



Wintertime fun

The Alexandria Town Forest is a snowshoer’s dream in winter, no matter your age. Photo courtesy of the Newfound Lake Region Association.

COURTESY

Newfound School District plans COVID-safe deliberative session

BRISTOL — The Newfound Area School District is planning a COVID-19 safe deliberative session on Jan. 30 at 10 a.m. at Newfound Regional High School (NRHS). The snow date is Feb. 1 at 6:30 p.m.

This year, the deliberative session will be held in the gymnasium. We will safely seat 160 people, six feet apart. The auditorium will also be prepared for socially distanced seating if we reach capacity in the gymnasium. All seating will be cleaned and disinfected before the meeting. People in the auditorium will view the meeting on a live internet video stream and will have access to a microphone if they wish to speak to the meeting. An Assistant Moderator will be assigned to facilitate the process of voting in the auditorium and classrooms.

People who would like their own private space due to safety concerns may view the meeting in a classroom via live video stream. Attendees with these concerns are encouraged to contact the SAU office at 744-5555 to request a classroom.

Supervisors of the Checklist for each town will be assigned to designated areas at NRHS in order to maintain proper spacing.

Masks will be required for attendees of this meeting and temperature screenings will be conducted prior to entering the meeting room. Mask-less attendees will be asked to view the meeting in one of our classrooms.

PSU’s “North Woods Connection” program grants tuition assistance

PLYMOUTH — Just over a year after the launch of its North Woods Connection tuition program, Plymouth State University (PSU) has awarded a total of \$73,540 to 44 students from Maine and Vermont. The North Woods Connection program grants funds to students from these neighboring states. Participating students are eligible to receive program funding throughout their four years at PSU as they pursue their passions and work toward undergraduate degrees.

The North Woods Connection program allows PSU to reach a broader network of prospective students, offering an alternative to those who reside in northern New England by reducing the financial burden of attending from out-of-state.

“This program is a real win for students and the University. Anytime we can support our incoming first-year students, we jump at the opportunity,” said Matthew Wallace, director of admissions at Plymouth State University. “The numbers speak for themselves. This program opened doors for students from Maine and Vermont who might not otherwise have considered PSU, and we are excited about the opportunity to continue serving students by providing an education that will prepare them for career success.”

PSU’s North Woods Connection program combines federal, state and institutional grants and scholarships (including merit awards, need-based awards and tuition waivers) to ensure out-of-pocket direct-billed costs do not exceed PSU’s in-state direct-billed costs. The program is open to incoming first-year students from Maine and Vermont who are enrolled full-time in an undergraduate program for both the fall and spring semesters and who have submitted the Federal Application for Federal Student Aid (FAFSA). Students are eligible for an award renewal for up to four years as long as they remain enrolled as a full-time undergraduate student, remain a resident of Vermont or Maine, file and complete all FAFSA requirements each year and make satisfactory progress toward an undergraduate degree as defined in PSU’s academic catalog.

For more information about Plymouth State University’s North Woods Connection program, visit plymouth.edu/north-woods-connection.

About Plymouth State University
Established in 1871, Plymouth State University

SEE PSU PAGE A7

MASCAC cancels fall in spring athletic contests

PLYMOUTH — The Massachusetts State Collegiate Athletic Conference (MASCAC) has announced that the eight MASCAC Presidents made the difficult decision to cancel the fall in spring semester athletic conference competition, including all indoor and outdoor athletic conference competition. The decision ends the possibility of resuming the fall conference competition during the spring of 2021 but will allow fall and winter student-athletes training opportunities. While there will not be a conference schedule for MASCAC fall sports, member institutions will be allowed to schedule fall sport non-conference games at their discretion.

Plymouth State is an affiliate member of the

MASCAC in the sports of football and men’s ice hockey. In response to the league’s statement, Director of Athletics Kim Bownes noted PSU would continue to investigate the possibility of playing a small number of football games in the spring, but that nothing could be guaranteed.

“The MASCAC office has been meeting regularly with the presi-

dents, athletic directors, athletic trainers and other essential staff to consider ways we can bring our student-athletes back to the playing field safely while adhering to all state, federal and NCAA guidelines,” said MASCAC Commissioner Angela Baumann. “Regrettably, the highly contagious nature of the COVID-19 virus

SEE MASCAC PAGE A7

Pond Hockey Classic gets OK to move to Waukegan if needed

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — The New England Pond Hockey Classic got the go-ahead to move to Lake Waukegan if the ice on Meredith Bay isn’t suitable by the time of the event.

During Tuesday’s meeting, the selectmen gave the Pond Hockey Classic its blessing to utilize Lake Waukegan if the ice on Meredith Bay isn’t sufficiently frozen by the time the first puck is set to drop on Feb. 4. The board made the decision after hearing plans for the event and concerns from the town manager about how putting the tournament on Waukegan would put a lot of people into a small space.

The Pond Hockey Classic is scheduled for its usual location on Meredith Bay, but has



FILE PHOTO

A game from the 2016 New England Pond Hockey Classic, the second year the tournament moved to Lake Waukegan due to the ice conditions on Meredith Bay. The 2021 Pond Hockey Classic is looking at the option of moving to Waukegan and received the go ahead from the Meredith selectmen if that option is needed.

moved to Waukegan in 2012 and 2016 due to insufficient ice on Meredith Bay.

Town Manager Phil Warren said this would

normally not come to the board and be handled through the usual permit process. Given the current situation with the pandemic, how-

ever, he said he wanted to bring this to the board for review.

Pond Hockey Classic

SEE HOCKEY PAGE A7

SLA to host Winter Hiking 101 virtual program

HOLDERNESS — Want to get into winter hiking, but not sure how to prepare for all of the snow and ice? Join the Squam Lakes Association (SLA) on Saturday, Jan. 30 from 10-11 a.m. for a virtual gathering to learn more about staying safe and comfortable while winter hiking! Become familiar with layering techniques, tips and tricks for staying warm while outside, and more! Pull up a chair, grab a warm drink, and come away with a practical base for going outside

when it is really cold! For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform

important conservation work in support of the Association's mission. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



Comfort Keepers Winter health risks for seniors

BY MARTHA SWATS
OWNER/ADMINISTRATOR
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather:

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness. Some factors to consider include: Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Cre-

ating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day. Winter illness – There are a variety of ways that seniors can be physically affected by the winter season. Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help. Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching

exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies. Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors. Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for

those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia. Comfort Keepers® Can Help Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical

mental health needs. Our caregivers can provide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care. 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 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

LRPC Transportation Advisory Committee meets Feb. 3

REGION — The Lakes Region Planning Commission's Transportation Technical Advisory Committee (TAC) will meet Wednesday, Feb. 3, from 2 to 4 p.m. The TAC will discuss Road Surface Management services offered by LRPC, and will be joined by Executive Council Joseph Kenney for an informal discussion of transportation issues in the Lakes Region. As a result of the Coronavirus/COVID-19

public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23 regarding the state of emergency currently extended until Jan. 22, pursuant to the Governor's Executive Order 2020-25, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom. There are two ways

for the public to access the meeting: Online at this link: <https://us02web.zoom.us/j/82016194023> or by telephone at 1-929-205-6099 and enter Zoom Meeting ID 820 1619 4023. These instructions are also provided on the LRPC Web site at www.LakesRPC.org. Anyone who has trouble accessing the meet-

ing can call 603-279-5334 or e-mail admin@lakes-rpc.org for assistance. The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5334.

Roger Williams University announces Fall 2020 Dean's List

BRISTOL, R.I. — Select students have been named to the Fall 2020 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. The following students have earned this achievement: Joselynn Lyford of Ashland Kaylan Santamaria of Hebron **About RWU** With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

CASS INSURANCE INC.
'Nanc' & Michelle
PO Box 406 • Newport, Vermont 05855
PERSONAL AUTOS, WORKMAN'S COMP.
GENERAL LIABILITY AND EQUIPMENT
HOMEOWNERS, SNOWMOBILES, ATVS

802.334.6944-Work
802.334.6934-FAX
cassinsurance@myfairpoint.net

Newfound Landing

ADVERTISE WITH US
ADVERTISING EXECUTIVE
TracyLewis
(603) 575-9127
tracy@salmonpress.news

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 788-4939
kerri@salmonpress.news

SEND US YOUR NEWS AND PICS
news@SalmonPress.news

TO FAX THE GRANITE STATE NEWS:
CALL 1-888-290-9205

TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516
A SALMON PRESS PUBLICATION
NEWFOUND LANDING STAFF DIRECTORY

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.



Panthers back in action for first time in 10 months

PLYMOUTH STATE ALPINE SKIERS COMPETE AT MITTERSILL

FRANCONIA — For the first time since March 14 of last year, Plymouth State University was locked in inter-collegiate athletic competition as the men's ski team kicked off its 2021 campaign with a pair of Eastern Intercollegiate Ski Association (EISA) slalom races at the UNH Alpine Carnival at Mittersill on Cannon Mountain.

Senior Cooper Yates (Richmond, British Columbia) led a trio of Panthers with top-10 finishes in the day's first race, while junior Hunter Watson's (Ottawa, Ontario) fourth-place finish paced the team in the second race.

Yates sat in sixth after his first run (48.39), two slots behind freshman Dawson Hill (Calgary,

Alberta), who posted a 47.84 in his debut. The duo flipped spots after run two, though, with Yates posting a total time of 1:36.24 and Hill ending the race with a combined 1:36.67 to end up fourth and sixth overall.

Watson's first run of 48.98 left him in ninth place, but he was unable to complete his second run.

Junior Tommy Shantler (Buffalo, N.Y.) was the third Panther to crack the top-10 with a combined 1:37.79, good enough for ninth place.

Freshman Dan Harrison (Calgary, Alberta) took 11th (1:37.97) and junior Nikos Tziovas (Thessaloniki, Greece) ended up 14th (1:40.84) to round out the team.

Yates and Hill were back at it again in the

day's second race, cruising to third (43.89) and fourth (44.20) place finishes in the first run. The second run proved more challenging for the duo, though. Hill's 52.44 dropped him to ninth, while Yates was unable to finish.

Watson was in seventh place after an opening run of 44.43, but he climbed into fourth after a second run of 50.42 for a combined 1:34.85.

Tziovas and Harrison ended up 10th and 11th with times of 1:37.67 and 1:38.64, respectively.

The men return to action on Feb. 5 for a pair of giant slalom races at Stowe Mountain Resort.

Junior Mathilde Nelles (Malmedy, Belgium) earned a pair of podium finishes, including a first place, as the

Plymouth State University women's alpine ski team opened its season at the UNH Alpine Carnival at Mittersill on Cannon Mountain on Friday.

Nelles took second in the day's first race after finishing just 0.15 seconds behind Francesca English of UVM. She got her revenge in the second race of the day, though, topping English by more than 1.60 seconds to claim the top spot.

As a team, PSU finished second out of five teams in both races.

Nelles was 0.86 behind the leader after posting a 45.90 in her opening run. She made up substantial ground in the second run with a time of 48.08 to finish with a combined 1:33.98 - just out of

first place in her first collegiate competition.

Senior Gigi Quimby's (Pepperell, Mass.) first run of 48.65 was good enough for eighth, and she moved up a spot after her second run to finish with an overall time of 1:37.30 for seventh.

Sophomore Carmela Olmo (Val D'Aran, Spain) also posted a top-10 finish by taking ninth in 1:39.20.

Freshman Claire MacDonell (Toronto, Ontario) and junior Katie Townsend (Layton, Utah) took 16th (1:43.34) and 18th (1:46.39), while sophomore Zoe Simpson (Portland, Ore.) was in 16th after her first run, but was unable to complete the second.

Nelles was even better in the second race, building a lead of 0.60

seconds after an initial run of 45.22. She posted the fastest second run as well (48.32), to increase her lead on the way to the first place finish in 1:33.54.

Quimby (47.25) and Olmo (48.78) were in seventh and 11th after their first runs, but both moved up with strong second runs. Quimby took sixth with a time of 1:37.39, while Olmo finished eighth in 1:38.23.

MacDonell just missed a top-10 finish after placing 11th in 1:39.63, followed by Townsend in 15th (1:44.12) and Simpson in 17th (1:45.42).

The women are on the hill next, skiing a pair of giant slalom races in the EISA VT ME Carnival at Stowe Mountain Resort on Feb. 4.

Plymouth State athletes earn All-Academic honors

PLYMOUTH — The Little East Conference (LEC) announced 49 Plymouth State University student-athletes competing in the LEC's fall championships sports have been named to the 2020 LEC Fall All-Academic Team.

To be named to the LEC All-Academic Team, a student-athlete must be at least in sophomore standing in the classroom, have a cumulative GPA of 3.30 or higher through the pre-

vious semester, and have been at their current institution for at least one full academic year.

A total of 418 student-athletes league-wide were recognized in the sports of men's and women's cross country, field hockey, men's golf, men's and women's soccer, women's tennis and women's volleyball.

The conference's winter and spring sport All-Academic Teams will be announced following the conclusion of

their respective championship seasons.

Men's cross country
Brent Coope of Wolfboro, Marcus Cryan of Topsfield, Mass., Luke Gomes of Litchfield, Kyle Mau of Dover, Col. in Moar of Annandale, Va. and Randall Scroggins of Rumney.

Women's cross country
Megan Banik of Belkows Falls, Vt., Hailey Botelho of Rumney, Kim

Bowles of Tamworth, Caitlyn Miller of Lee and Carmela Olmo of Val D'Aran, Spain.

Field hockey
Olivia Geisser of Lowell, Mass., Emma Revaz of New Boston, Kaitlyne Silva of East Providence, R.I. and Haley Wakefield of South Paris, Maine.

Men's soccer
Erik Armskog of Gothenburg, Sweden, Alexander Becker of Pelham, James Farrell

of Brentwood, England, Anton Friberg of Stockholm, Sweden, Linus Lindeberg of Stockholm, Sweden and Teddy McLaughlin of Wakefield, R.I.

Women's soccer
Ashley Acevedo of Mohegan Lake, N.Y., Lizzy Bloch of Los Angeles, Calif., Emily Geyselaers of Cornwall Bridge, Conn., Lauren Gonzales of Damascus, Md., Emily Haid of Westerly, R.I., Sarah Hicks of Sutton, Mass., Sofia Karlsson of Vaxjo, Sweden, Brooke Malkin of Woodbury, Conn., Jordan Meier of Holderness, Jenna Parsons of Windham Elena Register of Helena, Ala., Cat Robbins of Franklin, Mass., Alexis Seta of

Hampton, Taylor Siewierski of Colebrook, Gigi Wood of Merrimack and Dehlia Wright of Newport, Vt.

Women's tennis
Alyssa Bettencourt of West Brookfield, Mass., Brie Hada of Alton, Maggie McCarthy of Marion, Mass., Julie Miller of Woburn, Mass., Lexi Smith of Rindge and Jenna Sundquist of Monument Beach, Mass.

Women's volleyball
Hannah Chartier of Weare, Hannah Douglas of Rochester, Natalie Gravelle of Portsmouth, Annie Heller of Hudson, Alexa Price of Moultonborough and Katie Townsend of Layton, Utah.

PSU swim teams earn Scholar All-America honors

PLYMOUTH — The Plymouth State University men's and women's swim teams were both honored by the College Swimming and Diving Coaches Association of America (CSCAA), as the organization announced its Scholar All-America teams for the Fall semester.

Plymouth State's women were one of five Little East Conference (LEC) women's teams to earn the recognition, while the men's program, in its inaugural season, were one of four. More than 450 institutions across all three NCAA divisions, NAIA and Junior College were represented, including 177 for NCAA Division III.

The Panther women posted a team GPA of 3.39, with the men notching a 3.18.

To be recognized, teams must be current CSCAA members and have achieved a combined grade point average of 3.00 or higher for the Fall 2020 semester.

HIGH SCHOOL SLATE

Thursday, Jan. 28
NEWFOUND
Girls' Hoops at Kingswood; 6
PLYMOUTH
Alpine Skiing at Waterville Valley; 10
Boys Hoops vs. Gilford; 6
Girls' Hoops at Gilford; 6
Hockey at Belmont-Gilford; 2:45
Nordic Skiing at Moultonborough; 3:15
Friday, Jan. 29
PLYMOUTH
Hockey vs. Belmont-Gilford; 7:30
Saturday, Jan. 30
NEWFOUND
Boys' Soccer vs. Lin-Wood; 11
PLYMOUTH
Boys' Hoops at Gilford; 12
Girls' Hoops vs. Gilford; 12
Gymnastics Home Meet; 1:30
Monday, Feb. 1
NEWFOUND
Boys' Hoops at Franklin; 7
Girls' Hoops vs. Franklin; 6

PLYMOUTH
Boys' Hoops at Kennett; 7
Girls' Hoops vs. Kennett; 6
Unified Hoops vs. Kennett; 3:15
Wednesday, Feb. 3
PLYMOUTH
Gymnastics at Londonderry; 7
Hockey at Laconia-Winnisquam-Inter-Lakes; 3:20
Nordic Skiing at Whitaker Woods (Kennett); 3
Wrestling vs. Bow; 6
Thursday, Feb. 4
NEWFOUND
Boys' Hoops vs. Franklin; 6
Girls' Hoops at Franklin; 7
PLYMOUTH
Alpine Skiing at Cranmore; 10
Boys' Hoops vs. Kennett; 6
Girls' Hoops at Kennett; 7

All schedules are subject to change



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.



SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS

Advising clients about Wills and Trusts since 1985.



Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET

FOR ADVERTISING INFORMATION
CALL 603-279-4516

CADY Corner

Parenting styles and underage drinking

BY DEB NARO
Contributor

Drinking alcohol undoubtedly is a part of American culture, as are conversations between parents and children about its risks and potential benefits. However, information about alcohol can seem contradictory. Alcohol affects people differently at different stages of life—small amounts may have health benefits for certain adults, but for children and adolescents, alcohol can interfere with normal brain development. Alcohol’s differing effects and a parent’s changing role in their children’s lives as they mature and seek greater independence can make talking about alcohol a challenge. Parents may have trouble setting concrete family policies for alcohol use. And they may find it difficult to communicate with children and adolescents about alcohol-related issues.

Research shows, however, that teens and young adults do believe their parents should have a say in whether they drink alcohol. Parenting styles are important—teens raised with a combination of encouragement, warmth, and appropriate discipline are more likely to respect their parents’ boundaries. Understanding parental influence on children through conscious and unconscious efforts, as well as when and how to talk with children about alcohol, can help parents have more influence than they may think on a child’s alcohol use. Parents can play an important role in helping their children develop healthy attitudes toward drinking while minimizing risk.

Accumulating evidence suggests that alcohol use—especially binge drinking—may have negative effects on adolescent development and increase the risk for alcohol dependence later in life. This underscores the need for parents to prevent or help to delay the onset of drinking as long as possible. Parenting styles may influence whether their children follow their advice regarding alcohol use. Every parent is unique, but the ways in which each parent interacts with his or her children can be broadly categorized into four styles:

Authoritarian parents typically exert high control and discipline with low warmth and responsiveness. For example, they respond to bad grades with punishment but let good grades go unnoticed.

Permissive parents typically exert low control and discipline with high warmth and responsiveness. For example, they deem any grades at all acceptable and fail to correct behavior that may lead to bad grades.

Neglectful parents exert low control and discipline as well as low warmth and responsiveness. For example, they show no interest at all in a child’s school performance.

Authoritative parents exert high control and discipline along with high warmth and responsiveness. For example, they offer praise for good grades and use thoughtful discipline and guidance to help improve low grades.

Regardless of the developmental outcome examined—body image, academic success, or substance abuse—children raised by authoritative parents tend to fare better than their peers. This is certainly true when it comes to the issue of underage drinking, in part because children raised by such parents learn approaches to problem solving and emotional expression that help protect against the psychological dysfunction that often precedes alcohol misuse. The combination of discipline and support by authoritative parents promotes healthy decision making about alcohol and other potential threats to healthy development.

For more information about how to talk to your child about the risks of underage drinking, 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 LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

Walmart, DAR partner to support veterans

The Walmart Supercenter in Plymouth and Pemigewasset Valley Chapter Daughters of the American Revolution recently joined forces to provide comfort items for veterans hospitalized at the Manchester VA Medical Center. Puzzle books, pens, socks, and snack crackers were obtained and will be delivered in time for Valentine’s Day. Cards were written by chapter members thanking the Veterans for their service and will accompany the gifts. Pictured, from left to right: Mary Rich, Walmart Personnel Coordinator; Melinda Riley, Walmart Coach; Paula Woodward, Regent Pemigewasset Valley Chapter DAR.

Sustainable Bristol

BY LAUREN THERIAULT

When I first moved to the Lakes Region and didn’t have any friends or sports teams to compete on like I had in college and grad school a family member told me “Winter will seem really long if you don’t find something to do outside.” Boy was that true. With the pandemic raging into the 11th month and indoor activities too unsafe to participate in, I thought I would give you some ideas of how to get outside more so that winter doesn’t seem so long and dreary.

Snowshoe or do a

winter hike. You can enjoy the same trails you love in the warmer months, just use a bit of extra gear. Don’t have snowshoes, microspikes or hiking poles? Ask a friend if you can borrow some gear, look at local thrift stores, or become a member at a local nature center where they loan winter gear. Prescott Farm loans out snowshoes to members and is a wonderful place to explore.

Downhill or cross country skiing or snowboarding. Just like with other winter activities, if you don’t have the equipment borrow it, rent it,

find it on sale. It’s not sustainable to buy all the gear and then not like the activity.

Go sledding. It doesn’t have to be a kids only activity. I really love the thrill of a speedy sledding hill.

Take photos. You could look up an outdoor photo challenge and try to check off some new techniques and have beautiful photos as a reward.

Look for animal tracks. You can find simple track ID websites and print or draw some out to look for in the woods or along backroads.

Bundle up and watch

the stars or have a fire. Recently a few friends and I had a bonfire book club. It was so cold we ended up sitting in our sleeping bags next to the fire, but we were being safe, and outside enjoying each other’s company. Some of my fond memories are of sitting by a fire bundled up in the snow sipping hot cocoa.

Have a picnic. Nothing tastes better than a lunch eaten outside, even if it’s chilly.

Don’t let the cold keep you cooped up inside all winter; just bundle up and get outside.

Strategies for Living

The mistake of my life

BY LARRY SCOTT

It was on a Sunday morning in early spring 1978 that I made the mistake of my life. Ignorant of the consequences, it took but ten minutes to announce a decision that changed the course of my life.

I had been the pastor of Trinity Temple since its beginning in 1968. As the founding pastor, I had suffered through the early days when I never knew for sure whether this venture of faith would survive. Staff turnover, friends who came and went, financial stress, and the challenge of speaking three times a week had all left their toll. I was tired beyond belief and ready to run.

On a chilly Sunday morning in March 1978, I submitted my letter of resignation. After ten years of ministry to Central Pennsylvania, I was leaving. It is now difficult to understand

the thinking that went into that decision, but it seemed right. And I am haunted by “what if?”

I devastated my family. My wife was becoming more involved in our church’s ministry, and our daughter was approaching her last year of high school. Despite fierce opposition, I returned to Seminary and complete my education. There was nothing in the move, however, that made any sense to either my family or my congregation. And they were right.

I share my story, for I am not alone in making a decision that led to catastrophic consequences. None of us is free from doing things we will always regret. The question, however, isn’t whether we have erred; the question is, what have we done about it? The temptation, of course, is to blame others and play the martyr:

It is only when we are honest enough to accept responsibility for our actions, however, that we will be able to reconstruct.

W.E. Maxwell, in his book, “Failing Forward,” writes that “no matter how difficult your problems were, the key to overcoming them doesn’t lie in changing your circumstances. It’s in changing yourself. That in itself is a process, and it begins with a desire to be teachable. If you’re willing to do that, then you’ll be able to handle failure. From this moment on, make a commitment to do whatever it takes to fail forward.” (p. 7).

Leaving Trinity Temple was truly the mistake of my life, the one decision over which I have often agonized. But when I look at where and who I am today, I am encouraged. I am a different man, and my

relationship with my family and with God is now stronger and more fulfilling than it has ever been. And I’m writing about it — to people just like you!

It is so easy to give advice after the fact. “Don’t give up on yourself ... mistakes are not irreversible ... keep everything in perspective ... you are a better person for the experience.” But that was little help and no comfort when I was in the throes of guilt and despair. In time, however, I got back on track, renewed my commitment to Christ, and found that life was not over.

Give God an opportunity to reorder your life. He comes only by invitation, but with that given, what He will do for you will be truly amazing. It is the one decision you will never regret.

For further thought like these, subscribe to indefenseoftruth.net.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

You could be moving, or in a tree, but even still



The other day, I took a cruise over Titus Hill, and stopped to take this photo as I approached Route 26 just because it was Jan. 22, and the Mohawk River was capering along free and clear (well, almost clear).

A foreign intruder crossed the Canadian border on a recent weekend, without a passport or even a Green Card. There was nary a by-your-leave from the Border Patrol or Customs and Immigration. There were no questions or search for contraband.

Even worse, it turned out that one branch of the federal government

knew that the intruder was coming, and never alerted another branch charged with safeguarding the nation's borders. Even in this time of tightened security, with a controversial wall under construction on the Mexican border, the intruder breezed right through.

The unchallenged intruder, of course, was a weather system from

the Eastern Townships, where the upper North Country most often gets its weather. It received no attention, even on TV's Channel 9 out of Manchester, which I'm always careful to say has been doing a much better job of including the North Country in its news and weather coverage.

In an attempt to keep up with what's going on, I read daily and weekly papers, listen to New Hampshire Public Radio, and watch Channel 9. As icing on the cake, I try to find out what people are talking about at local hangouts. However, I'm still clueless.

+++++

Animal Planet's game-changer with local viewers of divided loyalty (two stations in Portland, one in Burlington) was the widely popular series "North Woods Law," which made virtual media stars of conservation officers, traditionally a low-profile job.

Stealth, after all, is often seen as the epitome of a Conservation Officer's work. And as a guy who's been sneaked up on by what we used to (and sometimes still do) call "game wardens," twice, no less, and arrested once (yes, me), I can attest to stealth. If I were a potentate, I'd still

make stealth a necessary talent for the job.

(How would the bureaucracy ever create a test for "stealth"? I mean, even a potentate could not just sit there and command, "Do stealth." The first thing, I'd think, would be to look sneaky--hunched over, eyes darting back and forth, like that. Hair slicked back, not effective with a fedora. Maybe some fingers out there, grasping.)

Occasionally, TV episodes can get the department in trouble. A New Durham couple sued the department and the show's production company over film of a suspected marijuana seizure in a case that pitted the right to privacy versus the First Amendment. The justices ruled in favor of freedom of speech, and Fish and Game.

The arrest? I failed to notice a sign right there at the gate, and was on someone else's land (Bayroot's), in my truck, without permission. As a landowner who never allowed motorized use without permission, I was indeed (as I was quoted in numerous news accounts) mortified.

+++++

New Hampshire's bear kill last year, Fish

and Game says, was the third-highest ever, totaling 886, and represented a 9% increase over the five-year average. The record kill of 1,053 was in 2019.

Of the total, 144 were bears pursued with hounds; 270 were taken by still-hunters (a misnomer that combines hunters in tree-stands and blinds with those who move through the woods); and 472 were shot over bait.

+++++

The above is a perfect example of how camp-talk often does not conform to even common language, let alone official.

Hunters know that the "still" in "still hunting" refers to sound, not movement. A still hunter is one moving slowly and carefully--often very slowly--over the land, but above all, quietly. His primary goal is to make no sound--in other words, be as still as possible.

But wait, it gets worse. In official parlance "still hunting" also refers to a hunter who doesn't move. In the official category, a hunter who sits (or stands) in a tree or blind is lumped into the same general category--"still hunting." As with most all hunting,



being quiet rules, but here, "still" has a double meaning.

How in the world would a non-hunter know or understand any of this?

+++++

"Be still" is almost gone from the language. It is a command, after all, on a par with "Hush," often used with children. Who does that anymore?

These days, if you're extremely fortunate, it's "Please be quiet for a moment," usually said with a palm held downward, more often with a forefinger on lips or in the air.

Sometimes it's "Quiet, please," as in a movie theater or library or church. These days, however, it's likely to be the always-so-ugly "Shut up."

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

Churches

Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church's Web site at www.uccplymouth.org.

Worship Service Dates to Remember via Facebook Live at 9:30

a.m. and PBTv at 6:30 p.m.

Jan. 31 - Fourth Sunday after Epiphany & Health & Human Service Sunday

Feb. 7 - Fifth Sunday after Epiphany & Communion

Feb. 14 - Transfiguration, Racial Justice Sunday, President's Day & Valentine's Day

Feb. 17 - Ash Wednesday, Time to be determined.

Feb. 21 - First Sunday of Lent

Feb. 28 - Second Sunday of Lent

Church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational

United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Since the beginning of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.ucplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship,

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

THIS WEEK AT STARR KING:

Jan. 31 at 9:30 a.m.

The Larger Hope in Your Hands

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Educa-

tion

Our mission is to cultivate more love for the world and nurture more love in the world. The expression of this has always been in your hands. Join us as we explore all the ways we do and can continue to support each other and our Fellowship.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

Letters to the Editor

Have your say on our school taxes

To the Editor:
The Newfound School District Deliberative Session is this Saturday, Jan. 30 at 10 a.m. at the Newfound Regional High School. As a voter and taxpayer, you should be there to have a say in a budget that could be increased by \$1.3 million higher than last year.

Why does the district need almost 300 employees for the declining 1,126 student population? Why does the district need seven buildings, which include four Elementary schools, middle and high schools

and the SAU office?

There was a discussion at a Budget Committee meeting of combining Elementary Schools would only save about \$100,000 per year. I am not convinced this is the true saving. Maybe an impartial study should be conducted, not just on the combining a school, but a district wide study to see if and where savings could be achieved.

Lastly, the SAU choose to remove all sports and field trips to get the parents all worked up, which they succeeded, and those parents have

united in coming to the Deliberative Session to raise the proposed budget to maybe exceed the \$1.3 million default budget.

If you stay home this Saturday, just know your school taxes are going

up again, and for Bristol taxpayers, it could cost you about 80 cents per thousand more.

JOHN SELLERS
BRISTOL

TOWN OF ALEXANDRIA
PUBLIC NOTICE
First Session of Town Meeting
Deliberative Session
Saturday, February 6, 2021 at 10:00 am
Held at the
Newfound Regional High School
150 Newfound Road, Bristol, NH

Town of Dorchester
1021 NH Rt 118, Dorchester, NH 03266
Select Board
Chairman: Sherman Hallock - Vice Chairman: Craig Veasey - Selectman: Amber Barsaleau
Admin Asst: Margaret Currier-Lemay - Town Office: 786-5095 - email: townofdorchester@gmail.com
PUBLIC HEARING
NOTICE
THE BOARD OF SELECTMEN WILL BE
HOLDING THE 2021 BUDGET HEARING ON
THURSDAY, FEBRUARY 4TH, AT 7:00 PM
AT THE DORCHESTER TOWN HALL
24 TOWN HOUSE RD, DORCHESTER, NH
Per the Governor's emergency orders #12 and #16 this public hearing will be available through zoom if you do not wish to attend in person.
Join Zoom Meeting <https://us02web.zoom.us/j/85772574487?pwd=UnZaa0RjZlR0cXdlRd-k9ad2FNZDhXQT09> Meeting ID: 857 7257 4487
Passcode: 592987 Dial by your location +1 929 205 6099 US (New York)

Michael “Solar” Wayne Goss

On January 19th, 2021, Michael “Solar” Wayne Goss, loving husband and father, passed away peacefully at home with his wife by his side, at the age of 67.

Mike was born February 26th, 1953, in Franklin, NH to Jennie Virgin and Sherwood Goss. He grew up in Tilton, NH and graduated from Tilton-Northfield High School in 1971. He had a variety of careers throughout his life, crewing a tugboat based in Florida, working with children at Spaulding Youth Center, and mastering the drywall trade. He then found his true passion as a volunteer with the Winnisquam Fire Department. He finished his long career as a paramedic and Captain at The Bristol Fire Department until he retired.

Mike is survived by



his wife Julie Goss, his brother Jim Goss, four children; Justin Goss, Jenna Goss, Benjamin Goss, Deborah Petruzzi, his grandchildren Olivia Bullock, Eoin Bullock and his step children, Noah Merrill and Caleb Merrill.

Mike had a strong passion for all things motorcycle related, music, soccer, and the seacoast. Legend has it, he was one of the first snowboarders on Loon Mountain in Lincoln, NH, pretty radical. He

was truly a great person, always willing to lend a hand and help those who needed it most. Selfless in his actions, he made a huge impact on everyone around him. As a devoted public servant, he truly understood the need to help others in times of distress.

He will be dearly missed.

A celebration of life will be held at a later date.

In lieu of flowers, we are asking for donations to either Newfound Area Nursing Association (NANA) or the Bristol Fire Company. (NANA: 214 Lake St, Bristol, NH 03222, Bristol Fire Company: 85 Lake St, Bristol, NH 03222)

Thibault-Neun Funeral Home in Franklin is assisting Mike’s family. The online guestbook is available at www.neun-funeralhomes.com.

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

There will be a School Board meeting on Jan. 28 at 6:30 p.m. in the Middle School where the Board will be touring the facility to see the updated HVAC system. The public is welcome.

The Newfound Area School District Deliberative Session will be held on Saturday, Jan. 30 at Newfound Regional High School at 10 a.m.

The Minot-Sleeper Library is pleased to announce that once again the library will be opening its building! Beginning on Monday, Feb. 8, individuals and members of the same household will be able to make 30-minute appointments to browse and check out items, and one-hour appointments

will be available for use of public computers. Appointments will be available on Monday, Tuesday, Wednesday and Friday from 10am-6pm, Thursday from 1-8pm, and Saturday from 10 a.m.-2 p.m. Anyone who is at high-risk of having complications from the Coronavirus can call the library to discuss best options. Masks must be worn by all visitors who are 5 years of age and older while in the library. Masks will be available for those without one. For those who are unable to wear a mask while at the library, curbside service is available.

The library and its staff have made every effort to maintain protocols to keep patrons safe. Appointments can be made at: <https://minotsleeperlibrary.setmore.com/>.

Poetry Night: Thursday, Feb. 4 at 6:30 p.m.: Zoom info available: minotsleeperlibrary@gmail.com

Nonfiction Book Group: Thursday, Feb. 11 at 3 p.m.: “Frozen in Time” by Mitchell Zuckoff. An online discussion. Request a copy of the book: minotsleeperlibrary@gmail.com or call.

Classic Book Group: Tuesday, Feb. 16 at 6:30 p.m.: “Pride and Prejudice” by Jane Austin.

Third Monday Book Group: Monday, Feb. 22 at 10 a.m.: “Once Upon a River” by Diane Setterfield. To request a copy of the book: gmail address above or call 744-3352.

Sustainable Living: Let’s Talk Trash: Monday, Feb. 22 at 10 a.m. Register to join on Feb. 22 on ZOOM at: <https://us02web.zoom.us/j/815K6vcsm38kLWp3e1a>. Prior to the conversation on 2/22, watch a video with Sustainability Committee member Janet Metcalf in which she explores where trash goes, what has happened to recycling over the years and new opportunities for waste management at: <https://youtu.be/P58tWUqZXyl>.

Movie Group: February 23 at 6:30pm: “I Capture the Castle” free on Kanopy. For the ZOOM link, meeting ID, and password, please email minotsleeperlibrary@gmail.com or call.

Online Story Time: Sail Away: Friday, Feb. 5 at 11 a.m. Crafts are

available curbside at the library from now until the day of Story Time. Please contact the library email or call prior to the event. Valentine’s Day: Friday, Feb. 12 at 11 a.m. For crafts, please use the directions above for Sail Away.

The filing period for Bristol town elections for anyone wishing to file for the following positions in the Town of Bristol must sign up with the Town Clerk at 230 Lake St. by Jan. 29 by 5 p.m.: One Selectman for three years, one Trustee of the Trust Funds for three years, one Cemetery Trustee for two years, one Cemetery Trustee for three years, one Budget Committee member for one year, two Budget Committee members for three years, three Library Trustees for three years, and one Library Trustee for one year.

Regular Business hours at the Town Office are: Thursday and Friday 8 a.m. to 4 p.m. The office will be open until 5 p.m. on Jan. 29. Warrant articles must be in by Feb. 2, when the office will be open until 5 p.m.

The TTCC is offering Shape Up Newfound, cardio/strength training workouts for men and women of all fitness levels. They meet on Mondays and Thursdays at 6pm and Saturdays at 8am at the Bristol Elementary School with instructor Donna Evans. The cost is \$6 for drop-ins, or a 10 class punch card for \$55 or a 12 week card for \$110. Your first class is free! Options and modifications are given so that participants are able to perform safely at their ability level. The TTCC has many children’s snowshoes and a few adult sets as well that they are willing to allow folks to borrow for the winter! Other programs of interest are: Newfound Every Child is Ours - free weekend food bags for Newfound Area students, Operation Warm - free outerwear including jackets, snow pants and boots (limited sizes available), Parent Webinar Series 2020-21 from CADY, Inc., and Kinship Navigation Program - links grandparents and other relative caregivers, both inside and outside of the formal child welfare system, to the services and support specific to their family’s needs.

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

Remote Work May Offer Financial Benefits

During the COVID-19 pandemic, many of us have been forced to work from home. But once we’ve moved past the virus, many workers may continue working from home. More than one-third of companies with employees who started working from home now think that remote work will stay more common post-pandemic, according to a Harvard Business School study. This shift to at-home work can affect people’s lives in many ways – and it may end up providing workers with some long-term financial advantages.

If you’re one of those who will continue working remotely, either full time or at least a few days a week, how might you benefit? Here are a few possibilities:

Reduced transportation costs – Over time, you can spend a lot of money commuting to and from work. The average commuter spends \$2,000 to \$5,000 per year on transportation costs, including gas, car maintenance, public transportation and other expenses, depending on where they live, according to the U.S. Bureau of Economic Analysis and the U.S. Census Bureau. If you are going to work primarily from home, you should be able to greatly reduce these costs.

Potentially lower car insurance premiums – Your auto insurance premiums are partially based on how many miles you drive each year. So, if you were to significantly reduce these miles by working from home, you might qualify for lower rates.

Lower expenditures on lunches – If you typically eat lunch in restaurants or get takeout while at work, you could easily be spending \$50 or more per week – even more if you regularly get coffee drinks to go. By these figures, you could end up spending around \$3,000 a year. Think how much you could reduce this bill by eating lunch at home during your remote workday.

Lower clothing costs – Despite the rise in “casual dress” days, plenty of workers still need to maintain appropriate office attire. By working from home, you can “dress down,” reducing your clothing costs and dry-cleaning bills.

As you can see, it may be possible for you to save quite a bit of money by working from home. How can you use your savings to help meet your long-term financial goals, such as achieving a comfortable retirement?

For one thing, you could boost your investments. Let’s suppose that you can save \$2,500 each year by working remotely. If you were to invest this amount in a tax-deferred account, such as an IRA or your 401(k) or similar employer-sponsored plan and earned a hypothetical 6% annual return for 20 years, you’d accumulate more than \$97,000 – and if you kept going for an additional 10 years, you’d have nearly \$210,000. You’d eventually pay taxes on the amount you withdrew from these accounts (and withdrawals prior to age 59½ may be subject to a 10% IRS penalty), but you’d still end up pretty far ahead of where you’d be otherwise.)

You also might use part of your savings generated by remote work to help build an emergency fund containing a few months’ worth of living expenses. Without this fund, you might be forced to dip into your retirement accounts to pay for something like a major home repair. Becoming an at-home worker will no doubt require some adjustments on your part – but, in strictly financial terms, it could lead to some positive results.

Jacqueline Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8685

jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

Looking for the Newfound Landing?

Covering the Newfound Lake Area & Surrounding Communities

Find it **FREE** Online at: www.NewfoundLanding.com

Or **FREE** at these fine local businesses:

BRIDGEWATER:

Newfound Grocery

BRISTOL:

Bristol Post Office (Outside Box)
Bristol Town Hall
Bristol Laundry
Cumberland Farms Bristol
Park & Go Bristol
Shacketts
Rite Aid Bristol
Hannaford
Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)
Hebron Town Hall
Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station
Irving Gas Station
Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café
Stinson Lake Store

PUBLISHED EVERY THURSDAY!

A new publication full of local news, sports & happenings from the following communities:
Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton

www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

LOVE YOUR COMMUNITY: Spend Locally!

Hockey

FROM PAGE A1

founder Scott Crowder said he is asking for the change in location for the sake of his business and customers. He the pandemic has hit his business hard like so many other businesses. “If we’re able to host this event, our revenue will be down 70 percent,” Crowder said. “If we’re not able to host it, we’re more than 90 percent.” Meredith Bay was mostly open water as of that meeting. Freezing temperatures were predicted for later that week which could solve the problem and give the tournament good ice to play on. Crowder said by that time his request to use Waukewan could be moot, but he still wanted to ask to use that lake to be sure.

This year’s Pond Hockey Classic will come with a number of new guidelines due to the pandemic using the Amateur and Youth Sports guidelines under the state’s Stay at Home order. Crowder said he announced all the guidelines to participants, saying all the teams had the option to pull out of the tournament if they couldn’t adhere to those guidelines. “We’ve had teams dropping like flies,” Crowder said. “We started with 280 teams; we’re down to 146 teams. So, they have until tomorrow to let us know if they’re not able to come, I have a feeling that by tomorrow end of day we’ll probably be down to 100, 125 teams.” For the past few years, the event has had around

280 teams with around 2,200 participants. This year they could be looking at 1,100 participants. There are some logistical challenges with the pandemic, though Crowder said the smaller number of players might make some aspects a little easier. They have been talking with Middleton-LaValley Home Building Supply about using their property and he said they have supported this in the past. Normally they would use that property for locker room tents and an area for a bar and live music. This year that property would only be used for port-o-potties. They have also been talking with East Coast Flightcraft on Route 104 about using their property for event parking

and using a bus from First Student to shuttle players to and from their games. Selectman Nate Torr asked if budding was going to adhere to social distancing guidelines, such as those used by the schools. Crowder said they will follow guidelines set by the state and have been talking to First Student about these, including having alternating empty seats and requiring masks. Stewart’s Ambulance will also be doing temperature checks on players as they get on the ice and possibly in the parking lot too. Warren said he did have a few concerns about moving the event to Lake Waukewan, mainly that this will be bringing a large number of people into a smaller

space in a residential neighborhood. “We’ve done it before and it has worked, but when you couple this with being in the middle of a pandemic with the numbers going up you can see where it might be problematic,” Warren said. He said he was pleased to hear about the adherence to guidelines. Crowder said given the situation with COVID-19 he understands Warren’s concerns from a town perspective. Board chair Ray Moritz said having this in a residential area might not be much of an issue considering the rinks will be far from any houses. Selectman Jonathan James also said a number of those homes in the area are seasonal residences. Additionally, Moritz pointed out the detail in the plan that the rinks will be fenced

off and only accessible to players. The selectmen unanimously supported allowing the tournament to move to Waukewan if needed. Selectman Mike Pelczar said the event is planning under all the guidelines and by now most people are used to the requirements for social distancing and masks. He said he supports Crowder and any business this could bring to the community. He said he knows of people who have stayed in the area after coming to the Pond Hockey Classic. Selectman Jeanie Forrester echoed Pelczar’s sentiments. “I think Scott’s done a great job of trying to address our concerns,” Forrester said. “I think he’s going to be safe; I think he’s going to be... responsible enough at this point.”

PSU

FROM PAGE A1

serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and

by providing graduate education that deepens and advances knowledge and enhances professional development. The “Plymouth State Learning Model” is organized around seven dynamic, theme-based hubs called “Integrated Clusters,”

which emphasize open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment

with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

MASCAC

FROM PAGE A1

and the risk of community spread through conference competition proved too great a risk to our student-athletes to engage in conference play. With the health and well-being of our student-athletes and our staff as our priority, the difficult decision was made to cancel the fall in spring MASCAC competition.” Although fall MASCAC competition has been cancelled, the state universities will continue to provide student-athletes with on-campus, in-person practices, conditioning and training opportunities during the spring semester in order to support their physical and mental well-being. These

practice and training opportunities will not use a year of NCAA eligibility and will be done in compliance with campus, state and federal COVID guidance and protocols. “The MASCAC Presidents know the value of intercollegiate athletics to our campus community and how important sports are to our student-athletes. The news that we need to cancel the fall conference competition is understandably disappointing, but the health and safety of our students and staff is of the upmost importance,” said Massachusetts College of Liberal Arts President James Birge, Chair of the MASCAC Council of Presidents. “These are unprecedented times and making the difficult

decision to cancel fall conference competition is equally unprecedented. We will continue to monitor the facts and re-evaluate the status of athletics as information and data evolves.” The MASCAC Presidents are hopeful that a spring sports season will occur and plan to announce their decision in February. “We are disappointed

conference competition couldn’t be provided for our fall student-athletes in the spring,” said Baumann. “We are still creating plans to play the spring sports season and are hopeful we will be able to provide those student-athletes an athletic experience.”

GENERAL SERVICES

Plymouth State UNIVERSITY

Plymouth State University has the following positions available:

- Public Safety Officer
- Grounds Worker/Gardener
- Architectural Drafting Specialist
- Senior Program Services Assistant
- Plumber/Pipefitter – Two Positions
- Assistant Director of Admissions
- Academic Operations Manager
- Early Childhood Teacher I
- Electrician

Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

FACULTY:
Clinical Assistant Professor (Non Tenure Track), Social Work
Teaching Faculty (Non Tenure Track), Theatre

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an
Equal Opportunity/Equal Access/Affirmative Action institution.

Yard Sale for Sale BOATS Services Public Notice

Buy Help Wanted Auctions Camp Lost FOUND For Rent Sell!

CLASSIFIED

FOR ADVERTISING CALL (603) 444-3927

**Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions**

Will Train. Valid Driver’s License required.
Application available at:

CONSTRUX, INC. 630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.

Waterville Valley Resort is hiring for:

Lift Operators

\$150 sign on bonus
after completing 100 hours of work

Apply online at www.waterville.com WVR is an “at-will”
equal opportunity employer.

WATERVILLE VALLEY RESORT

R.M. PIPER INC.

GENERAL CONTRACTORS

New Year, New Job?

WE’RE HIRING!

Apply NOW to secure your spot on our team!

- SUPERINTENDENTS
- GRADE FOREMEN
- EQUIPMENT OPERATORS
- FORM CARPENTERS
- LABORERS
- DUMP TRUCK DRIVERS

Top rates paid based on skills, certifications, endorsements, and experience. Benefits include paid holidays, earned time, health, dental, retirement, disability, work wear and travel pay.

Applicants must be dependable, have reliable transportation and be willing to travel to job sites within NH. Minimum age requirement is 18. Post-offer physical and drug screen required.

Text: (603)481-1057
Email: jobs@rmpiper.com
or APPLY ONLINE!
www.rmpiper.com/employment
Equal Opportunity Employer

ALL WE KNOW IS LOCAL ~ SalmonPress.com



Hermit Woods temporarily closes due to COVID 19

MEREDITH — On Wednesday, Jan. 13, Hermit Woods Winery & Deli decided to temporarily close due to an employee reporting to have tested positive for COVID-19. The employee had not been present in the winery since January 8th. Immediately upon learning of the infection, to ensure the maximum degree of safety for their employees and the public, the owners shut their doors and sent all employees and owners to get both the rapid and PCR tests for COVID and began quarantining themselves at home. Based on the evidence at hand, the employee contracted the virus outside the winery.

Since then, everyone has tested negative for COVID-19 on both tests. To ensure there remains no risk to the public, the winery has decided to stay closed for the recommended full two weeks of quarantine.

The winery main-

tains records of everyone who visits them and has called every customer who visited the winery while the infected employee was working to make them aware of the situation. The owners wanted to stress that they felt the risk to their guests was very small during this time.

Bob Manley, a Co-Founder, said, “Based on the fact that the infected employee worked a full three days at the winery and no other employee was infected is a testament to the extreme caution we all take while working together. We are pleased that all our efforts to keep a clean and sterile environment have proven very effective.”

Bob Manley went on to say, “Although it was a difficult decision to close our doors during this pandemic once again, it is the right thing to do for everyone’s safety. We want our customers to know that we take

their health and wellbeing very seriously and wouldn’t do anything to jeopardize that. We are very proud of our team for taking such good care to ensure that everyone’s safe when we are open. We want to thank our staff for their efforts and support during these difficult times.”

Bob was pleased to report that the infected staff expressed only minor symptoms and said that they were on their way to recovery. When the State and the country are experiencing the highest rate of infection since the start of the pandemic, it is good to know that our local businesses are taking public health seriously and making the right decisions to ensure the lowest degree of risk.

Hermit Woods Winery & Deli is open for curbside pickup during their closer by calling 253-7968. You can purchase Hermit Woods wine along with other



items online at www.hermitwoods.com. You can also find Hermit Woods wines widely available in the NH Liquor Stores and other retail outlets around New Hampshire.

About Hermit Woods
Founded in 2011, Hermit Woods is a small boutique winery and Deli crafting fruit wine, meads, and ciders, and producing farm to table cuisine. Our wines and ciders are local (as much as possible), vegan (except the honey wines),

gluten-free, raw, and made from non-certified but mostly organic fruit. We always use the whole fruit and gentle hand processing. We style our wines, meads, and ciders after classic dry European wines and ciders. Hermit Woods sees over 15,000 visitors in its tasting room and Deli every year. These wines are available throughout New Hampshire and direct to consumers in 38 states.

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

Zonta and Veterans Home promote vaccine education

TILTON — The Zonta Club of Concord presented 350 “Got the Shot”

pins to staff and residents of the New Hampshire Veterans Home in

Tilton. As the Home began their second round of COVID-19 vaccinations this week, the pins provided a conversation starter for some who may have hesitancy.

“We are so proud and grateful to be able to present these pins to some of our most vulnerable citizens and heroes and the wonderful people who care for them,” said club president, Janice Severance. “They deserve to receive the best care, and we are happy to celebrate the staff’s amazing effort to keep everyone safe and protected.”

The pin donation was funded by a sponsorship from Curbstone Financial Management Corp. in Manchester.

During these extraordinary times, the Club is broadening their mission to spread the word of how vital it is that all are vaccinated against COVID-19. On Jan. 8, Zonta launched a vaccination education campaign, distributing “Can’t Wait to Vaccinate” pins in the greater Concord area. The club has sent pins to individuals and organizations across New England and as far away as New Mexico, Utah, and Florida.



Rita Landry, Air Force veteran and NH Veterans Home resident, is happy to be vaccine strong.

For more information about the campaign and how to obtain pins, visit www.zontaclubofconcordnh.org. As a 501(c)(3) charitable organization, donations are accepted to support the campaign. Pins are provided at no cost (shipping may apply) to individuals through generous community support. Zonta invites businesses to purchase pins at cost to share with employees and customers. “We hope the pins

start conversations and inspire people to protect our community as we have to do it together!”

The Zonta Club of Concord works at the local level of Zonta International with the mission to empower women through service and advocacy. Throughout 60 years of service to the greater Concord community, they have provided more than \$75,000 worth of scholarships, as well as advocacy on many critical issues including domestic violence prevention, human trafficking, child marriage, refugee re-settlement, access to education and health care. The Club also supports projects internationally to improve the

lives of women in developing countries.

The New Hampshire Veterans Home (NHVH) provides high quality, long term care to men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in 1890 as the Soldier’s Home for Civil War Veterans and is our state’s only long-term care facility dedicated exclusively to serving the Granite State’s elderly and disabled veterans. To learn more about the facility located at 139 Winter St. in Tilton, visit online at www.nh.gov/veterans or www.facebook.com/nhveteranshome, or call 527-4400.

BRING OUT THE BEAUTY IN YOU!

WRINKLES AND JOWLS BE GONE! COSMETIC INJECTIONS, SKIN CARE, HYDRAFACIAL.

SPECIALIZING IN NON-SURGICAL RECONSTRUCTION OF FACIAL INJURIES.

White Mountain MedSpa & Ketamine Center
WhiteMountainMedSpa.com

1 Warren Street
Plymouth, NH 03264
603.690.9048

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

DUMPSTER RENTALS STARTING AT \$410

Clean House, Clear Mind
HAPPY NEW YEAR!

NO HIDDEN FEES
NO FUEL CHARGE
NO TRICKY LONG TERM CONTRACTS TO SIGN

SAVE WITH OUR DUMPSTER DEPOSIT BUCKS

Got a trashy question? CALL US TODAY
TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050

Great Service at "YOUR" Convenience, Not Ours!
THE DUMPSTER DEPOT®
Waste Recycling Services
WWW.DUMPSTERDEPOT.COM

Like us on Facebook

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roofing, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 2/1/21

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

SalmonPress.com

News, really close to home