

Arrest made in connection with Hill fire

HILL — Hill Fire Department Chief Jamie Moulton and New Hampshire State Fire Marshal Sean P. Toomey announce that an arrest has been made in connection with a fire that occurred at an apartment building on Nov. 22 at 4 Commerce St. in Hill. At the time of the fire, four people were inside their apartments and were able to self-evacuate without incident.

As the result of an ongoing investigation, on Dec. 24, Tilton Police Officers arrested Kathy Canfield, age 60, on a NH Fire Marshal’s Office arrest warrant. Canfield was arrested on one felony level charge of Arson and one misdemeanor level charge of Breach of Bail Conditions. She is currently being held at the Merrimack County House of Corrections without bail. She is scheduled to be arraigned at the Merrimack County Superior Court on Dec. 27.

Fire Marshal Toomey would like to remind our citizens that arson is not a victimless crime, and that any intentionally set fire puts in motion a series of events that significantly jeopardizes both the public and our First Responders safety. Nationwide, intentional set fires cause over 400 deaths, 1,300 injuries, and \$1.3 billion in direct property damage annually.

Anyone with additional information is requested to contact the NH State Fire Marshal’s Office – Bureau of Investigations at 603-223-4289.

Protecting ecosystem health while maintaining safe roadways this winter

BY REBECCA HANSON
Newfound Lake Region Association

BRISTOL — As the temperature drops and snow threatens on the weather forecast, it is an important time to think about road salt application. The very thing that is engineered to keep us safe during hazardous winter driving conditions poses a serious and lasting threat to our ground and surface water. The impacts of salt applied to winter roads, parking lots, and sidewalks already has a noticeable effect on aquatic life, and, in some areas of the country, chloride levels (from sodium chloride application in de-icing) in drinking water exceed quality standards.

Within New Hampshire, the problem is more pronounced in the southern part of the state where several watersheds face such serious impacts from road salt that the state is mandated to reduce the impacts. This is a problem locally, too. Water quality measurements in the town of Plymouth’s drinking water and in more urban streams indicate impact from road salt. Though it’s not just the more developed areas that experience impact, rural streams also exhibit elevated levels of sodium and chloride.

It is an important balance: how can we both protect the health of our aquatic ecosystems, while allowing for safe travel during the winter months? There are several things municipalities, homeowners, and business owners can do to help alleviate salt impacts to water while safely maintaining roads, parking lots and sidewalks.

We can be more efficient with our salt application. Research shows people use 30-50 percent more salt than is needed to protect public safety. Private residents and business owners can reduce salt use on their properties by understanding how to be efficient and effective with application. According to the state of Minnesota, it takes just about four pounds (one pound is enough to fill a coffee cup) of rock salt to properly de-ice a 1,000 square foot section of driveway, parking lot or sidewalk. Rock salt is not effective at temperatures below 15 degrees Fahrenheit, no matter how much is applied.

For snow removal professionals, New Hampshire Department of Environmental Services and University of New Hampshire Cooperative Extension offers a Green SnowPro certification. This program is designed to provide both munic-

Bear girls get revenge on Timber Wolves

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound girls’ basketball team was able to get a little revenge on Prospect Mountain in the week leading up to the holiday break.

The Bears had lost to the Timber Wolves in the opening game of the season in Alton and when Prospect came to Bristol on Monday, Dec. 20, the Bears were able to grab a 44-38 victory.

“Our defense was solid and communication was there,” said coach Danielle Wilkins. “We covered their baseline runner very well, covered their other shooters well.”

Wilkins noted that Paulina Huckins stepped up into her role on the front court and the Timber Wolves could not stop her while Malina Bohlmann was strong shooting from the outside and running the lane on the fast break.

“She (Huckins) attacked the basket hard and got to the line,” Wilkins stated. “Malina had great perimeter shooting and on the fast break she ran the lane beautifully.”

Wilkins noted that the girls played better as a team, played harder and faster and continuously talked and supported each other.

“The girls did what they needed to do and played as one,” Wilkins said. “Their hard work and dedication



RC GREENWOOD

Paulina Huckins squeezes between two Prospect Mountain defenders in action Dec. 20

throughout the week paid off for them for sure.”

Huckins had 17 points, six rebounds and five steals, Bohlmann had 16 points, three rebounds and four steals and MollyLu McKellare was strong on the boards, coming down with nine rebounds and added three steals and three assists. Rylee Barney doled out six assists and also had four steals.

Newfound is back in regular season action on Monday, Jan. 3, at 6:30 p.m. at Berlin.

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



Matti Douville fires off a shot in action Dec. 20 against Prospect Mountain.

PSU “Teddy Bear Toss” collects nearly 1,300 toys, donations for CHaD

PLYMOUTH — The Marketing Association of Plymouth State University (MAPS, PSU) hosted its fifth annual Teddy Bear Toss event

benefitting patients at the Children’s Hospital at Dartmouth-Hitchcock (CHaD). The event took place during the men’s ice hockey game against

Wesleyan University on Friday, Dec. 10, at PSU’s Hanaway Ice Rink. Attendees were invited to bring new stuffed animals to the game to

be tossed onto the ice when PSU scored its first goal. Teddy bears were also available for

SEE CHaD PAGE A8



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| <i>Town</i> | <i>Address</i> | <i>Type</i> | <i>Price</i> | <i>Seller</i> | <i>Buyer</i> |
|-------------|------------------------------|----------------------------|--------------|-------------------------------------|--|
| Alexandria | 57 Calley Rd. | Single-Family Residence | \$179,000 | George Kazda | Roy and Sandra Hajek |
| Alexandria | Eastman Hill Road | N/A | \$24,933 | Mark Spires | John and Cheryl Morin |
| Alexandria | Wilton Falls Road | Residential Open Land | \$45,000 | Philip W. and Rena N. Ackerman | Charles P. and Wendy K. Gilbert |
| Ashland | 22 Circle Dr., Unit 34 | Condominium | \$250,533 | 5 CS Trust and James Currell | John and Susan Smith |
| Ashland | 101 Riverside Dr. | Single-Family Residence | \$200,000 | G.F. & T.L. McCormack RET | Jason L. Huckins |
| Campton | Bog Road | N/A | \$650,000 | Wendell and Erline M. Jesseman | High Altitude Development LLC |
| Campton | Ellsworth Hill Rd., Lot 36 | N/A | \$89,000 | Dinesh and Kalpana R. Dulipsingh | Rhonda A. Sargent RET |
| Campton | Ellsworth Hill Road | N/A | \$10,000 | Richard and Michelle Dowling | James Hannon |
| Campton | 912 NH Route 175 | Single-Family Residence | \$320,000 | Amy E. McCarthy | Caroline M. Hafey and Ryan P. Beausoleil |
| Campton | Page Road, Lot 3 | N/A | \$47,533 | Robert M. and Jeanne Cola | T. Adam and Dorothy A. Torrey |
| Campton | Page Road, Lot 2 | N/A | \$47,533 | Robert M. and Jeanne Cola | T. Adam and Dorothy A. Torrey |
| Campton | Page Road, Lot 4 | N/A | \$47,533 | Robert M. and Jeanne Cola | T. Adam and Dorothy A. Torrey |
| Campton | Page Road, Lot 5 | N/A | \$47,533 | Robert M. and Jeanne Cola | T. Adam and Dorothy A. Torrey |
| Campton | N/A | N/A | \$190,000 | Joshua and Warren Harding | Antone and Lurdes M. Almeida |
| Campton | N/A | N/A | \$73,933 | Bruce Shick and Bonnie Gamble | Rhonda A. Sargent RET |
| Groton | 38 Jewell Hill Rd. | Single-Family Residence | \$325,000 | Aubrey T. Lawrence and Laura Aberle | Ysaac and Natasha Conde |
| Holderness | Pleasant Place Drive, Lot 6 | N/A | \$70,000 | West Street Development LLC | Christopher E. and Mary A. Hogan |
| Holderness | Pleasant place Drive, Lot 10 | N/A | \$70,000 | West Street Development LLC | Christopher E. and Mary A. Hogan |
| Holderness | Pleasant Place Drive, Lot 8 | N/A | \$70,000 | West Street Development LLC | Christopher E. and Mary A. Hogan |
| Holderness | 539 US Route 3 | Single-Family Residence | \$352,533 | Kenneth R. and Kristy M. Yorston | Mark and Suzanne Kruplenski |
| New Hampton | 58 Packard Dr. | Commercial Use | \$1,455,533 | Direc TV Inc. | Directv Entertainment Holdings |
| Plymouth | 7 Page St. | Residential Developed Land | \$124,933 | Fred E. and Denise L. Schneider | Timothy Sawyer |
| Thornton | Mill Brook Valley Road | N/A | \$31,000 | Christopher Ross-Nyahn | John M. and Cassie C. Maher |
| Thornton | 44 Mirror Lake Rd. | Single-Family Residence | \$259,933 | Mary P. Gridley | Carol McKay-Bushey |

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

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

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I hope everyone had a safe Christmas as the weather certainly was a deterrent to travel anywhere on Christmas Day! The news was not good Christmas morning regarding travel with plane cancellations and car accidents being reported all over New England. Our family was fortunate enough to be able to make plans the following day and we made the most of it. It was so much fun to share the holiday with most of our immediate family. We are blessed.

Thanks to Lakes Region Epoxy, the TTCC is putting on a raffle where the winner will receive an Epoxy Flake Floor up to a \$9,000 value! Tickets will be limited to 100 sold for \$250 each. Proceeds from this raffle will be used to raise funds for important building repairs and crucial maintenance with the goal of raising \$25,000! Contact

the TTCC office: ttcc@metrocast.net or 603-744-2713.

Dance classes at the TTCC will be offered by the Newfound Dance Company starting in January! The classes will be held on Saturday mornings from Jan. 8 until Feb. 12. These classes are for children from age groups 3-5, K-grade 2 and grades 3-6. For more information please contact https://ttccrec.org/youth_programs/dance/.

New Yoga classes for kids will be offered at the TTCC by the Rooted Yogini starting in January. Classes will be for ages 5 and up. Ages 5-9 will meet on Mondays from 6-7 p.m., ages 10-13 will meet on Wednesdays from 6-7 p.m., and ages 13-17 will meet on Fridays from 6-7 p.m. For more information, please contact the TTCC at the address above.

Kung Fu Lessons for adults and teens will be offered at the TTCC on Wednesday evenings

from 6:55-7:40 p.m. For more information on these classes, contact the TTCC at 744-2713 or ttcc@metrocast.net.

Karate Lessons at the TTCC are available to most age groups on Wednesday evenings. You can join any time. Ages 5-6 at 5:15-6pm, ages 7-9 at 6:05-6:50 p.m. and ages 10 and up at 6:55-7:40 p.m. Contact the TTCC for more information.

The NH Governor's Council on Physical Activity & Health is sponsoring a Granite State 90-day Winter Challenge that will run from January 1 through March 31. This is a free program where all participants will have chances to win some great prizes. The challenge involves competing the different daily wellness challenges. Overall, the challenge is to move for at least 30 minutes a day. The TTCC has a team and asks that you join the challenge on their team.

Just put 'TTCC' as the team name in the company name box when registering. The Web site is: <https://nhmoves.org/90daychallenge/>. The TTCC will reach out to you after you register.

As part of Hannaford's Bloomin' 4 Good Program, every month at every Hannaford location, a different local non-profit is selected to benefit from the sale

of the Bloomin' 4 Good Bouquet. The TTCC was selected as the January 2022 beneficiary by local store leadership at the Hannaford located at 505 Pleasant St. in Bristol. The TTCC will receive a \$1 donation for every \$12 Bloomin' 4 Good Bouquet purchased at this location in January 2022. For more information about the program, visit hannaford.bloomin-4good.com.

The New Year is fast approaching! May you all have a better year and my hope is for the world to work together to be rid of this pandemic that threatens us all. It has to get better 'cause it certainly can't get much worse. Happy New Year, everyone!

Groton

Ann Joyce
AMJ8347@gmail.com

The upcoming Select Board Meetings are Tuesday, Jan. 4 & Jan. 18 at 7 p.m. The Select Board Work Sessions are Tuesday, Jan. 4 at 4:30 p.m. & Jan. 18 at 6 p.m.

The Town offices will be closed Thursday, Dec. 30 for the New Year's holiday.

The transfer station will be closed on Sat. Jan 1st for the New Year's Day holiday.

The Select Board work session & meeting minutes from Dec. 7th

were approved.

Under new business, the MS 60-A which is the local auditor report the town files with the state yearly was approved.

Tony Albert & the assistant fire chief from Rumney inspected the MIT Outing Club property. MIT has made progress correcting previously noted issues with the building. There are still two outstanding issues with an additional one that has been noted which is that an auxiliary light needs to be installed in the bathroom. A letter with these facts will be forwarded to MIT. Until all concerns have been corrected & reinspected the building cannot be occupied.

FEMA is currently updating the FEMA floodplain maps. Copies of the preliminary floodplain maps were received on Dec. 13 by the town. The town has 30 days to respond with questions & concerns. A copy of this flood plan has been forwarded to the planning board chair. This is

being tabled until the select board can meet with the planning board & conservation committee on Jan. 4 for their input. Under Select board items, the contract with Statewide Broadband Investment Planning Network was signed.

Department items had Chief Bagan reporting one of the radar signs is out of service & will be sent back to

the company for repair which is still under warranty. Robert (Bubba) Ellis has plowed a snowbank in front of Providence Road. This is a seasonal road, not maintained for winter travel by vehicle. The bridge is out in Dorchester & people are using the Groton portion to access their properties. Sara will reach out to NHMA to see if a gate can be erected to stop winter travel to help mitigate damages to this newly rebuilt road.

Slim Spafford questioned the cost of the structures needed to cover the dumpsters at the transfer station. It was mentioned these structures need to be structurally sound due to their location. Trees need to be removed from the Town Pound. An estimate was provided to the Historical Society to do this. A donor would pay this fee. The select board motioned that this can be done if proof of insurance was sent to the select board office.

Finally, a resident who wishes to remain anonymous donated funds to supply Christmas presents to kids in need in town. Walmart gift certificates were purchased for five families & Chief Bagan would deliver them.

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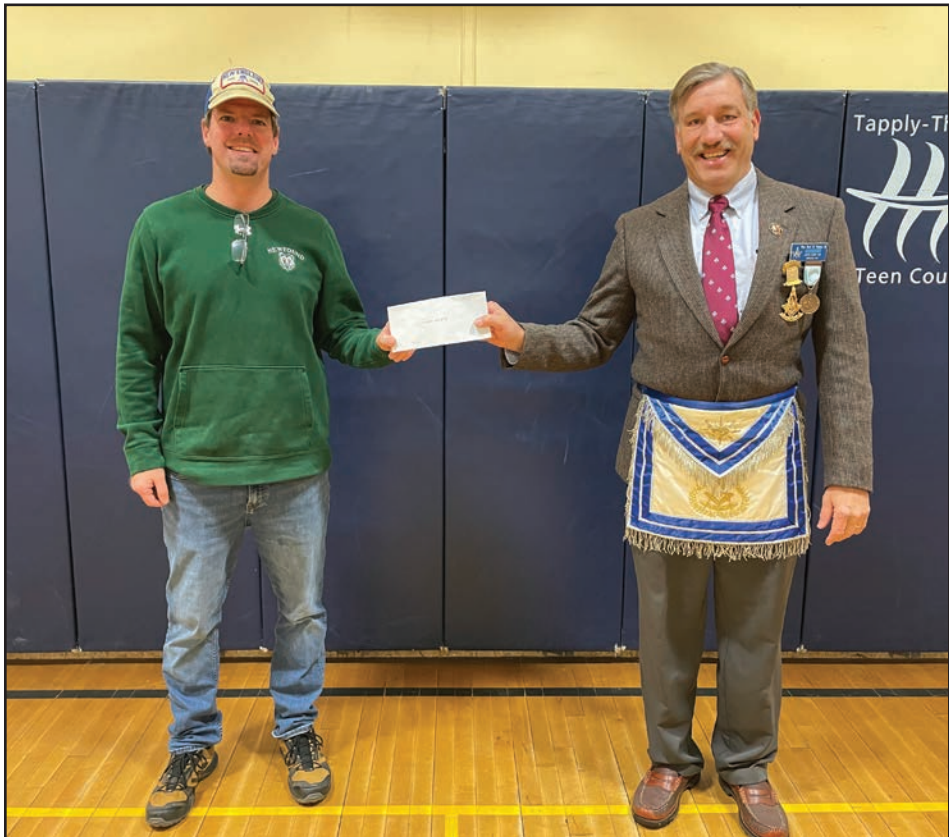
Happy New Year

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Masons reach out to the community

Union Lodge #79 Free & Accepted Masons once again reached out this holiday season to a number of organizations in our community that work diligently to improve and support the lives of our area residents. Since 2004, the Lodge Community Outreach Program has invited representatives from Tapply-Thompson Community Center, Newfound Area Nursing Association, (now Lakes Region VNA), Boy Scout Troop #50, Bristol Fire Company, Circle Program, Cub Scout Pack #59, and Slim Baker Foundation to their December meeting for dinner and presentation of a donation and recognition of all that they do for the community. Sadly, for the second year in a row, due to the COVID pandemic, the gathering had to be postponed, but Lodge member Paul Fraser did meet directly with each of the organizations to present a check and offer the Lodge's heartfelt thanks for all of their efforts. Fraser also mentioned that the proceeds from the spaghetti supper put on by the Lodge the night before the New Hampshire Marathon was the main fund raiser for their community outreach fund and made the annual donations possible. The dinner is open to the runners and the general public and he mentioned that by coming out to the dinner folks would both be able to enjoy a great meal featuring homemade sauces and support the organizations that do so much for our area.



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COURTESY

PLYMOUTH GENERAL DENTISTRY

We are proud to sponsor the opening night of the Educational Theatre Collaborative's 2022 production of

RODGERS & HAMMERSTEIN'S CAROUSEL

Thank you,
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Dentistry!



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REQUIRED**
for the safety
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Music by RICHARD RODGERS • Book and Lyrics by OSCAR HAMMERSTEIN II
Based on Ferenc Molnar's Play "Liliom", As adapted by Benjamin F. Glazer, Original Choreography by Agnes de Mille

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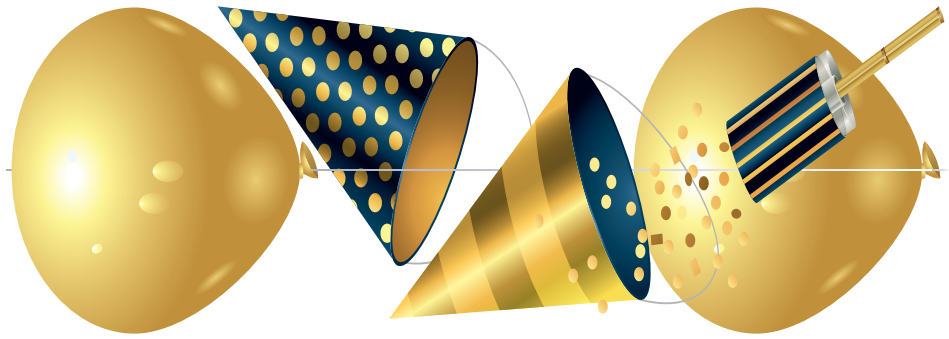


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CAROUSEL is presented by arrangement with Concord Theatricals on behalf of The Rodgers & Hammerstein Organization. www.concordtheatricals.com



CADY Corner

Starting the New Year off right!

BY DEB NARO
Contributor

With the New Year comes new resolutions. What resolutions are you making for 2022? At CADY our mission is to prevent and reduce alcohol and substance misuse among youth. According to the National Center on Addiction and Substance Abuse at Columbia University, more than 90% of people struggling with addiction or substance misuse began smoking, drinking, or using other drugs, including marijuana, before the age of 18. This year, the social isolation and uncertainty of the pandemic have contributed to surges in mental health and substance misuse. Let's make it our New Year's resolution to work together to keep our kids healthy, safe, and drug free—in so doing, we will be preventing addiction and saving lives.

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

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

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

Prevention is a critical first step to addressing the addiction crisis in New Hampshire. CADY's 2022 New Year's resolution is to work harder than ever to help keep our communities and children safe from the harms of substance misuse—this is one resolution that will be kept. Please join us in building healthy environments and promising futures for our children. We send our best wishes for a new year filled with good health, hope, and joy.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (603-934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 603-238-3555.



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of Dec. 17 are Jesse Farrar, Rochelle St. Germain, Coretta Egan, and Haley Dennis. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners!

Changing the Conversation

Finding local resources

BY TARA GRAHAM
Central NH Community Opioid Response
Program

Substance misuse is a public health issue. Those afflicted by the disease are not the only ones that are impacted. Every year, the effects of substance misuse ripple into communities causing accidents and injuries, increased crime, reduced quality of life and health, and far too many deaths.

The public health approach to tackling this issue relies upon a continuum of services to ease the impact of substance misuse. By tackling this issue not only in the areas of treatment, but also by early intervention and prevention, and throughout recovery, we can pave the way to a safer, healthier environment for all. Approaching this public health crisis from a whole person and community-based approach makes a positive impact on outcomes for everyone.

When someone is faced with substance misuse, whether that be personally or trying to help a loved one, where to turn may seem overwhelming. A simple Google search can return thousands of resources, but many people want help close to home. There are various reasons for this, convenience and resources being two of the major ones. Many people struggling with substance use need help now and many do not have the financial resources or transportation to travel far from where they live.

The good news is that there is such a resource here in Central New Hampshire. FindWell

New Hampshire (findwellnh.org) was developed by partners of the Central New Hampshire Community Opioid response; a collaborative dedicated to building awareness of the availability of local substance use disorder support services. Created with the purpose to help people find resources close to home; Findwellnh.org also serves as a 24/7 navigation resource, to help guide people to the services they need, with the intent of having all of these local resources in one place.

Navigation throughout the website guides the reader through the continuum of care. Prevention, treatment and recovery resources are clearly outlined. By visiting each section, you can learn more about the three primary areas of substance misuse assistance and find all of the local organizations working to promote these missions – helping to heal our community.

In the prevention section you learn that “knowledge is power.” When people understand the effects of alcohol, tobacco, and other substances, this knowledge can help them make decisions that prioritize a healthy and productive life. Prevention is one of the most responsible, humane, and cost-effective practices to address the problem of substance misuse and addiction. These resources work on preventing the many different aspects that contribute to someone misusing substances – and how to avoid them with early intervention.

The treatment section covers many different areas in substance mis-

use treatment, acknowledging that all paths are different and people need personalized care. Whether through the controlled use of medication, behavioral therapy, or a combination of both, addiction and substance misuse can be successfully treated. The process is different for everyone and certain approaches work better than others depending on a variety of factors. But the important thing to remember is that whether you are seeking treatment for yourself or another, help is available in your community. Here you will find medical care, mental health care, in-patient care and locator services.

Right up front, the recovery section acknowledges that “addiction is not a moral failing.” As the body consumes higher levels of a substance the brain's chemistry changes and begins to become dependent on those substances—be it alcohol, tobacco, marijuana, opioids, or any other drug. But you can get treatment and recover from those dependencies. Recovery looks different for everyone, but all can live a healthy and self-directed life. There are many unique recovery services listed here, including on-going mental health treatment, peer-based recovery supports, support groups and apps to guide people along their recovery journey.

FindWellNH also holds a wealth of educational material and connections to other community wrap-around services. These include family resource centers, financial resources, services specific to target-

ed age groups, veterans, transportation, faith-based, counseling and many more.

The “Get Inspired” page is the place to go to read, hear or watch stories of success. It's very important to know that others have been where you are, that you are not alone, and that it is possible to recover. These stories, videos and podcasts can help you find inspiration in times where things may seem hopeless. Additionally, the “Get Involved” page has information if you are looking for ways to help or share your experience with others.

FindWellNH.org also offers professional resources for those helping people struggling with substance misuse in a professional capacity. Whether you're a social worker, a medical provider, or another service provider, these resources are intended to help you find solutions for those who are living with a substance use disorder. These resources can also help you better understand how to combat stigma and educate yourself and others about how best to help someone with a substance use disorder.

Seeking help is a sign of strength. It is never too early or too late to guide yourself, or someone you know, on a path to wellness. You can visit findwellnh.org any time, or speak to someone directly during regular business hours by calling 603-236-1873. Please reach out for more information and to explore the many options available right here in our own community.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Oh, the wonders of the Net
Where did today go, anyway?



This photo of the Baker River, where it flows into the Pemigewasset at Plymouth, was taken more than a century ago, in 1907. (Courtesy Library of Congress)

This week, a few words about the Internet, both a blessing and a curse--a blessing because it offers unfettered exchanges and information, and a curse because it's willfully or carelessly misused.

As a guy who's been newspapering for better than half a century, I can certainly remember a time when there were no such things as email, cell phones or the Internet, and in fact no personal computers at all. In fact, I was there for the beginning of desktop publishing. Weekly newspapers, by the way, led the wave.

It's more fun to focus on the blessings of the medium; there are more than enough critics focusing on the curses. The social media have more than earned the curses, largely because of the excess that often comes when something that never existed suddenly becomes both unconstrained and cheap.

Perhaps it's worth observing that most reasonable people eventually want some sort of guidance (if not governance) on things that are cheap, mostly free, and available to all.

My wanderings (and wonderings) on the Net have led me down all sorts of paths, some augmenting old curiosities with new information (the days of sail, for ex-

ample, or the voyages of discovery), and some entirely new.

Longtime reading about the first Europeans to visit the North American continent led me to visit the Net again and again as it made a wealth of information, particularly so much new material, so readily available. Someone is always finding something in an old attic trunk.

For instance, like many people I knew about the hostility early Europeans experienced from Native Americans. As the great sailor and historian Samuel Eliot Morison wryly observed when recounting one such episode along the Maine coast, it seemed as though the Indians were acting on experience.

Indeed they were. Even the relatively primitive paper-trail of the time (i.e., pre-Internet) had led me to a wealth of reading on early Norse visits, and such settlements as L'Anse aux Meadows (ca. 1020) in Newfoundland. Then there were the various "touchings" along the East Coast, the Maritimes, and the St. Lawrence itself by Spanish and Portuguese fishermen to salt and dry their catches and trade with native people.

Lifelong friend William H. Gifford, in his book "Colebrook: A

Place Up Back of New Hampshire," devoted three pages to a list of terms that had crept into Abenaki use in previous centuries, and compared them to the languages of the day. The comparisons were amazing.

All during early colonization, various tribes of the Wobanaki Nation had become alarmed by the swindling and claimed "purchases" of their tribal lands by European colonists. Early settlers were still under some royal control on such matters. After the colonies gained their independence, all bets were off.

Independence came just as settlers were spilling over the Appalachians and illegally occupying land in the Ohio Valley and beyond. For this and other reasons, the new colonies were targeted during the French and Indian War, a Europe-driven conflict that ran from 1754 to 1763 and brought raids instigated in Quebec, Montreal, and Indian villages in southern Quebec.

From earlier reading, I knew that raiders captured settlers in Portsmouth, Dover, Exeter, and other seacoast towns, and took them on the weeks-long trip to Canada. The Captive Trail went along the upper Merrimack River to

where the Baker River flows into the Pemigewasset at Plymouth; and thence up the Baker Valley to the height of land, and down into the Connecticut River valley and thus on to French Canada.

The Indians had been paid to conduct the raids, after all, and were paid for each scalp or captive brought home. Captives were valuable for the ransom they would bring from families back home. But how would their families know they had survived the raids, and were being held captive far to the north?

I knew that there had to be a faster way of carrying word of this than the long journey by sail down the St. Lawrence and around the Maritimes and on up the coast to Boston. Conventional reading brought hints of longstanding Indian trails connecting the Canadian and Bay Colony settlements. And just a bit later on, times had changed, and it was "Internet to the Rescue."

(For the fun of it, enter "French and Indian War captives," or with the same intro, "ransom notes," and see what you get. Presto! Ransom notes.)

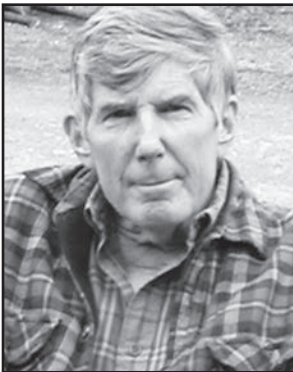
A final note on all this. Millennia before, the various tribes of the

Wobanaki Nation had found faster ways to communicate with their northern kin. Runners, accustomed to dog-trotting the trails, carried messages back and forth during times of war; and later, during strife from conflicts in Europe. Express trails were marked through the woods, and word from settlements in Maine, New Hampshire and Vermont could be carried back and forth in a matter of days.

I cannot let the use of the Internet drift by without a blatantly self-serving comment or two, so here goes.

--No search engine can perform better than the words you use; i.e., choose your words carefully. To assuage any fear, go to (guess what?) a Web site--just enter "using a website" and go soak your brain. Hint: look for a ".org," because other sites have motives.

--Once answers pop up, beware the ".coms"



and other obvious commercial sites. Stick with ".orgs" unless you're experienced enough in your field of interest to wade in and be selective.

--The Internet has very few truthful, selective, impartial, apolitical (i.e., without politics), fair-minded guides. To save time, let's call them "editors," or even better, "gate-keepers."

There are few ways for people to know when (and when not) to open the gate. "Caveat emptor" is the old Latin warning: "Buyer beware." You had better know your stuff, lest the time-wasters and muton-heads slip through.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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Location: American Legion Post 15; 37 Main Street, Ashland, NH

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

Refresher Class: Space Availability Basis/Donation only

Method of payment: By check or PayPal via our website: <http://www.pemibakerba.org>

COVID-19 disclaimer: We continue to closely monitor the COVID-19 situation. In the event we feel that gathering for Bee School would not be safe, it will be cancelled and full refunds will be given.

The Alexandria Board of Selectmen and Danbury Board of Selectmen will hold Public Hearings to obtain community input on the proposed merger of the Alexandria and Danbury Police Departments.

The hearings will be held as follows:

December 28, 2021 at 7:00 pm
at Danbury Town Hall,
23 High Street, Danbury

January 11, 2022 at 7:00 pm
at Alexandria Town Hall,
45 Washburn Road, Alexandria

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Edward Jones: Financial Focus

What are your financial resolutions for 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?

Here are a few ideas to consider:

- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.
- **Boost your retirement savings.** The pandemic caused many of us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic. According to a study from Age Wave and Edward Jones, this year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.
- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress - at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.
- **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation - it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates?

How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events. These aren't the only financial resolutions you can make - but following them may help you develop positive habits that can help you face the future with confidence.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Comfort Keepers

Ways for seniors to remain socially connected

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships

It's important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn't an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid op-

tions for larger gatherings of friends and families. Seeing each other's faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it's great to see loved ones when the situation permits. Families should take some time out of their week when possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a lit-

tle extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

Comfort Keepers® can help

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients

have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers
Comfort Keepers is a

leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living 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 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Roadways

FROM PAGE A1

ipal and private operators with skills and understanding necessary to reduce the quantity of salt added to roadways and parking lots, while maintaining the highest level of safety. Upon completion of the program, participants obtain liability protection from slip and falls.

There are alternatives for road salt. Sand is commonly used, but can also impact water quality. Other innovative de-

icers are under development such as beet juice, molasses and cheese by-product. There are more infrastructure-based solutions too. Permeable pavement allows for water to flow through the pavement, reducing the need for a de-icer. But by simply ensuring we are using salt efficiently and effectively can reduce the harmful impacts to the environment, and save money.

There are a number of things individuals and business owners can do to help maintain

safe winter travel. Learn more about how to safely maintain your property and protect the environment. Ask if your town's plow drivers are certified in the Green Snow Pro Program. If you hire private winter maintenance professionals, make sure they are certified too. More information on the salt use in New Hampshire, including the Green Snow Pro program, can be found here: <https://www.des.nh.gov/land/roads/road-salt-reduction>.



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