

# Newfound Landing

THURSDAY, DECEMBER 10, 2020

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COMPLIMENTARY

## Bristol hosts holiday decorating contest

*Cash prizes for best business, residential entries!*

BRISTOL — Bristol is bustling with cheer this holiday season and the Community Events Committee is inviting all Bristol Businesses, Non-Profits and Residents to join in the fun by entering the Annual Holiday Decorating Contest.

This year the Committee has created two entry categories – the first is for Businesses/Non-Profits and the second is for Residents. The decorating is for the exterior of your property and participating entries must be located within the Town of Bristol. Entry is free, but a

registration form must be submitted. Registrations can be found at the Bristol Town Offices, the Tapply Thompson Community Center, online at [www.townofbristol-nh.org](http://www.townofbristol-nh.org), or on the Bristol Community Events Facebook Page at: [www.facebook.com/bristol-communityevents](http://www.facebook.com/bristol-communityevents).

Registration forms must be submitted no later than 4:00 pm on Friday, Dec. 18. Judging will take place the week of December 20th, so all decorations and lights must be in place by then!

The winner of each category will receive a

\$100 visa cash card! In addition, the Business / Non-Profit winner will have their name added to the official contest trophy, to hold – along with bragging rights – for the next year, when the trophy will move on to the next winner.

Winners will be posted on the Town of Bristol website and on the Community Events Facebook page on Dec. 23.

Questions can be directed to 744-3354, ext. 112 or 744-2713 or [bristolevents@townofbristol-nh.org](mailto:bristolevents@townofbristol-nh.org). Come on Bristol – show us your holiday spirit!



**2019 Winner - Gina's Place**

COURTESY

Gina's Place in Bristol was the winner of the 2019 Bristol Holiday Decorating Contest. The Business/Non-profit Category winner will have their name added to the plaque to hold and display until the next year's competition. Of course that comes with bragging rights as well!

## Ingram, Haskell earn football All-State honors

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — A pair of Newfound Bears have been honored as part of the New Hampshire Division IV All-State Football Team.

Offensive lineman Logan Haskell and defensive back Malaki Ingram both earned First Team honors on their respective sides of the ball.

Joining Haskell on First Team offense are quarterbacks Marius Edwards of Newport, Richard Gibby of Raymond and Mike Evans of Mascoma, running backs Jakob Beaupre of Franklin, Paul Goding of Raymond, Jagger Lovely of Newport and Izaak Westover of Fall Mountain, wide receivers Kevin Bostaph

and Dylan Martien of Raymond, wing backs Mike Mbwana of Raymond and Bryce Willey of Newport, tight ends Martin Wallen of Epping-Newmarket, Tanner Proper of Newport and Ethan Marshall of Somersworth, offensive linemen Caleb Hobbs of Mascoma, Chase Hoelzel of Raymond, Josh Orlowski and Adriano Urista of Newport and Aiden Pratt of Somersworth and returner Trent Evans of Somersworth.

Joining Ingram on First Team defense or linemen Jerome Donahue of Bishop Brady, Alex Flynn and Tyler Swain of Fall Mountain, Ryan Loader and Joe Shanahan of Ray-

mond and Devyn Heino and Chase Hamilton of Newport, linebackers Dawson LaFrance of Franklin, Josh Sharron and Karter Pollari of Newport, Calvin Lambert and Emilio Estevez of Somersworth, Elijah Chantasiri of Raymond, Roman Farnsworth of Mascoma and Reggie Decamp of Fall Mountain, defensive backs Isaiah Maddox of Epping-Newmarket, Ethan Turgeon of Somersworth, Ryder Lovely of Newport, Josh Evans of Mascoma, Dustin Johnson of Franklin, Jeff Dekorne of Somersworth and Joey Costa of Raymond and punter Logan Bryant of Somersworth.

Honorable mention went to linemen Asa Mi-

chett and Owen McKinney of Mascoma, Nick Arivella of Raymond, Makyi Matheson, Logan Ash and Dylan Carpenter of Newport, Caleb Chantasiri of Raymond, Quinn Healey of Fall Mountain, Joey Bergeron of Bishop

Brady and Brayden Powers, Dante Guillory and Owen Clark of Somersworth, running back/linebacker Connor Treebig of Bishop Brady, linebacker Luke Gay of Fall Mountain, quarterbacks Zach Douville of Franklin and Matt Wiley of

Bishop Brady, tight end Steven Supry of Franklin and defensive back Darren Early of Bishop Brady.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

## Locals earn girls' soccer All-State recognition

BY JOSHUA SPAULDING  
Sports Editor

REGION — Local female soccer players were among those honored when the girls' soccer All-State teams were released in late November.

In Division II, First Team honors went to defender Emily Kenny of Kennett and midfielder Sam Meier of Plymouth.

Plymouth defender Sumaj Billin and Kennett forward Aida Wheat both earned Second Team honors.

Honorable Mention went to Kennett midfielder Marissa Caputo and Plymouth forward Megan Metivier.

Also earning First Team honors were goalies Sally Rainey of Lebanon and Hunter Stonebraker of Souhegan, defenders Chloe Binder of Bow, Elizabeth Philbrook of Merrimack Valley, Calla Tucker of Oyster River, Madison McManus of Sanborn and Zahna Rice of Stevens, midfielders Kristina Pizzi of Bow, Morgan Burnap of Coe-Brown, Arden Ulmer of John Stark, Hayley Kenney of Merrimack Valley, Linsley Butler of Pelham and Cierra Hill and Britney Hill of Pembroke and forwards Rachell Brackett of Hollis-Brookline and Rachel Gizzonio and Brooke Gizzonio of Milford.

Second Team honors

also went to defenders Amelia Brackett of Coe-Brown, Olivia Coakley of Pelham and Adreinne Dorr of Pembroke, midfielders Madison Roberge of Bow, Bella Roy of John Stark, Rachel Harrington of Lebanon, Mikayla Thompson of Milford, Greta Caulton of Souhegan and Stella Lavertue of Stevens and forwards Renee LeBlanc of Hollis-Brookline, Kaylee Magoon of Merrimack Valley, Charlotte Cousins of Oyster River and Sydney O'Toole of Sanborn.

Also earning Honorable Mention were keeper Emaly Roy of John Stark, defender Brynn Murphy of Stevens, midfielders Isabella LaPerle of Bow, Corinna Fernald of Coe-Brown, Sofia Walle of Hollis-Brookline, Mary Rainey of Lebanon, Marissa Sage of Milford, Anna Harlow of Pembroke and Luce Colcord of Sanborn and forwards Rhiley Tanguay of Merrimack Valley, Nathalie Pare of Oyster River, Maddison Curran of Pelham and Jacqueline Hayden of Souhegan.

In Division III, First Team honors went to defenders Julia Pendergast of Inter-Lakes, Jaiden McKenna of Gilford, Grace Bradley of Berlin and Deanna Bourque of Belmont, midfielder Autumn Braley of

Newfound, forwards Lily Kenison of White Mountains, Piper Flood of Prospect Mountain and Rebecca Fleming of Belmont.

Second Team honorees include defenders Payton Everett of Prospect Mountain, Sara Harris of Inter-Lakes and Courtney Burke of Belmont, midfielders Lexi Demming of White Mountains, MollyLu McKellar of Newfound and Allie Kenyon of Gilford and forward Jill Hallee of Berlin.

Earning Honorable Mention were goalie Alexia Bassett of Newfound, defenders Morgan Doolan of White Mountains, Kassidy Kelley of Prospect Mountain and Ruby Preisdorfer of Inter-Lakes, midfielder Darci Stone of Belmont and forwards Geena Cookinham of Gilford and Ava Bartoli of Berlin.

Also earning First Team honors were keepers Grace Atkins of Hillsboro-Deering and Emily Senko of Bishop Brady, defenders Sarah Bradley of Trinity, Brynna Hone of Raymond, Bryna Dunningan of Fall Mountain and Morgan Wagner of Campbell, midfielders Ella Pottle of St. Thomas, Rebecca Pincine of Somersworth, Caroline Camp of Kearsarge,

SEE SOCCER, PAGE A7

## Littleton doctor expands service into Plymouth

ANGEL LARCOM  
[angel@salmonpress.news](mailto:angel@salmonpress.news)

PLYMOUTH — Dr. Patrick Fitzpatrick hosted free cancer screen-

ings at the Mid-State Health Center earlier this month in preparation for the Dec. 21 opening of his new private offices in Plymouth.



COURTESY

Littleton Regional Hospital Surgery Chief Dr. Patrick Fitzpatrick plans to offer specialized service to the greater Plymouth area with the opening of his new office on Tenney Mountain Highway on Dec 21. He is a board-certified ENT and Facial Plastic Surgeon.

The Littleton Regional Hospital Medical Staff President specializes in otolaryngology (ear, nose and throat) and is a Board-Certified facial plastic surgeon.

By bringing his services to the greater Plymouth region, Fitzpatrick fills a void left by bankruptcy news from the Lakes Region General Hospital in Laconia in Oct. The onslaught of the pandemic added to the already-struggling medical center's woes by spiking operational losses to one million dollars a month.

According to Fitzpatrick, many LRGH medical providers fled after the bankruptcy news broke, and there were no plastic surgery service providers in the area.

He said, "Many peo-

SEE FITZPATRICK, PAGE A7





# Walk on the Wild Side

*Learn how to identify winter animal tracks & signs with the SLA*

HOLDERNESS — As winter creeps in and New Hampshire is once again blanketed in snow, much of the wildlife that flourished in the warmer months are now heading south or hibernating until the spring; yet, there is still plenty of activity to be seen from our furry and feathered friends during the winter. Join us via Zoom on Saturday, Dec. 19 from 10-11 a.m. for a virtual Adventure Ecology where we will explore the clues wildlife leave behind as they brave the New Hampshire winter. We will learn how animals have adapted to survive the cold and snow, as well as how to decipher animal tracks and signs (like woodpecker holes, nests, and broken branches) throughout the Squam Watershed.

This program is for everyone ages 10 and up. We encourage participants to have something to write and/or draw on during the discussion. Registration is required. Register by visiting [www.squam lakes.org](http://www.squam lakes.org) or calling 968-7336. Registrants will receive the Zoom link to use at 10 a.m. on Saturday, Dec. 19.

Throughout the year, the Squam Lakes Association offers free programs open to the public on a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the Lakes Region Conservation Corps members who spend their year on Squam performing important conservation work in support of the Association’s mission.

# Changing the Conversation

BY TARA GRAHAM  
Central NH Community Opioid Response Program

For many Americans, the end of the year brings images of happy families gathered around big dinners of turkey and stuffing, holiday music, and cozy fires. For others, the holidays can be

## The Holidays & substance misuse disorders

a much darker and more difficult time – a time of family conflict, financial strain, loneliness, grief, and seasonal affective disorder. If you or someone you care about finds the holidays to be an emotionally difficult time, you are not alone. An online search for “grief and the

holidays” shows nearly 2.2 million results. Seasonal affective disorder (also known as SAD and seasonal depression) affects 6 percent of Americans. Another 14 percent experience a lesser form of seasonal mood change known as the winter blues. The emotional strains

of the holidays and winter weather take a grave toll – during the holiday months of December and January, the CDC reports that alcohol-and-drug-induced deaths spike. Individuals at risk for opioid relapse should be particularly on guard during the holiday season, when parties are numerous and holiday stresses may tempt individuals to seek relief through harmful substances.

Clinicians often see individuals when the holidays are over. In January, many people enter treatment having overreacted to holiday events by abusing drugs or alcohol, having suicidal thoughts, or engaging in injurious behaviors. Some of these people may come to treatment in a quasi-emergency situation, either through intoxication or withdrawal, a suicide attempt, or an attempt to injure oneself, and they sometimes may need to be stabilized in a hospital setting. The following strategies, outlined by Dr. Frederick Goggans, Medical Director of Borden Cottage, a McLean Hospital Signature Ad-

diction Recovery Program, can assist you in preparing for and making it through the holiday season. Be good to yourself: If you have a history of drug or alcohol misuse, it’s important to protect yourself. If you are involved in a recovery program, stay centered in your program by continuing to go to meetings. Connect with like-minded and sober individuals in your program and remain in contact with your sponsor and peers. Don’t isolate. Be good to others: Embrace the holiday spirit and try not to be too self-absorbed. Be of service to others by taking part in volunteer activities. Stay involved and engaged. Concentrate on your overall health: By eating properly, getting enough sleep, and exercising regularly, you can keep your body sound as well as your mind. Stick to safe environments: Keep an eye on the types of activities you’re involved in over the holidays and avoid risky situations. But, if you find yourself in an environment where drugs or alcohol are being used, know where the doors are and have an exit strategy.

Stay positive: Think about activities that make you happy that don’t involve substance use. Bake some cookies, decorate the house, or participate in some other activity that gives you joy. Bring your own beverages: If you’re going to a holiday party where you think alcohol will be served, bring your own non-alcoholic beverages. There’s no shame in drinking some tasty fruit juice, soda, or seltzer in a fancy glass. Don’t go solo: Bring a

friend or partner to your holiday event. It’s helpful to have someone with you to support your resolution to not consume alcohol or take illicit drugs. Have a response ready: People are likely to ask you why you aren’t drinking alcohol. Simply saying “I’m driving tonight,” or “I need to get up early tomorrow morning” should suffice. Some people, however, might still try to push you to have a drink. Politely decline their offer once again and move on. Keep triggers in mind: There may be certain things that may push you to use alcohol or another type of drug, such as thinking about a recent loss. Consider sharing these triggering thoughts with someone whom you trust. This sharing may help you to cope. Consider yourself: Think about whether your holiday “obligations” are truly obligatory. Do you really need to go to the holiday office party? Do you have to go to that family get-together? Don’t go to an event that is going to heighten your risk of consuming alcohol or some other type of drug. It’s not worth it. As the data shows, holidays can be stressful, difficult, and even dangerous, especially when it comes to drug and alcohol use. For a safe and happy holiday, it’s important to be aware of the dangers, triggers, and strategies needed to keep anxiety, depression, stress, and addiction under control. If it all gets to be too much, don’t be afraid to reach out and ask for help. The Plymouth Area Recovery Connection (238-3555) can help you navigate the system.



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# Newfound Landing

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# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	338 Fowler River Rd.	Single-Family Residence	\$239,000	Moksha Trust and Amy S. Purpel	Stephen P. and Harielea V. Kostka
Alexandria	Newfound Hills Road	N/A	\$31,533	James M. and Terese L. Violette	Michael J. and Beth M. Moore
Alexandria	Welton Falls Road	N/A	\$196,000	Threlfall 2018 RET and Terry T. Threlfall	Gregg H. Granchelli and Kathleen A. Doyle
Ashland	Thompson Street	N/A	\$240,000	Malody M. and Gary E. Norris	Rita Farris
Ashland	10 Washington St.	Multi-Family Residence	\$208,000	Christopher L. Jackson	Edward J. Buczynski
Bridgewater	2700 River Rd.	Single-Family Residence	\$280,533	Michael and Jessica Hashem	Edward and Gayle H. Baldassaro
Bristol	57 Lakeview Ave.	Single-Family Residence	\$205,000	Ramsay Fiscal Trust 2002 and Calvin A. Ramsay	David B. Ramsay
Bristol	381 N. Main St.	Single-Family Residence	\$169,533	Harlene E. Hunttoon	Dylan Walker and Emma Hudson
Bristol	21 Walnut St.	Single-Family Residence	\$231,000	Jason W. Dorsett	Angela Woodward
Bristol	Westwood Drive	N/A	\$150,000	Wilfred D. and Gertrude A. Vernet	Gerard J. and Francesca Rhude
Campton	Beech Hill Road	N/A	\$34,000	Surinder K. Gulati and Vinod Rangra	Michael and Kristin Rezendes
Campton	Beech Hill Road	N/A	\$36,000	Krishna Gulati	Michael and Kristin Rezendes
Campton	759 Puckerbrush Rd.	N/A	\$239,000	Alison D. Buchholz	Carlos R. Villafane and Jennifer Martine
Campton	Route 175	N/A	\$140,000	Brian T. Blackader and Maureen R. Blackadar	Alan R. Pettiti
Campton	12 Streamside Rd., Unit 7	Condominium	\$140,000	Keith and Marna McLendo	Dimitri and Lena Likhterman
Campton	N/A (Lot 36)	N/A	\$89,533	Frank V. Sapareto	Dinesh and Kalpana R. Dulipsingh
Campton	N/A (Lot 55)	N/A	\$65,000		Joseph J. Perruzi and Katherine S. Peruzzi
Dorchester	River Road	N/A	\$19,000		Robert L. Blackler
Ellsworth	120 Ellsworth Pond Rd.	Single-Family Residence	\$203,000	Donna and Leo Flanagan	Behnam Partopour
Holderness	490 Mount Prospect Rd.	Multi-Family Residence	\$340,000	Robert D. Fleming	Joseph Smigelski
Holderness	N/A (Lot 4)	N/A	\$55,000	Cheryl L. Ehlman	Christopher G. Mayfarth
Plymouth	77 Eagles Nest Rd., Unit 77	Condominium	\$250,000	Eggard Fiscal Trust 2012 and Erik J. Eggard	Stewart B. and Kristina H. Hanna
Plymouth	143 Highland St.	Single-Family Residence	\$267,333	James H. and Dorothy D. Moore	Highland St. Holdings LLC
Plymouth	28-30 Main St.	Bank	\$1,200,000	Brent S. Wucher	Mid State Community Development Corp.
Plymouth	66 Main St., Unit 7	Office Condo	\$79,533	Bank Of New Hampshire	Winnipiseogee Investment Management
Plymouth	70 Main St., Unit 70	Retail Condo	\$245,000	D Victor and Kathleen A. Field	Peek A Bowl LLC
Plymouth	67 Pleasant St.	Residential Developed Land	\$295,000	Sadoba LLC	Alison Buchholz
Plymouth	6 Reservoir Rd.	Single-Family Residence	\$210,000	Michael Barry	Andrew B. Cuthbert
Plymouth	12 Smith Bridge Rd.	Mixed Use (Residential/Forestry)	\$50,000	Robert A. Derrickson	Adrian J. Robie
Plymouth	N/A (Lot 10)	N/A	\$331,000	Gaye R. Hodgdon	Sandra L. Guinan
Rumney	436 Groton Hollow Rd.	Single-Family Residence	\$205,000	Paul R. Brand and Marian Sawicki	Sean T. Durham and Spring D. Snyder
Rumney	55 Quincy Rd.	Single-Family Residence	\$520,000	Millard S. Thomson Trust and William J. Driscoll	Christina M. Westfall and Richard L. Galante
Rumney	Route 25	N/A	\$28,000	Stephen T. and Francesca G. Diggs	Donald Brady
Thornton	226 Johnson Brook Rd.	N/A	\$109,933	Patrick Coursey	Karen A. Hermann
Thornton	34 Liberty Lane, Unit 4	Condominium	\$150,000	Cousley Fiscal Trust and Donald E. Cousley	Boman S. & S.B. Flemming Fiscal Trust
Thornton	Logan Street	N/A	\$25,000	Susan M. and David W. Murphy	Edward and Susan Danis
Thornton	Tamarack Road	N/A	\$276,000	Robert W. Potter; Sr. Estate and Edward T. Potter	Jessica L. and Andrea J. Martin
Thornton	2378 US Route 3	Commercial Building	\$535,000	Natalie L. Cleavitt	Mabb LLC
Thornton	N/A (Lot 6)	N/A	\$560,000	Jab Realty NH LLC	Tatyana Sycheva Trust
Waterville Valley	23 Black Bear Rd., Unit 1207a	Condominium	\$90,000	Laurie P. Brustlin Trust	Kris and Wendy Nelson
Waterville Valley	7 Forest Knoll Way, Unit C4	Condominium	\$400,000	Johanna E. Rawson	Edward T. and Crystal A. Potter
Waterville Valley	28 Packards Rd., Unit 226	Condominium	\$175,000	Kristina I. and Robert C. Parisien	Philip H. and Skylor L. Strauch
Waterville Valley	28 Packards Rd., Unit 338	Condominium	\$99,533	Sarah Radwan	Golden Hour Services LLC
Waterville Valley	40 Snows Mountain Rd.	Single-Family Residence	\$715,933	Gillian M. Thomas	Nils R. and Yvonne A. Sandell
Waterville Valley	Windsor Hill Condo Unit 67	Condominium	\$70,000	Glenn B. Sundin and Terri S. Evans	Jade Dorsi and Ellery Sachs
Waterville Valley	N/A (Lot 6)	N/A	\$167,000	Anita Palmaccio	Robert and Chastity Delponte
				Timber Lodge Trust and Steven J. Bevilacqua	

### 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-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. 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](http://www.thewarrengroup.com)

# Pemi-Baker Community Health welcomes newest community partner

## Personal Protective Nutrition (PPN)-Create meals to Boost Immunity

BY DENISE POUDRIER NORMAN-DIN, MA, RD, LD, DIPACLM

Pemi-Baker Community Health

PLYMOUTH — Experience and education are key when searching for nutrition advice... look no further: Pemi-Baker Community Health welcomes our newest Community Partner, Denise Poudrier Normandin, Registered Dietitian, founder, and CEO of Enlighten Nutrition & Wellness. Denise is a passionate advocate, leader and motivator of healthy eating, physical movement, and lifestyle medicine practices. She has over two decades of experience as a Registered/Licensed Dietitian, Nutrition & Health Educator, Consultant and Coach. With Covid-19 cases on the rise, maximizing the health of our immune system by eating well and exercising is more important than ever!

Focusing on food sources that support a healthy immune system is essential to maintaining and/or improving health. Think of food as nature's medicine! Food can heal or harm our bodies. It is important to consume whole foods. A whole food has been processed or refined as little as possible and is free from additives or other artificial substances, therefore more nutrient-dense. Meanwhile one should limit, highly processed foods, saturated fats, refined grains and added sugars. Evidence suggests a healthy eating pattern is linked to lower risk of chronic diseases, like heart disease, cancer, diabetes, and obesity. These largely preventable chronic diseases put people at a

greater risk for illness, including COVID-19.

### NATURAL IMMUNITY BOOSTERS

All bright-colored fruits and vegetables. They offer extensive antioxidant protection and bolster the body's infection-fighting mechanisms. Think of red-orange vegetables, carrots, sweet potatoes, and winter squashes all are rich in beta-carotene. Beta carotene is converted into vitamin A. Beta-carotene comes from plant sources and has been shown to protect lung strength as we age. The American Heart Association recommends obtaining antioxidants, including beta-carotene, by eating a well-balanced diet high in fruits, vegetables, and whole grains. Vitamin C-rich foods like citrus, broccoli, sweet bell peppers, kale, and kiwi.

Vitamin D found in salmon, mushrooms (exposed to sunlight), eggs, and fortified foods like milk. Also known as "the sunshine vitamin" is produced when skin is exposed briefly to natural sunlight.

Zinc is an essential mineral for immune function. Found in high amounts in meat and seafood and in moderate amounts in chickpeas, sunflowers, and pumpkin seeds.

Natural herbs and spices: ginger, garlic, onions, oregano, rosemary, and thyme all have properties that help fight off viruses and harmful bacteria.

Eat a variety of plant-based foods: nuts, seeds, beans (all kinds).

### MEAL PLANNING

Good nutrition requires planning ahead, designating time in your schedule to shop, plan, prepare and enjoy healthy meals. Make the most out of every trip to the grocery store or local farmers market by considering:

How many meals will you prepare at home from scratch?

How many people will you need to serve?

Will breakfast be a quick meal like cereal, whole-grain toast with avocado or hard-boiled eggs with fresh berries?

What leftovers can you turn into a quick snack or lunch the next day?

### FITTING IN FITNESS

Like healthy eating, being physically active is one of the most important actions that people of all ages can take to improve their health. Adults should move more and sit less throughout the day. Unfortunately, only one in five adults and teens get enough exercise to maintain good health. Lack of physical activity combined with poor dietary choices contributes to excess weight. Find physical activities that you enjoy and will want to do! Recruit a buddy to join you. Make exercise part of your daily routine.

The CDC Physical Activity Guidelines, 2nd Edition recommends that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combo of both, preferably spread throughout

the week.

Get moving today... here are some key benefits of staying active:

Fosters normal growth and development.

Makes people feel better, function better and sleep better.

Greatly reduces the risk of chronic diseases.

Boosts the immune system.

Builds strength and helps our body manage unhealthy stress.

A healthy body builds a healthy mind.

The time is now! Make your health and wellness a priority so you can live life to the fullest! Insurance accepted. Contact Denise to book a virtual telehealth or in-person appointment: [denise@enlightenlivewell.com](mailto:denise@enlightenlivewell.com)

on line [www.enlightenlivewell.com](http://www.enlightenlivewell.com).

Denise is a registered dietitian through the Commission on Dietetics Registration, a board-certified diplomat in Lifestyle Medicine through the American College of Lifestyle Medicine and a preferred provider of Medical Nutrition Therapy (MNT). She is committed to building stronger, healthier individuals, families and communities through individual and group nutrition consultations, telehealth, corporate training workshops, wellness retreats, health, and lifestyle coaching, and speaking engagements.

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## CADY Corner

### Marijuana use disorder in teens

BY DEB NARO  
Contributor

According to a paper in The American Journal of Drug and Alcohol Abuse, researchers from the National Center on Addiction and Substance Abuse reported that marijuana use disorder is at least twice as common among youth who use marijuana as among adults who do so, regardless of the time frame in which marijuana is used or the extent or intensity of use. Marijuana use disorders are often associated with dependence—in which a person feels withdrawal symptoms when not taking the drug. Other key findings from the study included:

More than one in four teens (26 percent), aged 12-17, who report using marijuana at least once in the past month have a marijuana use disorder (this is compared to 13 percent of adults, aged 21 and older).

More than one in three youth (35 percent), aged 12-20, who report near daily or daily marijuana use (i.e., 21-30 days in the past month) have a marijuana use disorder.

The rate of marijuana use disorder among youth who report relatively infrequent marijuana use (i.e., 1-10 days in the past month) is nearly the same as the rate of marijuana use disorder among adults who report near daily or daily marijuana use (i.e., 21-30 days in the past month): 17 percent vs. 20 percent.

People who use tobacco products or who have an alcohol or other drug use disorder are especially likely to have a marijuana use disorder, even if they use marijuana relatively infrequently (i.e., 1-10 days in the past month).

Addiction is this country's largest preventable health problem. Although the focus in the past few years has been on the rising rates of addiction and death due to the opioid epidemic, we cannot afford to gloss over the reality that another drug with addictive potential is becoming increasingly available. Decades of research – and this recent study – demonstrate unequivocally that marijuana is not a harmless drug, especially to youth.

To learn more about marijuana, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (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 238-3555.



### DAR members honor fallen veterans

Members of the Pemigewasset Valley Chapter DAR helped place hundreds of wreaths on the gravestones at New Hampshire State Veterans Cemetery in Boscawen on Dec. 5. We got soaking wet in the cold pouring rain but experienced three special activities that day. The first, of course, was to remember and honor New Hampshire veterans by laying wreaths on their stones. The second activity that we took great personal pleasure in was to locate and lay a wreath at the gravestone of Col. William D. Grimes, the husband of chapter member Judy Grimes. The third joyful part of our day was to welcome our newest member, Kathy Grabiek of Rumney. Not only did she get voted in as a new DAR member by the National Board of Management on Dec. 5, but she also participated in her first official DAR project! Pictured, left to right: Kathy Grabiek, Kathy Sobotzer, Paula Woodward kneeling in back of chapter member Judy Grimes' husband's stone

## Sustainable Bristol

### Eco-friendly gift giving list

BY LAUREN THERIAULT

With Christmas just a few weeks away, you might be in a pinch to find gifts for everyone on your list. I always try to find a balance between something my friends and family will like and use and also push them to try something new or branch out of their old routines. Here are some ideas for gifts that will help your loved ones start, or continue their low waste journeys. I personally would love any of these gifts ending up in my stocking.

For the Kitchen: dish-towels, unpaper towels, glass food storage, cloth napkins, beeswax wraps, loose leaf tea and strainer, reusable coffee filters, fair trade coffee or chocolate.

For the Bathroom: fancy unpackaged soaps, shampoo bars, safety razors, reusable cotton rounds, bamboo toothbrush, lip balm or lotion in a metal container.

For Those who Love the Outdoors: seeds, potted plants, bird book, bulbs, recycled journal.

For Those On the Go: lunchbox, bamboo or re-

usable utensils for eating on the go, reusable mug or water bottle, metal or bamboo straw, reusable shopping bag or produce bags, mason jar with lid for drinking.

For the Homebody: beeswax candles, wool or bamboo socks, online magazine subscription, audiobook gift card, a book from your shelf that you loved or a homemade treat.

For Kids: homemade playdough, wooden puzzles, homemade crayons from broken crayons, coloring books printed on recycled paper, cou-

pons for a trip to the park or solo time with a family member; a treasure map or scavenger hunt.

Things that are free: hugs, kisses, foot massage (for those you aren't socially distancing from), walk or hike together; making a video about your favorite memory with that person, a poem or story you wrote specifically for someone, volunteering to help with a project or task.

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

### Hunters, your stories, please; and further words on weasels

Hunters--I'm looking for the stories you brought back to camp. Well, maybe not camp--maybe the kitchen, and not just about birds, ducks, or deer. If you bumped into anything truly unusual during hunting season, I'd like to know about it.



Jeff Fair sent me photos of this almost-all-white ermine that's been hanging around his place up in Alaska. He feels lucky to have it in the woodpile (i.e., they're great mousers).

For instance, I have seen some pretty amazing things (to me, at least) out there, but everyone's sick and tired of hearing about mine, so I want yours. But I'm thinking about the infamous Stone Wall to Nowhere, a story that has been worth a lot of words over the years, or the huge oval-shaped pile of rocks down near Derry, which I found out years later was for a horse.

Every fall, the biggest evidence-finding force in the nation sallies forth for hunting season. Oh, they're hunting, for sure--but they stumble into all kinds of stuff. Year in and year out, hunting season results in crimes solved

Even with leaves on the ground, hunters often miss what others have passed right by. I've participated in line-searches, and even they can miss key elements. Because many hunters do not take stands but instead move slowly and quietly, they see and hear what most



This was commonly called a pine marten, but evidently it's now just plain marten, which makes sense because it also lives in spruce and fir. Note those rounded ears.

others don't.

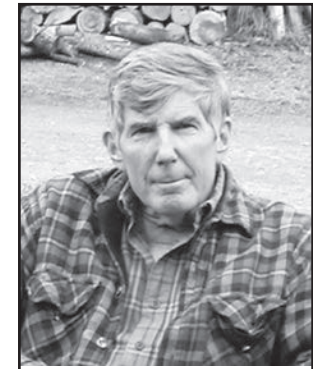
One year, when we were muzzle-loading in upstate New York, one of the guys who was part of a long line of guys moving down a ridge spotted a leaf--a single leaf, mind you--that looked somehow out of place. He picked it up, and on the underside was the name of one of our own

party who has a habit of doing such things (we are a strange bunch).

Hunters can also be just like the rest of us, oblivious to the obvious. A reader once told me about encountering a locked safe, with prying and bashing marks betraying furious efforts to get in. Because it was near a road, and tracks in the snow showed that many others had walked right by, he figured it had already been reported. It had not.

What's in a name department: last week, I had fun writing about weasels, which mandates more to tell.

New Hampshire has two kinds of weasels, the short-tailed, which lives from northern New England to Canada and Alaska, and the long-tailed weasel, which lives from southern New



England to the tropics.

The two species overlap, naturally, but short-tailed weasels seem to be predominant in the northern third of New Hampshire, and the opposite is true. For more on this, I called Pat Tate, who is in charge of furbearers for Fish and Game. I started looking for him at around 11 a.m., and he called me back at 2 p.m. or so, from his deer stand, no less.

"I really have no idea where the weasel line is," Pat said half-jokingly from his carefully chosen spot somewhere east of Nashua. He got the message that I was look-



## Towns

### Bristol

Al Blakeley  
adblakeley0@gmail.com

Well, I had no problems shoveling the “two to 15 inches” of snow that didn’t fall on my driveway this past weekend! I feel badly for the folks who had enough to shovel and who had wind damage, though. That wind was wicked! I guess there is still time for a white Christmas to present itself. I’m hoping that we do have enough ‘festive’ snow over the holidays to bring about that ‘feeling.’ I think we need that!

A public Christmas Eve Candlelight Service will be held outdoors at the Bristol United Church of Christ at 7 p.m. on Thursday, Dec. 24. Masks and social distancing are required

## Churches

### Holy Trinity (Roman Catholic)

Our weekly Mass schedule has changed:

Saturday at 4 p.m. at St. Matthew, Sunday, 8:00 AM at St. Matthew, 9:30 a.m. at Our Lady of Grace and 11 a.m. at St. Matthew. Reservations are not required for these Masses at this time, but we ask that you sign the guest book, wear a mask and refrain from singing, as singing has been shown to be a super spreader of COVID.

We are still filming the weekly Mass, and the Masses are available every Sunday on our YouTube channel, Holy Trinity NH.

This past weekend, we had First Reconciliation for the students in the GIFT program who will receive Confirmation and First Eucharist this year. If you would like more information on sacramental preparation for your child, please call Deacon Candidate Dave Hemeon at 496-7145, or email giftholytrinity@gmail.com. Our Lady of Grace is

and please dress for the weather conditions. The service will include the Christmas gospels, passing the light of Christ while singing Silent Night, and a Christmas prayer and blessing. A free will offering will be received.

The Friends of the Minot-Sleeper Library have moved their fall book sale online! View books and movies for sale at: <https://minot-sleeperlibib.com>. Please be sure to select the different categories on the left side of the page to see all titles available.

Because of Covid-19, the Friends of Minot-Sleeper Library will be unable to hold their Cookie Buffet this year. Instead, the dedicated bakers have provided the many cookie recipes for a Holiday Cookie Buffet cookbook! The cookbook will be available at the

library, on the website and at several businesses around town starting the first week in November. Purchases will go toward supporting programs at the library for the coming year.

Newfound Every Child is Ours, a local non-profit supplying food for local children in the Newfound School District is in need of donations of food and/or funds. Items can be dropped off at the Bristol PD 24/7 in the bins in the lobby, the TTCC Monday - Friday from 9 a.m. - 5:30 p.m., and until 8 p.m. on Thursdays. Monetary donations - cash, check to TTCC or PayPal to [ttcc@metrocast.net](mailto:ttcc@metrocast.net) - please indicate that it is for Newfound Every Child is Ours.

After-school child care is available at TTCC Monday - Friday until 5:30 p.m. for any New-

found Area children in the TTCC program. This service has been offered by TTCC for 70 years! The cost is \$35 for the week. Information: [https://ttccrec.org/youth\\_programs/after-schoolprogram/](https://ttccrec.org/youth_programs/after-schoolprogram/).

To enroll, call 744-2713 or stop by the TTCC office at 30 N. Main St. Monday - Friday from 9 a.m. to 5 p.m.

Stand Up Newfound, the Newfound Area Drug Awareness Coalition of the Central NH Newfound Lake Region meets on the first Thursday of the month at 6:30 p.m. at the TTCC and is open to the public. Information: Bryan/Deb Richardson - 744-9995, [www.standupnewfound.org](http://www.standupnewfound.org), [standupnewfound@gmail.com](mailto:standupnewfound@gmail.com).

Enter this year’s Bristol Holiday Decorating Contest! There are two categories this year:

business/non-profit or residential. The entry is free! Registrations must be submitted no later than Friday, Dec. 18 at 4 p.m. Entrants should be sure all lights and decorations are in place by Dec. 20. Registration forms and contest rules can be picked up and dropped off at the Bristol Town Offices or the TTCC. Online forms can also be obtained at: [www.ttccrec.org](http://www.ttccrec.org) or [www.townofbristol.org](http://www.townofbristol.org) and completed forms can be emailed to [bristolevents@townofbristolnh.org](mailto:bristolevents@townofbristolnh.org). Judging will take place the week of Dec. 20 and winners will be announced on the Community Events Facebook page and the Town of Bristol website. The winner of each category will win \$100 cash! In addition, the Business/Non-Profit winner will have their name added to the official trophy to

hold for bragging rights!

The 66th Annual Santa’s Village on 2020, the Year of the Grinch, will be held outdoors this year on Dec. 11 and 12 from 4:30 - 7:30 p.m. on North Main Street just prior to the bus yard. Families will be able to drive by the scene, stop briefly and wave to Santa, drop off their letters with an elf and receive a commemorative ornament. For more information, call 744-2713.

With the new year almost upon us, I find myself wishing for all kinds of changes to occur to help us all get in a better frame of mind, feeling better physically and spiritually, and looking forward to getting back to our old normal. May you all have this experience and soon...

giving gifts to shut ins and the homebound this Christmas. If you have a person in mind, or you would like to receive a gift, please call Chris at 724-1825 or email [holytrinitybristol@gmail.com](mailto:holytrinitybristol@gmail.com).

The Christmas Mass Schedule will be Thursday, Dec. 24: 4 p.m. at St. Matthew, 6 p.m. at Our Lady of Grace and 9 p.m. at St. Matthew. Friday, Dec. 25 there will be one Mass at St. Matthew at 10:30 a.m. Reservations are required for these Masses and can be obtained by calling Sandy at 536-4700 for the Plymouth Masses, or email at [holytrinitynh@gmail.com](mailto:holytrinitynh@gmail.com), or for the Bristol Mass, call Chris at 724-1825 or email at [holytrinitybristol@gmail.com](mailto:holytrinitybristol@gmail.com).

The Plymouth Knights of Columbus would like to thank everyone who signed up for the Takeout Spaghetti supper. All proceeds were given to the charities the Knights support. It was a big success!

If you do not receive our weekly emails with the bulletin and online Mass link, and would like to, please email

Chris at [holytrinitybristol@gmail.com](mailto:holytrinitybristol@gmail.com). You can also look up latest events and news on our FB page: Holy Trinity News and Info.

### Starr King Unitarian Universalist Fellowship

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

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## Notebook

FROM PAGE A4

ing for him, and called me from his stand.

Talk about dedication. But it was all right, Pat said, because he’d just had lunch, and was re-fluffing his feathers to settle down for when the deer would start moving.

Both species of weasel turn white in winter (and both are called ermine) except for the tips of their tails, which are black. People steeped in woods lore speculate that the black tip is there for a reason, perhaps to momentarily distract a predator, and gain the weasel that extra split-second it needs to get away from a fox or a hawk.

+++++

The literature and reporting are equally fuzzy on the most obscure member of the weasel family, the once-rare marten.

This amazingly fast little predator is a bit bigger than the long-tailed weasel but smaller than the fisher (cat). The old-timers I was lucky to know always said that a marten was the only creature that could catch

a red squirrel in a tree (please note those qualifiers, “red,” and “in a tree”).

(I know, I know--the fisher is not a cat, so please, no finger-wagging notes. Most of the time I put “cat” in there for tradition. Sometimes I do it just to irk the book-bound. Ditto the vaunted “partridge,” as in the handed-down and even cherished saying, “cartridges for partridges,” which is two misnomers in one phrase, because it’s not a cartridge, it’s a shell.)

The marten has been expanding in its old habitat, generally perceived as from the southern foothills of the White Mountains northward, although some of its old territory in the high country of the state’s southwest may remain yet longer bereft. (For years now, I’ve been waiting for a chance to use “bereft.”)

For a few years, New Hampshire was obtaining live-trapped martens from Maine, a pretty nice thing for one state to do for another in my book, but this is no longer deemed necessary. They are still fully protected (the martens, not

the people in Maine). Still, I have to wonder about those people in Maine, don’t you know? Look at what they do to their hotdogs. (For the culturally deprived, they dye them red.)

Let’s not let this hotdog thing just sail on by, as if it weren’t significant, whereas it is something really worth noting, in an anthropological sense. The thing is, the hotdogs don’t taste any different, because I’ve had plenty, with the usual condiments. They just look different, kind of like some of my cousins Down East.

Some readers have survived the ravages of time, and have long memories about martens, if not hotdogs, and send me their stories from the old days. Still others have sent nice notes about seeing them in recent years--martens, not hotdogs. That’s a real treat, and once or twice people have sent me photographs to prove it.

*(Please address mail, with phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)*

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Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org.

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

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# Plymouth author tackles “Aliens, Drywall, and a Unicycle”

PLYMOUTH — Kevin St. Jarre’s new book, “Aliens, Drywall, and a Unicycle,” has nothing to do with any of those things. It is the story of Tom Tibbets, who takes a job at a small weekly newspaper in the fictional town of Portage, New Hampshire. He moves into an apartment in the old Cooper Building where the residents form a kaleidoscope of the odd, interesting, and bizarre. “One believes in aliens, another is a pothead philosopher, while still others play with illegal explosives for fun,” said St. Jarre. That is just a few of the eccentric characters the reader meets in this amusing tale of

Tom’s self-discovery and an awareness of what is truly important in life. St. Jarre wrote much of this book sitting near the windows of the Chase Street Market in Plymouth. “I lived for a while in Plymouth, where I basically wrote this book,” said St. Jarre. “My favorite time to write is between 5:30 and 10 a.m. I also love to write outside with my laptop, but a small sandwich shop is also ideal, like sitting at the high tops in Chase Street Market.” St. Jarre believes some of his inspiration for “Aliens, Drywall, and a Unicycle” came as a result of being the new guy on the block. He had recently moved to Plym-

outh. “I knew only a few people, so that feeling of being a newcomer played into it,” he said. “I had just finished an as-yet unpublished historical novel, and wanted to break out into a modern story that was more about emotional growth, and questioning what society finds important,” said St. Jarre. The author began his writing career as a young lad in 1974. “I sold my first book to my Dad for 10 cents,” he reminisced. It wasn’t until 2004 that he actually published his first novel

under a pen name. He has three original military action thrillers to his credit, which he wrote them for Berkeley Books, an imprint of Penguin. The first was titled “Night Stalkers,” followed by “Night Stalkers: Coercion” and “Night Stalkers: Homefront.” Again, he used a pen name, Michael Hawke. “I was never a reader of those types of novels, and didn’t really want to be known as a military thriller writer,” said St. Jarre. “But I served in Desert Storm, and my agent at the time asked me if I’d be interested in writing a series like that, using a pen name, so I took on the challenge.”

He was recently nominated for a Pushcart Prize for a short story which appeared this fall in Solstice Literary Magazine. When not writing, St. Jarre keeps busy with travel, hiking, oil painting, and sports. He also likes to fish. “Before the pandemic, I tried to find time to travel alone somewhere to write,” he said. “One summer, I spent a couple weeks in Prague, and in 2019, I spent a week in Lisbon, Portugal.” Even though he doesn’t speak Portuguese, had never been to Lisbon, and knew no

one, he found the experience to be perfect. “I rented myself a small apartment with a view of the rooftops, did a bit of sightseeing, and worked on the novel in progress,” he said. “It’s fun learning to get around and go to market, etc. I also did some sketches of a small, nearby park.” St. Jarre now lives in Cape Elizabeth, Maine and is a member of the New Hampshire Writers’ Project. His book, “Aliens, Drywall, and a Unicycle,” would be an ideal holiday gift for any reader on your shopping list. The book can be purchased through Amazon.

## Plymouth Area Community Closet announces Holiday Food Baskets project

PLYMOUTH — With much appreciation and gratitude for a grant from the NH Electric Cooperative Foundation, the Plymouth Area Community Closet (PACC) is thrilled to announce its annual Holiday Food “Basket” project will hap-

pen in early December! PACC will meet the remaining costs to continue this worthy project for all recipients living in its 15-town catchment area. PACC’s catchment area includes the towns of Alexandria, Ashland, Campton, Thorn-

ton, Rumney, Ellsworth, Warren, Wentworth, Plymouth, Holderness, Dorchester, Waterville Valley, Hebron, Groton, and Bridgewater. Applications are still being accepted now at Whole Village in both on-line and paper meth-

ods. Information and applications have been sent out to local social media, area non-profits, schools, churches, social agencies, etc., for them to reach out to anyone seeking this help. No income levels are required. Applications are still being

accepted at Whole Village as we don’t want anyone missing out on being able to purchase food for the holiday. Envelopes with the Hannaford food card, recipes, and a greeting card will be sent out to recipients by mid-December. There will be no ac-

tual food basket this year due to the Covid pandemic but it is hoped that the gift card will assist families in purchasing holiday food stuffs! For further questions, please contact Kristine at Whole Village at 536-3720.

## Soccer

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Caitlin Clark and Annie Higginbotham of Hopkinton, Leah Hoey of Derryfield, Megan Graff of Conant and Karleigh Schultz of Campbell and forwards Kathryn LaCasse of Raymond, Trista Faulkner of Monadnock and Isabella Daly of Laconia. Second Team honors also went to Molly Lewis of Somersworth, Macayla Dutile of Laconia and Sam Meadows

## Fitzpatrick

FROM PAGE A1

ple from the Lakes region come up to Littleton because they prefer to see a physician for non-invasive plastic surgery procedures.” The doctor estimated that 40 percent of his practice focused on full-body cancer screenings. Additional services include surgical dermatology, allergy consultations, Botox and facial filler procedures. Facial laser treatments are available only at the Littleton office, he said. Although planning began over a year and a half ago, the pandemic slowed the new facility’s opening, said Fitzpatrick. He added, “If it wasn’t for COVID, we would have been in Plymouth eight months ago.” Fitzpatrick also noted that while the Mid-State Health Center had a strong primary care base, the organization showed a keen interest in broadening access to specialty options. “Our leaders got together and I am always willing to try new options, so this expansion was right up my alley,” he added. The Plymouth facility will be Fitzpatrick’s

of Kearsarge, defenders Kally Murdough of Hopkinton, Avery Stewart of Fall Mountain, Charlotte Sckaal of Derryfield, Jenna Harvey of Conant and Alex Wallenmaier of Campbell, midfielders Skyler DePetrillo of Trinity, Madilyn Robertson of Raymond, Bre Lawrence of Monadnock and Emily Howell of Hillsboro-Deering and forwards Chelsea Cooper of St. Thomas and Lauren Beitler of Bishop Brady. Also earning Hon-

third, as he already operates in both Littleton and Saint Johnsbury, Vt. He said, “I do not want to come into town and be there only one day. We plan to serve the mid-state region with concierge service and same-day appointments.” “Often, people think that if they’re going north of the Notch, they’re going sub-optimal or sub-quality. That’s not the case. I don’t want people to feel like they have to drive as far away as Concord or Dartmouth to get good care. We stand by true customer service, provide better service with better timing and accomplish equally as good in results,” stated the physician. Fitzpatrick received his Bachelor of Science Degree in Human Biology from the University of Wisconsin in Green Bay, WI, and a medical degree from Des Moines University in Iowa. The Wisconsin native has lived and practiced in Littleton for more than 10 years, after the successful completion of his clinical internship and residency requirements at the Saint John Hospital Macomb Center in Detroit, Mich.

orable Mention for Division III were defenders Ava Houde of Trinity, Grace Bronkma of Somersworth, Ellie Camp of Kearsarge, Madeline Follansbee of Hopkinton, Alexis McClure of Hillsboro-Deering and Madison Rhynhart of Bishop Brady, midfielders Amanda Behre of St. Thoms, Bailey Pollock of Raymond, Sierra Shaw of Laconia, Makeena Grilone of Fall Mountain, Lilly Losey of Derryfield and Hanna Keane of Campbell and forwards Emma Onduso of Monadnock and Heather Gonyea of Conant. In Division IV, First Team honors went to goalie Gracey Boucher of Moultonborough, defender Morgan Wagstaff of Woodsville, midfielders Kiara Evelyn of Moultonborough, Hannah Brown of Littleton, Aiden Jesseman of Lisbon, Alyvia Drapeau of Lin-Wood, Madison Ash of Groveton and Madi Buteau of Gorham and forwards Madison McLaren of Profile and Olivia Corrigan of Littleton.

Second Team honors went to defenders Shaela Sturgeon of Moultonborough, Sydney Pickering of Lin-Wood, Emmalee Deblois of Groveton and Isobel Micucci of Gorham, midfielder Lauren McKee of Littleton and forwards Olivia Sarkis of Woodsville, Sophie Bell of Profile and Katelyn Clark of Lisbon. Earning Division IV Honorable Mention were keeper Seven Fitzgerald of Lin-Wood, midfielders Liz Lawton of Profile and Kat Gleeson of Moultonborough and forwards Leah Krull of Woodsville, Bre Lemay of Littleton and Julie Glover of Groveton. Also earning First Team honors were keeper Angelina Napolitano of Hinsdale, defenders Jewel Young of Portsmouth Christian and Nona Dowsett of Mount Royal, midfielders Elizabeth Tschudin of Sunapee, Madison St. George of Pittsfield, Sophie Grondin of Pittsburg-Canaan, Maggie Moore of Newmarket, Jenna Needham of Epping, Hannah Risteen of Concord Christian and Saman-

tha Howe of Colebrook and forwards Elizabeth Jacobs of Wilton-Lyndeborough, Abigail Polari of Sunapee, Elisa Gillis of Portsmouth Christian and Riley Skarin of Newport. Second Team honors also went to defenders Ashley Bolton of Pittsburg-Canaan and Paige Greenhalgh of Newport, midfielders Morgan Hock of Newmarket, Jade Gagnon of Epping, Victoria Ritchie of Concord Christian and Delaney Wilcox of Hinsdale and forwards Sophia Sistachs of Wilton-Lyndeborough, Brynn Smith of Sunapee, Lula Wamberg of Portsmouth Christian, Arie Prentice of Pittsfield, Annemarie Sweet of Mount Royal and Sage Smith of Colebrook.

Also earning Honorable Mention were keepers Ella Walsh of Portsmouth Christian and Trinity Johnson of Pittsburg-Canaan, defenders Vanessa Pollair of Sunapee, Aura Parker of Newport and Allison Herres of Colebrook, midfielders Brooke Lane of Wilton-Lyndeborough, Abigail Smith of Pittsfield, Emma Treece of Mount Royal, Olivia Gosselin of Epping and Grace Rose of Concord Christian and forwards Abby Henry of Newmarket and Kleay Steever of Hinsdale. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*




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- Drinking alone when you feel angry or sad
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