; otherwise, a select few will increase your taxes.

Please watch the video, but if your time is limited, watch from about 26 minutes into the video to the end. <https://vimeo.com/248159113>

Enjoy the holidays and time with your family and friends, Merry Christmas to you all, and remember, Jesus is the reason for the season.

*John Sellers
Bristol*

Two million for space needs requires more study

To the Editor:

The Bristol Space Needs Committee, recognizing that its \$3 million plan was not realistic, has cut and revised the plan down to about \$2 million. This revision was rushed through by two committee members working with the architects. The full committee got just one meeting to consider the new plan. Nevertheless, the committee voted 9-1 to present the plan to the Select Board despite opposed public comment. Ironically the one no vote came from Raymah Simpson who felt the price was still too high and argued that modifications to the existing town offices would be workable. Public comment when the plan was presented to the Select Board was delayed to after the fact. Chairman Alpers then cut off my opposition saying he would not allow any "back and forth."

The plan to build a town office building on the Smith property and convert the current office building for police use has been the primary focus of the committee after the architect's plan for an addition was rejected. One committee member has indicated the focus was heavily driven by former police chief Mike Lewis. No serious conderation has been given to any other alternative. The problem for town offices is overcrowding and lack of storage space. That

has come about by the police department's expansion into space that was once theirs. Moving the police out would provide more than ample office space upstairs and storage downstairs. Modifications would be minimal. We have no plan or cost estimate for a police facility on the Smith lot, but it seems fair to assume it would come in for less than \$2 million. Police would get a sally port and level access into booking which is not provided in the current plan. If the meeting room stays where it is, there would be no need for additional parking on the Smith lot. Current parking is adequate and would probably grow as some police vehicles could move to the new police station. Therefore, I call upon Bristol voters to reject this proposal at Town Meeting. The current plan allocates most of the money for the new town offices and reserves only \$200,000 for another police band aid. There is still no sally port and safe access into the booking area has not been addressed. Public comment on the current plan has been brushed aside.

Remember, the library took several attempts before we came up with an acceptable plan.

*David Hill
Bristol*

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Of mice and men, and New Year's regimen

Editor's note: Due to an emergency hospitalization, Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week's edition. The following column was originally published on Dec. 29, 2016. We hope our readers will join us in wishing Mr. Harrigan a speedy recovery.

This column will appear just four days shy of 2017, too late for my usual Christmas Gift List, but not too late for readers to roll their eyes at my infrequent New Year's Resolution List.

This is actually an unusual thing for me, because I long ago resolved to avoid resolving anything because (a) I've never lived up to a resolution list, and (b) nobody cares. But I received a shocker of a telephone

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



call this morning, and a resolution list will soothe my shattered nerves.

The telephone call came from a reader in Lincoln who reported that there is a move to regulate log and firewood piles there on account of endangering neighbors' property values. This made me rush out to take a fresh look at my own log piles, which are admittedly pretty shabby. But the prospect of putting up a giant painted pastoral scene or something to screen my log piles from possible tax litigators moved me to mollify myself with a Resolution Column. So here goes.

--Burn more wood

in spring and fall chill fires. Of late I've become lazy about this, and have been burning a little oil instead. This is un-American of me, and in line with keeping energy dollars at home I should think about friends and neighbors who run skidders and chainsaws, and get my butt in gear.

--Plant some fruit trees. I've been putting this off on account of life expectancy (mine, not the fruit trees'). But I've already defied my own expectancy by living past 65, and new varieties of fruit trees bear fruit in an amazingly short time.

--Ditto for solar panels. I have an ideal southwest-facing situation in the form of the back wall of my last (so far, at least) barn. Never mind that for most of the year it is enshrouded in snow, mist, fog and low-lying clouds.

Besides, solar panels are cheaper by the minute, and all I really have to do is look up my nearest Solar Power Guru.

--Downsize my garden. Currently I could feed half of Texas. I should leave all that grubbing to grubs, of which I have plenty. My lawn has so many craters it looks like the moon.

--Speaking of which, I should look into various strategies on skunk control. This was never a problem before, because what few skunks I ever saw around my place were just passing through on sort of seasonal visits, like leaf-peepers, and evidently sought warmer climes before the snow flew. These days some skunks are looking suspiciously like squatters. I'm blaming global

warming.

--Double up on the birdfeeders (or double down, as gamblers and political commentators are fond of saying). This is partly because I like seeing lots of happy, otherwise starving winter birds, and partly because I sometimes fail to heed overwhelming Fish and Game warnings and take my birdfeeders down before the bears get them. This past fall it was Bears 3, Harrigan 0.

--Get another cat that is from a proven long line of really good mousers. This will enable me to avoid having to tend a trap line. Trap lines are no fun unless you get to hole up in a cabin all winter, drinking cheap whiskey and thinking about how to build a better mouse trap, and emerge

in the spring, rubbing your eyes like a half-blind woodchuck.

--Wire up the Deep Winter Woodshed, right there beside the outdoor furnace, so I can actually see what I'm doing when I'm out there in the dark heaving 100-pound pieces of wood around. It's an expensive prospect, but it has to be a whole lot cheaper than visiting the Emergency Room.

--Happy New Year to you and yours, and the best for 2017 and beyond.

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Strategies for Living

Life after death?

BY LARRY SCOTT

John passed away last evening. After a long, lingering illness, John and his family knew death was imminent and the inevitable happened; John (and I write of no "John" in particular) was gone.

Everything he has done now lies behind him. The principles he lived by, his standards of ethics and morality, the objectives that drove him as he developed his life's meaning, the high, the low and the ugly are all a matter of the past. Forgotten are those special moments in his life ... the day he and the love of his life dedicated themselves to share life's up's and down's together ... the first time he held his new daughter in his hands ... the battles he won and those he lost ... all now lay behind him.

The time had finally come and he was now in no position to influence the outcome. The die was cast during those many years he had opportunity to choose what was right and, indeed, what was wrong. It was time to "pay the piper" and

face the consequences of the life he had lived. One would think that with death imminent religious issues would have surely been a part of the conversation, but not so. John had given little thought to God, and Jesus Christ was but an historical figure in Whom he had no interest. He was always too busy, and life was too good to worry about all of that. Live and be happy! That was his motto!

I am always amazed at how easy it is to ignore the God Who has given us a simple set of guidelines and offered His help to make each of us the best that we can be. The New Testament book of Hebrews tells us that God "is a rewarder of those who diligently seek Him." Our God is no man's debtor; He never takes more than He gives in return. And yet for many, God does not factor in any way in the issues of their life - and death. They leave all of that to "those religious types," but as for them, they don't need God. Thank you very much!

That, however, does

not change reality. There is life after death. If we walk with God in this life, we shall enjoy His presence in eternity, and that is heaven no matter how you picture it; if we live without God in this life, we are going to spend eternity apart from him, and that is hell, no matter how you picture it.

And to think that our "John" would willingly turn his back on God is to me unbelievable. Life as a Christian is no downer. I am nearing the end of my journey and my life has left me profoundly satisfied. I am at peace, content with my station in life. And, as if that were not enough, there is light at the end of my tunnel, a future of unimaginable happiness! And, please, don't misunderstand. I am neither bragging nor complaining; I am just profoundly grateful! The Bible has become my guide and Jesus Christ has been invited to be the Lord of my life, and I rest confident: heaven awaits!

You want to talk about it? Hit me up at rlarry-scott@gmail.com.



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Hope each and every one had a delightful, white Christmas! Now we're on the home stretch to the New Year which I'm sure will be filled with many adventures.

Town
Board of Selectmen Meeting Tuesday, Jan. 2, 2018 at 6 p.m. in the Municipal Building.

Alexandria United Methodist Church
Sunday, Dec. 31, Moravian Love Feast Worship Service at 9 a.m.

Wednesday, Jan. 3, Newfound Area Churches meeting at 9 a.m. at the Bristol UCC.

Saturday, Jan. 6, Community Dinner at AUMC, in the Vestry. On the menu is turkey pot pie, beans and hotdogs. Come on over and enjoy a great meal, fellowship, and hug the wood stove if you've a mind to.

Christian Unity Week is Monday, Jan. 15 through Friday, Jan. 19 at noon, with lunch following each service. Monday, Jan. 15 is at Hebron Congregational Church, Tuesday, Jan. 16 is at Our Lady of Grace, Wednesday, Jan. 17 is at New Hampton Community Church, Thursday, Jan. 18 is at Bristol UCC and Friday, Jan. 19 is at Alexandria UMC.

Tuesday, Jan. 9 at 10 a.m., the Women's Aid to Alexandria Church (WAAC) will meet in the

Vestry.
Thank you to a fine man who brought a donation of several turkeys to the church last week. Just want you to know that more items were donated, and some of the WAAC ladies put together seven Christmas Dinner boxes for local families.
I wish you all a Happy and Safe New Year's Eve, and may the New Year bring much love, laughter and many blessings your way.

Groton

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

There was a short Select Board Meeting on Tuesday with a handful of people in attendance. Contracts were signed with Andover Geological Consulting to monitor the ground water at the transfer station and a contract with Twin River Office Machines for maintenance of the copier in the Select Board's Office. Both were the same money as last year. A PA-29 All Veterans Credit application was signed. There is a posting in the paper and on the web site for the Road Agent Position that is now open.

The Transfer Station will be closing early on Dec. 31, at 4 p.m.

There was a "Winter Driving" workshop at the Town House last week. E.J. had a fine presentation of tips for safe winter driving and being prepared for emergencies in

the cold winter weather. There were few in attendance, but the material was very helpful.

Meetings and Closures Coming Up:

Select Board meetings are scheduled for Tuesday, Jan. 2 and 16 at the Town House at 7 p.m.

Select Board Work Sessions- Tuesday, Jan. 2 and 16 at 5 p.m. at the Town House

The Conservation Commission will be meeting on Thursday, Dec. 21 and Jan. 11 at 7 p.m. in the Town House.

There will be a Citizens Planning Committee Meeting on Dec. 21 at the Town House at 6:30 p.m.

The Planning Board will be meeting at the Town House on Wednesday, Dec. 27 at 7 p.m.

The Select Board Office will be closed Dec. 26 through 29.

All Town Offices will be closed and Jan. 1 for the Holiday.

Warrant Articles for the March 2018 Town Meeting need to be submitted to the Select Board Office no later than Thursday, Jan. 4.

The filing period for Town Offices will be from Wednesday, Jan. 24 through Friday, Feb. 2. A listing of the Offices that will be on the ballot will be posted in the Paper, on the Web site and in this article two weeks prior to the filing period.

Dates to keep in mind for the coming year

Town Elections - March 13 the Town House is our polling place and the polls will be open from 11 a.m. to 7 p.m.

Town Meeting - March 17 at the Town House.

Dog Licenses are due by April 30. We have the new tags in and you can license your dog anytime with a current rabies certificate.

Newfound Area School Budget Hearing Jan. 12 at 6:30 p.m. (snow date Jan. 13 at 10 a.m.) at the Newfound Regional High School.

Filing period for the Newfound Area School District Positions - Jan. 24 through Feb. 2 at 3:30

p.m.
School Board - Groton for a 3 year term
Budget Committee - Groton for a 3 year term.
First Deliberative Session will be held at the Newfound Regional High School on Feb. 3 at 10 a.m. (snow date Feb. 5 at 6:30 p.m.).

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.

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

9:25 a.m. - KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. - Contemporary Worship Service

11:15 a.m. - KidZone for K-grade 6

11:15 a.m. - Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

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

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns

as well. Spread the word and bring your friends.

Mondays
8 p.m. - Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at 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 un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Holy Trinity (Roman Catholic)

Knights Breakfast next Sunday

The Knights will host their monthly Breakfast next Sunday, Jan. 7. All proceeds go to Knights charities. There is no better breakfast in the Lakes Region

Campus Ministry

Thank you from students in PSU residence halls and on-campus apartments on the first night of finals for all the cookies and bars provided by Kathryn Drexel, Barbara Flynn, Linda Folsom, Barbara Guinan, Carolyn Hill, Sue Karsten, Judith McPherson, Carole Osmer, and Elena Worrall. The students really appreciate your generosity and kindness at such a stressful time! Blessings for a joyful Christmas with family and friends and a New Year of health, happiness, and peace!

Weekly Meetings Thursday, Dec. 28

Day Away Program, Simard Hall, 9 a.m. - 3 p.m.
Boy Scout Meeting, St. Matthew Hall, 5:30 p.m.

Sunday, Dec. 31
No Faith Formation classes
No Confirmation

classes
AA meeting Monday - Saturday 11 a.m., St. Matthew Hall

Restoration Church, Plymouth

Greetings from Restoration Church Plymouth, located at 319 Highland St., 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

10 a.m.-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 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 handicap 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.

Sunday, Dec. 31

Service 9:30 - 10: 30 a.m. - Dec. 31 - New Year Eve Book Service
Nancy Chaddock, Guest Leader

SEE CHURCHES, PAGE A7

How to Submit Announcements & Obituaries To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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


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American Legion, Post 15, 39 Main Street, Ashland, NH
Cost - \$60/pp (one additional family member \$15 extra)
Register - <http://www.pemibakerba.org/>

The thyroid gland as we age: What seniors should know

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

It's common for older adults to experience feelings of fatigue, restlessness, and sadness – and often times, they may simply associate them with getting older, thinking that there is no solution in sight. To make things worse, family members may also be quick to assume that a loved one is experiencing age-related depression or problems with mental faculties. What you and your loved ones may not know, however, is that these symptoms may actually indicate a problem with the thyroid gland.

Understanding Thyroid Disorders

The thyroid gland, a butterfly-shaped organ that helps regulate metabolism through hormones (T3 and T4), goes through a number of changes as we age. Some of these changes are microscopic, while others are more physiological – but both can impact the release of the T3 and T4 hormones. If these hormones are not in balance, two disorders may arise:

Hypothyroidism: This disorder occurs when the thyroid is overactive in its production of hormones. Those with hyperthyroidism often experience excessive weight loss, nervousness, difficulty sleeping, and constant anxiety. Hyperthyroidism can result from inflammation of the thyroid, pituitary gland malfunctions, or cancerous growths in the gland itself.

Hypothyroidism: Significantly more common among older adults than hyperthyroidism, this disorder stems from a hormone deficiency. With a drop in hormone production, energy levels decrease, leading to extreme fatigue, difficulty concentrating, weight changes, and even muscle pain. Hypothyroidism can result from an autoimmune disorder known as Hashimoto's thyroiditis, exposure to iodide, and as a side effect from the drug lithium.

What Should Seniors Do?
If your aging loved ones experience any of the symptoms associated with either hyperthyroidism or hypothyroidism, encourage them to ask their physician for a thyroid evaluation. As mentioned, these symptoms can be similar to other age-related conditions, so it's important that the thyroid is considered. A thyroid evaluation involves checking the gland and conducting a blood test that evaluates

T3 and T4 levels. Hypothyroidism is typically treated through hormone replacement therapy, while hyperthyroidism is treated with radioactive iodine (RAI), along with antithyroid drug therapy. Surgery may also be required for hyperthyroidism, but is rarely recommended because of age-related risk factors. Treatment of both conditions should be carefully monitored by professionals, so that adjustments can be made immediately.

Even if your aging loved ones are not currently experiencing these thyroid disorders, it's important that they take steps to help reduce their risk. For hyperthyroidism, preventative measures include reducing stress, avoiding caffeine, and not smoking. For hypothyroidism, it's recommended that you check for celiac disease/gluten intolerance, avoid fluoride whenever possible, and also ask for a thyroid collar when getting x-rayed.

to make daily living more comfortable so that they are either making choices conducive to a smooth recovery or risk reduction. For more information about Comfort Keepers' services, contact your local 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 www.comfortkeepers.com/plymouthnh for more information.

Comfort Keepers® Can Help

Comfort Keepers is proud to provide compassionate, professional, in-home care to seniors and other adults. This includes everything from nutritious meal preparation to transportation to and from your loved ones' preferred destinations. If they are faced with thyroid problems, our caregivers can work



COURTESY

Hanging the stockings with care

The holidays are a special time at Golden View Health Care Center's assisted living. "We have been giving out stockings since we opened our assisted living in 2000," said assisted living administrator Heidi Murray. "This has been a great tradition. Every year, the staff ask me 'Is it time to do the stockings yet?' They get as much enjoyment out of preparing them as the residents get out of receiving them." On Christmas Eve, after the residents have gone to bed, Golden View's staff hang a stocking on each individual's room door, so they will have it when they wake up on Christmas morning. The stockings contain some fun items like colorful stress balls, a new pair of socks, a tooth brush, candy and, of course, a piece of fresh fruit. This traditional event continues to be both uplifting and positive for both the workers and the residents. For more information about assisted living at Golden View, please call 279-8111 or visit www.GoldenView.org.



COURTESY

Happy Birthday, Evelyn!

Golden View assisted living resident Evelyn Quinn celebrated her 103rd birthday on Monday, Dec. 11. She enjoyed a delicious slice of pie and lots of celebratory wishes from her friends at Golden View.

Churches

FROM PAGE A6

Join us as we start the New Year with this casual annual tradition of sharing reflections and recommendations for books to read in the coming year.

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

The Starr King UU Fellowship Offices will be closed for the week between Christmas

and the New Year. We wish you all a safe and festive New Year celebration.

We are pleased to inform you that, for the full month of December, every time a "Fight Hunger Bag" is purchased at the Hannaford Supermarket in Plymouth, a portion of the proceeds will be donated to Got Lunch Plymouth, the program feeding kids in need during summer vacation which has been well supported by folks at Starr King Fellowship. You


may also purchase a Fight Hunger Bag here at Starr King after services throughout the month.

Wise Women in Training – The next meeting of the Wise Women will be Jan. 10 at 10:30 a.m.

Share-A-Book is here! You can give books in Spanish to the families in Nicaragua to remember anyone in your life who values books and reading! Give to Share-a-Book now or in January. We will see that every dollar will go to books


for the children of Campas de Nicaragua. These families have no other library! Contact Margaret Salt or Danni Simon with questions.

The Activities Committee encourages you to participate in the abundance of interesting events happening in the area. Breakfast Club, Second Sunday Hike, Dinner and a Show, and more. Please visit the Events Page on our Web site: www.starrkingfellowship.org for dates and times.



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TOWN OF THORNTON

FIRE COMMISSIONER VACANCY

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The Town of Thornton is accepting letters of interest for the appointed position of a volunteer Fire Commissioner to complete a term through November 2019. Thornton residency is required. More information is available on our website: www.townofthornton.org

Letters of interest can be sent attention to the Administrative Assistant, Town of Thornton, 16 Merrill Access Road, Thornton, NH 03285.

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Newfound

FROM PAGE A1

Above all else, the Bristol Recreational Advisory Council hosted their 25th annual New Hampshire Marathon last September, with more than 600 people travelling from not only all corners of the country but foreign lands as well for a 26.2 mile race touted by many as one of the “friendliest and most scenic marathons out there.”

For evening entertainment, Bristol Historical Society sponsored several adult dances at the historic Bristol Town Hall in 2017. There were concerts in Kelly Park courtesy of TTCC and local sponsor Hanaford Supermarket all summer while Mill Fudge Factory, Purple Pit and Kathleen’s Cottage also had a variety of entertainment that drew people to the town from several communities.

Kelley-Miller Circus brought the Big Top back to Bristol in July, while Bristol’s Old Home Day offered pony and wagon rides, children’s games, music, some cool down time with the Bristol Fire Department, informational booths from local nonprofits, and a lobster and chicken dinner.

Other communities provided yearlong fun and activities as well.

Alexandria held a few events last year that brought their community together, starting with a summer Church Fair. The day included crafters, informational booths on local initiatives from the Alexandria Police Department, the Alexandria Conservation Commission and church mission programs. There was also a barbecue, children’s games, live music and

other fun activities to round out the day.

In late summer apple picking at Cardigan Mountain Orchard, blueberry picking at Kemah Farm and hiking on numerous trails throughout the town also added to the year’s enjoyment.

Over Labor Day weekend, the Alexandria Fire Department hosted their annual pig roast, during which time local residents Dennis and Lucy Ford donated animal rescue equipment to the department. And in October the fire department and Alexandria Firefighters Association held a fun-filled Fall Open House that was a big hit with everyone, no matter their age.

In August, Bridgewater’s traditional Old Home Day was filled with community spirit and great foods, including the bean hill luncheon they have come to be known for over more than 100 years. The annual Run Your Buns Off Labor Day weekend benefit for local nonprofit organizations also took place in Bridgewater and Newfound Pathways provided biking trails along the lake shore. The Thanksgiving Day Turkey Trot at Newfound Country Store also kicked off the spirit of giving as

people not only set out on a brisk 5K walk that morning but contributed to the annual Santa Fund.

In Danbury, people gathered at the North Road School House last summer for a touch of history. Demonstrations of old trades, old fashions and tastes of foods from the past made it a most nostalgic day.

In September it was time for the famed Danbury Grange Day. Food and fun highlighted the annual affair, along with silent and live auctions. Challenging children’s games from the past, a petting zoo, agricultural exhibits, oxen pulls, horseshoe tournaments and the renowned Bed Race filled up the afternoon hours. The celebration ended with a community dinner and more of the live music that had filled the day.

Over in Hebron the Paradise Point Audubon Society offered kayaking and other outdoor experiences while boating, fishing and beaches on Newfound Lake kept thousands of people happy, too.

Weekly outdoor concerts on the Common saw large crowds come out to enjoy the warm summer nights while the Hebron Church Fair, which was also

the culmination of the Newfound Lake Region Association’s Lake Week activities, drew people from all across the Northeast and beyond. Artisans, crafters, home-baked goods, both a live and silent auction, children’s games and local musicians left people marking their calendars for next year’s events even before they left the daylong affair.

Last spring, the Town of Hill and local Boy Scouts hosted their annual children’s fishing derby and in late summer, the town’s recreation committee held a Hill Community Bash, complete with a chicken barbecue and outdoor music concert at the town’s pond.

Over the summer months the Hill Public library also presented many events for residents, including visits by magicians and other entertainers, and an end of summer celebration for the children’s reading program.

Throughout the year, the library also invited adults to join them each Tuesday morning for “Dewey’s Coffee Café” where discussions, activities, food and fun could be found. WMUR Meteorologist Josh Judge was their latest guest. Judge discussed weather events unique

to New Hampshire and introduced the crowd to his latest book, “Be Nice to the Weather Guy,” sales of which benefit children’s programs for CHaD in Lebanon.

New Hampton residents also celebrated their community in 2017. The police and fire departments joined forces again last summer to hold their popular Public Safety Day where demonstrations from Bristol’s K9 partner Arro, the State Fire Marshal’s office, New Hampshire Fish and Game and other safety agencies educated and entertained as police officers, firefighters and EMTs served up plates of hot dogs and hamburgers for all their guests.

Over the summer, residents also rallied to build a great new playground for children at the elementary school and enjoyed plays, sports, and educational activities at New Hampton Community School, the New Hampton School and Gordon-Nash Library.

For New Hampton’s Old Home Day celebration in August they, too, held a bean hole lunch, served hamburgers, hot dogs, provided live music, historic displays and Touch a Truck festivities.

It was indeed a busy year.

Bristol saw some troubled times though when now former Police Chief Michael Lewis was placed on administrative leave in September. With an investigation underway for unnamed personnel matters, Lewis later offered to step down from his position on Oct. 4, 2017 and selectmen voted to accept his resignation.

Lt. Kristopher Bean was placed as an overseer of department initially, then on Dec. 14 selectmen appointed Chief David Cahill of the Town of Sunapee as interim police chief until a new permanent chief in selected. It’s been reported that they hope to complete their interviewing and selection process in the next month.

Whatever the New Year brings in the way of town government, civic leadership, business and recreation though, it is evident that in 2017 the Newfound Region was on a positive track and we look forward to that trend continuing in the coming year.

From all of us at Salmon Press we wish you success, good times and more great memories to be made in 2018. Happy New Year!

CADY

FROM PAGE A4

statement, “Secrecy is not our friend; silence is not helpful.” We applaud PRHS for taking a proactive stance on this serious issue.

Many programs, initiatives, and resources are available to help people recognize mental health and/or substance use disorders and reach out for help. The Substance Abuse and Mental Health Services Administration (SAMHSA)

strives to ensure that Americans can access effective prevention and treatment services for mental and substance use issues, particularly for those with the most serious conditions. Recovery from these disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

How can you be involved? Know the Five Signs: 1) Personality

Changes: Do you notice sudden or gradual changes in behavior? 2) Agitation: Do you notice uncharacteristic anger, anxiety, agitation, moodiness? 3) Withdrawal: Do you notice withdrawal and isolation from family and friends? 4) Poor Self Care: Do you notice a change in personal hygiene, substance misuse, or other self-destructive behavior? 5) Hopelessness: Do you notice suicidal thoughts and feelings of worthlessness or

guilt?

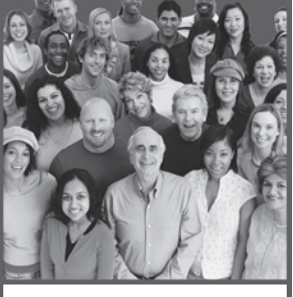
What do you do if you see the signs? R.E.A.C.T. Recognize the signs of emotional suffering; Express concern and offer support; Act now and talk to someone you trust – parent, teacher, coach, relative, friend, doctor; Care enough to follow through and follow up; Text SIGNS to 741-741 or call 448-4400 (24/7).

We all need to take care of ourselves and care for others. It matters. For ways to as-

sess your health and resources available in the surrounding area, check out the Coverage-to-Care-Behavioral Roadmap, available on the CADY website at www.cadyinc.org. For more information about the Change Direction campaign, visit www.changedirection.org/nh.

If you or someone you know is struggling with addiction or substance use, call the NH Statewide Addiction Crisis Line at 1-844-711-HELP (4357).


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A banner day for the state champions

Field hockey championship banner unveiled at Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — As the entire Newfound Regional High School student body gathered in the gymnasium on Tuesday, Dec. 19, the Newfound pep band kept the energy up and spirits high.

And then came the real reason for the gathering, as the Newfound field hockey team was honored for its undefeated Division III championship season with the unveiling of the new banner on the gym wall.

Needless to say, the energy the pep band drummed up as students entered the gym continued throughout the rest of the ceremony, as the excitement of a championship was relived by the entire student body.

Principal Paul Hoiriis noted the accomplishment of winning a state championship is historic and momentous and praised the entire community for its support of the team.

“One of the great things about the state championship was the way the community was behind them,” Hoiriis said. “This championship brought the community together.”

Veteran coach Karri Peterson pointed out that this group of girls, after losing in the semifinals last year, had a few roadblocks in getting to the championship. And she also thanked the Newfound community for supporting her team.

“Thanks for all the support showed to the girls throughout the season,” she said.

“We had some obstacles through the entire year,” Peterson continued, citing the team’s lack of a home field on which to practice and play games and the need to travel to downtown



JOSHUA SPAULDING
The Newfound field hockey team poses under its championship banner after a ceremony at the school on Dec. 19.

Bristol for home games and practicing on a portion of the baseball field while the team’s field was being repaired. She also introduced

each of the players to loud rounds of applause. “These girls overcame a lot and did something no other team in Newfound history has



JOSHUA SPAULDING
Coaches Nicole Goudreau (left) and Karri Peterson prepare to cut the string releasing the sheet over the new championship banner.



JOSHUA SPAULDING
The newest banner in the Newfound gym honors the 2017 state championship field hockey team.

done, have a perfect season,” Peterson said. The Bears went undefeated in the regular season and swept through the playoffs to finish at 17-0.

Peterson also offered a thank you to the parents who spearheaded a fundraising effort to help the team purchase

SEE **BANNER** PAGE B4

What's On Tap

The regular season returns as the calendar turns to 2018 for the local high school teams.

The Newfound hoop teams will wrap up the Lakes Region Holiday Hoop Tournament with games scheduled for today, Dec. 28, and Friday, Dec. 29, in Gilford.

The Newfound hoop girls will then return to regular season action on Tuesday, Jan. 2, as they host Newport at 6:30 p.m.

The Newfound unified basketball team will kick off its inaugural season on Wednesday, Jan. 3, visiting Gilford for a 4 p.m. game.

The Plymouth wrestling team will take part in the Noble Holiday Tournament on Friday, Dec. 29, and Saturday, Dec. 30, before returning to regular season action hosting Pelham at 6 p.m. on Wednesday, Jan. 3.

The Plymouth hoop boys will play their first home game of the season on Tuesday, Jan. 2, for a 6 p.m. game.

The Bobcat girls’ basketball team will be at Kingswood for a 6 p.m. game on Tuesday, Jan. 2.

The Kearsarge-Plymouth hockey team will be hosting John Stark-Hopkinton on Wednesday, Jan. 3, at 6:30 p.m. at Proctor Academy.

The Plymouth ski jumping team will be at Lebanon for a 6 p.m. meet on Wednesday, Jan. 3.

The Nordic skiing season kicks off for Plymouth on Thursday, Jan. 4, at Great Glen Trails in Pinkham Notch at 2 p.m.

Bears storm past Golden Tornadoes

BY JOSHUA SPAULDING
Sports Editor

FRANKLIN — The Newfound girls’ basketball team pulled away in the second half to pull through with a 57-23 win over Franklin on Tuesday, Dec. 19.

“(We) started off a little slow on the offen-

sive end and gave up too many looks defensively to start the game,” said coach Karri Peterson.

The Golden Tornadoes came out and guarded Ashlee Dukette, Savannah Bony and Jasmine Peterson man-to-man, leaving two other players down on the blocks. It

took a few possessions to get things figured out offensively, as the outside shooters weren’t on the mark to start with.

Dukette had eight points and Peterson had six to lead the way for the Bears in the first quarter and they led 14-5 after one. The Bears outscored



COURTESY PHOTO

Friendly neighbors

The unified basketball teams from Plymouth Regional High School and Newfound Regional High School got together recently for a preseason scrimmage.



JOSHUA SPAULDING
Madi Dalphonse had 11 points in Newfound’s win over Franklin last week.

Franklin by a slim 8-6 tally in the second quarter to maintain the 22-11 lead at the break.

“At the half I tried to explain to the girls what was being done to them,” Peterson stated. “They came out firing in the third and turned missed shots of Franklin into fast break points.”

The Bears began to pick up a few steals and converted and Madi Dalphonse began hitting her shots from outside, which Peterson noted was key for the Bears. Dalphonse scored all 11 of her points in the third quarter and the Bears outscored the hosts 25-4 in the frame for a 47-15 lead. Bony put in six points in the frame.

Many of the younger players took the floor in the fourth quarter and

outscored the hosts 10-8, with Lexi Douville, Haley Dukette and Bailey Fairbank all contributing on the offensive end.

Peterson led the charge for the Bears with 16 points, 14 rebounds, five steals and five assists, while Dukette added 14 points, 13 rebounds, six blocks, three steals and three assists. Bony added eight points to go with Dalphonse’s 11 points.

The Bears are taking part in the Lakes Region Holiday Hoop Tournament in Gilford, which continues today, Dec. 28, and Friday, Dec. 29.

Newfound returns to regular season action on Tuesday, Jan. 2, hosting Newport at 6:30 p.m.

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

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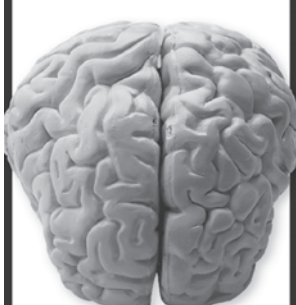
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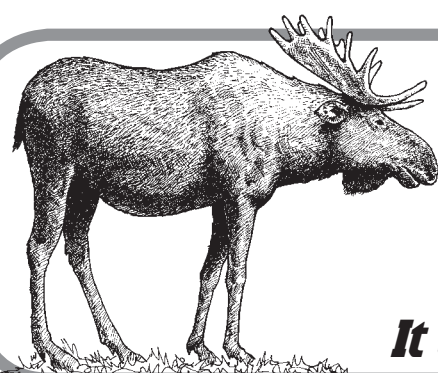
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FROM PAGE B1

championship jackets and t-shirts, all of which were purchased at no cost to the students and their families.

“The community really came through and supported the girls,” Peterson said, thanking all the local businesses and indi-

viduals who sponsored the team’s purchase of championship apparel.

She also pointed out that Homestead provided the team with a free championship banquet, which had taken place the night before the ceremony at the school and offered her thanks to the local restaurant for its support.

Athletics Director Peter Cofran thanked

the Tapply-Thompson Community Center and Newfound Memorial Middle School for giving the team a place to play games. He also thanked the school’s faculty and staff for their understanding when kids had to leave school early for the home games.

Cofran said that winning a championship takes determina-

tion, commitment and dedication and noted the Bears had that this year.

“They are the New England Patriots of New Hampshire field hockey,” he said, pointing to the school’s field hockey banners on the gym wall.

After another selection from the Newfound pep band, Peterson and assistant coach Nicole

Goudreau cut the string releasing the black sheet covering the new banner honoring this year’s team.

The 2017 state championship roster included Montana Bassett, Caroline Marchand, Hannah Eastman, Katy Drapeau, Haley Dukette, Kylee MacDonald, Tiffany Doan, Savanna Bony, Julianne Marchand, Kay-

lan Santamaria, Mackenzie Ryan, Division III Player of the Year Hayleigh LeTourneau, Jasmine Peterson, Mackenze Bohlmann, Madi Dalphonse, Madison Hanley, Lexi Denville, Hayleigh Pabst and manager Bethany Basford.

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

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